Romas are preferred by chefs for tomato sauces. These are fresh cooked within hours of harvest with organic extra virgin olive oil and a blend of traditional Italian organic herbs and spices. Eden offers the only tomatoes in the U.S.A. in protective amber glass jars that prevent light damage of nutrients and flavor, while also avoiding bisphenol A (BPA) and PVC can linings.

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Homemade Mason jar dressings you’ll have on rotation all summer long!
If a probiotic is **CLINICALLY DOCUMENTED** to work on even the most upsetting digestive issues...

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**INTRODUCING:**

**Probi® 20 Billion** and **Probi® 30 Billion** from Solgar.

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Clean Eating Fans Have Spoken

What fresh foods are you looking forward to eating this summer?

“Strawberries, big juicy tomatoes, still warm from the garden. Fresh green beans. Lots of fresh herbs. Everything, really.” – Katie Guthrie

“Asparagus and fresh Niagara peaches.” – Barbara McGuirk Gray

“I just picked three radishes from my garden. Already been eating lettuce and spring onions. Yummy!” – Lisa Marie Wickham

“Whatever is in season and super cheap!” – Suzi Lubi
Hello SUMMER

No two words in this life are better than these. At the CE editorial offices we get so amped up over the sunny season that we have to consciously go back over our summer issues with a fine-tooth comb before press time to make sure we didn’t overkill the holy word. One year, every single feature had the word “summer” in the headline (we caught it, don’t worry). But it’s a true testament that our excitement borders on neurosis.

But how can you not be obsessed? Long days of uplifting sunlight, cottage weekends, farmers’ markets, grilling, eating dinner out back, beach days, vacation days, sunblock, a juicy peach trickling down your chin, cocktail hour on the deck and bare feet every.single.day. All of that deliciousness kicks off with this issue. Start on page 60 with five brilliantly infused compound butters to smear on fresh cobs of corn. They have endless other uses like melting over seafood and grilled veggies, brushing on potatoes and burgers and softening on warm pancakes and waffles. Believe me when I say these butters are everything.

Another hot-weather pleasure is the effortless-ness of a simple salad. Peak-season veggies can practically be pulled right out of your garden and tossed into your salad bowl. We asked the inessantly creative Cara Lyons to develop meal-worthy salads that would blow readers away, and she delivered. These veggie bowls are bright, brimming and inspired. I urge you to try. Speaking of salads, experiment with five jam-jar dressings that start and finish with a quick shake in a Mason jar, completely eliminating the need to tediously scan labels and buy packaged dressings ever again.

For something a little daring and different, resident foodie Julie O’Hara showcased seasonal fruit in savory mains for a touch of complementary sweetness we couldn’t resist, like the corn fritters with blackberry sauce on page 45. Isn’t that a gorgeous stack? They taste even better! It’s our annual easy issue, so everything inside is simple to make with just a few quick steps, and most recipes take 45 minutes or less.

We have a stunning, rustic berry galette (p. 88) for an apropos warm-weather dessert, and we’ve got a 14-day meal plan designed for simplicity and success. Let us make the start of your summer breezy, carefree and delicious!

Happy clean eating!
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Q: What is the best way to pair herbs with certain types of foods?

A: There aren’t really any hard and fast rules for what herbs go with what, but I can suggest a couple of strategies. First of all, look to classic combinations or ones you’ve enjoyed before – for example, salmon is often paired with dill, and tomato sauce often includes oregano. To put your own spin on things, use herbs that are different but similar. Tarragon makes a good substitution for dill, while the aroma and flavor of marjoram is similar to oregano. I also think of herbs as generally either light and bright or more earthy and intense, so another strategy is to think about which dimension you want to add to your dish. With a hearty beef stew, you could add earthy rosemary to complement the stew’s deeper flavors. Or you could serve the stew sprinkled with bright parsley for some contrast. Neither direction is “correct”; it just depends on what you want to create.

– Jill Silverman Hough

Our Culinary & Nutrition Advisers

jonny bowden

PHD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss, nutrition and health.

julie o’hara

BA

Clean Eating’s Resident Foodie, food and travel writer and recipe developer. Her work has been featured in Shape, Vegetarian Times, SELF and National Geographic Traveler, among other magazines.

tiffany bachus and erin macdonald

Co-owners of the U Rock Girl nutrition and training program (URockGirl.com), registered dietitians and nutrition, fitness and wellness experts.

james smith

MBA

Culinary Programs and Operations Chair at Centennial College with over 25 years of culinary, academic and leadership experience. He completed his culinary training at George Brown College.

marianne wren

BA, CC

As both a recipe developer and food stylist, Wren has worked with various print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

jill silverman hough

Cheat, Drink & Still Shrink

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they’ll need to change before I’ll recommend it. Plus my hectic job and my determination to stay fit means I’m always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, “I’ve tried it all.”

Last Tuesday work was especially hectic, but I’d booked with my $200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the “who’s who” into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, “Feeling a little tired today?” as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he’d never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he’d called INVIGOR8.

Turns out, it’s a full meal replacement shake, which stunned me because virtually every other shake I’d researched had tasted chalky, clumpy and packed with hidden “no-no’s” like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8’s full meal replacement shake cost more than many of the shakes I’ve tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying, “As a trainer I love Invigor8. It’s definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat.”

“Yes, I’ll recommend it, it tastes great, and I really like how it keeps me feeling full for hours.”

“I’m a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I’m thinking more clearly than ever before.”

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first 100% natural, organic, non-GMO nutritional shake & superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw organic coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it’s delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I’ve tried, I can honestly say that the results I’ve experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you’ll receive Free Enrollment into the company’s Loyalty Program where you’ll qualify to receive a $10 discount on every bottle of INVIGOR8. And so you don’t go a month without INVIGOR8 - helping you lose weight and getting toned, you’ll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at www.Drinkinvigor8.com or by calling 1-800-958-3392.
We Hear You!

“It’s like Christmas morning every time this mag comes in the mail.” – Coach Cait

LOOKING FOR LUNCH IDEAS

The Baked Ziti with Creamy Kale & Sausage (p. 58, June 2012) that you did is fabulous, and I make it all the time. I'd like to see some other options as well. I like to make one big dish and then divide that up for lunch for the week. I would love to see some recipes that fill the bill, especially those that do well reheated.

– Anastasia Schulze, Washington, DC

Editor’s Note: Thanks for your suggestion, Anastasia! You’ll be happy to hear that we will be publishing a “take-to-go” feature in September 2015 with a variety of appetizing lunches, breakfasts and snacks, and in our Jan/Feb 2015 issue we ran a make-ahead freezer meal feature.

PLANT-BASED PLATES?

I enjoy your recipes and find that most of them are easily converted to delicious, satisfying plant-based meals. I was surprised to see that many of the “Perfect Plant-Based Plates” in your April 2015 issue (p. 52) included egg and dairy products. When I think of plant-based meals, I think of those containing ingredients derived only from plants. I think it’s possible that people starting to explore plant-based eating could be misled or confused by the recipes.

– Lee Khatchadourian-Reese, Philadelphia, PA

Editor’s Note: Thanks for your feedback, Lee. We definitely see your point and are working on developing a vegetarian recipe feature with less dairy and eggs for an upcoming fall issue.

SCRUMPTIOUS DESSERT

Made @cleaneatingmag Chocolate Raspberry Macaroon Tart (cleaneating.com) to top off dinner of wild-caught salmon and fresh veggies.

– @LeAnnCooks, via Twitter

No-Bake Carrot Cake Balls (p. 29, October 2014)

@GETYUBO

TAG US IN YOUR INSTAGRAM POSTS WITH HASHTAG #CleanEatingMag

The best part about today? I got Clean Eating magazine in the mail, so I can find some new fun and easy recipes! Seriously, it’s like Christmas morning every time this mag comes in the mail.

– Coach Cait, via Facebook

Got my April Clean Eating magazine yesterday and am trying the Tarragon Chicken with White Wine Cream Sauce (p. 40). There is also a yummy Chicken & Shrimp Orzo Paella (p. 41) that I will be making soon!

– Kris Wolfram, via Facebook

This carrot cake from @CleanEatingMag is my all-time fave (p. 41, April/May 2013). Perfect for any extra carrots.

– @FitArmadillo, via Twitter
Agave Lime Marinade

Ingredients
- 3 cloves garlic
- 5 small chives
- 4 to 5 mint leaves
- 2 to 3 tbsp fresh lime juice
- 1/4 cup soy sauce
- 1/3 cup Domino® or C&H® Organic Blue Agave Nectar Syrup

Instructions
Chop garlic, chives and mint leaves. Place all ingredients in bowl and mix with whisk. Allow marinade to sit 1/2 hour before using. Or, place all ingredients into food processor for 30 seconds. Makes about 3/4 cup.

Use with any white meat, such as fish, shrimp, scallops or chicken.

Discard any marinade that comes in contact with any raw meat.
With grilling season in full swing, explore these tantalizing warm-weather recipes for flavorful results.

**Legend**
- Quick (under 45 minutes)
- Freezable
- Vegetarian (may contain eggs and dairy)
- Gluten-Free

**Make it gluten-free**
Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.

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- L’Orangerie
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The nutritional values used throughout Clean Eating are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.
bits 'n' bites

BY MEGHAN BOLEDOVICH,
EDITED BY LAURA SCHOBER
PHOTOGRAPHY BY BRANDON BARRÉ

MAKE YOUR OWN Bitters!

BRING THE BAR HOME AND CREATE YOUR OWN CUSTOM COCKTAILS WITH FLAVORFUL AROMATIC BITTERS.

SHOPPING TIP: The flavoring agents for bitters can be found at natural food stores, farmers' markets and community gardens. Natural woodlands are a great place for foraging for dandelions and flowers – just make sure you research what's edible and what isn't before heading out!

CASSIA BARK
WOOD SORREL
TARRAGON
DANDELION FLOWERS
GENTIAN ROOT
DRIED MUGWORT
DRIED WORMWOOD
LAVENDER
VIOLAS

BY MEGHAN BOLEDOVICH, EDITED BY LAURA SCHOBER
PHOTOGRAPHY BY BRANDON BARRÉ
No longer limited to classic cocktails like Manhattans or Old-Fashioneds, bitters are experiencing a resurgence of popularity at nouveau speakeasies, cocktail lounges and restaurants. Made by infusing herbs, flowers, roots, bark and spices, these alcoholic tinctures instill depth and ambrosial flavor to high-proof spirits. Clean Eating spoke with Meghan Boledovich, the forager at PRINT Restaurant in New York City, for her top tips for sourcing the right ingredients to make your own bitters at home. To get started, Boledovich suggests choosing three main elements for your bitters:

**ONE BITTER ELEMENT:** mugwort, wormwood, cassia bark or gentian root (¼ cup for fresh herbs, ⅛ cup for dried herbs, barks or roots)

**ONE CITRUS ELEMENT:** lime, orange, lemon, bergamot or Kaffir lime (1 tbsp of grated zest)

**ONE FRAGRANT ELEMENT:** lavender, vanilla bean, hot chile peppers, orange blossoms, dandelion flowers or elderflowers (1 cup fresh flowers and herbs, 2 split vanilla beans, 1 hot chile such as habanero or serrano)

**HOW TO INFUSE:**

**ONE:** Place each element in a separate glass jar and cover with 1 cup high-proof, neutral grain spirit such as organic vodka or Everclear.* (TIP: 16-oz canning jars work well.) Let fresh elements such as herbs and flowers steep for 3 days. Dried ingredients and citrus can steep for 7 days.

**TWO:** After steeping, strain ingredients and pour infused alcohol back into jars.

**THREE:** Mix 1 part of the bitter infusion, 2 parts of the citrus infusion and 4 parts of the fragrant infusion. Adjust to your taste.

**FOUR:** Pour into a smaller jar or tincture jar; label if making more than one. Store in a cool, dark place for up to 1 year and shake before using.

*What is Everclear? Everclear is a brand of neutral-flavored grain alcohol that comes in a variety of concentrations, up to 190 proof. The higher the proof, the better the flavor extraction.

### L’ORANGERIE

**SERVES** 16.

**INGREDIENTS:**

- 1 cup high-proof vodka, 42 to 45 proof or 84 to 90% alcohol (TIP: Gin can also be used, but keep in mind that it will impart a more botanical flavor.)
- ½ cup fresh orange blossoms (TIP: You can also try dandelions, violets, lavender, geraniums, dried rose or elderflowers.)
- ½ cup orange blossom honey
- 2 mandarin oranges, peeled and broken apart into sections
- 2 bottles chilled Crémant de Loire wine (TIP: Other sparkling wines will work such as Champagne, Crémants from other parts of France, Cava or Prosecco. Rosé Champagne will add more fruity notes and a bit of pink color.)
- 16 fresh edible flowers such as orange blossoms, violas or nasturtiums, or ¼ cup dried flowers such as rose petals, lavender or chamomile

**INSTRUCTIONS:**

**ONE:** Prepare infusion: In a 16-oz glass jar, blend vodka and orange blossoms and seal with a lid; let infuse for 2 to 3 days.

**TWO:** Make honey syrup: In a small pot, bring ½ cup water to a boil. Add honey and stir until it dissolves. Remove from heat to cool.

**THREE:** To complete your cordial: Use a small mesh sieve to strain the vodka into a small bottle or jar; discard infused orange blossoms. Mix with honey syrup. Allow orange blossom honey cordial to cool in the fridge for at least 1 hour. (NOTE: You can store this infusion in the fridge for up to 4 weeks, so if you have extra blossoms, make a double or triple batch to have on hand for future cocktails.)

**FOUR:** Assemble cocktails: Place mandarins in a shaker, large glass or jar. Add 1 cup of the Orange Blossom Honey Cordial and muddle with the back of a wooden spoon until mandarins release their juices. Add 2 cups ice and stir or shake. Strain into champagne flutes or coupe glasses. Top with Crémant and garnish with an edible flower.
To boost memory after learning, try having a 45-minute nap immediately afterward. In a recent German study, researchers at Saarland University found that those who napped for 45 minutes to 1 hour before being given word recall tests remembered more details by fivefold compared with those who didn’t nap. The scientists found that those who had a quick nap experienced memory performance that was comparable to how they performed immediately after learning and before sleeping, and that the short burst of slumber was enough to “significantly improve” information retention. In particular, researchers looked at “sleep spindles,” a type of brain wave activity that plays a key role in helping to consolidate memory during sleep. They found that the stronger the memory of previously learned information, the greater the number of sleep spindles produced. So, in educational environments such as schools and work-related courses, a bit of shut-eye right after your lesson may be just what you need for optimal mental performance.

To keep fresh herbs from spoiling, chop and freeze them in an ice cube tray with melted organic unsalted butter (preferably grass-fed) until needed. Flip to page 82 for an awesome herb freezer tray reco!
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FROZEN ASSETS

Whether you need a vegetable side dish in a flash or some fruit for smoothies, these chilled gems are preservative-free and deliciously fresh tasting.

BY LAURA SCHOBER

CASCADIAN FARM ORGANIC SWISS CHARD
Cascadian Farm Organic Swiss Chard brings the antioxidant vitamins A and C, blood pressure-lowering potassium and energizing iron to the dinner table. Sauté this hardy dark leafy green from frozen with a bit of garlic, lemon juice and olive oil and serve as a side to seafood or poultry along with whole grains.

ALEXIA ORGANIC VEGETABLE MEDLEY
Save time on produce prep with this hearty vegetable mixture of non-GMO, organic sweet corn, carrots, peas and green beans. These CF-approved veggies are grown sustainably and picked from the fields at peak season, bringing a wealth of nutrients and delightful garden-fresh flavor to your plate.

EARTHBOUND FARM FROZEN ORGANIC RED RASPBERRIES
Picked at their prime, Earthbound Farm Frozen Organic Red Raspberries are practically nature’s candy with each juicy, sweet bite. One serving of these berries contains 40% of your daily value (DV) of immune-supportive vitamin C in addition to disease-preventative antioxidants.

STALHBUSH ISLAND FARMS TRI-COLORED CARROTS
Offering a whopping 290% of your DV of vitamin A per serving as well as vitamin C, calcium, iron and fiber, Stahlbush Island Farms Tri-Colored Carrots are a nutrient-packed, delicious addition to your evening meal or lunch. These colorful root veggies also add visual appeal to your dinner plate and best of all take mere minutes to prepare.

WOODSTOCK ORGANIC FROZEN WILD BLUEBERRIES
Plump wild blueberries boast more antioxidants than their cultivated counterparts and, although flash-frozen, retain their shape, taste and texture in baking and cooking. Rich in manganese, Woodstock Organic Frozen Wild Blueberries are also a good source of zinc and fiber and work well in pies, yogurt parfaits and smoothies.
Cherry Tomato and Orzo with Feta + Homemade Pesto
Serves 4
For the pesto (about 1 ½ cups):
1 large bunch fresh basil (about 2 cups packed leaves)
⅛ cup Udo’s Oil
½ cup grated parmesan
2-3 medium garlic cloves
A small handful of pine nuts (about 1 tbsp)
Salt and freshly ground pepper, to taste

1. Loosely chop basil and mince garlic;
2. In a blender or processor, combine the basil, parmesan, garlic, pine nuts, adding the oil last, and blend;
3. Season with salt and pepper;
4. Set aside ¼ cup of pesto, refrigerate the unused pesto in a well-sealed glass container, and use within 7 days.

For the dish (about 6 cups):
2 cups cooked orzo (or quinoa or couscous)
2 cups cherry tomatoes, halved
1 large orange bell pepper, diced
1 cup feta cheese (5 ounces), crumbled
¼ cup fresh flat-leaf parsley leaves, coarsely chopped
⅛ cup homemade pesto
Crushed red pepper flakes, to taste (optional)

1. Setting aside some feta for garnish, combine all ingredients in a medium mixing bowl; toss well;
2. Sprinkle with feta and serve.

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FLAVORSOME FINDS
Update your clean pantry with these must-try snacks, teas and gourmet goods.

BY LAURA SCHOLER

1. HEAVENLY HONEYS
Just the sight of the sweet trio of Wedderspoon Gold Gourmet raw honeys was enough to throw our taste buds into a tizzy when they arrived at our office. Wild Rata offers indulgent, buttery flavor and a lovely creamy texture that melts on your tongue; Wild Dandelion provides a tangy, earthy burst of sweetness; and antioxidant and prebiotic-rich Wild Beechwood boasts a dark, rich syrupy flavor.
$10, wedderspoon.com

2. TEAS IN A POD
Numi’s single-serve recyclable tea capsules feature four rejuvenating and relaxing flavors: Aged Earl Gray, Moroccan Mint, Jasmine Green and Rooibos Chai. The tea leaves are fair-trade, organic and compostable while the cup is compatible with all Keurig K-Cup brewing systems and has a built-in filter to bring out the best flavor, body and aroma.
$10, numitea.com

3. PINING FOR PINEAPPLE
It didn't take long for Fruttata Pineapple Crisps to win the praise of CE editors – after one bite we were sold. These addictively delicious freeze-dried crisps are fruity and sweet - not artificial-tasting or chalky. One 10-gram bag clocks in at a mere 39 calories and contains zero fat, sodium or cholesterol. We say, what's not to love?
$2, fruttatacrisps.com

4. CHIA PACKS
Nutiva CHIAapple Apple Pie Spice contains an appetizing blend of organic apples, hydrated organic chia seeds, coconut milk and spices, providing energy and nourishment for under 60 calories a pouch. Free of sweeteners and food additives, this snack pack is great for kids and adults alike, offering plenty of fiber, omega-3s and antioxidants.
$2, nutiva.com

"It was love at first bite! These kill any momentary sugar cravings and are small enough to keep stashed in your desk."
ANDREA GOURGY, FOOD EDITOR

"Their small size makes these the perfect take-to-go snack, but they're also great in smoothies for extra flavor and fiber."
STACY JARVIS, SENIOR ART DIRECTOR
A TAIL-WAGGING TREAT

For a slice of doggie heaven, serve your pooch this enticing snack of mashed sweet potato, juicy strawberries and cooked chicken breast.

Sweet Potato Strawberry Chicken

RECIPE AND IMAGE BY DOGGYDESSERTCHEF.COM

INSTRUCTIONS:

ONE: Preheat oven to 350°F and line a baking sheet with parchment paper or a silicone baking mat.

TWO: In a large bowl, combine all ingredients and mix well. If needed, add up to ¼ cup water until dough comes together.

THREE: Roll into ½-inch balls and place 1 inch apart on baking sheet. Press down on the tops to flatten.

FOUR: Bake for 10 minutes. Turn off oven and open door slightly; allow biscuits to cool in oven before serving.

*NOTE: When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first. They can also inform you of specific breed requirements for a healthy diet.

MAKES 2 TO 3 DOZEN Rounds.

INGREDIENTS:

› 1 sweet potato, cooked and mashed
› 1 chicken breast, cooked and chopped
› 1 cup brown rice flour
› ½ cup chopped strawberries
› ½ tbsp dried parsley

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

¹ According to internal industry analyses of product composition and http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518271/#B7
Orange Cacao Body Butter

**MAKES ½ CUP.**

**INGREDIENTS:**

› ¼ cup virgin coconut oil
› 2 tbsp pure shea butter
› 2 tbsp chopped raw cacao butter
› 1 tbsp pure vitamin E oil
› ¼ tsp orange essential oil

*Organic ingredients preferred.

**INSTRUCTIONS:**

1. In a heat-safe bowl over a pot of boiling water or in a double boiler, melt coconut oil, shea butter and cacao butter.
2. Remove bowl from heat and add in vitamin E and orange oil. Whisk until combined.
3. Place bowl in the freezer for 20 to 30 minutes, until it’s half solidified.
4. Remove bowl from freezer. Using an electric hand mixer on high, beat mixture for 1 to 2 minutes, until a fluffy, butter-like consistency is achieved.
5. Transfer mixture to an airtight container or jar and store in the bathroom. Apply all over your body from neck to toes every day after showering.
**Lauren Toyota** is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, hotforfoodblog.com. Aside from what’s on your plate, Toyota believes that what you put on your body is just as important. On their blog, you’ll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life.

**Beauty Notes**

**MEET YOUR FRAGRANCE MATCH**
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**SKIN-SMOOTHING SCRUB**
Buff Her Strawberry Lemon Crumbles may smell as good as dessert, but fortunately it’s easier on your waistline – this foaming facial scrub and cleanser does double-duty for your skin thanks to its star ingredients, strawberry and lemon peel powder. The strawberry helps cleanse and tone while the lemon works to remove excess oil and fight acne. $25, buffher.com

**HAPPY SALTS**
Bursting with the fresh-smelling scents of grapefruit, peppermint, lavender and lemongrass, The Orange Owl Shop’s Blissful Brine Bath Salts presents a luscious blend of infused essential oils, Epsom salt, Dead Sea mineral salt, Himalayan pink salt, colloidal oatmeal and olive oil. This bath salt leaves your skin squeaky clean and perfectly primed for your homemade body butter. $11, theorangeowlshop.com

Aromatic beauty products that will leave you refreshed, radiant and ready to take on the day. BY LAURA SCHÖBER
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Insomnia manifests itself in two main forms: the inability to fall asleep and frequent waking throughout the night. There are a number of natural and food-based remedies that have been shown to promote sleep and relaxation, including tart cherry juice, chamomile tea, valerian tea, bananas and magnesium. Tart cherry juice is high in melatonin, a hormone that helps regulate sleep-wake cycles. Chamomile and valerian teas both have a mild sedative action and reduce restlessness. Eating a banana before bed helps relax your brain and body thanks to the potassium and magnesium content – both minerals are natural muscle relaxants. Bananas are also rich in L-tryptophan, which your body converts to 5-HTP, a compound that produces sleep-regulating neurotransmitters serotonin and melatonin. The mineral magnesium has a calming effect, which promotes relaxation, and it can be found in foods such as beans, spinach and almonds. Also do your best to stay away from smartphones or computers about two hours before bed. Studies have shown that the blue light from electronics can delay sleep as it suppresses the release of melatonin.

Is beetroot juice really beneficial for heart health and exercise?

Beets, and particularly their juice, appear to be the new nutrition superfood. They’re rich in natural chemicals called nitrates, which convert to nitric oxide in the body, improving blood flow, relaxing blood vessel walls and decreasing blood pressure. A recent trial, conducted at Queen Mary University of London, found that drinking a cup of beetroot juice a day can significantly lower blood pressure in people with hypertension. Another study from Kansas State University found that the consumption of concentrated beetroot juice helped to increase blood flow to the skeletal muscles during exercise. However, another study from Penn State University concluded that beetroot juice did not increase muscle blood flow during exercise – rather, they found it helped “de-stiffen” blood vessels under resting conditions, which may have benefits for heart health. Despite the varying results on what beetroot juice does for exercise (further study is ongoing), it is showing promise toward its role in blood pressure regulation and heart health.
Break out this exotic melon at picnics, family gatherings or any time you want a satisfying, healthy snack or meal. Native to South America, the pepino gets its name from the Spanish word for cucumber, likely because of the unripened fruit’s taste. Part of the Solanaceae or nightshade family, which also includes eggplant and potatoes, this exotic, antioxidant-rich fruit becomes moderately sweet and juicy when ripe, and is comparable in flavor to honeydew melon with hints of pear. You’ll find it at grocers and farmers’ markets beginning in the spring.

**MARKET NAMES:** Pepino dulce, melon pear, sweet cucumber, tree melon

**STORE IT:** Ripen at room temperature. Once ripe, store in the refrigerator for up to 3 days. Take care when handling, as the fruit is delicate and easily bruises.

**EAT IT:** In the earlier ripening stage indicated by the fruit’s green color, the pepino can be used as an ingredient in stews. A ripe pepino is soft and creamy-yellow in color. The pulp of the ripe fruit can be eaten raw out-of-hand, enjoyed in a fruit salad or made into preserves. Sprinkle slices with chile powder or drizzle with fresh lime juice, lemon juice or honey.

**PREP IT:** Cut into two halves, as you would cut a melon. The halves can be cut into slices or simply eaten (seeds and all) with a spoon. Though the skin is edible, it is not typically eaten.

**HEALTH BENEFITS:** This low-calorie fruit is a natural source of three essential B vitamins, thiamin, niacin and riboflavin. The pepino is also an excellent source of vitamin C, essential for tissue growth and repair.

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Is EVOO Anti-Cancer?
A new study indicates that adding more extra-virgin olive oil (EVOO) to your diet may be just what the doctor should order. Long known for its heart-healthy benefits, EVOO may even have cancer-killing properties thanks to an antioxidant compound it contains called oleocanthal. Though scientists have known that oleocanthal killed some cancer cells without harming the good cells, no one really understood how it happened – until now. It turns out that oleocanthal “targets” cancer cells by rupturing and then killing off the lysosomes of cancer cells (where the cells store waste) within 30 minutes to an hour. However, noncancerous cells are spared from such actions, suggesting that oleocanthal can eventually be used medicinally to prevent disease because of the targeted damage it exerts. The findings also leave some helpful takeaways for clean eaters. Says study co-author Paul Breslin, PhD, “Sample it. The more it stings your throat, the higher in oleocanthal it is.”
Eat “Mindfully” for a Healthy Brain

A recent study has minted a new diet that may significantly reduce your risk of Alzheimer’s disease. The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet encourages regular consumption of 10 “brain-healthy” food groups, which include green leafy vegetables, nuts, berries and whole grains, and limited consumption of five unhealthy food groups, which include fried or fast food and pastries and sweets. Rush University Medical Center researchers studied the food intake of 923 people between the ages of 58 and 98 and scored how closely the participants’ food intake matched the MIND diet, the Mediterranean diet or the DASH diet. Next, they measured the incidence of Alzheimer’s over an average follow-up period of 4.5 years. The conclusion? Those who followed one of the three diets had a lower risk of Alzheimer’s. But those who moderately adhered to the MIND diet saw a 35% lower risk of the disease while those who moderately adhered to the Mediterranean or DASH diets had no reduced risk, giving the MIND diet the top spot. Sticking to your clean-eating lifestyle incorporates many of the diet’s “brain-healthy” foods, but if the disease runs in your family, it might be worthwhile to try it out.

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
1 Tomato Paste

**BEAUTY BENEFIT:** Healthy skin cells

**WHAT THE SCIENCE SAYS:** Here's a beautiful reason to ladle out tomato-based soups and sauces all summer long: When subjects in a *British Journal of Dermatology*–published study consumed a daily dose of tomato paste containing 16 milligrams of the antioxidant lycopene, doctors noticed an improvement in the overall health of their skin cells.

**YOUR HEALTHY HABIT:** It doesn’t take much to reap the rewards of the red fruit, as one cup of tomato paste contains a whopping 75 milligrams of lycopene. Not too keen on tomatoes? Work watermelon and grapefruit into your warm-weather diet, as both are also rich sources.
**2 Coffee**

**BEAUTY BENEFIT:** Lower skin cancer risk

**WHAT THE SCIENCE SAYS:** Too much java can give you the jitters, but coffee could keep you safer from skin cancer, according to a January 2015 report in the *Journal of the National Cancer Institute*. Researchers studied nearly 450,000 individuals over the course of 10 years, discovering that those who drank the most coffee each day (four or more cups) had a lower risk of malignant melanoma than those who drank less or abstained entirely. The caffeine may help fend off the dangerous effects of ultraviolet-B radiation on skin cells, said lead study author Erikka Loftfield.

**YOUR HEALTHY HABIT:** If you’re a coffee drinker, buy organic whenever possible. But there’s no reason to start guzzling the stuff if you’re not used to it. To protect your skin, focus on pouring on sunscreen rather than pouring coffee.

**3 Guarana**

**BEAUTY BENEFIT:** Minimized eye wrinkles

**WHAT THE SCIENCE SAYS:** This Brazilian plant has gotten plenty of hot press thanks to its stimulating seeds that contain twice as much caffeine as coffee pods, but guarana may have other body benefits, too. A study in the *Journal of Cosmetic Dermatology* found that a face-care formula containing guarana extract helped achieve “a significant reduction in crow’s feet wrinkles and wrinkles under the eyes.”

**YOUR HEALTHY HABIT:** Online skincare retailers swisse.com and olivewayshop.com now carry products containing guarana extract.

**4 Omegas**

**BEAUTY BENEFIT:** Clearer skin

**WHAT THE SCIENCE SAYS:** “There are scientifically plausible reasons to believe that nutrition can affect acne,” reports a study in *Dermatologic Dermatologic Science* that examines the role of diet and skin health. Among the findings: omega-3 fatty acids “could have important implications for both acne and our overall health” because of the way they reduce inflammation.

**YOUR HEALTHY HABIT:** Add more omega-3 fatty acids to your daily diet through fatty fish or fish oil supplements. Look for products with at least 2,085 milligrams of eicosapentaenoic acid (EPA) and 348 milligrams of docosahexaenoic acid (DHA), the amounts found to reduce inflammation in a 2011 Ohio State University College of Medicine study among medical students.

**5 Vitamin A**

**BEAUTY BENEFIT:** Improvement of fine wrinkles and increased collagen production

**WHAT THE SCIENCE SAYS:** Vitamin A can fend off the wrinkles from Father Time, a study published in *JAMA Dermatology* shows. But not just any vitamin A – it’s retinol, the topical application, that seems to have the most effective results. After 24 weeks of applying topical retinol lotion to their skin, participants experienced an improvement in fine wrinkles, thanks to the way it boosted water retention and increased collagen production. “Topical retinol is a promising and safe treatment to increase the dermal matrix of aged skin and improve clinical features associated with atrophic wrinkled skin,” wrote the study authors.

**YOUR HEALTHY HABIT:** Look for a lotion with 0.4% retinol, the solution tested in *JAMA Dermatology*, and apply it three times per week to finely wrinkled skin.

**6 Coconut Oil**

**BEAUTY BENEFIT:** Stronger, healthier hair

**WHAT THE SCIENCE SAYS:** Quick, which is better for your hair: mineral oil, sunflower oil or coconut oil? If you guessed the latter, you’re not nuts; you’re onto something. As the *Journal of Cosmetic Science* reports, coconut oil does the best job of penetrating the hair shaft because of its low molecular weight and structure. “The findings clearly indicate the strong impact that coconut oil application has to hair,” wrote the study authors. Among three oils, coconut oil was the only oil found to reduce the protein loss remarkably for both undamaged and damaged hair when used as a pre-wash and post-wash grooming product.

**YOUR HEALTHY HABIT:** Apply coconut oil before and after you shampoo.
Grilling season is finally here! Sure, I’ll serve up chicken breasts and salmon, but what really calls my name this time of year is a juicy burger. After trying too many healthy recipes that gave me underwhelming results, I wanted to find out if there was a better way to enjoy clean burgers without feeling deprived.

For this issue, I’m not only doing a recipe makeover of classic burgers with their typically over-the-top calorie counts and sodium levels, but I’m also getting creative with mild, juicy ground lamb and some amazing homemade condiments. These toppers are so much better than anything you can buy in a squeeze bottle, and they’re easy to make, too.

**Where’s the beef?**

Why not classic, all-American beef burgers? You may be wondering. Isn’t lamb higher in fat? On the contrary, its nutrition stats are similar to ground beef chuck, which is arguably the preferred beef cut if you want a moist, juicy burger. Unfortunately, fear of fat has put a lot of health-conscious cooks in the habit of buying the leanest ground meat they can find, often just 3 to 5% fat. I probably don’t have to tell you that meat this lean often leads to dry burgers with a dense, heavy texture.

To avoid those “hockey puck” patties and still eat clean, opt for high-quality, grass-fed ground meat. Not only does grass-fed meat contain less total fat (likely due to the animals’ higher activity levels), but it also contains about 25% more heart-healthy omega-3 fatty acids than grain-fed. Grass-fed lamb is also a good source of vitamin B12, which is essential for energy production and a healthy nervous system, as well as muscle-building protein. I chose lamb for this recipe because I love the taste and because it was the natural choice for the Greek-inspired burgers I was dreaming up.

**DIY toppings**

Most traditional lamb burger recipes include some sort of creamy sauce or dressing. This often means a lot of high-calorie mayo or sour cream, along with a hefty helping of feta. Because it has fewer calories than most cheeses as well as bold flavor (so a little goes a long way), feta is often a healthy choice when used in moderation. Most of the recipes I looked at, however, called for way too much, driving the sodium count up. My feta sauce, on the other hand, uses protein-rich Greek yogurt as a base and includes some sort of creamy sauce or dressing. This often means a lot of cheeses in moderation.

**A Juicy Twist On LAMB BURGERS**

Creamy feta sauce and homemade tomato jam will make these Greek-inspired lamb burgers the star of your summer cookout.

BY JULIE O’HARA, PHOTOGRAPHY BY BRANDON BARRÉ

**BE A GRILL MASTER**

Although grilling is one of the easiest ways to cook healthy meals, there are still a few things you should know to master your next burger bash.

**HANDLE WITH CARE:** Don’t overwork raw meat when seasoning it. Try wearing latex gloves and gently mixing with your hands. Delicately shape into loose patties rather than packing it between your palms, and you’ll be rewarded with burgers that are light and tender, not dense.

**DITCH THE “FAT-FREE” MINDSET:** For moist, juicy burgers, opt for high-quality, grass-fed meat that’s 80 to 85% lean.

**COOK BY TEMPERATURE:** We’d all like to know how to tell when meat is done simply by touch, but it’s a tough skill to master. An instant-read thermometer is inexpensive and guarantees that you’ll never overcook a burger again. Aim for 160°F.

**USE TONGS:** This gives you more control than a spatula for flipping. And if your grill came with a meat fork, ditch it — poking robs meat of moisture and can spread bacteria from meat that isn’t cooked through.

**CHOOSE CHARCOAL:** You can cook great burgers on a gas grill, but charcoal is where it’s at if you want deep, smoky flavor. If you don’t like the idea of using lighter fluid, a charcoal chimney makes it easy to light the coals.
Lamb Burgers
WITH ROASTED TOMATO JAM & CREAMY FETA SAUCE

**YOU SAVE:** 599 CALORIES, 61 g TOTAL FAT, 1,064 mg SODIUM, **YOU GAIN:** 2 g FIBER

SERVES 6. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

**INGREDIENTS:**
- Olive oil cooking spray
- 2 lb Roma tomatoes (about 6 large), cored and cut into 2-inch chunks
- 2 tsp olive oil
- ¼ cup raw honey or Sucanat (TRY: Wholesome Sweeteners Organic Raw Honey)
- 2 tbsp red wine vinegar
- 2 tbsp packed chopped sun-dried tomatoes (dry-packed; not packed in oil or water)
- ½ tsp fresh ground black pepper, divided
- ½ lb ground lamb
- ½ tsp unsalted garlic and herb or Mediterranean seasoning blend
- ½ tsp sea salt
- High-heat cooking oil (such as grape seed or safflower), as needed
- 2 oz feta cheese, crumbled (about ½ cup packed)
- Zest of half a lemon

**INSTRUCTIONS:**

**ONE:** Preheat oven to 425°F. Line a large rimmed baking sheet with foil and mist with cooking spray. Spread Roma tomatoes on sheet and toss with oil. Roast until very soft and juicy, 20 to 25 minutes, stirring halfway. Transfer to a small saucepan. Add 3 tbsp water, honey, vinegar, sun-dried tomatoes and ½ tsp pepper. Bring to a simmer on high, stirring frequently. Reduce heat to medium and simmer, stirring occasionally, until most of the liquid evaporates and it becomes a thick, chunky jam, about 20 minutes. Transfer to a heat-proof container and cool at room temperature. (NOTE: May be made up to 3 days ahead. Cool completely and refrigerate until ready to use. Jam can be served cold or at room temperature.)

**TWO:** In a large bowl, combine lamb, seasoning blend, salt and remaining ¾ tsp pepper. Using your hands or a rubber spatula, mix gently until just combined. Divide into 6 equal portions, shape into patties and place on a plate.

**THREE:** Heat a grill to medium-high and lightly oil grates. Grill burgers, turning 2 or 3 times, until centers are no longer pink and internal temperature reaches 160°F on an instant-read thermometer, 10 to 15 minutes.

**FOUR:** Prepare feta sauce: In a medium bowl, stir together cheese, lemon zest, yogurt and thyme. Divide feta sauce, patties, spinach and jam among buns.

**Nutrients**: THEN AND NOW

_Compared with a traditional lamb burger**:

<table>
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<th>Nutritional Facts</th>
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<tr>
<td>Calories</td>
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*Serving size is 1 burger.
**The lamb burger with feta sauce used for comparison is the “It’s All Greek To Me Burger” on foodnetwork.com 

You’ll want to make this Roasted Tomato Jam all summer long!
One simple change you can make to drastically improve your health is to remove any and all processed sauces, dips and dressings from your diet. Store-bought dressings in particular are often lacking in nutrients and fiber, and are high in unpronounceable preservatives, salt, sugar and unnecessary, unhealthy fats. In addition, they often taste... well, artificial. Instead, try these easy, nutrient-dense alternatives that will make any salad the focal point of your meal.

To get started, grab a jar with a lid that holds about two cups of liquid. Mason jars work great for this task. To mix the dressing, just give the jar a vigorous shake. As a general rule of thumb, when creating your own dressing, you will want to include an acid, a fat, an emulsifier and flavor enhancers. The acid can be any whole or minimally processed food that has a tangy, tart taste to it. Lime, lemon, orange and grapefruit juices are always favorites and contain a plethora of phytochemicals. Minimally processed vinegars, like apple cider, balsamic, red wine or rice vinegar, are also good choices and are noted to potentially have health benefits for weight maintenance, lowering blood pressure and cholesterol, and regulating blood sugar levels. The next step is adding in a fat. Here, you’ll want to select heart- and brain-healthy fats such as tahini paste, avocado and/or nut butters and high-quality, cold-pressed oils like extra-virgin olive oil, hemp oil and flaxseed oil. Then there are the emulsifiers – in our case, hummus, honey and tahini. This is the element that helps the fat and the acid blend together and keeps the dressing from separating. Last up are the flavor enhancers that make each dressing unique. Fresh herbs, garlic, ginger and chile peppers are a few examples of whole foods that nutritious flavor dressings without any added fat, salt or sugar.
The winning formula for a perfect homemade dressing:

**ACID:** Vinegars (apple cider, wine, rice or balsamic) or fresh citrus juice for tanginess  

**FAT:** Heart-healthy fats such as EVOO, flaxseed oil, hemp oil, avocado, tahini paste, nut butters 

**EMULSIFIER:** Dijon mustard, honey, maple syrup or hummus (to help blend dressing) 

**FLAVOR ENHANCERS:** Herbs, garlic, spices, ginger and chiles add a flavor punch while milks, such as soy milk, add a creamy texture

### Tahini Dill

**MAKES** 1 CUP.  

**INGREDIENTS:**  
- ½ cup fresh lemon juice (about 1 lemon), plus ¼ tsp lemon zest  
- ¼ cup tahini paste  
- 1 tbsp pure maple syrup  
- 2 tbsp fresh chopped dill  
- ¼ tsp puréed garlic  
- Pinch sea salt  

**INSTRUCTIONS:**  
**ONE:** Add the acid: To a Mason jar, add lemon juice and zest.  
**TWO:** Add the fat: in this case, the tahini paste.  
**THREE:** Add the emulsifier: In this recipe, we use maple syrup.  
**FOUR:** Add the flavor enhancers: Here, it is the dill, garlic and salt.  
**FIVE:** Shake vigorously until all ingredients are thoroughly combined. Be certain to sample your dressing with a leaf of the greens or lettuce you are using to get a sneak peek of the dressing’s taste in action.  

**NUTRIENTS PER SERVING (1 TBSP):**  
- CALORIES: 27  
- TOTAL FAT: 2 g  
- SAT. FAT: 0 g  
- CARBS: 2 g  
- FIBER: 0 g  
- SUGARS: 1 g  
- PROTEIN: 1 g  
- SODIUM: 9 mg  
- CHOLESTEROL: 0 mg

### Avocado Lime

**MAKES** 1¼ CUPS.  

**INGREDIENTS:**  
- ¼ cup lime juice (about 1 lime), plus ¼ tsp lime zest  
- 1 avocado, pitted and diced (keep the pit)  
- 2 tbsp extra-virgin olive oil  
- 1 tsp raw honey  
- ½ tsp puréed garlic  
- Pinch sea salt  

**INSTRUCTIONS:**  
To a Mason jar, add all ingredients (including the avocado pit) plus ½ cup water and shake vigorously until thoroughly combined. The pit will help emulsify the dressing as well as keep it a vibrant green. Remove pit before serving.  

**NUTRIENTS PER SERVING (1 TBSP):**  
- CALORIES: 31  
- TOTAL FAT: 3 g  
- SAT. FAT: 0 g  
- CARBS: 1 g  
- FIBER: 0 g  
- SUGARS: 0 g  
- PROTEIN: 0 g  
- SODIUM: 7 mg  
- CHOLESTEROL: 0 mg

Once you have perfected the acid, fat, emulsifier and flavor enhancer combination, these steps can be applied to almost any dressing recipe.
Follow these steps for a foolproof dressing that will have you skipping the condiment aisle on your next grocery trip.

**Creamy Curry**

*Makes 1 cup.*

**Ingredients:**
- ¼ cup apple cider vinegar
- 2 tbsp grape seed oil
- ½ cup of your favorite homemade hummus
- 1 tsp ground turmeric
- ½ tsp paprika
- ½ red chile, seeded and minced
- 1 tsp puréed ginger
- Pinch sea salt

**Instructions:**
To a Mason jar, add all ingredients and shake vigorously until thoroughly combined.

**Nutrients per serving (1 Tbsp):**
- Calories: 29
- Total Fat: 2 g
- Sat. Fat: 0 g
- Carbs: 1 g
- Fiber: 0 g
- Sugars: 0 g
- Protein: 1 g
- Sodium: 36 mg
- Cholesterol: 0 mg

**Spicy Thai Peanut**

*Makes 1 cup.*

**Ingredients:**
- ¼ cup lime juice (about 1 lime), plus ¼ tsp lime zest
- ¼ cup natural unsalted peanut butter
- 1 tbsp pure maple syrup
- ½ red chile, seeded and minced
- ¼ tsp puréed ginger
- Pinch sea salt

**Instructions:**
To a Mason jar, add all ingredients and ¼ cup water; shake vigorously until thoroughly combined.

**Nutrients per serving (1 Tbsp):**
- Calories: 26
- Total Fat: 2 g
- Sat. Fat: 0 g
- Carbs: 2 g
- Fiber: 0 g
- Sugars: 1 g
- Protein: 1 g
- Sodium: 8 mg
- Cholesterol: 0 mg

**Vegan Caesar**

*Makes 1 cup.*

**Ingredients:**
- ½ cup fresh lemon juice (about 1 lemon), plus ¼ tsp lemon zest
- 2 tbsp extra-virgin olive oil
- 2 tsp ground flaxseed
- 2 tsp Dijon mustard
- ¼ cup organic plain unsweetened soy milk
- 3 tbsp nutritional yeast
- ½ tsp puréed garlic
- ¼ tsp dulse flakes, optional
- Pinch sea salt

**Instructions:**
To a Mason jar, add all ingredients and shake vigorously until thoroughly combined.

**Nutrients per serving (1 Tbsp):**
- Calories: 26
- Total Fat: 2 g
- Sat. Fat: 0 g
- Carbs: 1 g
- Fiber: 0 g
- Sugars: 0 g
- Protein: 1 g
- Sodium: 16 mg
- Cholesterol: 0 mg
### Pairing Suggestions:

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Suggestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAHINI DILL</td>
<td>Serve over spring greens, cucumber slices and spiralized carrots topped with microgreens and roasted sunflower seeds.</td>
</tr>
<tr>
<td>CREAMY CURRY</td>
<td>Serve over spinach, grated carrot, red pepper and cilantro topped with dried currants or raisins, green onion and crushed peanuts.</td>
</tr>
<tr>
<td>SPICY THAI PEANUT</td>
<td>Serve over fresh basil leaves, cilantro, bell peppers and spiralized carrots and zucchini.</td>
</tr>
<tr>
<td>AVOCADO LIME</td>
<td>Serve over iceberg lettuce, black beans, sweet corn and roasted sweet potatoes topped with cilantro and organic corn chips.</td>
</tr>
<tr>
<td>VEGAN CAESAR</td>
<td>Serve over kale, chard or romaine lettuce with sun-dried tomatoes, capers and whole-grain croutons.</td>
</tr>
</tbody>
</table>

### Dressing Tips:
- Use your rasp or microplane to easily purée ginger and garlic. It is also handy for zesting citrus fruit.
- To get creamy dressings without eggs and dairy, try including puréed chickpeas, white beans or organic tofu as well as unsweetened milk alternatives.
- Leftover zest can be bagged and frozen for future dressings.
By day, Meghan Markle plays NYC-based paralegal and law student Rachel Zane on USA Network’s Suits, set to air its fifth season this summer, but she moonlights as a food and fashion explorateur taking us along for each discovery through the lens of her popular site, TheTig.com. A passion project for Markle, her blog highlights her love for farm-to-fork dining, off-the-beaten-path travel and an inspired, stylish lifestyle.

Where did the name "The Tig" come from?
I was at a dinner one night and the bartender suggested I try a Tignanello. I took a sip of this wine and I kid you not it was one of those, "Oh, this is what people mean when they talk about the body of a wine. I get it!" I asked the bartender what it was called but couldn’t really hear him, so he said, “Just call it Tig.” And “Tig” became my nickname for my personal aha moments. I then translated that to everything; like at New York Fashion Week, suddenly clothes weren’t just clothes, they were art, so Tig. It became my nickname for these moments of getting it, and I used it for the site because it’s meant to be that same sort of exploration.

Describe The Tig in three words.
Inspired, international and inquisitive or curious. That’s so much of what the site’s about, a constant discovery of something. With chef talks, I really want to get inside their head and understand, “How did you craft that dish?” It’s the same thing with designers. “Why does this season have this print? What’s the story behind that?” I love that everything has a narrative and trying to understand what makes people tick and why they’re able to create such beautiful things, be it art, fashion, food.

What first ignited your passion for food and cooking?
I grew up in Southern California in a small duplex with a fig tree and a Meyer lemon tree in the backyard. Then when I had my own home I had a vegetable garden. I love fresh flavors and I was so spoiled with the produce in California. There wasn’t a lot of processed eating, at least not in our household. But a lot of it has to do with travel. My mom was a travel agent, so at a really young age I started going to interesting places; we never went to Club Med or a beach resort. When I was 10, I was trying mole in Oaxaca at a Day of the Dead festival before it was cool to like mole, and it’s that sort of thing that influenced how I experience flavor. My mom loved to cook as well, so I would sit in the kitchen watching her. This is obviously pre-iPhone, so there were no distractions and you would really pay attention to what was happening at the table and I became interested in what people were eating.

How do you balance food and indulging but still stay in shape?
You have to find the balance. If I’ve had a really heavy season of eating everything in sight then I will probably eat vegan for a week and try to stay really clean and make smarter choices. But I never just cut something out. I can’t live my life that way. The idea of substitutions and modifications – I don’t feel comfortable doing either. I wouldn’t buy a piece.
of art and say to the artist, “I really love this, but can you not use the color red?” so I’m not going to go to a restaurant where a chef values what he’s plating and say, “That’s great, but can you not do x, y and z?” because he’s composed it that way.

Do you eat from the craft table on the set of Suits? I bring a lot of my own food if I know I’m going to be tempted. But they have great options as well. They always have green juice and kombucha for me on set, which I love to have between meals, and I request a lot of healthy things. I’ll have a big plate of vegetables with hummus and Sriracha, and then when I need a sugar kick around 4 pm, I’ll have an apple with almond butter and sea salt. I just try to stick with leaner protein, lots of vegetables, a good salad and then try not to eat too late.

With Suits shooting in Toronto, I’ve heard that you love The Harbord Room. What are some other favorite eateries in the city? I really like Bar Isabel and I love Cumbrae’s that just opened on Queen West. And then there’s this place called Revitasize that has delicious soups, and they are the only place I know of in Toronto that can make a solid acai bowl.

If I asked your closest friends what dish you’re known for, what would they say? If I have the grill out, I am probably making fish tacos. It reminds me of home; there’s something so comforting about them. With the corn tortillas, you can make them super-healthy as well.

Are there any plans to open a restaurant based on The Tig? What’s in the pipeline? I definitely see myself having a cookbook or maybe a cooking travel show, but that is much later down the line. Owning a restaurant might take the fairy dust off of what I love so much about food and dining because it is such hard work. But definitely keep your eye out for a The Tig cookbook because that would be so much fun to do.

### Tig Fish Tacos

**SERVES 4.**

Serve in corn tortillas topped with the fixings of your choice, such as guacamole, sour cream, and salsa.

**INGREDIENTS:**
- 1 lb whitefish (such as lingcod)
- Juice of 4 limes, divided
- 2 cloves garlic, chopped
- ½ cup fresh cilantro, roughly chopped, divided
- ½ tsp ground cumin
- ¼ tsp each sea salt and fresh ground black pepper, plus additional salt, to taste
- High-heat cooking oil (such as safflower or grape seed), as needed

**INSTRUCTIONS:**

**ONE:** In a large bowl or zip-top bag, add fish, juice of 2 limes, garlic, ¼ cup cilantro, cumin, salt and pepper. Cover or seal bag and transfer to refrigerator for about 30 minutes.

**TWO:** Meanwhile, fire up your grill outside, or heat an indoor grill pan to medium-high and lightly oil grates. Add fish to grill, discarding any extra marinade, and grill about 3 to 4 minutes per side, until fish is opaque throughout and flakes easily with a fork.

**THREE:** Transfer to a board or plate and let rest for a few minutes; add remaining juice of 2 limes, additional salt and remaining ¼ cup cilantro.

**FOUR:** Flake fish into pieces and divide among tortillas. Garnish with the fixings of your choice.

**NUTRIENTS PER SERVING**

| (¼ OF RECIPE) | CALORIES: 109 | TOTAL FAT: 1 g | SAT. FAT: 0 g | CARBS: 3 g | FIBER: 0 g | SUGARS: 0.5 g | PROTEIN: 21 g | SODIUM: 131 mg | CHOLESTEROL: 62 mg |
Fruit is often pigeonholed as a strictly sweet-dish kind of ingredient, but we firmly believe it can be so much more than dessert. Here, we’re showcasing the best of sweet summer fruit and demonstrating how it can truly shine in these mouthwatering, savory meals.

Recipes by Julie O’Hara,
Photography by Brandon Barre
Baked Brie
WITH LAVENDER HONEY 
STRAWBERRIES ON 
TOASTED BAGUETTE

SERVES 8.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 25 MINUTES.

Oozing from the oven, Brie cheese is smothered in a delicately flavored strawberry sauce with a touch of honey and lavender.

INGREDIENTS:
• 3 tbsp raw honey
• ¼ tsp dried lavender
• ½ lb strawberries, stemmed, cored and chopped (1½ cups)
• 8-oz round Brie cheese
• 8 oz whole-wheat baguette, sliced thin (about ½ large loaf)
• ⅓ cup roasted unsalted shelled pistachios, chopped

INSTRUCTIONS:
ONE: Arrange oven racks in upper-middle and lower-middle positions and preheat to 375°F. To a small saucepan on medium-high, add honey, lavender and 2 tsp water and bring to a simmer, stirring frequently. Reduce heat to low and simmer until fragrant, 2 minutes. To a medium bowl, add strawberries and their syrup; stir to combine. Set aside.

TWO: Line a medium rimmed baking sheet with nonstick foil or parchment paper and place cheese in center. Bake on upper rack until cheese feels very soft when pressed, 15 to 17 minutes. On a large rimmed baking sheet, place baguette slices and bake on lower rack until lightly toasted. Transfer cheese to a serving plate. Cut a thin wedge to let the cheese ooze out. Top with strawberries and their syrup, then top with pistachios. Serve with baguette slices.

NUTRIENTS PER SERVING
(2-INCH WEDGE BRIE, ¼ CUP TOPPINGS, 3 TOASTS):
CALORIES: 226, TOTAL FAT: 11 g, SAT. FAT: 5 g, MONOUNSATURATED FAT: 4 g, POLYUNSATURATED FAT: 1 g, CARBS: 25 g, FIBER: 2.5 g, SUGARS: 9 g, PROTEIN: 10 g, SODIUM: 333 mg, CHOLESTEROL: 28 mg
Satiating strawberries:

Regularly eating fresh strawberries may help decrease your risk of type 2 diabetes. Scientists speculate that a class of polyphenols found in strawberries, called ellagitannins, may help lower and regulate blood sugar levels, thereby helping to reduce your risk of developing the disease. The ruby red berries are also high in water and fiber, both of which help to keep you fuller for longer.
Watermelon Panzanella
WITH SMOKY GRILLED CHICKEN
SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 35 MINUTES.
Soft, sweet watermelon offsets the toasted crusty bread in this cooling salad. Peppery arugula, salty feta and easy grilled paprika-rubbed chicken round it off for a complete meal.

INGREDIENTS:
• Neutral-flavored oil (such as safflower or grape seed), as needed
• 10 oz boneless, skinless chicken breast
• ½ tsp smoked paprika
• ½ tsp fresh ground black pepper, divided
• ¼ tsp sea salt
• Olive oil cooking spray
• 8 oz whole-grain crusty bread, cut into 1-inch cubes (about 4 cups)
• ½ small red onion, sliced very thin (about ½ cup)
• 3 cups chopped seedless watermelon (1-inch cubes)
• 2 cups packed baby arugula
• ½ cup fresh chopped mint leaves or basil leaves
• 2 tbsp extra-virgin olive oil
• 1 tbsp plus 1 tsp red wine vinegar
• 1 tsp raw honey
• 2 oz feta cheese, crumbled (about ½ cup)

INSTRUCTIONS:
ONE: Heat a grill to medium-high and lightly oil grates. Season chicken with paprika, ¼ tsp pepper and salt. Grill chicken, turning 2 or 3 times, until center is no longer pink and internal temperature reaches 165°F on an instant-read thermometer, 10 to 16 minutes depending on size. When cool enough to handle, chop into ½-inch pieces.

TWO: Meanwhile, preheat oven to 350°F. Mist a large rimmed baking sheet with cooking spray. Add bread and bake, turning halfway, until outside is crisp and light golden brown and inside is still chewy, about 10 minutes.

THREE: To a large bowl, add onion, watermelon, arugula, mint, chicken and remaining ¼ tsp pepper. In a small bowl, whisk together oil, vinegar and honey. Add about half the dressing and toss with a large spoon. Add bread and remaining dressing and toss to combine. Divide among plates and sprinkle evenly with cheese.

NUTRIENTS PER SERVING (¼ OF SALAD):
CALORIES: 365
TOTAL FAT: 13 g
SAT. FAT: 4 g
MONounsATURATED FAT: 7 g
POLYunsATURATED FAT: 2 g
CARBS: 43 g
FIBER: 5 g
SUGARS: 14 g
PROTEIN: 23 g
SODIUM: 543 mg
CHOLESTEROL: 52 mg
Corn Fritters
WITH FRESH BLACKBERRY SAUCE

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 45 MINUTES.

Blackberries and honey are combined with savory ingredients such as shallot and jalapeño for a dribble-down-your-chin kind of sauce that suits these scallion-speckled fritters perfectly. Serve with sour cream on the side.

INGREDIENTS:
- 12 oz blackberries
- 3 sprigs fresh thyme, plus additional for garnish
- 1 large shallot, chopped
- 1 jalapeño chile pepper, seeded and chopped
- 1 tbsp raw honey
- 1 tbsp fresh lemon juice
- ½ tsp sea salt, divided
- ¼ tsp fresh ground black pepper
- ½ cup stone ground yellow cornmeal
- ½ cup white whole-wheat flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ⅛ tsp ground cayenne pepper (TRY: Simply Organic Ground Cayenne Pepper)
- 1 large egg
- ½ cup whole-milk buttermilk
- 1 scallion, sliced
- ½ cups fresh or frozen and defrosted corn kernels (patted dry if using frozen)
- 8 tsp olive oil

INSTRUCTIONS:

ONE: In a large saucepan, combine blackberries, 3 thyme sprigs, shallot, jalapeño, honey, lemon juice, ¼ tsp salt, black pepper and 1 tbsp water. Bring mixture to a simmer on medium-high for 4 to 5 minutes, until berries and shallots are softened. Remove from heat and discard thyme sprigs; cover to keep warm.

TWO: Preheat oven to 200°F. In a large bowl, whisk together cornmeal, flour, baking powder, baking soda, cayenne and remaining ¼ tsp plus ⅛ tsp salt. In a medium bowl, whisk egg. Whisk in buttermilk. Add to cornmeal mixture and stir just until moistened. Stir in scallion and corn.

THREE: To a large, heavy skillet on medium-high, heat 2 tsp oil. Add batter in 4 3-tbsp portions and cook until bubbles form on surface and edges are set and golden brown, 1½ to 2 minutes. Flip and continue cooking until opposite sides are golden, 1 to 1½ minutes more. Transfer to a baking sheet and keep warm in the oven. Working in batches, repeat with remaining oil and batter to make 16 fritters. Divide fritters and berry sauce among plates. Garnish with additional thyme and serve with sour cream, if desired.

NUTRIENTS PER SERVING (4 FRITTERS AND ¼ OF SAUCE):
- CALORIES: 316
- TOTAL FAT: 11 g
- SAT. FAT: 2.5 g
- MONounsaturated Fat: 6 g
- POLYunsaturated Fat: 2 g
- CARBS: 47 g
- FIBER: 8 g
- SUGARS: 15 g
- PROTEIN: 9 g
- SODIUM: 469 mg
- CHOLESTEROL: 52 mg
Peach Barbecued Chicken Breasts

SERVES 6.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 1 HOUR, 20 MINUTES.
The star of this juicy chicken dish is the homemade barbecue sauce – made from fresh peaches simmered with aromatic spices, then puréed and brushed over the chicken. Peel and slice additional peaches and throw them on the grill for a sweet-smoky complement.

INGREDIENTS:
• 4 tsp chile powder
• 2 tsp ground cumin
• 2 tsp ground ginger
• 2 tsp dried tarragon
• ½ tsp ground cayenne pepper
• 3 large, firm peaches, peeled, pitted and cut into ½-inch chunks (3 cups) (TIP: Try using a soft-fruit peeler.)
• 1 small sweet onion, chopped
• ½ cup apple cider vinegar (TRY: Bragg Organic Apple Cider Vinegar)
• 3 tbsp raw honey
• 2 tbsp Dijon mustard
• Neutral-flavored oil (such as safflower or grape seed), as needed
• ¼ tsp sea salt
• 1 tsp fresh ground black pepper
• 6 bone-in, skin-on chicken breasts (about 5 lb)
• 3 tbsp chopped fresh tarragon leaves

INSTRUCTIONS:
ONE: In a small bowl, combine chile powder, cumin, ginger, dried tarragon and cayenne; set aside. In a large saucepan, combine peaches, onion, vinegar, honey, mustard and 4 tsp spice mixture. Bring to a simmer on medium-high then reduce heat to medium-low, cover and simmer, stirring occasionally, for 15 minutes. Remove lid, increase heat to medium and continue to simmer, stirring occasionally, until peaches are very soft and liquid is syrupy, 15 minutes. Transfer to a food processor or blender and purée until smooth. Return to saucepan and set aside.

TWO: Heat a grill to medium-high and lightly oil grates. Stir in salt and pepper to remaining spice mixture. Gently lift skin covering...
each chicken breast, slide fingers underneath and rub spice mixture evenly over meat (leave the skin on).

THREE: Place chicken on hottest part of grill, skin side down. Grill until internal temperature reaches 160°F on an instant-read thermometer, 25 to 30 minutes, turning 3 or 4 times during cooking. Place about ¼ cup barbecue sauce in a small bowl and brush over chicken (remove remaining sauce from heat and cover to keep warm). Continue cooking until internal temperature reaches 165°F and chicken is no longer pink in the thickest part, 2 to 3 minutes. Rest for 5 minutes.

FOUR: Meanwhile, reheat barbecue sauce on medium-low, stirring occasionally, until steaming. Sprinkle chicken with fresh tarragon and serve with remaining barbecue sauce.

NUTRIENTS PER SERVING (1 CHICKEN BREAST AND ¼ CUP SAUCE):
- CALORIES: 529
- TOTAL FAT: 18 g
- SAT. FAT: 5 g
- MONOUNSATURATED FAT: 7 g
- POLYUNSATURATED FAT: 4 g
- CARBS: 22 g
- FIBER: 3 g
- SUGARS: 16 g
- PROTEIN: 67 g
- SODIUM: 593 mg
- CHOLESTEROL: 185 mg

Potent pineapple:
The pineapple in this dish is a rich source of vitamin C and manganese as well as the enzyme bromelain, which aids in the breakdown and digestion of protein. Moreover, bromelain helps prevent blood clots by keeping blood platelets from sticking together.
Pineapple Pork Stir-Fry with Coconut Rice

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 1 HOUR, 5 MINUTES.

Pineapple chunks add a light sweetness to offset the salty and spicy notes in this flavor-loaded stir-fry. Coconut milk–simmered brown rice adds depth to your typical rice side dish.

INGREDIENTS:
- ¾ cup coconut milk
- ¾ cup short-grain brown rice (try: Lundberg Organic Brown Short Grain Rice)
- ¼ tsp sea salt
- 2 tbsp reduced-sodium tamari
- 2 tbsp fresh pineapple or orange juice
- 2 tbsp raw honey
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- Olive oil cooking spray
- 1 lb ground pork
- 1½ cups chopped pineapple, dried on paper towels
- 1 tbsp peeled and chopped fresh ginger (1-inch piece)
- 4 scallions, sliced
- ¼ cup packed fresh cilantro leaves
- 2 red chiles (such as Fresno), thinly sliced, optional

INSTRUCTIONS:
ONE: In a small saucepan, bring milk and ¼ cup water to a boil. Stir in rice and salt. When liquid returns to a simmer, reduce heat to low, cover and cook until liquid is absorbed, about 50 minutes. Remove from heat and keep covered for 10 minutes.

TWO: In a small skillet, add pineapple juice, honey, vinegar and oil; set aside. Heat a large skillet on medium-high and add tamari mixture. Stir in rice and salt. Add ¾ cup water and cook, stirring occasionally, until onions are very soft and lightly browned, about 20 minutes. Transfer to a small bowl and set aside.

THREE: In the same skillet on medium-high, working in two batches, heat half of butter. Add half of plums in a single layer and cook without stirring, until soft and golden brown, about 2 minutes per side. Transfer to a medium bowl and repeat with remaining half of butter and half of plums; set aside.

Caramelized Plum, Mozza & Arugula Flatbread

SERVES 4.
HANDS-ON TIME: 45 MINUTES.
TOTAL TIME: 1 HOUR.

Sticky, golden sautéed plums steal the show in this rustic flatbread recipe that is sure to impress.

INGREDIENTS:
- 3 tbsp olive oil, divided
- 1 large red onion, thinly sliced
- 1 tbsp organic unsalted butter
- 3 plums, pitted and sliced ⅛ inch thick
- 1½ cups white whole-wheat flour, plus additional for rolling
- ½ cup oat flour
- 1 tsp baking powder
- ½ tsp sea salt
- 4 oz fresh mozzarella cheese, thinly sliced
- 1 cup packed baby arugula

INSTRUCTIONS:
ONE: Preheat oven to 450°F. In a large, heavy skillet on medium, heat 1 tbsp oil. Add onion and cook, stirring occasionally, until onions are very soft and lightly browned, about 10 minutes. Transfer to a small bowl and set aside.

TWO: In the same skillet on medium-high, working in two batches, heat half of butter. Add half of plums in a single layer and cook without stirring, until soft and golden brown, about 2 minutes per side. Transfer to a medium bowl and repeat with remaining half of butter and half of plums; set aside.

THREE: In a large bowl, whisk together flours, baking powder and salt. Add ¼ cup water and remaining 2 tbsp oil and stir until just moistened. Sprinkle flour on a work surface. Transfer dough to surface and knead into a ball. Press dough into a thick disk, sprinkle with flour and roll out into a large oval, approximately ⅛ inch thick. Slide dough on a large baking sheet. Bake in center of oven until dough is set and just beginning to brown, 12 minutes, rotating baking sheet back to front about halfway through. (TIP: You could also roll dough on a piece of parchment and use it to slide dough onto baking sheet)

FOUR: Remove baking sheet from oven and top with caramelized onions, plums and cheese. Return to oven and bake until dough is light golden brown and cheese is melted, 5 to 7 minutes. Remove from oven and top with arugula.

NUTRIENTS PER SERVING (¼ OF FLATBREAD):
- CALORIES: 388
- TOTAL FAT: 22 g
- SAT. FAT: 7 g
- MONOUNSATURATED FAT: 6 g
- POLYUNSATURATED FAT: 1 g
- CARBS: 49 g
- FIBER: 3 g
- SUGARS: 8 g
- PROTEIN: 14 g
- SODIUM: 398 mg
- CHOLESTEROL: 31 mg
Caramelized Plum, Mozza & Arugula Flatbread
Salad Obsession

Gorgeous summer produce plays a starring role in these vibrant, piled-high salads and slaws – each with a unique, homemade vinaigrette.

RECIPES BY CARA LYONS, PHOTOGRAPHY BY DARREN KEMPER

Give our two-minute Orange Tarragon Vinaigrette a whirl (P. 59)
Your ultimate patio-fresh grilled asparagus salad!

The Laguna Green

(See recipe, p. 59)
SOUTHWEST CHICKEN SALAD
(SEE RECIPE, P. 55)

For an easy take-to-go meal, try layering your salad in a jar – keep the dressing at the bottom and the lighter ingredients (like lettuce) on top. Shake or toss just before eating.
KO SAMUI CHICKEN SLAW

(SEE RECIPE, P. 55)

Get your glow on:
This Thai-style slaw contains fresh mango, bell pepper and lime juice – all of which are packed with vitamin C. This water-soluble vitamin is needed for your body to make collagen, a protein that gives skin its strength and elasticity.
DRUNKEN ISLAND Toss
WITH CURRIED PINEAPPLE VINAIGRETTE

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 30 MINUTES.

Roasted plantains and toasted coconut and macadamia nuts top this gloriously fresh tossed salad with creamy yogurt and saucy pineapple vinaigrette.

INGREDIENTS:
- 1 plantain, peeled and thinly sliced into rounds
- Olive oil cooking spray
- ¼ tsp sea salt, divided
- ¼ cup unsalted macadamia nuts, roughly chopped
- ¼ cup unsweetened shredded coconut
- 1 cup peeled and chopped pineapple
- ½ cup plain whole-milk Greek yogurt
- 2 tbsp fresh lime juice
- 1 tsp yellow curry powder
- 3 carrots, peeled and grated
- 1 red bell pepper, seeded and thinly sliced
- 1 avocado, peeled, pitted and chopped
- 6 cups field greens mix
- 2 cups finely chopped cucumber
- 2 tbsp unsweetened raisins

INSTRUCTIONS:
ONE: Preheat oven to 350°F. On a large rimmed nonstick baking sheet, arrange plantains in a single layer. Mist plantains with cooking spray on both sides, sprinkle with 1/8 tsp salt and toss to coat. Roast for 20 to 25 minutes, turning halfway, until lightly browned.
TWO: Meanwhile, in a medium skillet on medium-low, toast nuts and coconut until lightly browned, stirring often, about 5 minutes. Remove from heat and set aside to cool.
THREE: In a small food processor or blender, process pineapple, yogurt, lime juice, curry powder and remaining 1/8 tsp salt until smooth, about 30 seconds.
FOUR: In a large bowl, toss together carrots, bell pepper, avocado, field greens and cucumber; divide among serving bowls. Divide plantains, macadamia-coconut mix, raisins and dressing among servings.

NUTRIENTS PER SERVING (2¼ CUPS):
CALORIES: 367, TOTAL FAT: 21 g, SAT. FAT: 7 g, MONOUNSATURATED FAT: 11 g, POLYUNSATURATED FAT: 1 g,
CARBS: 45 g, FIBER: 11.5 g, SUGARS: 24 g, PROTEIN: 7 g, SODIUM: 202 mg, CHOLESTEROL: 5 mg
KO SAMUI CHICKEN SLAW WITH SPICY LIME VINAIGRETTE

SERVES 6.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 25 MINUTES.

Cabbage, mango, carrots and bell pepper are tossed with protein-rich chicken and drizzled with a fiery mint and lime dressing.

INGREDIENTS:
- 4 large carrots, peeled and shredded
- 1 large red bell pepper, seeded and thinly sliced
- 1 large zucchini, trimmed and finely chopped
- 1 mango, peeled, pitted and cut into matchsticks
- 6 cups shredded savoy, napa or green cabbage
- 4 cups chopped cooked chicken breast
- 2 cups chopped snap peas
- 6 tbsp fresh lime juice
- ¼ cup olive oil
- 2 tbsp rice vinegar
- 2 tbsp Sucanat or organic evaporated cane juice
- ⅓ cup finely chopped fresh mint leaves
- 6 tbsp chopped roasted unsalted peanuts

INSTRUCTIONS:
ONE: In a large bowl, combine carrots, bell pepper, zucchini, mango, cabbage, and chicken and peas.

TWO: In a small bowl, whisk together lime juice, oil, vinegar, Sucanat, hot sauce and mint. Pour dressing over vegetable mixture and toss to combine. Divide among serving bowls and top with peanuts.

SOUTHWEST CHICKEN SALAD WITH WHIPPED AVOCADO DRESSING

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 40 MINUTES.

Black beans, corn, cheddar and crunchy tortilla chips are the hallmark ingredients of our killer Southwest salad. Serve it in a bowl, or layer it in a glass jar and take it to go.

INGREDIENTS:
- High-heat cooking oil (such as grape seed or safflower), as needed
- 2 5-oz boneless, skinless chicken breasts
- 1½ tsp all-natural low-sodium barbecue seasoning blend
- 4 1-oz slices all-natural nitrate- and nitrite-free turkey bacon
- 2 6-inch corn tortillas, cut in half and then into ¼-inch strips
- Olive oil cooking spray
- 1 clove garlic, peeled
- ½ avocado, peeled and pitted
- ½ cup chopped fresh cilantro leaves
- ¼ cup plain whole-milk Greek yogurt
- 2 tbsp fresh lime juice
- ⅛ tsp sea salt
- 1/8 tsp fresh ground black pepper
- 6 cups chopped romaine lettuce
- 2 plum tomatoes, seeded and diced
- 1 cup cooked or BPA-free canned black beans
- 2 oz shredded or chopped cheddar cheese

INSTRUCTIONS:
ONE: Preheat a grill to medium and lightly oil grates. Rub chicken with barbecue seasoning. Grill for 12 to 15 minutes, turning once, until cooked through. Remove from heat, cover with foil and set aside.

TWO: Meanwhile, heat a medium skillet on medium. Cook bacon for 8 to 10 minutes, turning once, until browned and crisp. Set aside on paper towels.

THREE: Preheat a grill to medium and lightly oil grates. Rub chicken with barbecue seasoning. Grill for 12 to 15 minutes, turning once, until cooked through. Remove from heat, cover with foil and set aside.

FOUR: In a small blender or food processor, blend garlic, avocado, cilantro, yogurt, lime juice, salt, pepper and ⅓ cup water until smooth.

FIVE: In a large bowl, whisk together dressing and add to salad. Finely chop bacon and add to salad; toss. Divide salad among serving bowls and top evenly with dressing and tortilla strips. (Alternatively, arrange salad in layers in a glass jar as shown above, starting with dressing and keeping lighter ingredients such as lettuce toward top of jar.)
ARUGULA
Also known as rocket, arugula is delicate in texture and peppery in flavor. Because of its stronger flavor, it's balanced well by vinaigrettes with slightly sweeter notes. Arugula contains chlorophyll, which can help prevent DNA damage from certain carcinogens.

FIELD GREENS
Also called spring mix or mesclun, field greens are a combination of several greens, which add a variety of flavors to your salad. Rich in dietary fiber to keep you feeling satisfied, field greens are a good way to get an array of phytonutrients since each type has a slightly different nutrient profile.

SAVOY CABBAGE
With a slightly milder flavor than other cabbages, savoy pairs well with Asian-style recipes. While all cabbages have cancer-protective properties, savoy cabbage in particular has high levels of sinigrin, a type of cancer-fighting compound known as a glucosinolate.

RED CABBAGE
Adding serious crunch to salads and slaws, red cabbage is very rich in immune-boosting and free-radical fighting vitamin C.

ROMAINE LETTUCE
Cool, crisp romaine holds up well to heavier dressings without getting soggy. With only eight calories per cup, it's an excellent source of heart-protective vitamin B9, or folate.

POWERFUL PLANTS
Start your salad off right with one of our favorite health-boosting greens.
MID-EAST COBB

(SEE RECIPE, P. 59)
BLUE CHEESE APPLE SLAW WITH TANGY GARLIC DRESSING

SERVES 4.
HANDBS-ON TIME: 25 MINUTES.
TOTAL TIME: 25 MINUTES.

Sweet apple, crunchy celery and pungent blue cheese make for the perfect combination in this 25-minute slaw.

INGREDIENTS:
- ½ cup chopped unsalted walnuts
- 5 cups shredded red cabbage
- 1 cup peeled and shredded carrot
- 1 large sweet-tart apple, such as Honeycrisp or Pink Lady, thinly sliced
- ½ cup chopped scallions
- 2 oz crumbled blue cheese
- ½ cup plain whole-milk Greek yogurt
- ¼ cup fresh lemon juice
- 1 clove garlic, crushed
- ¼ tsp each sea salt and fresh ground black pepper

INSTRUCTIONS:
ONE: In a small skillet on medium-low, add walnuts and toast, stirring often, until lightly browned and fragrant, about 5 minutes. Remove from heat and set aside to cool.

TWO: Meanwhile, in a large bowl, toss together cabbage, carrot, celery, apple, scallions and cheese. (Alternatively, place cabbage at the bottom of the bowl and arrange piles of ingredients over top.)

THREE: In a small bowl, whisk together yogurt, lemon juice, garlic, salt, pepper and 2 tbsp water until smooth. Pour over salad and toss to coat. Sprinkle with walnuts.

A happier gut:
This hearty slaw uses yogurt instead of mayo to give it that creamy texture. Yogurt contains friendly bacteria, called probiotics, that may help support the immune system as well as improve digestion. Newer research is also showing that probiotics may help prevent or relieve allergies.
**THE LAGUNA GREEN WITH ASPARAGUS, STRAWBERRIES & ORANGE TARRAGON VINAIGRETTE**

**SERVES 4.**
**HANDS-ON TIME: 25 MINUTES.**
**TOTAL TIME: 50 MINUTES.**

Peak-season asparagus is lightly grilled then tossed with arugula, roasted beets and strawberries in this colorful, warm-weather salad.

**INGREDIENTS:**
- Olive oil cooking spray
- 4 small beets (golden and/or red)
- 1 bunch asparagus, trimmed
- ¼ tsp each sea salt and ground black pepper, divided
- ½ cup sliced unsalted almonds
- ¼ cup plain whole-milk Greek yogurt
- ¼ cup fresh orange juice, plus 2 tsp orange zest
- 1 large eggplant, trimmed and cubed
- 1 tbsp extra-virgin olive oil
- 1 tbsp whole-grain Dijon mustard
- 1 tbsp raspberry wine vinegar
- 1 clove garlic, crushed
- 1 tbsp finely chopped fresh tarragon leaves
- 1 5-oz pkg baby arugula
- 2 cups stemmed and sliced strawberries
- 2 oz goat cheese, crumbled

**INSTRUCTIONS:**
**ONE:** Preheat oven to 375ºF. Roast beets: Cut a large square of foil and mist with cooking spray. Wrap beets tightly in foil and place on a large rimmed baking sheet, arranged in a single layer. Drizzle with 2 tbsp olive oil, sprinkle with shawarma seasoning and mist with cooking spray; bake for 30 minutes, tossing halfway, until beets are browned and tender. Remove from heat.

**TWO:** Preheat a grill to medium. Arrange asparagus on a large baking sheet or plate and mist with cooking spray. Grill for 6 to 7 minutes, turning 2 to 3 times, until tender and grill marks appear. Cool; chop into 1-inch lengths.

**THREE:** In a small skillet on medium-low, add almonds and toast until lightly browned and fragrant, about 5 minutes, stirring often. Remove from heat.

**FOUR:** In a medium bowl, whisk together yogurt, orange juice and zest, oil, mustard, vinegar, garlic, tarragon and remaining ¼ tsp each salt and pepper.

**FIVE:** In a large bowl, add arugula, strawberries, beets, asparagus, almonds and cheese. Drizzle dressing over salad.

**NUTRIENTS PER SERVING (2 CUPS):**
- **CALORIES:** 204
- **TOTAL FAT:** 12 g
- **SAT. FAT:** 4 g
- **MONOUNSATURATED FAT:** 6 g
- **POLYUNSATURATED FAT:** 1.5 g
- **CARBS:** 19 g
- **FIBER:** 5 g
- **SUGARS:** 11.5 g
- **PROTEIN:** 8 g
- **SODIUM:** 331 mg
- **CHOLESTEROL:** 9 mg

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**MID-EAST COBB SALAD WITH ROASTED CHICKPEAS & CREAMY TAHINI DRESSING**

**SERVES 6.**
**HANDS-ON TIME: 30 MINUTES.**
**TOTAL TIME: 45 MINUTES.**

This salad is inspired by an Israeli sandwich known as Sabich – containing fried eggplant, boiled eggs, chopped vegetables and tahini all stuffed into a pita. In our satisfying main-dish salad, we’ve taken all those same ingredients but roasted the eggplant instead.

**INGREDIENTS:**
- 1 large eggplant, trimmed and cubed
- 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tbsp shawarma seasoning blend (NOTE: Look for this at Middle Eastern stores. If unavailable, any Middle Eastern spice blend can be used here.)
- 3 8-inch whole-wheat pita pockets, split in half and each half cut into 6 wedges
- Olive oil cooking spray
- 1 tsp Za’atar seasoning
- ½ cup plain whole-milk Greek yogurt
- 2 tbsp tahini paste
- 2 tbsp fresh lemon juice
- 1 clove garlic, peeled
- ½ tsp sea salt
- 3 small heads romaine lettuce, chopped
- 3 plum tomatoes, finely chopped
- 1 red onion, thinly sliced
- 1 bunch fresh curly parsley, finely chopped
- 2 cups chopped cucumber
- 6 large hard-boiled eggs, peeled and chopped

**INSTRUCTIONS:**
**ONE:** Preheat oven to 425ºF. On a large rimmed baking sheet, arrange eggplant and chickpeas in a single layer. Drizzle with oil, sprinkle with shawarma seasoning and toss. Roast for 30 minutes, tossing halfway, until chickpeas are browned and eggplant is tender. Set aside to cool.

**TWO:** Reduce oven to 400ºF. Arrange pita on a large rimmed baking sheet, mist with cooking spray and sprinkle with Za’atar. Bake for 6 to 7 minutes, until lightly browned.

**THREE:** In a small food processor or blender, process yogurt, tahini, lemon juice, garlic, salt and 2 tbsp water until smooth.

**FOUR:** In a large bowl, combine lettuce, tomatoes, onion, parsley, cucumber, eggplant, chickpeas, egg and pita. (Alternatively, arrange ingredients in rows on a platter.) Drizzle or toss with dressing.

**NUTRIENTS PER SERVING (2¼ CUPS):**
- **CALORIES:** 380
- **TOTAL FAT:** 17 g
- **SAT. FAT:** 4 g
- **MONOUNSATURATED FAT:** 7 g
- **POLYUNSATURATED FAT:** 3 g
- **CARBS:** 41 g
- **FIBER:** 17 g
- **SUGARS:** 8 g
- **PROTEIN:** 18 g
- **SODIUM:** 279 mg
- **CHOLESTEROL:** 190 mg
Dress up your grilled corn with one of these savory, sweet, spicy or exotic compound butters.

RECIPES BY CARA LYONS, PHOTOGRAPHY BY BRANDON BARRÉ
Keep it fresh:
Butters are best for one week in the fridge or one month in the freezer—but we're pretty sure they'll be devoured long before then.

Butter revival:
For years, health-conscious eaters stayed away from butter because saturated fat was associated with heart disease and stroke. But more recent studies have shown that, in fact, that's not the case. Butter can be part of a healthy diet when eaten in moderation, though we urge you to look for organic or grass-fed butter—it has higher levels of the fatty acid conjugated linoleic acid (CLA), which has anti-inflammatory benefits.

Dill adds a warm, fresh flavor to our versatile lemon dill butter.
PUT THAT BUTTER ON EVERYTHING

These creative corn butters are a dream brushed over grilled corn, but it doesn’t stop there. Check out our ideas below on how to use these butters to spruce up all your summer fare.

**LEMON DILL**
A classic butter perfect for melting over or dipping seafood, such as lobster. It’s also a great accompaniment to roasted or grilled vegetables such as potatoes and asparagus.

**SPICY BUFFALO**
Blue cheese and chives add a pungent flair to your grilled burgers and steaks, as well as potatoes.

**MAPLE BACON**
This sweet and savory butter is killer over sweet potatoes or brushed over grilled chicken.

**THAI RED CURRY**
Try this vibrant, Asian-style butter on grilled salmon or shrimp, or melt it over cooked vegetables such as sweet potato or zucchini.

**CINNAMON PEACH**
An aromatic, sweet butter that’s heavenly on toast, pancakes and waffles.

See full recipes on page 64.
**MAPLE BACON CHIPOTLE BUTTER**

Makes ¾ cup
Hands-on time: 20 minutes
Total time: 30 minutes (plus chilling time)

**Ingredients:**
- 2 1-oz slices all-natural turkey bacon, no added nitrates or nitrates
- 1 dried chipotle pepper
- ½ cup (1 stick) organic unsalted butter, room temperature
- 2 tbsp maple sugar
- ¼ tsp sea salt

**Instructions:**
**One:** In a small food processor or spice grinder, process chipotle until finely ground. Measure 1 tsp; reserve remainder for future use.

**Two:** In a small bowl, combine bacon, sugar and salt. Scoop onto a sheet of plastic wrap and form into a log. Wrap tightly and refrigerate for 2 hours, until firm.

**Nutrients per serving**
(2 Tbsp): Calories: 54
Total fat: 8 g
SAT. FAT: 5 g
POLYUNSATURATED FAT: 2 g
MONOUNSATURATED FAT: 0 g
CARBS: 2 g
FIBER: 0 g
SUGARS: 0 g
PROTEIN: 1 g
SODIUM: 43 mg
CHOLESTEROL: 22 mg

**CINNAMON PEACH BUTTER**

Makes ¾ cup
Hands-on time: 10 minutes
Total time: 20 minutes (plus chilling time)

**Ingredients:**
- 1 small ripe peach
- ½ cup (1 stick) organic unsalted butter, room temperature
- 2 tsp raw honey
- ¼ tsp ground cinnamon

**Instructions:**
**One:** In a small bowl, combine all ingredients. Scoop onto a sheet of plastic wrap and form into a log. Wrap tightly and refrigerate for 2 hours, until firm.

**Nutrients per serving**
(2 Tbsp): Calories: 54
Total fat: 8 g
SAT. FAT: 5 g
POLYUNSATURATED FAT: 2 g
MONOUNSATURATED FAT: 0 g
CARBS: 2 g
FIBER: 0 g
SUGARS: 0 g
PROTEIN: 1 g
SODIUM: 43 mg
CHOLESTEROL: 22 mg

**SPICY BUFFALO BUTTER**

Makes ¾ cup
Hands-on time: 20 minutes
Total time: 20 minutes (plus chilling time)

**Ingredients:**
- 1 small ripe peach
- ½ cup (1 stick) organic unsalted butter, room temperature
- 2 tsp raw honey
- ¼ tsp ground cinnamon

**Instructions:**
**One:** In a small bowl,combine all ingredients. Scoop onto a sheet of plastic wrap and form into a log. Wrap tightly and refrigerate for 2 hours, until firm.

**Nutrients per serving**
(2 Tbsp): Calories: 54
Total fat: 8 g
SAT. FAT: 5 g
POLYUNSATURATED FAT: 2 g
MONOUNSATURATED FAT: 0 g
CARBS: 2 g
FIBER: 0 g
SUGARS: 0 g
PROTEIN: 1 g
SODIUM: 43 mg
CHOLESTEROL: 22 mg

**THAI RED CURRY BUTTER**

Makes ¾ cup
Hands-on time: 10 minutes
Total time: 10 minutes (plus chilling time)

**Ingredients:**
- ½ cup (1 stick) organic unsalted butter, room temperature
- 3 tbsp finely chopped fresh cilantro leaves
- 2 tsp red curry paste
- 1 tsp peeled and grated fresh ginger

**Instructions:**
In a small bowl, combine all ingredients. Scoop onto a sheet of plastic wrap and form into a log. Wrap tightly and refrigerate for 2 hours, until firm.

**Nutrients per serving**
(2 Tbsp): Calories: 54
Total fat: 8 g
SAT. FAT: 5 g
POLYUNSATURATED FAT: 2 g
MONOUNSATURATED FAT: 0 g
CARBS: 2 g
FIBER: 0 g
SUGARS: 0 g
PROTEIN: 0 g
SODIUM: 58 mg
CHOLESTEROL: 20 mg

**LEMON DILL BUTTER**

Makes ¾ cup
Hands-on time: 10 minutes
Total time: 10 minutes (plus chilling time)

**Ingredients:**
- ½ cup (1 stick) organic unsalted butter, room temperature
- 3 tbsp finely chopped fresh dill
- 1 tbsp fresh lemon juice
- 1 small ripe peach
- 1½ oz (6 tbsp) chipotle
- 3 tbsp freshly chopped chives

**Instructions:**
In a small bowl, combine all ingredients. Scoop onto a sheet of plastic wrap and form into a log. Wrap tightly and refrigerate for 2 hours, until firm.

**Nutrients per serving**
(2 Tbsp): Calories: 54
Total fat: 8 g
SAT. FAT: 5 g
POLYUNSATURATED FAT: 2 g
MONOUNSATURATED FAT: 0 g
CARBS: 2 g
FIBER: 0 g
SUGARS: 0 g
PROTEIN: 0 g
SODIUM: 58 mg
CHOLESTEROL: 20 mg

Creative hostess gift:
A log or two of these butters wrapped in parchment along with a chilled bottle of wine makes a brilliant hostess gift to take to your next barbecue!
Nutrition... the way nature intended

Nature’s Food™ is total-body nutrition that helps you make the most of your healthy, active lifestyle. You watch what you put in your body. That’s why Nature’s Food™ features hand-selected, plant-based ingredients without preservatives, artificial sweeteners, genetically modified organisms, gluten or dairy. All of our protein products are made with nutrient-rich ingredients, including brown rice protein, and deliver mouthwatering flavor your taste buds and muscles will love. Nature’s Food™ - inspired by nature, designed for you.

"Nature’s Food™ plant-based proteins include the complete protein source I need before or after working out."
- Claire Rae
Internationally Published Fitness Model,
Online Trainer, Blogger & Vegan

It’s What’s Inside That Counts...

✓ Free of soy, gluten and dairy ingredients
✓ Plant-based, 100% vegan protein
✓ No inferior pea protein like the other guys
✓ No preservatives, artificial flavors or artificial sweeteners
✓ Non-GMO
✓ Great taste

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Body-Benefiting MEALS FOR A BARGAIN!

Maximize your family’s nutrient intake without breaking the bank – all of these wholesome, delicious weeknight dinners are less than $3.75 a plate!

BY DINA CHENEY, PHOTOGRAPHY BY BRANDON BARRE

These Asian Chicken Burgers are dripping with a homemade ginger soy ketchup!
Open-Faced Asian Chicken Burgers
WITH PICKLED VEGETABLES & GINGER SOY KETCHUP

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.
Quick-pickled vegetables are stacked over soy- and lime-spiked chicken burgers. A fast and easy homemade ketchup adds a sweet-tart kick without the excess sugar that normally comes with store-bought ketchup.

INGREDIENTS:
• ½ cup rice vinegar
• 8 black peppercorns
• 4 pods anise
• 1 tsp plus 1 tsp pure maple syrup, divided
• ¼ tsp sea salt
• ½ cup peeled and matchstick-cut carrot
• ¼ cup matchstick-cut radish
• 2 tsp matchstick-cut jalapeño chile pepper, plus ¼ tsp minced jalapeño, divided
• 2½ tsp sesame oil, divided
• 1 lb extra-lean ground chicken or turkey
• 1 tbsp minced garlic
• 1 lb extra-lean ground chicken or turkey
• Zest of 1 lime
• 2 tbsp packed finely chopped fresh cilantro leaves
• 1 tbsp plus 2 tsp reduced-sodium soy sauce
• 2 whole-grain sesame seed burger buns, split and toasted

GINGER SOY KETCHUP
• ¼ cup unsalted tomato paste
• 2 tsp reduced-sodium soy sauce
• 2 tsp pure maple syrup
• 1 tsp rice vinegar
• 1 tsp Sucanat
• 1 tsp peeled and grated fresh ginger
• ½ tsp ground nutmeg

INSTRUCTIONS:
ONE: In a small saucepan on medium-high, combine ½ cup water, ½ cup vinegar, peppercorns, star anise, 1 tbsp maple syrup and salt; bring to a boil. In a small heat-proof bowl, combine carrot, radish and 2 tbsp jalapeño matchsticks. Pour mixture over vegetables and refrigerate for at least 30 minutes or overnight.
TWO: Meanwhile, prepare ketchup: In a small bowl, combine all ketchup ingredients. Stir until Sucanat dissolves, about 45 to 60 seconds. Let stand 15 minutes.
THREE: Heat a small nonstick skillet on medium and brush with ½ tsp oil. Add onion, 1 tbsp minced ginger, garlic and remaining ¼ tsp minced jalapeño and sauté until just softened, about 3 minutes. Transfer mixture to a medium bowl and add chicken, lime zest, cilantro, 1 tsp plus 2 tsp soy sauce and remaining 1 tsp maple syrup; stir until well mixed. Form mixture into 4 ½-inch-thick patties.
FOUR: Heat a large nonstick skillet on medium and brush with 2 tsp oil. Add onion, 1 tbsp minced garlic, 1 tsp minced ginger and remaining 1 tsp minced jalapeño, and sauté until just softened, about 3 minutes. Transfer mixture to a medium bowl and add chicken, lime zest, cilantro, 1 tsp plus 2 tsp soy sauce and remaining 1 tsp maple syrup; stir until well mixed. Form mixture into 4 ½-inch-thick patties.
FIVE: Top each bun half with ketchup and 1 Patty. Drain vegetables, discarding liquid, and divide over top.

NUTRIENTS PER SERVING (1 BURGER WITH TOPPINGS):
• CALORIES: 270
• TOTAL FAT: 6 g
• SAT. FAT: 1 g
• MONounsaturated Fat: 3 g
• POLYunsaturated Fat: 2 g
• CARBS: 24 g
• FIBER: 3 g
• SUGARS: 10 g
• PROTEIN: 28 g
• SODIUM: 540 mg
• CHOLESTEROL: 63 mg

Fattoush Salad
WITH ZA’ATAR PITA CHIPS

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 30 MINUTES.
Packed with veggies, chickpeas and crunchy pita chips, this Lebanese salad makes a satisfying meal. If you can’t find Za’atar, a Middle-Eastern spice blend, make your own variation by mixing equal amounts of dried thyme, sesame seeds and ground sumac.

INGREDIENTS:
• 2 6-inch whole-wheat pitas, split and each half cut into 8 triangles
• Olive oil cooking spray
• 2 tsp Za’atar seasoning blend
• ½ plus ¼ tsp sea salt, divided
• 2 tbsp white balsamic vinegar
• 1 tsp fresh lemon juice
• 1 tbsp extra-virgin olive oil
• ½ tsp raw honey
• ½ tsp ground cumin
• ½ tsp ground coriander
• Pinch fresh ground black pepper
• 4 cups chopped romaine lettuce
• 2 cups cherry or grape tomatoes
• 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
• 1 ¼ cups finely chopped English cucumber
• 1 cup seeded and finely chopped red bell pepper
• ½ cup pomegranate seeds

INSTRUCTIONS:
ONE: Preheat oven to 375°F. Place pita triangles on a large parchment-lined baking sheet and mist with cooking spray. Sprinkle with Za’atar and ¼ tsp salt. Bake for about 15 minutes, turning halfway, until golden and crisp.
TWO: Meanwhile, prepare vinaigrette: In a small bowl, whisk together vinegar, lemon juice, oil, honey, cumin, coriander, pepper and ¼ tsp salt. Bake for about 15 minutes, turning halfway, until golden and crisp.
THREE: In a large bowl, toss together lettuce, tomatoes, chickpeas, cucumber, bell pepper, pomegranate seeds, remaining ¼ tsp salt and vinaigrette. Divide salad among plates and top each serving with pita chips.

NUTRIENTS PER SERVING (2 CUPS):
• CALORIES: 104
• TOTAL FAT: 7 g
• SAT. FAT: 1 g
• MONounsaturated Fat: 3 g
• POLYunsaturated Fat: 1 g
• CARBS: 52.5 g
• FIBER: 11 g
• SUGARS: 12 g
• PROTEIN: 11 g
• SODIUM: 510 mg
• CHOLESTEROL: 0 mg
Red Wine & Honey–Glazed Chicken
WITH HERBED SWEET POTATO FRIES & CREAMY DIPPING SAUCE

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.
Tart red wine and sweet honey combine to make a balanced and bold glaze for the chicken. Sweet potato fries with a sour cream and onion dipping sauce makes for an addictive side to the meal.

INGREDIENTS:
- ½ cup full-bodied red wine (such as Syrah)
- 2 tsp raw honey
- 2 sweet potatoes, each cut into 8 wedges
- 1 ½ tbsp olive oil, divided
- 1 clove garlic, minced
- 1 tsp dried parsley flakes
- 1 tsp dried thyme
- ¼ tsp red pepper flakes
- 4 bone-in, skinless chicken thighs (1¾ lb)
- ¼ tsp sea salt (CERTIFIED ORGANIC FRENCH SEA SALT - FINE)
- 2 tsps raw honey
- 1 ½ tbsp olive oil
- 1 cup full-bodied red wine (such as Syrah)
- 2 tsp dried minced onion
- 2 green onions, finely sliced
- ½ cup sour cream
- 1 clove garlic, minced
- 1 tsp sugar
- 1 tsp red pepper flakes
- ½ cup fresh ground black pepper
- 1 cup sour cream
- 1 yam or sweet potato, cut into 8 wedges
- 2 tsp raw honey
- 1 tsp dried thyme
- 2 cloves garlic
- 1½ tbsp olive oil
- 8 cups water
- 1 piece of cod and sprinkle with nori, seeds and scallion. Drizzle with remaining miso mixture.

SWEET MISO COD
WITH YAMS, RICE & BEANS

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.
Miso-brushed cod is served over brown rice, beans and easy roasted yams for a complete meal. Customize it by adding sliced avocado or shredded carrot, or by substituting another protein such as chicken or shrimp.

INGREDIENTS:
- 1 cup brown rice
- 2 cloves garlic
- 2 tbsp red miso paste
- 1 tbsp fresh lime juice
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp raw honey
- ½ tsp peeled and minced fresh ginger
- 1 yam or sweet potato, cut into ½-inch-thick slices
- Olive oil cooking spray
- 1-lb cod fillet, bones removed, cut into 4 pieces
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed (TRY: Eden Organic Black Beans)
- 2 tbsp crumbled toasted nori (seaweed paper)
- 2 tbsp sesame seeds, lightly toasted
- 2 tbsp thinly sliced scallion

INSTRUCTIONS:
ONE: Preheat oven to 375°F. Line a large baking sheet with parchment paper. Cook rice according to package directions.
TWO: In a large bowl, combine potatoes, 1 tbsp oil, garlic, parsley, thyme and pepper flakes. Gently toss and spread in a single layer on one half of prepared sheet. To same large bowl, add chicken, remaining ½ tbsp oil, salt and pepper; toss to coat. Place chicken on remaining half of sheet. Brush both sides of chicken with 1 tbsp red wine glaze.
THREE: Bake for 20 minutes. Remove from oven and brush another 1 tbsp red wine glaze on both sides of chicken. Turn chicken and potatoes over and return to oven, until an internal thermometer inserted into chicken reads 165°F and potatoes are tender, about 15 to 20 minutes more.
FOUR: Meanwhile, in a small bowl, combine sour cream, green onions and dried onion.
FIVE: Reheat red wine glaze on medium-high; boil for 1 minute. Using a clean brush, brush remaining glaze over chicken. Serve chicken with potatoes and dipping sauce alongside.

NUTRIENTS PER SERVING (1 CHICKEN THIGH, ¼ OF FRIES, ¼ OF DIP):
- CALORIES: 406
- TOTAL FAT: 19 g
- SAT. FAT: 4 g
- MONounsaturated Fat: 9 g
- Polyunsaturated Fat: 3 g
- Carbs: 26 g
- Fiber: 4 g
- Sugars: 10 g
- Protein: 31 g
- Sodium: 317 mg
- Cholesterol: 164 mg

Sweet Miso Cod
WITH YAMS, RICE & BEANS

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.
Miso-brushed cod is served over brown rice, beans and easy roasted yams for a complete meal. Customize it by adding sliced avocado or shredded carrot, or by substituting another protein such as chicken or shrimp.

INGREDIENTS:
- 1 cup brown rice
- 2 cloves garlic
- 2 tbsp red miso paste
- 1 tbsp fresh lime juice
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp raw honey
- ½ tsp peeled and minced fresh ginger
- 1 yam or sweet potato, cut into ½-inch-thick slices
- Olive oil cooking spray
- 1-lb cod fillet, bones removed, cut into 4 pieces
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed (TRY: Eden Organic Black Beans)
- 2 tbsp crumbled toasted nori (seaweed paper)
- 2 tbsp sesame seeds, lightly toasted
- 2 tbsp thinly sliced scallion

INSTRUCTIONS:
ONE: Preheat oven to 400°F. Line 2 large baking sheets with parchment paper. Cook rice according to package directions.
TWO: Meanwhile, in a small food processor, process garlic until minced. Add miso, lime juice, vinegar, oil, honey, ginger and 2 tsp water; process until very smooth.
THREE: Spread yam slices on one sheet; mist both sides with cooking spray. Roast for about 30 minutes, turning halfway, until very tender.
FOUR: Place cod on second sheet. Mist both sides with cooking spray and brush 1 tbsp miso mixture on both sides. Bake for 10 minutes, turning halfway, until opaque throughout and flakes easily with a fork.
FIVE: Divide rice, beans and yam among shallow bowls or plates. Top each with 1 piece of cod and sprinkle with nori, seeds and scallion. Drizzle with remaining miso mixture.

NUTRIENTS PER SERVING (1 PIECE COD AND 1½ CUPS RICE AND VEGETABLES):
- CALORIES: 412
- TOTAL FAT: 7 g
- SAT. FAT: 1 g
- MONounsaturated Fat: 3 g
- Polyunsaturated Fat: 1 g
- Carbs: 29 g
- Fiber: 4 g
- Sugars: 7 g
- Protein: 29 g
- Sodium: 412 mg
- Cholesterol: 43 mg
Spicy Eggplant Parmesan WITH RICOTTA

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 1 HOUR, 10 MINUTES.

Just as indulgent as the original, our un-fried eggplant is smothered in layers of sauce and cheese. If you’re not a fan of heat, omit or reduce the red pepper flakes.

INGREDIENTS:
- Olive oil cooking spray
- 3 large cloves garlic
- ¼ tsp red pepper flakes
- 1 24-oz jar unsalted puréed strained tomatoes or unsalted crushed tomatoes
- 1 tsp white balsamic vinegar
- 2 tsp raw honey
- ½ tsp plus ¼ tsp dried oregano, divided
- ¼ tsp sea salt, divided
- ¼ tsp fresh ground black pepper, divided
- 1 small eggplant, cut into ¼-inch-thick slices and patted dry
- ½ cup white whole-wheat flour (TRY: King Arthur Unbleached White Whole Wheat Flour)
- 3 large egg whites, divided
- 1 cup plain whole-wheat bread crumbs
- 2 tbsp grated Parmesan cheese, divided
- 1⅓ cups whole-milk ricotta cheese

INSTRUCTIONS:
ONE: Preheat oven to 375°F. Mist a medium saucepan with cooking spray and heat on medium. Add garlic and pepper flakes; sauté for 1 minute, stirring constantly. Add tomato purée, vinegar, honey, ½ tsp oregano, ¼ tsp salt and ¼ tsp pepper. Bring to a boil on medium-high, then reduce heat to low, cover and simmer until reduced to 2 cups, about 20 minutes. Remove and discard garlic.

TWO: Meanwhile, using paper towels, pat eggplant dry. Season with ¼ tsp plus ½ tsp salt. Line up 3 shallow bowls. To first bowl, add flour. To second bowl, add 2 egg whites and whisk in 2 tbsp water. To third bowl, add bread crumbs, 1 tbsp Parmesan and remaining ¼ tsp each oregano and black pepper.

THREE: Dredge each eggplant slice in flour, then in egg mixture and finish in bread crumb mixture, turning to coat evenly and shaking off excess. Arrange eggplant in a single layer on a large parchment-lined baking sheet. Mist slices on both sides with cooking spray. Bake until tender, about 25 minutes total, turning halfway.

FOUR: In a small bowl, combine ricotta, remaining 1 egg white and remaining ¼ tsp salt.

FIVE: Mist an 8 x 8-inch baking dish with cooking spray. Spread 1 cup tomato sauce on bottom of dish. Top with half of eggplant. Using half of ricotta mixture, spoon a dollop onto each slice of eggplant. Pour remaining tomato sauce over ricotta layer and top with remaining eggplant. Press eggplant down to partially submerge in sauce. Dollop remaining ricotta mixture onto eggplant slices. Sprinkle remaining 1 tbsp Parmesan over top. Bake until ricotta melts and sauce bubbles at edges, about 30 minutes. Let rest for 20 minutes before serving.

NUTRIENTS PER SERVING (¼ OF CASSEROLE):
- CALORIES: 385
- TOTAL FAT: 14.5 g
- SAT. FAT: 8 g
- MONOUNSATURATED FAT: 4 g
- POLYUNSATURATED FAT: 1 g
- CARBS: 43 g
- FIBER: 8 g
- SUGARS: 13 g
- PROTEIN: 21 g
- SODIUM: 556 mg
- CHOLESTEROL: 50 mg
### MONDAY
**Open-Faced Asian Chicken Burgers**
- 1 carrot  $0.16
- 1 large radish  $0.21
- 1 jalapeño chile pepper  $0.18
- ¼ red onion  $0.15
- 1½-inch piece fresh ginger  $0.23
- 3 cloves garlic  $0.23
- 1 lb extra-lean ground chicken or turkey  $5.49
- 1 lime  $0.40
- ¼ bunch fresh cilantro  $0.40
- 2 whole-grain sesame seed burger buns  $0.63

**Total:** $8.08

### PANTRY STAPLES
- Rice vinegar
- Whole black peppercorns
- Star anise pods
- Pure maple syrup
- Sea salt
- Sesame oil
- Reduced-sodium soy sauce
- Unsalted tomato paste
- Sucanat
- Ground nutmeg

**Total:** $14.56

---

### TUESDAY
**Fattoush Salad**
- 2 6-inch whole-wheat pitas  $1.00
- ¼ oz Za'atar (Middle Eastern herb blend)  $0.08
- 1 lemon  $0.49
- 1 head romaine lettuce  $1.52
- 1 pint cherry or grape tomatoes  $3.29
- 1 15-oz BPA-free can unsalted chickpeas  $2.15
- ⅛ English cucumber  $0.85
- 1 red bell pepper  $1.19
- 1 5.3-oz pkg pomegranate seeds  $3.99

**Total:** $12.21

### PANTRY STAPLES
- Olive oil cooking spray
- Sea salt
- White balsamic vinegar
- Extra-virgin olive oil
- Raw honey
- Ground cumin
- Ground coriander
- Fresh ground black pepper

---

### WEDNESDAY
**Red Wine & Honey-Glazed Chicken**
- ½ cup full-bodied red wine (such as Syrah)  $1.33
- 2 sweet potatoes (about 8 oz each)  $2.78
- 1 clove garlic  $0.08
- 1 lime  $0.40
- ¼-inch piece fresh ginger  $0.04
- 4 oz sour cream  $0.65
- 2 green onions  $0.35

**Total:** $12.71

### PANTRY STAPLES
- Raw honey
- Sesame oil
- Olive oil cooking spray
- Sesame seeds

---

### THURSDAY
**Sweet Miso Cod**
- 1 cup brown rice  $0.24
- 2 cloves garlic  $0.12
- 1 oz red miso paste  $0.70
- 1 lime  $0.40
- 1½-inch piece fresh ginger  $0.04
- 1 yam or sweet potato  $1.39
- 1 lb cod fillet  $7.27
- 1 15-oz BPA-free can unsalted black beans  $2.12
- 1 sheet toasted nori (seaweed paper)  $0.35
- 1 scallion  $0.08

**Total:** $7.32

### PANTRY STAPLES
- Olive oil cooking spray
- Red pepper flakes
- Unsalted puréed strained tomatoes or unsalted crushed tomatoes
- White balsamic vinegar
- Raw honey
- Dried oregano
- Fresh ground black pepper
- White whole-wheat flour
- Whole-wheat bread crumbs

---

### FRIDAY
**Spicy Eggplant Parmesan**
- 3 large cloves garlic  $0.23
- 1 small eggplant (about 12 oz)  $2.99
- 3 large eggs  $0.60
- ½ oz Parmesan cheese  $0.50
- 13 oz whole-milk ricotta cheese  $3.00

**Total:** $7.32

### PANTRY STAPLES
- Olive oil cooking spray
- Red pepper flakes
- Unsalted puréed strained tomatoes or unsalted crushed tomatoes
- White balsamic vinegar
- Raw honey
- Sesame oil
- Dried oregano
- Fresh ground black pepper
- Whole-wheat bread crumbs

---

**A week of groceries for just $54.88**
CAREFREE Summer Days
COME EASY WITH OUR TWO-WEEK MEAL PLAN

Spend more time enjoying long, beautiful days and less time planning your meals. Follow our simple guide – complete with shopping lists – and cross two weeks’ worth of healthy eating off your checklist!

BY HEATHER BAINBRIDGE, RD, CDN, PHOTOGRAPHY BY KELLY BRISSON
recipes // meal plan

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 10½ oz mozzarella cheese
- 6½ oz feta cheese
- ½ dozen large eggs (hard-boil 3)
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 2 17.6-oz containers plain Greek yogurt (TRY: FAGE Total Classic)
- 5 oz trout fillet
- 5 oz salmon fillet
- 2 lb lean ground chicken
- 1 lb boneless, skinless chicken breast
- 4 lean sirloin steak
- 1 all-natural veggie burger (TRY: Amy’s California Veggie Burger)

VEGGIES & FRUITS

- 2 avocados
- 4 bananas (freeze 1 for week 1 and ½ for week 2)
- 2 pints blueberries
- ½ pint raspberries
- 1 qt strawberries
- 1½ cup sliced strawberries
- 1 banana, sliced, and ¾ cup milk
- 1 stalk celery with 1½ tbsp nut butter
- 1 peach, sliced, and ½ cup milk
- 1 apple, sliced, and ¼ cup milk
- 2 kiwi, sliced, and ½ cup milk
- 1 orange, sliced, and ¼ cup milk
- 1 large head garlic
- 1 head romaine
- 18 oz mixed greens
- 1 head romaine
- 1 head romaine
- 3 cucumbers
- 1 red bell pepper
- 1 large head garlic
- 2 lemons
- 1 watermelon
- 3 oz baby arugula
- 1 head romaine
- 1 red onion
- 1 red onion
- 5 oz snap peas
- 3 pints grape tomatoes
- 1 vine tomato

WHOLE GRAINS

- 4 whole-wheat hamburger buns
- 1 bag 8-inch whole-grain wraps
- 2 6-inch whole-wheat pitsas
- 1 loaf whole-grain bread (at least 18 slices)
- 1 loaf whole-grain crusty bread

NUTS, SEEDS & OILS

- 1 bag ground hazelnut flour
- 1 bag coconut flour (TRY: NOW Foods Organic Coconut Flour)
- 1 jar natural unsalted nut butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil cooking spray

EXTRAS

- 1 3-oz pouch wild almond tuna (TRY: Wild Planet Wild Albacore Tuna)
- 2 15-oz BPA-free cans unsalted chickpeas
- 1 bottle unsalted dark chocolate
- 1 bag sun-dried tomatoes

NOTE: Clean Eating shopping lists include all the items you’ll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

meal plan: week 1

### MONDAY

**BREAKFAST:**
Banana Cereal: 1 cup cereal with 1 banana, sliced, and ¼ cup milk

**SNACK:**
2 Dark Chocolate Cherry Hazelnut Energy Balls (see recipe, p. 73)

**LUNCH:**
Tuna Sandwich: Mix 3 oz tuna with 2 tbsp mashed avocado, 1 tbsp Greek yogurt, 2 tbsp each chopped onion and celery, 1 tbsp lemon juice, 1 tsp dried chilies and pinch each dried oregano, dried parsley and pepper; serve between 2 slices bread with ¼ cup mixed greens

**SNACK:**
1 stalk celery with ½ tbsp nut butter

**DINNER:**
Serving Chicken Bruschetta Burger (see recipe, p. 76, save leftovers)

**EXTRAS:**
Summer Salad *

### TUESDAY

**BREAKFAST:**
2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73)
½ cup Greek yogurt

**SNACK:**
1 cup sliced strawberries

**LUNCH:**
1 serving Chicken Bruschetta Burger (leftovers, p. 76)
1 cup blueberries

**SNACK:**
1 stalk celery and 1 oz crackers with 3 tbsp hummus

**DINNER:**
Season 6 oz chicken breast with pinch each salt and pepper; grill
Warm Sweet Potato Salad: 1 sweet potato, baked, cubed and drizzled with 1 tsp balsamic vinegar mixed with ½ tsp each honey and EVOO and pinch each salt and pepper
Summer Salad *

### WEDNESDAY

**BREAKFAST:**
Yogurt Crunch: Combine 1 cup cereal, ¾ cup Greek yogurt and 1 cup sliced strawberries

**SNACK:**
1 cup sliced cucumber with 2 tbsp hummus

**LUNCH:**
Mediterranean Veggie Burger: Arrange 1 cooked veggie burger, 1 oz mozzarella, 1 slice tomato and 4 basil leaves between 2 slices bread, toasted
1 peach

**SNACK:**
2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73)

**DINNER:**
Season 5 oz salmon with 1 tbsp lemon juice, 1 clove garlic, minced, and pinch each salt and pepper; bake
Cherry Quinoa: Mix ¼ cup cooked quinoa with 1 tbsp dried cherries and 2 tsp chopped hazelnuts
1 cup snap peas, steamed

---

**TOTAL NUTRIENTS:**

**MONDAY:**
- **CALORIES:** 1,501
- **FAT:** 58 g
- **SAT. FAT:** 15 g
- **CARBS:** 177.5 g
- **FIBER:** 47 g
- **SUGARS:** 65 g
- **PROTEIN:** 84 g
- **SODIUM:** 1,129 mg
- **CHOLESTEROL:** 131 mg

**TUESDAY:**
- **CALORIES:** 1,520
- **FAT:** 67 g
- **SAT. FAT:** 19 g
- **CARBS:** 184 g
- **FIBER:** 31 g
- **SUGARS:** 67 g
- **PROTEIN:** 87 g
- **SODIUM:** 1,520 mg
- **CHOLESTEROL:** 205 mg

**WEDNESDAY:**
- **CALORIES:** 1,648
- **FAT:** 72 g
- **SAT. FAT:** 21 g
- **CARBS:** 194.5 g
- **FIBER:** 41 g
- **SUGARS:** 64 g
- **PROTEIN:** 85 g
- **SODIUM:** 1,564 mg
- **CHOLESTEROL:** 176 mg

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72 Clean Eating June 2015
# Dark Chocolate Cherry Hazelnut Energy Balls

**Makes** 30 balls. **Hands-On Time:** 15 minutes. **Total Time:** 45 minutes.

**Ingredients:**
- 1 ¼ oz 100% cacao unsweetened dark chocolate, chopped
- 1 cup hazelnut flour
- ½ cup dried tart cherries
- ½ cup chopped hazelnuts
- ½ cup raw honey
- ¼ cup coconut flour
- 2 tbsp roasted unsalted sunflower seeds

**Instructions:**
**ONE:** In a food processor, combine all ingredients except oats; process 1 minute. Add oats and process 1 minute more. Roll mixture into a large ball, cover in plastic wrap and place in freezer for 30 minutes.

**TWO:** Remove from freezer and roll into 30 1-inch balls. Place balls in an airtight container and store in refrigerator.

**Nutrients per serving (2 balls):**
- **Calories:** 151
- **Total Fat:** 10 g
- **SAT. FAT:** 2 g
- **MONOUNSATURATED FAT:** 5 g
- **POLYUNSATURATED FAT:** 13 g
- **Carbs:** 33.5 g
- **Fiber:** 4 g
- **Sugars:** 9 g
- **Protein:** 3 g
- **Sodium:** 5 mg
- **Cholesterol:** 0 mg

**Tips:**
- If following our Meal Plan, refrigerate at least 8 balls and freeze at least 8 balls; defrost when called for.

### Weekly Schedule

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<td><strong>Breakfast</strong></td>
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<td><strong>Banana &amp; Peach Smoothie:</strong> Blend ¾ cup milk, 1 frozen banana, 1 peach, chopped, and ¼ cup protein powder with ice as desired</td>
<td><strong>Grape Cereal:</strong> Top 1 cup cereal with 1 cup grapes, halved, and ¼ cup milk</td>
<td><strong>Bruschetta Omelette:</strong> Sauté ¼ cup tomato mixture (from Chicken Bruschetta Burger leftovers, p. 76); add 1 egg and 1 tbsp milk; when nearly set, add ½ oz mozzarella, fold, cook 1 minute; 2 slices bread, toasted, with 1 tsp EVOO</td>
<td><strong>Blueberry Smoothie:</strong> Blend ¾ cup milk, ¼ cup blueberries and ¼ cup protein powder with ice as desired</td>
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<td><strong>SNACK:</strong> 1 oz crackers with 1 tbsp nut butter</td>
<td><strong>Avocado &amp; Chickpea Wrap:</strong> On 1 wrap, spread ½ avocado, mashed, top with ½ cup chickpeas, ¼ cup chopped cucumbers, 1 tsp Greek yogurt, 2 tbsp chopped tomato and 1 tsp sunflower seeds</td>
<td><strong>SNACK:</strong> 1 cup sliced strawberries</td>
<td><strong>SNACK:</strong> 1 slice bread, toasted, top with 1 tbsp nut butter and ½ banana, sliced</td>
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<td><strong>LUNCH:</strong> Summer Salad Plus Protein: Combine 3 cups mixed greens, ¼ cup chickpeas, 1 hard-boiled egg, sliced, 5 grape tomatoes, ¼ cup chopped cucumber, 2 tsp chopped onion and 1 tsp sunflower seeds; dress with ½ tbsp balsamic vinegar mixed with 1 tsp each EVOO and chopped mint 1 cup blueberries</td>
<td><strong>LUNCH:</strong> Avocado &amp; Chickpea Wrap: On 1 wrap, spread ½ avocado, mashed, top with ½ cup chickpeas, ¼ cup chopped cucumbers, 1 tsp Greek yogurt, 2 tbsp chopped tomato and 1 tsp sunflower seeds 1 cup sliced strawberries</td>
<td><strong>LUNCH:</strong> Chicken Bowl: Cook 5 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76); cooked quinoa with 5 grape tomatoes, quartered, and ¼ tsp sesame seeds</td>
<td><strong>LUNCH:</strong> Fattoush Salad with Za’atar Pita Chips (see recipe, p. 67) ½ cup blueberries</td>
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<tr>
<td><strong>DINNER:</strong> Chicken Avocado Wrap: Cook 5 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76); in 1 wrap, arrange cooked chicken, ¼ avocado, sliced, and ¼ cup tomato mixture (from Chicken Bruschetta Burger leftovers, p. 76) 1 cup snap peas</td>
<td><strong>DINNER:</strong> Watermelon Panzanella with Smoky Juice and Pinch each salt, pepper and oregano; grill with ½ tsp EVOO and pinch each salt and pepper; oven-roast</td>
<td><strong>DINNER:</strong> Seasoned Cucumbers: Toss 1 cup chopped cucumber with 2 tsp balsamic vinegar, 1 tsp EVOO and pinch each salt, pepper and oregano</td>
<td><strong>DINNER:</strong> Seasoned Cucumbers: Toss 1 cup chopped cucumber with 2 tsp balsamic vinegar, 1 tsp EVOO and pinch each salt, pepper and oregano</td>
</tr>
</tbody>
</table>

### Total Nutrients:

**Thursday:**
- **Calories:** 1,691
- **Fat:** 56 g
- **SAT. Fat:** 15 g
- **Carbs:** 199 g
- **Fiber:** 35 g
- **Sugars:** 90 g
- **Protein:** 109 g
- **Sodium:** 1,806 mg
- **Cholesterol:** 256 mg

**Friday:**
- **Calories:** 1,655
- **Fat:** 73 g
- **SAT. Fat:** 24 g
- **Carbs:** 212.5 g
- **Fiber:** 41 g
- **Sugars:** 91 g
- **Protein:** 68 g
- **Sodium:** 1,712 mg
- **Cholesterol:** 135 mg

**Saturday:**
- **Calories:** 1,726
- **Fat:** 63 g
- **SAT. Fat:** 15 g
- **Carbs:** 164 g
- **Fiber:** 28 g
- **Sugars:** 64 g
- **Protein:** 129 g
- **Sodium:** 1,466 mg
- **Cholesterol:** 339 mg

**Sunday:**
- **Calories:** 1,458
- **Fat:** 51 g
- **SAT. Fat:** 11 g
- **Carbs:** 164.5 g
- **Fiber:** 30 g
- **Sugars:** 69 g
- **Protein:** 97 g
- **Sodium:** 1,714 mg
- **Cholesterol:** 120 mg

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* **Summer Salad:** Combine 3 cups mixed greens, 5 grape tomatoes, ¼ cup chopped cucumber, 2 tsp chopped onion and 1 tsp sunflower seeds; dress with ½ tbsp balsamic vinegar mixed with 1 tsp each EVOO and chopped mint
WEEK TWO

Southwest Panini
WITH CILANTRO CORN GAZPACHO

SERVES 4, HANDS-ON TIME: 30 MINUTES, TOTAL TIME: 30 MINUTES.

INGREDIENTS:
- 5 cups fresh or frozen corn kernels
- ¼ cup fresh lime juice
- ⅛ cup chopped fresh cilantro

INSTRUCTIONS:
ONE: In a blender, place corn, yogurt, lime juice, cilantro, chives and serrano; blend on

meal plan: week 2

MONDAY

BREAKFAST:
Berry Cereal: Top 1 cup cereal with ½ cup blueberries and ¼ cup milk
1 oz crackers with 1 tbsp nut butter
LUNCH:
Salmon Wrap: Combine 6 oz canned salmon, drained, 1 tbsp balsamic vinegar, ½ tsp mustard and ½ tsp EVOO; in wrap, arrange salmon mixture, 3 tbsp each chopped cucumber and red bell pepper and 1 tbsp chopped chives
1 peach
SNACK:
2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed)
DINNER:
1 serving Portobello & Adzuki Bean Salad (see recipe, p. 76; save leftovers)

TUESDAY

BREAKFAST:
Blueberry Crunch Yogurt: Top ¼ cup Greek yogurt with ¼ cup blueberries, ¼ cup oats and 1 tbsp chopped hazelnuts
1 oz crackers
SNACK:
1 stalk celery with 2 tbsp hummus
DINNER:
Chicken Feta Wrap: Cook 4 oz ground chicken mixture from Chicken Bruschetta Burger leftovers (p. 76, thawed), in 1 wrap, arrange cooked chicken, ¼ avocado, sliced, ½ oz feta and 2 tbsp shalott

WEDNESDAY

BREAKFAST:
Tropic Peach Smoothie: Blend 1 cup milk, ½ frozen banana (leftover from Week 1), ¼ cup mango (leftovers from Portobello & Adzuki Bean Salad, p. 76), 1 peach, chopped, and ¼ cup protein powder with ice as desired
1 oz sunflower seeds
LUNCH:
Fast Feta & Egg Sandwich: Arrange 1 hard-boiled egg, sliced, ½ cup sliced red bell pepper, 1 oz feta and 1 tsp mustard between 2 slices bread, toasted
1 cup chopped cantaloupe
½ cup sliced red bell pepper
SNACK:
1 oz crackers with 2 tbsp mashed avocado
DINNER:
1 serving Southwest Panini with Cilantro Corn Gazpacho (save leftovers)

TOTAL NUTRIENTS:
MONDAY:
CALORIES: 1,844, FAT: 59 g, SAT. FAT: 11.5 g, CARBS: 176.5 g, FIBER: 39 g, SUGARS: 66 g, PROTEIN: 89 g, SODIUM: 1,830 mg, CHOLESTEROL: 159 mg
TUESDAY:
CALORIES: 1,682, FAT: 76 g, SAT. FAT: 20.5 g, CARBS: 154.5 g, FIBER: 35 g, SUGARS: 45 g, PROTEIN: 70 g, SODIUM: 1,749 mg, CHOLESTEROL: 93 mg
WEDNESDAY:
CALORIES: 1,666, FAT: 70 g, SAT. FAT: 23 g, CARBS: 192 g, FIBER: 33 g, SUGARS: 72 g, PROTEIN: 83 g, SODIUM: 1,186 mg, CHOLESTEROL: 266 mg
**TWO:** In a small food processor, place black beans, avocado and garlic powder; process until smooth and creamy, about 1 minute.

**THREE:** Mist a panini press or large skillet with cooking spray; heat to medium-high. Assemble sandwiches by spreading 1 tbsp avocado spread side down. Cook sandwiches in panini press until bread is toasted and cheese melts. **(TIP:** If using a skillet, toast sandwiches for 3 to 4 minutes per side and weight down with a can of beans or heavy plate.) Serve panini with cold gazpacho or, if desired, heat gazpacho over medium and serve warm.

**NUTRIENTS PER SERVING (5 OZ GAZPACHO AND 1 PANINI):**

- **CALORIES:** 542
- **TOTAL FAT:** 22 g
- **SAT. FAT:** 11 g
- **MONOUNSATURATED FAT:** 4.5 g
- **POLYUNSATURATED FAT:** 3 g
- **CARBS:** 69 g
- **FIBER:** 11 g
- **SUGARS:** 18 g
- **PROTEIN:** 25 g
- **SODIUM:** 267 mg
- **CHOLESTEROL:** 36 mg

**THURSDAY**

**BREAKFAST:**
2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed) and 1 hard-boiled egg

**SNACK:**
1 cup chopped cantaloupe with ¼ cup Greek yogurt

**LUNCH:**
1 serving Southwestern Panini with Cilantro Corn Gazpacho (leftovers) and 1 cup sliced strawberries

**SNACK:**
1 oz hazelnuts

**DINNER:**
Red Wine & Honey Glazed Chicken with Herbed Sweet Potato Fries & Creamy Dipping Sauce (see recipe, p. 68)

**FRIDAY**

**BREAKFAST:**
Berry Yogurt Crunch: Combine 1 cup cereal, ¼ cup Greek yogurt and 1 cup sliced strawberries

**SNACK:**
2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed)

**LUNCH:**
Black Bean & Spinach Salad:
Combine 3 cups baby spinach, 1 cup black beans, ¼ cup grape tomatoes, halved, 1 oz feta, ¼ avocado, sliced, 2 tbsp each chopped red bell pepper and cilantro and 1 tbsp chopped shallot; dress with 1½ tbsp balsamic vinegar mixed with ½ tsp each EVOO and mustard and pinch each salt and pepper

**LUNCH:**
5 oz Cilantro Corn Gazpacho (leftovers)

**SNACK:**
1 cup chopped cantaloupe with ½ oz sunflower seeds

**DINNER:**
Season 5 oz cod with 1⁄8 tsp garlic powder and pinch each salt and pepper; pan-fry in 1½ tsp EVOO
1 sweet potato, baked; top with 1 oz feta
2 tbsp sautéed shallots

**SATURDAY**

**BREAKFAST:**
Cantaloupe Smoothie: Blend 1 cup milk, ½ frozen banana, ½ cup each cantaloupe and strawberries and ¼ cup protein powder with ice

**SNACK:**
¼ oz hazelnuts

**LUNCH:**
Sauté 2 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76, thawed), ½ cup each chopped red pepper and tomato, add 1 egg and 1 tbsp milk, whisked; scramble with ½ oz feta. With 5 oz Cilantro Corn Gazpacho (leftovers)

**SNACK:**
½ cup Greek yogurt with ½ cup each blueberries and strawberries, ¼ cup oats and ½ tsp honey

**DINNER:**
Veggie Salad Supreme *
1 slice bread, toasted; drizzle with ½ tsp EVOO and ¼ tsp garlic powder

**SUNDAY**

**BREAKFAST:**
Banana Blueberry Smoothie:
Blend 1 cup milk, ½ frozen banana, ¼ cup blueberries and ¼ cup protein powder with ice as desired

**SNACK:**
½ cup cereal
1 cup sliced strawberries

**LUNCH:**
Blue Cheese Apple Slaw with Tangy Garlic Dressing (see recipe, p. 58)

**LUNCH:**
5 oz Cilantro Corn Gazpacho (leftovers) with 1 oz crackers

**DINNER:**
Season 4 oz pork chop with ½ tsp salt, pepper and garlic powder; sauté and top with 2 tbsp sautéed shallots
1 cup sliced cucumbers with 2 tbsp hummus

**Cherry Quinoa:** Mix 1 cup cooked quinoa with 1 tbsp dried cherries and 1 tsp sunflower seeds

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**TIP:** If following our Meal Plan, refrigerate 1 panini and reheat when called for. Refrigerate 4 5-oz portions of gazpacho; serve when called for (heat if desired).

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**Veggie Salad Supreme:** Toss 3 cups spinach, 1 veggie burger, cooked and crumbled, ½ oz feta, ½ cup each grape tomatoes and chopped cucumber, ¼ cup diced cantaloupe and 2 tbsp each sunflower seeds and chives; with ½ tbsp wine vinegar, 1 tbsp Greek yogurt, 1 tsp each mustard and EVOO and pinch each salt, pepper and oregano

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**TOTAL NUTRIENTS:**

**THURSDAY:**

- **CALORIES:** 1,723
- **FAT:** 35 g
- **SAT. FAT:** 151.5 g
- **FIBER:** 27 g
- **SUGARS:** 74 g
- **PROTEIN:** 97 g
- **SODIUM:** 191 mg
- **CHOLESTEROL:** 837 mg

**FRIDAY:**

- **CALORIES:** 542
- **FAT:** 26 g
- **SAT. FAT:** 88 g
- **FIBER:** 11 g
- **SUGARS:** 18 g
- **PROTEIN:** 25 g
- **SODIUM:** 267 mg
- **CHOLESTEROL:** 36 mg

**SATURDAY:**

- **CALORIES:** 1,776
- **FAT:** 75 g
- **SAT. FAT:** 32 g
- **FIBER:** 11 g
- **SUGARS:** 34 g
- **PROTEIN:** 97 g
- **SODIUM:** 2,052 mg
- **CHOLESTEROL:** 191 mg

**TOTAL NUTRIENTS:**

**FRIDAY:**

- **CALORES:** 1,813
- **FAT:** 57 g
- **SAT. FAT:** 35 g
- **FIBER:** 28 g
- **SUGARS:** 74 g
- **PROTEIN:** 98 g
- **SODIUM:** 2,194 mg
- **CHOLESTEROL:** 342 mg

**SATURDAY:**

- **CALORIES:** 2,136
- **FAT:** 88 g
- **SAT. FAT:** 20 g
- **FIBER:** 11 g
- **SUGARS:** 74 g
- **PROTEIN:** 103 g
- **SODIUM:** 2,136 mg
- **CHOLESTEROL:** 147 mg

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**JUNE 2015 Clean Eating 75**
Chicken Bruschetta Burger

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 25 MINUTES.

INGREDIENTS:
- 1 pint grape tomatoes, chopped
- 3 sun-dried tomatoes (not oil-packed), finely chopped
- ¼ cup plus 3 tbsp finely chopped fresh basil, divided
- 3 cloves garlic, minced, divided
- ¼ tsp plus ½ tsp sea salt, divided
- ½ tsp plus ½ tsp ground black pepper, divided
- 2 lb lean ground chicken
- ¼ cup chopped onion
- 1 large egg, beaten
- 1 tbsp dried oregano
- 1 tbsp sesame seeds
- 2 tsp dried parsley
- 4 oz sliced mozzarella
- 4 whole-wheat hamburger buns

INSTRUCTIONS:
ONE: In a medium bowl, combine grape tomatoes, sun-dried tomatoes, 3 tbsp basil, 1 clove minced garlic, ¼ tsp salt and ¼ tsp pepper until combined; set aside in refrigerator.

TWO: In a large bowl, combine chicken, onion, egg, oregano, sesame seeds, parsley, remaining ¼ cup basil, 2 cloves minced garlic, ¼ tsp salt and ½ tsp pepper until well combined. Shape half of chicken mixture into 4 patties (reserve remaining mixture for use in Meal Plan).

THREE: Heat a grill or grill pan on medium-high. Grill patties for 4 to 5 minutes. Flip patties and place 1 oz mozzarella on top of each patty. Cook until an internal thermometer inserted into center of burgers reads 165°F, about 4 minutes more.

FOUR: To serve, spoon ¼ cup tomato mixture onto bottom half of each bun. Top with a burger patty and bun tops.

NUTRIENTS PER SERVING
(4-OZ PATTY, 1 OZ MOZZARELLA, 1 BUN):
- CALORIES: 371
- TOTAL FAT: 12 g
- SAT. FAT: 5 g
- MONOUNSATURATED FAT: 4 g
- POLYUNSATURATED FAT: 1 g
- CARBS: 27 g
- FIBER: 4 g
- SUGARS: 5 g
- PROTEIN: 38 g
- SODIUM: 555 mg
- CHOLESTEROL: 108 mg

TIP: If following our Meal Plan, refrigerate 1 full serving. Additionally, refrigerate 1 5-oz portion of ground chicken mixture and freeze a 5-oz, 4-oz portion and 2-oz portion. Refrigerate ½ cup tomato mixture. Use when called for.

Anti-inflammatory basil

While fresh basil is rich in bone-supportive vitamin K and other vitamins and minerals, studies have also shown healthful benefits stemming from basil’s essential oils. One such oil, eugenol, may even be capable of inhibiting the activity of the pro-inflammatory and carcinogenic enzyme cyclooxygenase-2 (COX-2), according to a number of studies.
Portobello & Adzuki Bean Salad

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 20 MINUTES.

INGREDIENTS:
- ½ tsp lime zest, plus ⅓ cup fresh lime juice
- 1 tbsp red wine vinegar
- 3 tbsp finely chopped fresh cilantro leaves
- 2 tbsp chopped shallot
- 2 tbsp diced jalapeño chile pepper
- ¼ tsp ground black pepper
- ⅛ tsp sea salt
- 5 tsp extra-virgin olive oil
- 9 oz baby kale, finely chopped (4 cups)
- 1 15-oz BPA-free can adzuki beans, drained and rinsed
- 4 portobello mushroom caps, chopped
- 1 mango, peeled and chopped (NOTE: Use 1 cup for this recipe and save remaining.)
- 1 cup diced red bell pepper
- ¼ cup grape tomatoes, halved
- ¼ cup roasted unsalted sunflower seeds
- 1 avocado, peeled, seeded and chopped

INSTRUCTIONS:
ONE: Prepare dressing: In a medium bowl, whisk lime zest, juice and vinegar. Add cilantro, shallot, jalapeño, black pepper and salt. Whisk in oil; set aside.
TWO: In a large bowl, combine kale, beans, mushrooms, 1 cup mango, bell pepper, tomatoes and sunflower seeds.
THREE: Pour dressing over salad and toss. Top with avocado.

NUTRIENTS PER SERVING (3½ CUPS):
- CALORIES: 372
- TOTAL FAT: 18 g.
- SAT. FAT: 2.5 g.
- MONOUNSATURATED FAT: 10 g.
- POLYUNSATURATED FAT: 6.5 g.
- CARBS: 43 g.
- FIBER: 14 g.
- SUGARS: 13 g.
- PROTEIN: 14 g.
- SODIUM: 138 mg.
- CHOLESTEROL: 0 mg.

TIP: If following our Meal Plan, refrigerate 3½ cups salad mixture and one-quarter of the dressing in separate containers; toss together when called for. Save leftover mango and use when called for.
You can’t “get” beauty, nor can you buy it, although often it appears it’s possible in our plastic surgery–obsessed culture.

Beauty is instead accomplished through perfecting the person you are, and the greatest influencing factor is how you nourish yourself. Eating clean is the tool to achieve that result because whole, clean foods contribute every nutrient necessary to build your gorgeous outer and inner self.

My good friend and makeup mogul Bobbi Brown believes this too. In her opinion, your skin is like a blank canvas that is beautified through the foods you eat. To me personally she has confided that eating clean is the answer to beauty. Cosmetics enhance that beauty, but you need a glowing foundation first.

Nourishing yourself is something you must do daily, therefore it makes sense to pay close attention to what you eat, especially when you consider that your dietary choices have a cumulative effect, positive or negative. If clean foods can make you beautiful, then it is also true that unclean, so-called industrial foods, can make you less so. The choice is obvious. So what foods are particularly beneficial for creating beauty?

**Collagen**

Collagen is the foundation of elastic, plump skin. Eating clean offsets the natural decline in collagen production that occurs after age 30 by nourishing the skin to help build and repair all layers of your outermost organ.

**COLLAGEN-PROMOTING FOODS:** Wild tuna and salmon, abundant with omega-3 fatty acids necessary for building strong but flexible skin cells; citrus and dark green vegetables for vitamin C, which work in tandem with the amino acids lysine and proline to stimulate collagen production; carrots and sweet potatoes, which are rich in vitamin A, necessary to restore collagen fibers; berries for antioxidant power; white tea to prevent collagen and elastin breakdown; organic eggs for protein; garlic for sulphur; oysters for zinc.

**Bone Broth Soup**

Part of the joy of building a bone broth soup is the abundance of collagen and protein that comes out in the process. Add to that the minerals pulled from the bones during the cooking process and it’s easy to see that including bone broth as a staple in your diet heavily contributes to beautiful skin. Look for Tosca’s Bone Broth recipe on cleaneating.com.

**Enzymes**

Eating plenty of raw foods on a daily basis is a smart strategy, and it’s an intrinsic part of the clean-eating lifestyle. Raw foods contribute to a beautiful, radiant appearance and are abundant with enzymes that are catalysts for thousands of chemical reactions in the body.

**ENZYME-RICH FOODS:** Bee pollen, fermented foods (kefir, sauerkraut, kimchi), papaya.

**Minerals**

We are both mineral dependent and depleted, as our food sources underserve us. Excess acidity, arising from consuming sugar and toxin-laden industrial foods, causes inflammation, bloat, puffiness and structural destruction. This can be corrected by eating plenty of mineral-rich foods including plants and alkaline water.

**ALKALINE FOODS:** Citrus, berries, leafy greens, chlorophyll, bee pollen, broccoli, cucumber, celery.

The foods you eat shape you subtly but unquestionably over time. Awareness of the exponential impact of what food can do to create your most glowing and beautiful self reminds us to eat clean for health and for life.

When nutritional therapy practitioner Tosca Reno was raising five children under one roof she still managed to write numerous books. Her New York Times best seller is Your Best Body Now (Harlequin, 2010), and Tosca Reno’s Eat Clean Cookbook (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at toscareno.com.
One thing doctors and nutritionists can agree on is that eating more fruits and vegetables is one of the best things you can do for lifelong health and disease prevention. There’s no easier way to add more nutrient-dense fruits and veggies to your diet than drinking juices and smoothies. Add Clean Eating’s vitamin-packed cocktails to your daily diet and do wonders for your body, inside and out.

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- Flatten Your Midsection
- Look and Feel Amazing!
Never have a soggy salad again with one of these rigorously tested salad spinners. By Andrea Gourgy

If you’ve been drying your lettuce leaves on towels, it might be time to rethink your strategy. A salad spinner is less wasteful than using paper towels and more sanitary than using a kitchen towel.

**The Hardest-Working Spinners**

**1. OXO Good Grips Salad Spinner – Clear**
   - This 5-quart spinner’s design uses a pump that you press down on to power. With a brake function, a lock that holds the pump down for storage and a no-slip bottom, this spinner was very thoughtfully designed. We also love that the lid can easily be taken apart for cleaning.
   - **PRO:** Very stable and takes only one hand to operate.
   - **CON:** Need to pump briskly to keep up speed of spinner.
   - $30, oxo.com

**2. Culina Space Saving Salad Spinner, 5-Quart**
   - This spinner’s unique design uses a side crank to spin the colander that sits within the bowl – it has a brake button to allow for quick stopping, and both the colander and bowl are dishwasher safe (although the lid needs to be washed by hand). Plus, we think it’s the cutest model out there!
   - **PRO:** Dries leaves well and quickly.
   - **CON:** Crank can be tiring on the arm.
   - $30, culinacollection.com

**3. Cook Pro Salad Spinner with Locking & Straining Lid**
   - With a knob on the lid that you turn to spin the colander, this 4.5-quart spinner has a convenient snap-on lid with holes that allows you to turn it on its side (or upside down) to drain out liquid. Easy to use, though a scant amount of water is left on greens.
   - **PRO:** Lightweight and dishwasher safe.
   - **CON:** Lid can be tricky to snap on.
   - $15, wayfair.com

**4. Kuhn Rikon Ratchet Salad Spinner**
   - This Swiss-designed BPA-free 4-quart spinner has a ratchet handle that you easily move back and forth to power the spinning mechanism. It has a braking function and a no-slide base. Though the bowl and basket are dishwasher-safe, the lid needs to be washed by hand.
   - **PRO:** Ratchet is easy to operate.
   - **CON:** A trace amount of water is left behind on leaves.
   - $35, surlatable.com
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THE BREAKFAST CLUB ▲
Start every day off smiling with Give Simple’s ceramic Egg and Toast Salt and Pepper Set. The adorable duo’s sole purpose is to help you season to perfection with sheer delight. $19, givesimple.com

HERB SAVER ▲
Use the Pampered Chef Herb Freezing Trays to freeze herbs like basil, parsley, dill, oregano and rosemary in water, broth or even butter. When you need them, just remove from the freezer and either defrost or pop straight into soups, sauces and stews for an infusion of herbaceous flavor.
$17 per set of two, pamperedchef.com

GROW-YOUR-OWN GREENS ▼
Product of Nature’s Micro-Greens Growing Kit includes a growing tray, bio-glass cover and starter germination pad, so you can have an army of micro-greens, such as wheatgrass, basil, broccoli and arugula, at the ready for recipes or impromptu salads, soups and sandwiches.
$15 to $20, productofnature.com

KITCHEN KEEPSAKE ▲
Clean china and glassware like a boss without leaving any lint behind with The Spilled Milk Tea Towel by Sir/Madam. Printed using silk screens and hemmed by hand, these oyster-white pure linen tea towels are sure to add some personality to your kitchen space.
$28, burkedecor.com

POP GOES THE ▲ MEASURING CUP!
In four bright and lively colors, Fusionbrands PopMeasure’s flexible two-in-one silicone measuring cups come in both small and large sizes. Best of all, the high heat–resistant cups, which have measurements ranging from 1 tablespoon to ¼ cup, can be popped up and down for ease of use.
$5 each, fusionbrands.com
SNAZZY SET
In stunning tones of fir, slate, rye and merlot, the Zak Designs’ Tai Moso collection of dinnerware and serveware covers all your bases. From soup spoons and chopsticks to dishes and sauce dishes, these modern, sophisticated and biodegradable pieces will brilliantly showcase your clean fare.
$4 to $25, zak.com

SMOOTH OPERATOR
Makes quick work of chopping herbs with the Cuisipro Cordless Herb Chopper. It comes equipped with a contoured scraper that makes it easy to get every last bit off the sides, so nothing goes to waste.
$38, cuisipro.com for where to buy

PUT A LID ON IT
Thanks to the reCAP Flip Cap, you can take your Mason jar salads to go or shake up ingredients for a recipe without making a mess. Plus, the Flip Cap’s accessory kit contains two different-sized screen attachments for use with spices, cheeses, herbs and seeds, and a counter ring to track the contents of the jar or date pantry items.
$7 per flip cap/$4 per accessory kit, masonjars.com

CRUSH & GRIND
Hand-carved from volcanic basalt rock, the Williams-Sonoma Molcajete mortar and pestle transforms fresh ingredients into flavorsome guacamoles, pestos, sauces and spice blends.
$50, williams-sonoma.com

FOR THE LOVE OF LEMONS
Featuring a sustainable design of reclaimed teak wood, solid brass and lacquer, the easy-to-use Enrico EcoTeak Lemon Squeezer yields fresh citrus juice and holds the seeds with no mess.
$24, wayfair.com

Editors’ Choice
EARTH-FRIENDLY TABLEWARE
Made from 100% plant-based materials, Repurpose’s compostable line of BPA-free insulated hot and cold cups, cutlery, plates and bowls are perfect for an outdoor picnic or family gathering.
$2 to $5, repurposecompostables.com

Editors’ Choice
Mix 'n' Match Meals

These lip-smacking meal combinations boast a stunning array of flavors for delicious dining.

**MENU 1**

**FRESH & FRUITY:**

- Peach Barbecued Chicken Breasts, p. 46
- Baked Brie with Lavender Honey Strawberries on Toasted Baguette, p. 42
- Summer Berry Galette, p. 88

500 Calories

(when split between two people)

**MENU 2**

**A TRIP TO THE TROPICS:**

- Drunken Island Toss with Curried Pineapple Vinaigrette, p. 54
- Tig Fish Tacos, p. 39

476 Calories

**MENU 3**

**ENERGIZING EATS:**

- Watermelon Panzanella with Smoky Grilled Chicken, p. 44
- Dark Chocolate Cherry Hazelnut Energy Balls, p. 73

516 Calories

**MENU 4**

**GRILLED GRUB:**

- Chicken Bruschetta Burger, p. 76
- The Laguna Green with Grilled Asparagus, Strawberries & Orange Tarragon Vinaigrette, p. 59

575 Calories
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INGREDIENTS:
- 1¼ cups whole-wheat pastry flour, plus additional for dusting
- 5 tbsp almond flour, divided
- ¼ tsp sea salt
- 6 tbsp organic evaporated cane juice, divided
- ½ cup organic unsalted butter, cut into ½-inch cubes and chilled
- 1 vanilla bean, split lengthwise and seeds scraped out
- 3 cups stemmed and quartered strawberries (about 1 lb)
- 2 cups blueberries (about ½ lb)
- 1½ cups blackberries (about 6 oz)
- 1 cup raspberries (about 6 oz)
- 2 tbsp brown rice flour

INSTRUCTIONS:
ONE: Preheat oven to 425°F. Line a large flat (not rimmed) baking sheet with parchment paper. (TIP: If you don’t have a flat baking sheet, you can flip a regular baking sheet upside down.)

TWO: In a large bowl, combine pastry flour, ¼ cup almond flour, salt and 1 tbsp cane juice. Using a pastry blender or 2 knives, cut butter into flour until it resembles small peas. Add 4 to 5 tbsp ice water, 1 tbsp at a time, and mix with a fork until dough just comes together (dough should be soft but not wet and hold together). Gather dough into a ball, flatten into a disk and wrap in plastic wrap; chill for 15 minutes in the refrigerator.

THREE: Meanwhile, in a spice or coffee grinder, pulse 1 tbsp cane juice until it becomes powdery. Set aside. In a large bowl, combine remaining ¼ cup cane juice and vanilla seeds. Add berries and rice flour, tossing to coat berries thoroughly.

FOUR: Lightly flour countertop. Remove chilled pastry from plastic wrap. Roll out dough to a 14-inch-diameter circle. (TIP: Make sure to keep moving the pastry while rolling so that it doesn’t stick to the counter.) Slide dough onto prepared sheet. Sprinkle remaining 1 tbsp almond flour over dough. Pile berries and any accumulated juices in center of dough leaving a 2-inch border all around. Fold up the 2-inch border around berries, crimping any seams if necessary. Bake for 5 to 7 minutes, until crust just begins to brown. Reduce heat to 350°F and continue baking until pie crust is golden, 35 to 45 minutes more. Cool completely on sheet. Dust with ground cane juice. Cut into wedges and serve with a dollop of Greek yogurt, if desired.

Gorgeous Galette

We like to think of a galette as the free spirit of the pie family – it has all the delicious elements of a pie, but it’s free-form, and lacks the structure that typical pies have – for a stunningly rustic dessert bursting with berry goodness.

Nutrients per Serving (% of Galette):
- Calories: 244
- Total Fat: 12 g
- Sat. Fat: 6 g
- Monounsaturated Fat: 4 g
- Polyunsaturated Fat: 1 g
- Carbs: 33 g
- Fiber: 6 g
- Sugars: 14 g
- Protein: 4 g
- Sodium: 51 mg
- Cholesterol: 24 mg

Sprinkle remaining 1 tbsp almond flour over dough. Pile berries and any accumulated juices in center of dough leaving a 2-inch border all around. Fold up the 2-inch border around berries, crimping any seams if necessary. Bake for 5 to 7 minutes, until crust just begins to brown. Reduce heat to 350°F and continue baking until pie crust is golden, 35 to 45 minutes more. Cool completely on sheet. Dust with ground cane juice. Cut into wedges and serve with a dollop of Greek yogurt, if desired.
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