

Smart ways to live well

APRIL 2010

Prevention

Walk Off BELLY FAT!

- Drop a Size Without Dieting!
- Shrink Your Tummy 3 Inches
- Tone Your Arms, Butt & Thighs

OLIVE OIL, SALT!

**NATURAL
CURES**
FROM YOUR
KITCHEN

New Research!

THE CANCER-
CAUSING VITAMIN
IN YOUR BREAKFAST



**10 Best
Foods for
Glowing
Skin**

.....
**Relieve
Pain
Safely**

.....
**Instant
CALM**
(anytime,
anywhere)

.....
**VANESSA
WILLIAMS**
Her secret to
lifelong fitness
and beauty

Prevention.com

Cook!

Cheesy Scalloped Potatoes

PUT THESE IN THE OVEN 45 MINUTES BEFORE REMOVING THE HAM SO THEY'RE DONE WHEN THE HAM IS READY TO SERVE. OR MAKE AHEAD AND REHEAT AT 350°F FOR A HALF HOUR.

WORK TIME: 10 MINUTES / TOTAL TIME: 1 HOUR 25 MINUTES / SERVINGS: 8

- 2 lb all-purpose potatoes, peeled and thinly sliced
- 1 1/4 c grated Cheddar cheese (5 oz)
- 3/4 c fat-free milk
- 2 Tbsp olive oil

1. **HEAT** oven to 350°F. Set oven rack to top position.
2. **LAYER** potatoes and cheese in a well-oiled 8" x 8" baking dish, ending with cheese on top. Season each potato layer with salt and freshly ground black pepper to taste.
3. **POUR** in milk. Drizzle oil over potatoes and cheese.
4. **BAKE** on top rack of oven until bubbly and golden, about 1 hour 15 minutes.

NUTRITION (per serving)
200 cal, 7 g pro, 23 g carb, 2 g fiber, 9.5 g fat, 4 g sat fat, 125 mg sodium

Broiled Asparagus

THE PERFECT SIDE FOR ANY MEAT, CHICKEN, OR FISH. TRIM THE ASPARAGUS BY WASHING IT AND BENDING EACH STEM UNTIL IT BREAKS NATURALLY.

WORK TIME: 5 MINUTES / TOTAL TIME: 15 MINUTES / SERVINGS: 8

- 2 lb asparagus, trimmed
- 3 Tbsp olive oil

1. **HEAT** broiler. Put rack in middle position.
2. **PUT** asparagus in roasting pan. Toss with oil to coat. Arrange asparagus evenly in single layer. Sprinkle with salt to taste.
3. **BROIL** asparagus until nearly done, about 5 minutes. Shake pan to turn spears and broil about 3 minutes longer.

NUTRITION (per serving)
57 cal, 1 g pro, 2 g carb, 1 g fiber, 5 g fat, 0.5 g sat fat, 1 mg sodium

Spring Salad with Peas and Mint

CRISP, LIGHT, AND REFRESHING—EVERYTHING A SALAD SHOULD BE. THE RADISHES, PEAS, AND MINT MAKE FOR A DOWNRIGHT TANTALIZING COMBINATION. PERFECT FOR A FESTIVE MEAL.

WORK TIME: 10 MINUTES / TOTAL TIME: 10 MINUTES / SERVINGS: 8

DRESSING:

- 1 Tbsp sherry or wine vinegar
- 1 Tbsp chopped fresh mint
- 1/4 tsp salt
- 1/4 c + 1 Tbsp olive oil

SALAD:

- 8 c mixed spring greens
- 1 lb fresh peas, shelled (about 1 c), or 1/4 lb snow peas, cut up, or a combination
- 5 radishes, sliced
- 1 Tbsp chopped fresh mint

1. **PREPARE** dressing: Put vinegar, mint, and salt in large bowl. Slowly pour in oil while whisking.
2. **MAKE** salad: Add greens, peas, radishes, and mint to dressing, toss, and serve.

► Maria's Tips

Eating organic is easier than ever now that supermarkets carry so many good products. Here are the brands I like for the recipes in my Easter menu: **Spices Simply Organic**, **Sugar** Woodstock Farms, **Mustard** Annie's Naturals, **Cheese and Milk** Organic Valley, **Olive Oil** Newman's Own Organics, **Apple Cider Vinegar** Bragg. **The best hams I have ever tasted** are mail-order delivered from Heritage Foods (heritagefoodsusa.com). Not only are their animals fed healthfully and raised humanely, but the hams are not nearly as salty as regular commercial varieties.