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# Clean Eating Eating NOVEMBER/DECEMBER 2019



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The best gifts to give (and receive), according to our editorial team.

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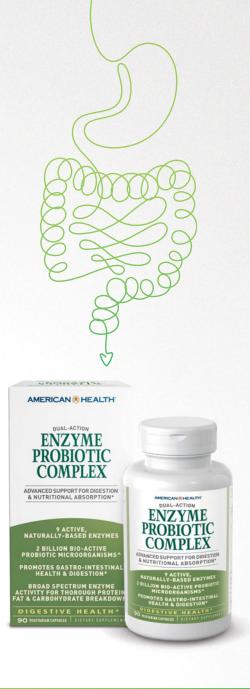
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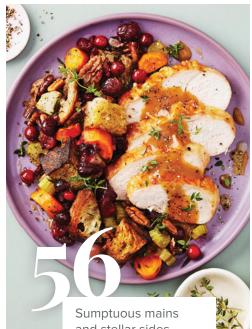
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Freezer-to-oven dishes that give painstaking meal prep the cold shoulder.



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NOVEMBER/DECEMBER 2019

BY MICHAEL ELLIOT,

DARREN KEMPER, FOOD STYLING

A little kitchen prep today means big time savings in the future. Learn how on page 64.

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# DIG INTO MORE CE at cleaneating.com



Culinary expert Gina Nistico shares the tricks of her trade in her exciting new course, Cook Once, Eat All Week.

#### Cook Once, Eat All Week: The Course

Imagine being able to have a healthy dinner readily available every night for a week. With a little extra planning, you can make that happen. Batch cooking is the ultimate time saver. Getting a jump-start on breakfast, lunch and dinner by preparing several recipes in one fell swoop is a smart way to get a homemade meal on the table when you don't feel like standing in front of the stove. Plus, it's a great way to save money and waste less food. In our new course, Cook Once, Eat All Week, Gina Nistico teaches you everything from how to cook ahead to how to turn five make-ahead dishes into 10! Learn more at **cleaneating.com/cookonce**.

#### GET CLEAN EATING DELIVERED TO YOUR INBOX

Did you know you can get the best of *Clean Eating* delivered straight to your inbox each week? Sign up to receive our top recipes, important health news and exclusive expert tips at **cleaneating.com/newsletter**.

#### Hit the Reset Button

Are you ready to reset your health, boost your energy and create a new relationship with food? If the answer is yes, then make sure you pick up our second annual Whole30 issue this January. Our first Whole30 issue was so successful, we partnered with the creators again to give you everything you need to love your Whole30 experience. Every recipe and product in the issue is totally compliant, and we make it even easier with a two-week Whole30 meal plan. Plus, co-creator Melissa Hartwig Urban talks to us about the program, how to follow it, and much more!

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#### I've Got News!

access to experts and tools.

I'm particularly excited to be writing you this issue because I've got a huge announcement that I've been waiting more than eight months to make. I am thrilled to officially welcome and invite you to our brand-new premium membership program, CE All-Access! This letter marks the start of changing your relationship with food for the better, no matter where you're beginning. Of course, the magazine you hold in your hands is certainly one vehicle



Eating clean can be daunting for so many reasons. From figuring out which foods are clean and which are not, to what recipes to make depending on your diet style and goals, to how to put multiple recipes together to create easy, enjoyable meal plans for the week, not to mention the shopping! (Oh, the shopping!)

Our team set out to answer all your planning and eating woes, and our expansive membership offerings are a result of all the things you told us you wanted on the many surveys leading up to this launch. They include a meal-planning app called Clean Eating Meals with our full recipe library, premade meal plans, a customizable meal-plan builder, shopping-list generator and the ability to order groceries online. At **cleaneating.com**, we've got 100+ weeks of meal plans for you to choose from (which are not available to non-members), and we're also delivering exclusive new plans for members only every month around some of the most-requested themes, like 20-ingredient plans, Paleo, Whole30, vegetarian, and more.

We've created a library of cooking, wellness and nutrition videos for you, and our top experts will host monthly webinars where you can directly ask questions and access the videos anytime thereafter. Choose from and download any of our newsstand-only special editions you may have missed over the years. Plus, every month, we're giving away state-of-theart cooking appliances and gear. On the private Facebook page, our editors will be sharing behind-the-scenes content and sneak previews at exciting projects you won't want to miss. And, of course, with your membership, you'll get a one-year subscription to the print and digital edition of the magazine. All of this for - are you ready for it? - just \$64 a year (that's \$5

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a month). If you're ready to take your clean-eating relationship to the next level, visit cleaneating.com/ signup and learn more about all these amazing benefits in depth.

Alicia Tyler Editorial Director

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#### What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to - be it a clean take on high fat/low carb, Paleo or flexitarian stick with it.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and oceanfriendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.



PHOTO BY PIERE GUTREAU, HAIR STYLING & MAKEUP BY VALERIA NOVA, FASHION STYLIST (REPRESENTED BY JUDY INC) RACHEL MATTHEWS BURTON, INSTÄGRAM ICON BY RYSOFT/SHUTTERSTOCK.COM, PENICON BY MRCREATIVE/SHUTTERSTOCK.COM

"Take also unto thee Wheat Lentils and Millet and in one vessel and

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and Barley and Beans and Spelt and put them make bread of it..." – Ezekiel 4:9

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### Q/ I'm in good health – why should I care about anti-inflammatory foods?

 $\Lambda$  / Anti-inflammatory foods are powerful vehicles that not only give your body the vitamins and minerals needed to prevent disease but also provide phytochemicals you don't often see listed on food labels, such as carotenoids like lutein and lycopene, that can potentially delay or prevent conditions like heart disease, dementia, cancer and arthritis. Anti-inflammatory foods can also protect against cell damage caused by pro-inflammatory foods, such as those containing refined sugars and trans fats. For example, research shows that using a mix of herbs and spices like oregano and black pepper on red meat can minimize the negative effects of free radicals. Including antiinflammatory ingredients in your meals will provide you with an insurance policy so that you can enjoy treats in moderation.

- HEATHER BAINBRIDGE



#### Be social! Get in touch with us.

Show us your stuff and sound off on what you love, hate and crave by tagging **#CLEANEATINGMAG** or reaching out to **CEeditorial@aimmedia.com**.



#### Clean Kudos

My friend Mindy very thoughtfully gifted me your *Soups & Stews* special edition. You have thought of everything! I love the variety, including no-cook, slow cooker and blender soups – when you say "easy," you are correct! The creativity of your staff and the information provided for each recipe is simply wonderful. Bravo! – ADELE TIBERIO

#### Caloric Query

I was reading one of your two-week weight-loss meal plans and was wondering if the caloric intake should be adjusted for women; 1,400 to 1,700 calories per day seems rather high.

From the editors: While we rely on expert dietitians to create our weight-loss meal plans, we do understand everyone is different. If you know that you'll find success and satisfaction with a lower daily caloric total, feel free to omit any recommended snacks. As always, listen to your body, and add snacks back in if needed.





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#### Meet Our Experts

heather bainbridge BSc, MA, EdM, RD, CDN Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.

#### erin macdonald RDN

tiffani bachus RDN Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.

#### marianne wren ва, сс

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

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

#### beth lipton

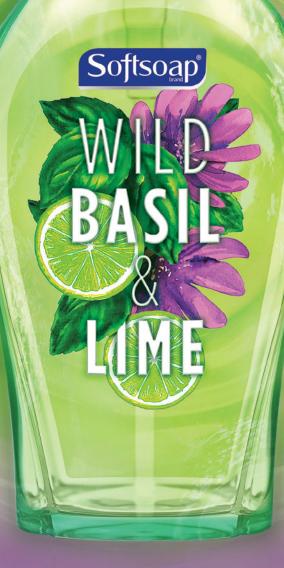
Beth Lipton is a Brooklyn-based recipe developer and freelance food and cookbook author. She's a graduate of the Natural Gourmet Institute's healthsupportive culinary school. Her recipes and writing have appeared in *Paleo* magazine, foodnetwork.com, *Travel* + *Leisure*, epicurious.com and more.

#### pamela salzman BA, MBA *Clean Eating*'s Contributing Culinary Nutritionist, Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, **pamelasalzman.com**, offers healthful recipes and time-saving tips.

jill silverman hough Recipe developer, culinary instructor and author of the 100 Perfect Pairings series and co-author of Finger Lickin' Chicken (Amazon Digital Services, 2018).

#### james smith мва

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.







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# Your CE Recipe Guide

This holiday season will be your easiest and most nutritious yet with recipes that nearly do the work for you.



#### breakfast



F V GF Kale & Mushroom Frittata P. 78

#### entertaining & sides



**PVGF** Harvest Salad with Roasted Grapes & Pistachios P. 44



#### FQVGF Apple Cinnamon Walnut Pancakes with Almond Butter Spread

P. 80



P V GF Whole Roasted Cauliflower with Pomegranate Tahini Sauce, Raisins & Hazelnuts P. 46



Paleo

P

#### V Vegetarian may contain eggs and dairy

Gluten-free GF

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



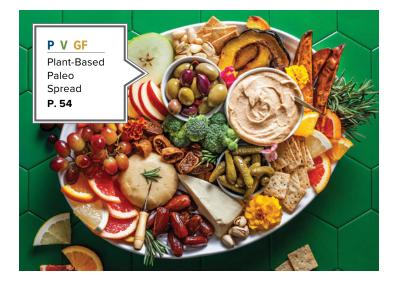
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Coconut Shrimp with Spicy Pineapple Dipping Sauce & Jerk Quinoa P. 66



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F GF

One-Pot Mediterranean Lemon Chicken & Rice **P. 77** 

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PQVGF Lemon Oregano Vinaigrette P. 75

#### sweet treats



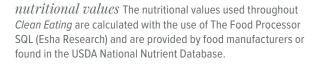
PVGF Cranberry Clafoutis P. 16



P V GF Salted Caramel Cashew "Cheesecake" P. 52



PVGF Grain-Free Pumpkin Whoopie Pies P. 53





# bits & bites 3 WAYS WITH CRANBERRIES

No longer just a sidekick to turkey, these dishes prove everyone's favorite tart berry is the perfect way to elevate meals all year long. BY BETH LIPTON, PHOTOGRAPHY BY OLIVE & MANGO

#### **A TYPECAST TREAT**

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Cranberries are synonymous with sumptuous feasts, but it's truly a bum rap to relegate this fruit – one of only a handful native to North America – to the holiday table. Packed with fiber and a good source of vitamin C, this berry can enhance both sweet and savory dishes with its memorably tart taste.

Though these recipes call for fresh cranberries, frozen can be used in a pinch or when cooking outside of the berry's short growing season, which spans from September to November, just in time for Thanksgiving. A word to the wise: Don't try to substitute dried cranberries for fresh in any recipe that involves reducing to a sauce, like the three included here. (You've been warned!)

Quesadillas with Cranberry Jalapeño Sauce



#### Cranberry-Glazed Chicken

(GF)

#### SERVES 4.

2 lb	bone-in, skin-on chicken thighs (4 to 6 pieces), patted dry			
1 tsp	sea salt, divided			
<sup>3</sup> ⁄ <sub>4</sub> tsp	ground black pepper, divided			
1 tbsp	organic unsalted butter, melted			
1½ cups	cranberries (thawed if frozen)			
⅓ cup	apple cider vinegar			
3 tsp	peeled and minced ginge			
⅓ cup	raw honey			
½ lb	green beans, trimmed			
½ lb	baby rainbow carrots, halved lengthwise			
2 tsp	avocado oil			

**1.** Preheat oven to 400°F. Line a baking sheet with parchment paper. Season chicken with ½ tsp salt and ¼ tsp pepper. Place on half of the baking sheet and brush with melted butter. Roast for 20 minutes.

2. Meanwhile, in a small saucepan, combine cranberries, vinegar, ginger and ¼ tsp salt. Bring to a boil, then reduce heat to medium-low and cook, stirring occasionally, until cranberries are very soft, about 12 to 15 minutes. Remove from heat and stir in honey and ¼ tsp pepper; mash cranberry mixture. Press through a fine mesh sieve into a bowl. Separate ¼ cup sauce into a ramekin.

**3.** Remove chicken from oven. Using ¼ cup reserved sauce in ramekin, brush each thigh with glaze; discard any remaining sauce from ramekin. In a large bowl, toss green beans and carrots with oil and remaining ¼ tsp each salt and pepper. Place vegetables on baking sheet beside chicken. Roast until an instant-read thermometer inserted into thickest part of thigh reads 165°F, about 20 to 25 minutes (depending on size; ensure thermometer doesn't touch the bone).

**4.** Let chicken rest for 5 to 10 minutes before serving. Drizzle with remaining sauce.

**PER SERVING** (¼ of recipe): Calories: 485, Total Fat: 25 g, Sat. Fat: 7 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 4 g, Carbs: 34 g, Fiber: 3 g, Sugars: 28 g, Protein: 32 g, Sodium: 663 mg, Cholesterol: 180 mg

#### Clafoutis $(\mathbf{P})(\mathbf{V})(\mathbf{GF})$ SERVES 8. 2 cups cranberries (thawed if frozen) orange zest 1tsp + 3 tbsp orange juice 1/3 cup + 2 tbsp coconut sugar, divided 1/4 tsp sea salt, divided 3 large eggs, room temperature BPA-free canned full-fat 1 cup coconut milk blanched almond flour 6 tbsp 3 tbsp arrowroot starch pure almond extract 1tsp sliced unsalted almonds 1/4 cup

Cranberry

**1.** Preheat oven to 350°F. Spray a deepdish 9-inch pie plate or round cake pan lightly with cooking spray.

2. In a medium saucepan, combine cranberries, orange zest and juice, <sup>1</sup>/<sub>3</sub> cup coconut sugar and <sup>1</sup>/<sub>8</sub> tsp salt. Bring to a boil, stirring, until sugar is dissolved. Reduce heat to mediumlow and cook, stirring occasionally, until cranberries soften, about 5 minutes. (The berries should still be mostly intact, not burst as with traditional cranberry sauce.) Let cool.



#### Joanne Rappos food blogger, hamilton, ontario, canada

The creative drive behind Olive & Mango, Joanne worked with her photographer husband to bring these healthy meals to life. Find more of her work in "Build Your Pinterest-Worthy Platter" on page 54.

**3.** In a blender, combine eggs, coconut milk, remaining 2 tbsp coconut sugar, almond flour, arrowroot, almond extract and remaining <sup>1</sup>/<sub>8</sub> tsp salt; blend well.

**4.** Pour batter into pie plate. Using a slotted spoon, spread cranberry mixture evenly over batter, then drizzle remaining cranberry liquid. Sprinkle sliced almonds over top.

**5.** Bake until clafoutis is golden and just set, 25 to 30 minutes. Let cool slightly before serving.

PER SERVING (1/8 of recipe): Calories: 207, Total Fat: 12 g, Sat. Fat: 6 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 23 g, Fiber: 2 g, Sugars: 16 g, Protein: 5 g, Sodium: 97 mg, Cholesterol: 70 mg

WHAT'S IN A NAME? Coconut milk and coconut cream both have their place in the kitchen, but for this recipe, you'll need the full-fat milk (avoid the "lite" or "light" varieties). Also skip coconut milk beverages, which are usually sold in cartons in the refrigerated section near the alternative milks such as almond milk, and opt for the cans instead.

#### Quesadillas with

Cranberry Jalapeño Sauce

#### SERVES 4.

#### SAUCE

1 tsp	avocado oil			
1	shallot, diced			
1 10-oz	bag cranberries (thawed if frozen)			
ू <b>1</b> े	jalapeño chile peppe seeded and minced			
1 tsp	lime zest + 1 tbsp lime juice			
1/2 tsp	ground cumin			
1/8 tsp	sea salt			
1	green apple, cut into ¼-inch cubes			
1⁄4 cup	raw honey			

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#### QUESADILLAS

- 6 7- to 8-inch tortillas (corn or grain-free almond flour tortillas)
- 2<sup>2</sup>/<sub>3</sub> cups shredded sharp cheddar cheese
  - 1 tbsp avocado oil, divided

OPTIONAL TOPPINGS: Sour cream, cilantro, sliced avocado

1. Prepare sauce: In a medium saucepan, heat oil on medium. Add shallot and sauté until soft, 2 minutes. Add cranberries, jalapeño, lime zest, lime juice, cumin and salt. Bring to a boil, then reduce heat to medium-low and cook, stirring occasionally, until cranberries burst and sauce thickens, about 6 minutes. Stir in apple and honey and cook for 2 minutes. Transfer to a bowl and let sit for 10 minutes (sauce will thicken as it cools).

**2.** Prepare quesadillas: Spread one-third of the sauce over 1 tortilla. Sprinkle with about one-third of cheese and top with a second tortilla to make 1 quesadilla. Repeat to assemble a total of 3 quesadillas.

**3.** Preheat oven to 200°F. Warm a large skillet over medium heat. Brush 1 tsp oil over skillet. Place 1 quesadilla in skillet. Cook until golden, about 2 to 4 minutes. Flip and cook until golden on the other side, 1 to 2 minutes. Place on baking sheet in oven to keep warm; repeat for remaining quesadillas. Cut quesadillas into quarters and serve with toppings, if desired.

PER SERVING (¼ of recipe): Calories: 701, Total Fat: 35 g, Sat. Fat: 16 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 72 g, Fiber: 12 g, Sugars: 25 g, Protein: 27 g, Sodium: 769 mg, Cholesterol: 75 mg

**THE WOW FACTOR:** To really ramp up your presentation, reserve 1 tbsp of the cranberry sauce and lightly combine with sour cream to create marbleized peaks that look and taste amazing. bits & bites 🏑

#### ASK THE AESTHETICIAN

A holistic aesthetician, Beth Walker has been working with celebrity and private clients in Boulder, Colorado, for 15 years.



### **Q**/ How do I know if my beauty and skin-care products are actually clean?

A/ Consumers need to be cognizant that there are products claiming to be clean that, though nontoxic, are actually made with mostly synthetic ingredients. I recommend downloading Think Dirty – Shop Clean or the Environmental Working Group's Healthy Living, two apps that can help decipher some of the common jargon.

I would also recommend everyone swap out their SPF moisturizer for a clean one. The active ingredients in chemical sunscreens can include avobenzone, octinoxate and oxybenzone, all of which can be irritating to the skin and have been found to be potential endocrine disruptors. In addition, oxybenzone is a known pollutant to the coral reef. Instead, reach for mineral sunscreens, such as zinc oxide and titanium dioxide - look for "non-nano," as it is believed these particles are too large to harm ocean life.



#### **MORE PLANT POWER**

Good news for party animals: Plant-based diets may be able to offset some of the bad habits putting you at risk for cancer and heart disease. A study conducted by Australia's Edith Cowan University concluded that the flavonoids found in fruit, vegetables and teas had the greatest positive effect on smokers and those who indulged in more than two alcoholic drinks a day, reducing their risk of death from these diseases more so than for other study subjects. Participants who took in around 500 milligrams of flavonoids daily, the amount in about five to seven servings of flavonoid-rich foods like kale and blueberries, saw the greatest risk reduction, but the average American adult gets only 200 to 250 milligrams per day. TRY IT OUT: Up your daily flavonoid intake with these Cucumber Kale Wraps with Zesty Peanut Sauce: cleaneating.com/cucumber-kale-wraps

#### Safe Skin Care Start the day with a fresh and truly "clean" face.



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A blend of zinc for SPF protection and hydrating plant oils make Juice Beauty SPF 30 Tinted Mineral Moisturizer an ideal choice for everyday wear. **\$32**, juicebeauty.com



#### SUPER SERUM

Perfect for mixing with your favorite moisturizer, Graydon's Fullmoon Serum combines collagen, vitamin C, retinol and more to combat signs of aging. **\$87**, graydonskincare.com



#### **PURE POLISH**

TULA Purifying Face Cleanser contains probiotics that hydrate while cleansing as well as turmeric and chicory root to fight inflammation on the skin's surface. \$28, tula.com

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# BACK TO Basics

A passion for food is one's greatest tool in the quest for good health, according to Mark Hyman, MD, *New York Times* best-selling author and founder and director of The UltraWellness Center.

On the move away from calorie counting: I love when people ask me this question because I believe when you eat the right foods, you don't need to focus on calories and intuitive eating becomes second nature. That being said, the first step is to focus on quality and choose real foods, with a special focus on colorful, non-starchy plant foods. When you eat real foods that are nutrient-dense, your body rediscovers its natural hunger and satiation cues and feels great.

#### On the need for quality food:

Look for certified organic produce to avoid chemicals like pesticides and synthetic fertilizers, and grass-fed meat and pasture-raised poultry and eggs to avoid hormones, antibiotics and inflammatory factors that can arise from conventional animal operations. When you're at a farmers' market, you also have the opportunity to ask the farmer or rancher about their practices, so even if they aren't certified, they may be able to share that they are doing things the right way.



#### On the inspiration behind his

**new book:** Food: What the Heck Should I Eat? was so well received that I began getting even more requests for recipes that applied those principles. My cookbook is a guide to cooking more than 100 healthy meals that taste amazing, so you don't have to choose between flavor and feeling good, which makes it a sustainable and lifelong way of eating. I have always loved cooking and sharing food with the people I love and creating community around it, so this cookbook is also a way for me to do that on a larger scale. What the Heck Should I COOK?

HUBE TRANS BEREFOR BRATT

#### **DELICIOUS DISH**

This energizing breakfast recipe (right) from Dr. Hyman's new cookbook, *Food: What the Heck Should I Cook?*, will keep you revved from daybreak to lunch.

Super	food Smoothie E			
SI	For r			
SPICED V	VALNUTS	1 tsp	pure vanilla extract	from visit
¼ cup	raw walnuts, chopped	1 tsp	spirulina powder	
¼ tsp	ground cinnamon		+ more for garnish	<ol> <li>Prepare spiced walnu oven to 350°F. Place w on a baking sheet and 8 minutes, until fragram</li> </ol>
Pinch	sea salt	1 tsp	peeled and grated fresh ginger	
		¼ tsp	ground cinnamon	small bowl, combine w
SMOOTH	IIE BASE			cinnamon and salt. To
<b>1 cup</b>		TOPPING	S	then set aside to cool.
	baby spinach	¼ cup	fresh blueberries	2. Prepare smoothie ba
1∕₂ cup	frozen blueberries	½ cup	chopped fresh	smoothie base ingredi speed blender. Purée
¼ cup	frozen cauliflower		strawberries	
½ cup	filtered water	2 tbsp	pomegranate seeds	<b>3.</b> Pour smoothie base
1 tbsp	MCT oil	11/2 tbsp	cacao nibs	bowl and garnish with
1 tbsp	almond butter	1 tsp	hemp seeds	walnuts, blueberries, s pomegranate seeds, ca
1 tsp	fresh lemon juice			hemp seeds and a dust

#### more recipes n Dr. Hyman, t cleaneating.com.

nuts: Preheat valnuts toast for ant. In a walnuts with oss to coat,

ase: Combine lients in a highuntil smooth.

e into a h spiced strawberries, acao nibs, ting of spirulina.

# WHAT WE DO MAKES A DIFFERENCE.





### Beat the Winter Blahs

The cold-weather doldrums are no match for these products and services.

BY RACHEL DEBLING



#### **GIVE BACK**

Volunteering time to charitable endeavors has been shown to improve mental health and mood, and now it's easier than ever to get involved – without leaving your home. Be My Eyes, a free app that pairs sighted helpers with blind or lowvision people, allows you to remotely assist users across the globe in tackling everyday challenges, from clarifying product packaging to confirming directions. You'll be in good company: More than 2.5 million virtual volunteers have signed on since the program launched in 2015. Available for Android and iOS. **bemyeyes.com** 



#### **EXPAND YOUR PALATE**

Already a hot spot for Toronto-area vegans, flexitarians and foodies for 20 years, Fresh Restaurants finally arrived in the US earlier this year when they flung open the doors on their new West Hollywood location. With IG-worthy décor, a menu guaranteed to satisfy even the pickiest omnivore (its juices have claimed a cult-like following) and an ingredients list that checks all the clean-eating boxes, California has found its new favorite brunch (and lunch, and dinner) locale. **freshplantpowered.com** 

#### BRIGHTEN YOUR DAY

The slim profile and portable size of the Verilux HappyLight Luxe makes it a great option for busy holiday travelers who need a quick shot of sunlight. Its full-spectrum LED light offers 10,000 lumens (the amount recommended by the Mayo Clinic for \$easonal affective disorder) to bust winter blues, improve sleep patterns and make your home/office/ wherever life takes you feel a bit more springlike. **\$100, verilux.com** 

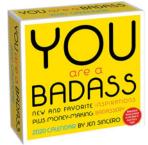


#### **AN OLFACTORY GIFT**

Though you may feel a tropical vacation is just what the doctor ordered to cure you of the winter blues, there are plenty of cost-effective ways to shake you out of your slump at home. For starters, reach for a clementine. Anecdotal and scientific evidence has shown that citrus scents can help improve mood and increase energy, and coincidentally, these tiny citrus fruits make an appearance on grocery store shelves starting in November.

**TIP:** Not into oranges? This grapefruitscented candle – pretty much a vacation in a jar – is made from 100% coconut wax and is paraben-, phthalate- and cruelty-free, so you'll feel good whether gifting it to your Secret Santa or sparking it when your guests arrive. **Tilly Candle, \$40, byrosiejane.com** 





#### **DAILY MOTIVATION**

Sometimes to perk up your mood, you just need a push in the right direction. That's where the *You Are a Badass 2020 Day-to-Day Calendar* by Jen Sincero, your personal desktop life coach, comes in. Each page delivers a daily piece of sage advice or words of wisdom to remind you that you can totally do this. **From \$11, amazon.com** 

### **Sensationally Sweet**.

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CHOCOLATE MONK FRUIT

MONK FRUIT

# The 60-Day Metabolic Reset

with Dr. Chelsea Axe and Jamie Eason Middleton

Take your New Year's transformation to the next level with nutrition expert Chelsea Axe, DC, CSCS, and trainer Jamie Eason Middleton, the dream team behind Clean Eating and our sister publication Oxygen's first-ever joint online health and wellness challenge. Our experts explain in their own words why you'll get in the best shape of your life with their winning formula and dish on carb cycling, staying active, finding time to make healthy choices and pushing through motivation plateaus.

When it comes to nutrition, few others are able to make the topic as fun and approachable as Chelsea.

Chelsea and Jamie got on the phone to chat about their upcoming challenge.



CHELSEA / Hi, I'm Dr. Chelsea Axe, and I'm here with Jamie Eason Middleton to talk about our new online challenge, The 60-Day Metabolic Reset.

JAMIE / I'm super excited.

C/I'm so excited, too. I think the content we have put together so far is amazing, and I can't wait to see how it all comes together in the end.

J/I want to hear all about the carb-cycling portion of the program. I know we eat similarly, and neither of us is into gimmicks, so I want to hear about what you are going to do with it.

C/I love carb cycling. When I tried it for the first time, it was one of those last-ditch efforts. I was a bit intimidated, but I thought, "I've tried everything else. I'm going to see how this works." It ended up being something I've done for the last two years straight. I love it! You have energy so you can get through intense workouts, but at the same time, you are burning body fat and leaning out. It's so rare that you find a diet you can actually stick to and use as a lifestyle, not so much a short-term thing. And it's actually sustainable. I'm super excited to teach people how to incorporate it into this program. On the low-carb days, for instance, you'll be utilizing a keto-style approach, placing the emphasis on healthy fats to help shift your body into fat-burning mode. On

Twelve-time Oxygen cover girl Jamie is a familiar face with a gift



days when you have higher-intensity workouts planned, you'll up the carbs to keep your body fueled.

J/ You know, I've used carb cycling a lot. When somebody calls me and says, "Hey, we want you to shoot for a magazine," I go right into carbcycling mode because I know that

it works. A lot of people just start counting calories and go into a deficit, going lower and lower, but it backfires. It just doesn't work! I really want people to think of this as a doable approach. That being said, I want to know some of the recipes! Can you give us a few?

"I really want people to think of this as a doable approach." - JAMIE



**C**/I have over 80 recipes for the program right now, completely brand new. We're going to have everything from protein pancakes to salads – there's even an oatmeal chocolate chip cookie recipe in there, if you really need a snack.

#### J/Oh, yes!

**C** / They're recipes that you won't feel deprived eating. This shouldn't feel like a diet – I hate the word "diet." A diet is just a short amount of time that you go all in and then you jump back into real life and go back to how you were doing things before. J/I know, I know! And while you've been cooking up the nutritional component of the challenge, I've been doing the workouts to make sure they are awesome.

**C**/I've seen some of the stuff you sent over, and it is spicy! We're going to feel it.

J/ It's hard, you know, but it's also really doable.

**c/** When planning the fitness portion of the program, how did you make it effective and challenging?

J/ Well, I wanted to make this for everybody, but I also had to keep in

#### Join Chelsea and Jamie for this life-changing challenge

Improve the way you look and feel in only 60 days with our double-duty challenge.

#### WHAT YOU GET

- A complete 8-week workout and nutrition plan that utilizes the research-backed power of interval training and carb cycling – no matter your fitness level or culinary expertise, Chelsea and Jamie will walk you through it, every step of the way
- Easy ways to make this plan unique to your body and schedule
- Tons of video cooking tutorials, plus a recipe manual and customizable meal plan with more than 80 recipes
- Online support from your fellow challengers and coaches
- Exclusive access to bonus digital content
- More energy and a slimmer, happier you – in just two months!

LAUNCH DATE: December 30, 2019 \$149 cleaneating.com/metabolicreset

Clean Eating readers use the code LEVELUP and get 30% off!



mind that I only had 60 days. For me, it was about making sure I chose exercises that would have the highest caloric cost.

#### C/Love it.

J/ The other goal is to maintain muscle, since muscle is what supports your metabolism. I wanted to include some weight training, but I also wanted to do some fun, no-weight exercises because some people may not be used to weights, and because it's a little different. I like to change things up every two weeks because, for me, that keeps things exciting.

C/ Love that.

J/ So, I don't know if people know that you are Dr. Josh Axe's wife. You guys have been living this lifestyle for a long time and you make everything fun together – I see you doing lots of things on your Instagram. How do you guys stay balanced?

**C**/ To keep a balance, we make it a lifestyle, and quality time for us is about being active. We're down in Florida a lot, and when we are, we make it a point to go paddleboarding, or we go hiking here in Nashville with our dogs on the weekends.

J/ We do that with our kids – try to make things more about activities.

**C**/I don't have kids yet. Did they change your approach to fitness?

J/ Big time. I used to be that trainer that was like, "This is for you! You'll find the time!" And then I had a baby and I wanted to punch my former self in the face.

C/ [Laughs] So honest. I love it.

J/ Your priorities change because your kids become your priority, and you are happy about that, but the hard part is you lose your motivation, because you are motivated to serve them in every way.

What I want to ask you, getting back to food: I think eating well is so

intimidating for a lot of people. How do you help them overcome that intimidation about eating right?

**C**/ It can be super intimidating when there are so many changes at once. But I think that's also a lie – you don't *have* to make all changes at once, especially when you are just getting started. One of the things I recommend is that you start by changing your breakfast. If you just change that go swimming in the summer, and my three-year-old will get out of the pool and eat basil off the plant.

**C**/That's amazing. When you cut fresh herbs in the kitchen, it's like [Inhales] *ahhhhhh...* 

J/ So, if somebody wants to use more herbs, what would your top tips be for that? Should they grow them, or should they just buy them?

#### "It's so rare that you find a diet you can actually stick to and use as a lifestyle, not so much a shortterm thing. And it's actually sustainable." - CHELSEA

and maintain it for two weeks, that's 33% of your meals. That's a big portion!

J/ I think that's great advice. What do you eat for breakfast?

**C**/ Every morning, I do a bone broth protein and collagen smoothie. Every single morning, without fail – I, like, have to have it.

J/ That's awesome! I have one more: Are there any cool ingredients that I need to know about?

**C**/One thing I have been doing is that I've been using a lot of fresh herbs in everything.

J/ I love fresh herbs. Basil – you can't kill it, either. My kids will



**C** / You could start with buying. Like you said, basil is super easy to grow. You can just cut them off in your kitchen and chop it up and add it to your salad. You know, I throw a couple of leaves in my water sometimes to infuse it, and that's really good too.

J/ Oh yeah. It's so, so good. And rosemary is one I think you can't kill either. I'm all about what you can't kill, because I honestly don't have time to deal with it. [Laughs]

**C /** I do too, because I don't have time and I do not have a green thumb. The plants I try to keep alive? [Shakes head] No. No. And the ones I don't care about, they just stay.

J/I could ask you questions about food all day long. It's one of my favorite topics – and one of my favorite activities is eating. [Laughs]

**C**/Well, this has been so fun. I love catching up with you.

J/ I'm so excited for this to come together. We both believe in the techniques we've put in this program. For everyone out there, we can't wait to meet you! @

#### VITA CLAY DIGITAL EXPRESS The Ultimate Flavor Machine



# THE LATEST Supp Science

What's the deal with ashwagandha, and is fish oil overrated?

**Q:** An article in *The New York Times* said that new research shows fish oil doesn't prevent heart disease. Could it be?

The article you're talking about, "10 Findings that Contradict Medical Wisdom," did indeed state that fish oil doesn't prevent heart disease, but they were referring to a single study from 2013 that was riddled with problems. And let's remember that thousands of published studies on omega-3s (fish oil) in peer-reviewed journals have been published since the '70s, and the vast majority have demonstrated statistically measurable benefits.

That said, here's what the researchers did in the study that was cited in The New York Times as "proof" that fish oil doesn't work.

The researchers used a population of men and women with multiple cardiovascular risk factors or atherosclerotic vascular disease. Because these folks were pretty sick to begin with, it's reasonable to assume that a small amount of fish oil wouldn't make a huge difference in their health. The researchers used a very small dose of fish oil (1,000 milligrams, or one gram), considerably less than the three to four grams many functionalmedicine doctors recommend. That's like trying to reduce cluster headaches with half an aspirin.

Furthermore, fish oil is only as "good" as its omega-3 content. Omega-3s – in this case, EPA and DHA – are the reason we take fish oil in the first place. The nutrition-facts label of any fish oil will state clearly how much EPA and DHA it contains per serving, but it's always going to be less than the total amount of fish oil, which, in this case, was 1,000 milligrams. So we can assume the subjects actually got less than 1,000 milligrams of combined EPA and DHA. That's not a lot of omega-3s, especially for a sick population.

To further muddy the waters, the placebo against which they measured this paltry dose of DHA and EPA was not a placebo at all. The placebo (control) group actually received olive oil, which is far from an inert substance. A placebo by definition is supposed to be an inactive substance - like a saline solution - that has no known action on the results you're measuring. That's the exact opposite of olive oil, which is one of the hearthealthiest foods on the planet, teeming with active polyphenols that are natural antioxidants and have anti-inflammatory properties. So any real difference between the fish oil and the "placebo" would immediately be reduced, since the placebo itself was providing heart benefits.

In my opinion, this is an interesting but flawed study that doesn't make me want to throw out my fish oil. It also says nothing about the many other studies that demonstrate significant benefits from fish oil for mental health, depression, skin health, cognitive function and pregnancy. (As my great mentor, the late nutritionist Robert Crayhon, used to say, "If I could do one thing to improve the health of America, I'd put every pregnant mother on fish oil.")

At this time in history, we probably don't have the whole story on fish oil – or any other nutritional supplement. As with probiotics, it may be possible that high doses are helpful for some people, not so much for others. The important lesson here is that we need to go deeper than just media headlines when we're evaluating whether supplements "work."

#### Q: I've been hearing a lot about an herb called ashwagandha, which people say helps many conditions, even weight loss. True or false?

People take ashwagandha for all kinds of reasons, but in this country, most people associate it with energy, libido, a state of well-being and even weight loss and anti-aging. That's because ashwagandha is first and foremost an adaptogen, which explains why it would have such a broad résumé of effects. Adaptogens work in your body like a thermostat in your home. If I set the thermostat to 70 and the house starts getting chilly, the thermostat "adapts" by firing up the heater. Conversely, if it starts getting too warm, the thermostat will act to bring the temperature down.

Adaptogens help to bring you into a more balanced state. So ashwagandha can "warm you up" if you start feeling down and fatigued, but it can also calm you if you're feeling too stressed. When you're stressed, you invariably have much higher levels of cortisol, a major stress hormone produced by the adrenals (and one that's directly involved in weight gain). And several studies have shown that ashwagandha can lower cortisol levels, even in chronically stressed adults.

Then there's the libido thing. According to my friend, Chris Kilham – who you may know from his 10 years on television as "The Medicine Hunter" – ashwagandha can be a libido booster in both men and women and has been used that way in indigenous cultures for thousands of years. There's good



science to support that. One study found a 157% increase in sperm count and a significant increase in serum testosterone in men after 90 days of using a form of ashwagandha known as KSM-66 (more on that in a moment). Another found that ashwagandha use in women resulted in a significant improvement in what's called the Female Sexual Function Index (FSFI), which incorporates "arousal," "lubrication," "orgasm" and "satisfaction." Not surprisingly, Kilham told me it's used in Ayurvedic medicine as a treatment for infertility.

Ashwagandha has also been shown to lower blood sugar and inflammation and to enhance memory in people with mild cognitive impairment. And although there isn't much research on ashwagandha and weight loss, it's possible it could be helpful via its muting effect on stress hormones (which can lead to weight gain).

The thing about ashwagandha is that, like many supplements, the form matters. The Tesla of ashwagandhas is KSM-66. (That's an *ingredient*, not a product.) The KSM-66 form of ashwagandha is better absorbed, has more biological activity and has had far more clinical testing than garden-variety ashwagandha. Read your labels! **©** 



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

Purchase household products in sleek glass and stainless steel containers and have them picked up, washed and refilled by Loop.

# Meet the **Reusable Revolution**

Brands are bringing back the "milkman model" to tackle the growing plastics problem. Will 2019 go down as the year consumers prioritize reusable packaging in the same way they do sustainably sourced ingredients?

#### BY KATE GEAGAN

The growing push to de-plasticize our lives has been one of the biggest stories of 2019. From a swell of legislation to a massive generational shift in priorities, the world seems to finally be waking up to the urgency of the problem: More than 32 countries and dozens of cities have now banned single-use plastic bags, and the EU has announced a ban on a range of single-use plastic items by 2020. Consumers are looking to shop more sustainably too: A recent Nielsen Global Corporate Sustainability Report found 73% of millennials (who are about to snatch purchasing power from baby boomers) are willing to spend more on brands that demonstrate a commitment to sustainable practices.

OUTHWASH

And not a moment too soon. Plastics production has increased exponentially over the past 50 years, and our

addiction to plastic can now be seen nearly everywhere on the planet, threatening sea life, clogging waterways, overflowing landfills and even drifting through the deepest trenches of the ocean. According to The New Plastics Economy – Rethinking the future of plastics, a 2016 report by the World Economic Forum, Ellen MacArthur Foundation and McKinsey & Company, if this accumulation continues, by 2050 there will be more plastic by weight in the oceans than fish.

While every CE issue is brimming with everyday steps and swaps you can make to move closer to a more environmentally friendly life, the reality is that Mason jars and reusable totes can only get you so far. Meaningful, widespread change must also happen at the top. And that has been painfully slow – until now.

#### a greener you

#### Bringing back the milkman model

In the face of growing alarm around our disposable lifestyle (and feeling the pinch of their role in creating so much plastic waste in the first place), brands are testing reusable packaging in bigger ways than ever before. Earlier this year at the World Economic Forum, a novel shopping platform called Loop (loopstore.com) was launched, which aims to pull the plastic out of everyday essentials like shampoo, laundry detergent, nut butters and oatmeal. This first-ofits-kind model is a collaboration between Loop and some of the world's largest companies such as Kroger and UPS.

Here's how it works: Shop from more than 100 products available online, and your purchases arrive in containers made of sleek metal, plastic and glass (packaged in a special reusable tote, another plus). Once empty, containers are picked up from your door, washed and refilled, creating a closed-loop, "circular" packaging system.

Initial pilots were conducted in New York, New Jersey, Pennsylvania, Maryland and Washington, DC, and the company has since expanded to five more states, with plans to spread globally next year. Loop touts its convenience, luxe packaging and superior function. Häagen-Dazs ice cream, for instance, arrives in a posh stainlesssteel container that's double walled, keeping ice cream colder longer.



muuse (formerly revolv.) works like a bikeshare program for coffee cups – grab a cup and drop it at a return station when finished.



#### Borrow, use, return

This reusable revolution will soon be shaking up not only your weekly shopping routine, but also your morning coffee run. A company called muuse (formerly revolv.) has gained global buzz by pioneering a large-scale "borrow, use, return" model to tackle the stubborn challenge of disposable coffee cups.

"Most any café you visit will have trashcans overflowing with paper and plastic cups," says company CFO Forrest Carroll. "We saw an opportunity to replicate the convenience coffee drinkers crave while eliminating the negative impact of that coffee cup sitting in a landfill for 1,000 years." Working much like bike-share programs, muuse pairs with mobile apps and return stations to allow users to stroll into a café, grab their favorite coffee drink in a reusable cup, then drop it at a convenient return station when finished. While the company has already launched in Asia where the problem is most acute (90% of the plastic found in

oceans comes from 10 rivers, eight of which are in Asia), a promising pilot is underway at a top-tier US university. "In just the first week of our pilot program at a US campus, we prevented the disposal of over 4,000 cups through more than 400 unique users," Carroll says.

Choosing to purchase from companies like these that care about their environmental impact can make a huge difference in the long run. Business Insider reported that in 2018, just three months after two of Australia's largest supermarket chains banned plastic grocery bags, the country slashed its total plastic bag use by 80%. If we work with brands, we can together make the changes necessary to move in a positive direction. As CE's Editorial Director Alicia wrote in the March/April 2019 issue about her journey to de-plasticize her life, "it is time we stop collectively wondering, Why didn't anyone do something about this? and realize that somebody is us." @

KATE GEAGAN, MS, RD, is an award-winning dietitian and internationally recognized leader in sustainable eating and nutrition. She is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*, and she's regularly appeared on *The Dr. Oz Show* and Katie Couric's show *Katie*.



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4

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This eye-catching Walnut Spice Set can double as a toppings bar for a DIY sundae station. **\$70**, williams-sonoma.com

#### 2. NO MORE RINGS

Who doesn't love adding a festive touch to their décor? These subtle Marble Snowflake Coasters will liven up any cocktail table, no matter the room's color scheme. **\$40 for four,** crateandbarrel.com

#### **3. DARING DISPLAY**

Just like your closest confidants, no two Wood + Resin Trays are alike – and just like your buddies, they will patiently hold whatever you need of them, no questions asked. **\$69**, westelm.com

#### **4. PLATTER PAIRING**

Try to not say "Cheese, please!" when you spread, smear and cut with these sharp (literally) Viola Mother of Pearl Cheese Knives. **\$30** for three, cb2.com

#### **5. PERFECT POUR**

2

The Filly Stainless Steel Pitcher will inject a little bit of punk into the drink service at your pal's next soirée. **\$60, cb2.com** 

#### 6. POP OFF

The RBT Champagne Saber may seem "extra," but it's guaranteed to get the party started with a bang. (Caution: For confident and surehanded hosts only.) **\$125, bloomingdales.com** 

#### 7. PLEASING PRESENTATION

Add or remove partitions around the Appetizer Flex Tray to accommodate chips and dip, multiple types of cheese and crackers, and more. **\$35**, greatusefulstuff.com

5

6

**FRIADA** 





#### for the... Zen Seeker

These presents will undoubtedly be appreciated by yogis and rat-race runners alike.

Saje

#### **1. MEDITATION TO GO**

Enlightenment is now pocket-sized! These Mindfulness Cards offer inspiring phrases and mini activities to help calm and center, wherever you may be. **\$17. chroniclebooks.com** 

#### 2. SCENTS-SATIONAL

They'll think of you every time they inhale the scent wafting from their Vitruvi diffuser, available in a variety of colors to match every taste. **\$119**, **vitruvi.com** 

i ammagic

#### 3. FESTIVE FRAGRANCES

Complete with five scents that perfectly encapsulate the holiday season, the Saje Good Cheer Diffuser Blend Collection will be hard to pack away come January 1. **\$50, saje.com** 

#### 4. SLEEP TIGHT

Weighted blankets are rapidly gaining popularity due to their ability to aid sleep, and the Gravity Blanket combines comfort and style like few others. From \$249, gravityblankets.com

#### 5. INSTANT INSPIRATION

Affirmats will serve as instant motivation for your fave yogi during their 6 am class. (You swear you'll make the next one, right?) **\$66**, affirmats.com

#### 6. 9-TO-5 RETREAT

The desktop Yin Yang and Succulent Zen Garden can help alleviate the stresses of even the most jampacked day at the office. \$32, buddhagroove.com

5



# FOR THE... Healthy Millennial

Luxe, eco-friendly and just plain cool gifts for the young'un in your life.

# **1. A SMARTER SIP**

Trying to cut down on plastic? That's great! Hauling around normal reusable straws? Not so much. These Five Two Silicone Straws fold for stealthy storage and travel. **\$25 for 10, food52.com** 

# 2. CHILL OUT

Sometimes you need ice cream, like, now. Once you've frozen its bowl, the My Pint Ice Cream Maker by Dash delivers a full pint of the cool stuff in only 30 minutes. **\$20**, **bedbathandbeyond.com** 

# 3. DOGGONE ADORABLE

A matching mug and dog bowl set is the ideal gift for furparents of any age – we can already picture the social media posts it will spawn. \$22, genuinefred.com

# 4. WINNING WHIFF

The four genderless fragrances contained in KIERIN NYC's Discovery Set are made using sustainably sourced ingredients and are as absolutely memorable as your giftee. **\$18**, **kierin-nyc.com** 

# 5. GET ROLLING

Spark a love of farmers' markets in the young people in your life with this rolling cart, appropriately (and adorably) named Luggy. From \$75, olliella.com

# 6. EARTHY EATING

The utensils and straw in this reusable bamboo set roll into the included mat for perfect portability. **\$14.99**, thesustainabletomorrow.com

# 7. WRAP IT UP

A DIY beeswax wrap kit is the ideal gift for the ecoconscious crafter. Bonus: They can use almost any fabric they have on hand. **\$25, superbee.me** 





Grab a few of these to keep on hand for those times when you realize, darn, you forgot *that* person.

# 1. TOO SWEET

Every kitchen needs a bottle of high-quality Vermont maple syrup. This Runamok Maple gift box has a selection of infused and traditional varieties to elevate every breakfast. **\$30, runamokmaple.com** 

# 2. DECADENT DRIZZLE

La Tourangelle White Truffle Infused Oil will have your friend finishing all their dishes with a tasty flourish. **\$25**, latourangelle.com

# **3. TASTY TREATS**

The four Paleo and vegan bars contained in this Compartés Organics gift set will help tame their cravings while imparting health benefits, thanks to organic ingredients like green tea. **\$50**, **compartes.com** 









Gifts with a conscience for the steadfast altruist.



# 1. SPRITZ IT ON

Smell good and do good? You can with this clean fragrance gift set from The 7 Virtues, which supports communities affected by war. **\$29**, **sephora.com** 

# **2. STATEMENT PIECE**

2

The Daydreamer Necklace from Purpose Jewelry is handmade by survivors of human trafficking, with all profits supporting the artisans. \$67, purposejewelry.org

# 3. LEND A HAND

Subtly scented Charity Pot hand and body lotion has long been a Lush top pick – 100% of the pre-tax price goes to charities that work to protect animals, the environment and human rights. **From \$8, lush.com** 



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"

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3

5

# FOR THE... Drink Connoisseur

Top present picks for the sippers, imbibers and java addicts in your life.

Kombucha

Brewing

Kit

#### **1.BLENDS WELL**

Our staff loved the power and ease of use the Hurom Hexa Power High Speed Blender offers. Even the toughest of vegetables (we're looking at you, beets) were completely pulverized in a matter of seconds. \$349, hurom.com

## 2. MIX THINGS UP

It doesn't get any fresher than kombucha you've brewed yourself. The Kombucha Brewing Kit includes all the essentials needed to start a cultural revolution at home. (Get it?) **\$45**, **thekombuchashop.com** 

# **3. TRAVEL AND SIP**

Welly's Tumbler insulates your morning tea or post-workout smoothie and features a hands-free sliding lid for on-thego hydration. **\$30**, wellybottle.com



#### 4. TOTE-ALLY READY

The insulated Outfitted Wine Tote, complete with glasses, corkscrew, bottle stopper, pop-up table and enough room for two bottles, will have the outdoorsy sommelier in your life picnicking like they mean it. **\$90**, crateandbarrel.com

#### **5. POUR TASTE**

Kick up the class of any counter with the sophisticated angles and minimalist design of the Stagg EKG Electric Pour-Over Kettle. From **\$129**, fellowproducts.com

# 6. SPILL THE TEA

The GLOW Assorted Teas Gift Box from Vahdam Teas will warm their heart, hands and tummy with six aromatic loose-leaf blends. \$40, vahdam.com

#### 7. TOAST THE TOWN

Every occasion will seem cheers-worthy (Tuesday, anyone?) with the graceful lines of Blanco and Tinto Wine Glasses in your glassware collection. From \$13, cb2.com

### **1. CARRY IT ALL**

With room for everything you need at the gym and more, the Lululemon On My Level bag will make them the envy of the locker room. \$158, lululemon.com

#### 2. LIFT THEM UP

Sweaty Betty's Power Mesh Leggings – complete with bum-sculpting technology – will lift their spirits as high as their... well, you know. \$120, sweatybetty.com

## **3. GET TECHIE**

Forget the cold-looking fitness tech of yesteryear. The Bellabeat Leaf Urban can be worn as a bracelet, pendant or clip and tracks activity, sleep and more. **\$119, bellabeat.com** 

# 4. CLEAN UP THEIR ACT

They'll never scrub another funky water bottle again with LARQ, the first canteen in the world to boast selfcleaning technology. **\$95**, **livelarg.com** 



# 5. SHOW SUPPORT

Underwear as a gift? Absolutely, when it's as pretty and functional as Ivysister's Georgia Sports Bra. **\$58, ivysister.com** 

# 6. MEALS ON THE GO

Give the gift of always being prepared with S'well Eats, freezable and microwavable hot and cold meal containers. From \$40, swellbottle.com

# 7. SMOOTH MOVE

The Tribest Personal Blender II is compatible with standard Mason jars, so you can go from the kitchen to the gym, stat. From \$130, tribestlife.com

# FOR THE... Fitness Phenom

5

2

Gifts for the person who loves to sweat and isn't afraid to show it.

VYSISTER

7

4

3



# FOR THE... Creative Cook

We won't blame you for buying two of these – one for you, and one for the second-luckiest person you know.

## 1. 7-IN-1 WONDER

With a six-quart capacity and new color options available (we suggest teal), the Instant Pot Duo 60 is no wallflower in both function and form. **\$100, amazon.com** 

# 2. EFFORTLESS PRESENTATION

You'll spend more time with your guests and less time transporting food from baking dish to presentation platter with these eye-catching Emile Henry Oven-to-Table Appetizer Trays. From \$40, food52.com

## **3. BLOWING SMOKE**

For the chef who has everything. Breville's Smoking Gun can infuse snacks, cheeses, drinks and more with smoky flavor – and looks pretty darn impressive doing it. **\$100, breville.com** 

#### 4. EASY AS PIE

Whether the recipient is a cauliflower-crust fan or prefers whole wheat, the sleek All-Clad Stainless-Steel High Heat Pizza Stone & Cutter Set will guarantee the perfect golden finish. **\$125**, williams-sonoma.com

## 5. DAILY GRIND

Helpful and historical! These stunning Traditional Greek Pepper Mills from Peppermill Kitchenware are handmade to mimic the coffee mills the Greek army swore by when waging war on the battlefield. From **\$72**, **food52.com** 

### 6. CLASSIC UPDATED

Toast will never be boring again, with this gorgeous rose gold Smeg 2-Slice Toaster popping up perfectly browned slices in the morning. **\$200**, williams-sonoma.com @



# NatuR

# A Grown-Up's Guide to Cannabis

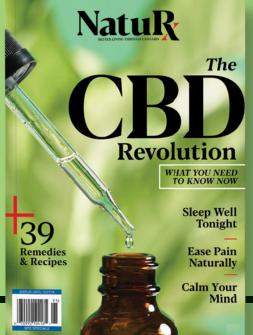
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# BUTTERNUT SQUASH LASAGNA with Cashew Cauliflower Béchamel (SEE RECIPE, P. 48)

HARVEST SALAD with Roasted Grapes & Pistachios (SEE RECIPE, P. 44) ROASTED BRUSSELS SPROUTS with Crispy Shallots (SEE RECIPE, P. 47)

# The Picky Edters' Holiday Meal

Allergen-friendly meets family-friendly in this lineup of holiday recipes. Free of gluten, grains and dairy, these dishes will satisfy even the most particular (ahem: fussy) of family members while accommodating common dietary restrictions, from plant-based to Paleo.

RECIPES BY PAMELA SALZMAN, PHOTOGRAPHY BY ROBERTO CARUSO

WHOLE ROASTED CAULIFLOWER with Pomegranate Tahini Sauce, Raisins & Hazelnuts

(SEE RECIPE, P. 46)



# YOUR HOLIDAY GAME PLAN

A truly successful meal starts with a solid plan. Here's what we recommend making ahead.

## 2 to 3 months ahead:

 Make stock for Orange Marmalade Roast Turkey & Grain-Free Jus and store in freezer (p. 50)

3 weeks ahead:

- Purchase all nonperishable ingredients
- Order a turkey

1 week ahead:

- Make Salted Caramel Cashew
   "Cheesecake" (p. 52); store
   cheesecake in freezer and extra
   date caramel sauce in fridge
- Chop nuts for Butternut Squash Lasagna (p. 48) and Whole Roasted Cauliflower (p. 46); store in an airtight container

- 3 days ahead:
- Make Pomegranate Tahini sauce for Whole Roasted Cauliflower (p. 46)
- Make Grain-Free Pumpkin Whoopie Pies and frosting (p. 53); refrigerate cookies and frosting in separate containers
- Make salad dressing for Harvest Salad (right); cover and refrigerate
- 2 days ahead:
- Season turkey and keep covered in fridge (p. 50)
- Wash and prep all vegetables; store separately in containers
- Make cauliflower ricotta and béchamel for Butternut Squash Lasagna (p. 48)

#### The day before:

• Assemble Butternut Squash Lasagna; keep covered in fridge (p. 48)

#### The morning of:

- Assemble Grain-Free Pumpkin Whoopie Pies (p. 53); store in refrigerator
- Thaw Salted Caramel Cashew "Cheesecake" (p. 52) for 1 hour on counter then keep in fridge
- Roast squash and fennel for Harvest Salad (right); cover and refrigerate
- Steam cauliflower for Whole Roasted Cauliflower (p. 46); cover and refrigerate
- Remove turkey from fridge an hour before roasting (p. 50)

### The day of:

• Roast turkey, prepare jus (p. 50) and assemble/finish remaining dishes

# **HARVEST SALAD**

with Roasted Grapes & Pistachios (P) (V) (GF)

# SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.

Roasting the grapes intensifies their flavor, adding big bursts of sweetness against the savory veggies and lemon vinaigrette.

- 2 delicata squashes, halved crosswise, seeded and cut into ¼-inch rings
- 1 fennel bulb, trimmed, halved and cut lengthwise into ¼-inch slices
- 6 tbsp olive oil, divided
- **1¾ tsp** sea salt, divided

ground black pepper, to taste

- ⅔ lb black or red seedless grapes, large stems removed
- **1 tbsp** fresh lemon juice
- **1 tbsp** red wine vinegar
- 1-2 tsp raw honey
- 8 cups butter lettuce
- **½ cup** roasted, shelled pistachios, chopped

# **Accommodate Nearly Any Restriction**

Throwing multiple dietary restrictions into Thanksgiving planning can send even the best cooks into a tailspin. Choose the right mix of dishes and you can make anyone feel comfortable and satiated at your holiday table.

# VEGAN

No need to add a faux turkey substitute for vegan guests as long as there's a hearty dish filling enough to be an entrée. Our Butternut Squash Lasagna with Cashew Cauliflower Béchamel and Harvest Salad with Roasted Grapes & Pistachios provide options, or try making your own appetizer platter using plant-based nut cheeses (p. 54).

# **DAIRY-FREE**

All the recipes in this section are dairy-free (that makes it easy!). Vegan butter, like Miyoko's Creamery, is a great option to have on hand for spreading onto rolls (if serving bread). In general, cashew or hemp milk can replace whole milk in savory dishes, while almond or oat milk works well with sweets. To replace heavy cream, try coconut milk. **1.** Preheat oven to 400°F. Line 3 baking sheets with parchment paper.

2. In a large bowl, toss squash, fennel and 2 tbsp oil. Arrange vegetables in a single layer on 2 prepared sheets, making sure not to crowd them. Season with 1 tsp salt and pepper to taste. Roast until tender and slightly caramelized, 20 to 30 minutes. Transfer to a plate and set aside to cool.

**3.** Increase oven to 425°F. In a bowl, toss grapes with 1 tbsp oil. Arrange on remaining prepared sheet; sprinkle with ¼ tsp salt and pepper to taste. Roast grapes until shriveled slightly, about 12 minutes. Let cool.

4. Meanwhile, to a jar with a screw-top lid, add remaining 3 tbsp oil, lemon juice, vinegar, honey, remaining ½ tsp salt and pepper to taste; shake well until combined. To a large bowl or platter, add lettuce. Toss with a small amount of dressing, just enough to coat leaves lightly. Arrange squash and grapes over top; drizzle with more dressing. Top with pistachios.

PER SERVING (1/6 of recipe): Calories: 266, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 24 g, Fiber: 4 g, Sugars: 15 g, Protein: 5 g, Sodium: 586 mg, Cholesterol: 0 mg

# GLUTEN-FREE/ GRAIN-FREE/PALEO

We've avoided using grains in this meal, so all the recipes are entirely gluten-free, grain-free and Paleo. Most supermarkets stock a variety of glutenfree and grain-free specialty breads for making turkey stuffing or serving at the table, if you wish. And if you're still looking for sides that fit the picky-eater bill, visit cleaneating.com/holidaysides.



# WHOLE ROASTED CAULIFLOWER

with Pomegranate Tahini Sauce, Raisins & Hazelnuts

(P) (V) (GF)

# SERVES 4 TO 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

This showstopping cauliflower dish is smothered in a crowd-pleasing tahini sauce. Crunchy nuts, sweet raisins and fresh herbs lend even more taste and texture to this incredibly delicious side or vegetarian main.

1 head	1 head	cauliflower, green	2 tbsp	pomegranate molasses
	leaves trimmed, bottom sliced flat so cauliflower	1 clove	garlic, minced	
		can stand upright	1 cup	fresh dill
	1 tbsp	olive oil	1 cup	fresh flat-leaf parsley
½ tsp 1¼ tsp	1⁄2 tsp	paprika	1⁄4 cup	roasted and skinned
	1¼ tsp	sea salt, divided		hazelnuts, roughly chopped
		ground black pepper, to taste	¼ cup	unsulfured green raisins (or dried unsweetened currants), soaked in warm
	1⁄2 cup	tahini		water 15 minutes, drained
	3 tbsp	fresh lemon juice	⅓ cup	pomegranate seeds

1. Preheat oven to 425°F. Line a small baking sheet with parchment paper. In a large saucepan, place a steamer basket and a few inches of water. Bring to a boil on medium. Carefully place cauliflower in steamer basket, cover and simmer for 7 minutes.

**2.** Transfer cauliflower onto prepared baking sheet. In a small bowl, combine oil and paprika. Brush all over outside of cauliflower. Sprinkle with ¾ tsp salt and pepper to taste. Roast until very tender and golden brown, about 45 minutes.

**3.** Meanwhile, in a medium bowl, whisk tahini, lemon juice, pomegranate molasses, garlic, remaining ½ tsp salt and enough water to make a pourable sauce (start with 2 tbsp water, adding more as needed).

**4.** Place cauliflower on a rimmed plate or shallow bowl; arrange herbs around. Sprinkle with hazelnuts and raisins. Drizzle with sauce, reserving extra sauce for dipping. Sprinkle with pomegranate seeds.

PER SERVING (% of recipe): Calories: 243, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 5 g, Carbs: 22 g, Fiber: 5 g, Sugars: 10 g, Protein: 7 g, Sodium: 444 mg, Cholesterol: 0 mg

# ROASTED BRUSSELS SPROUTS with

Crispy Shallots (P) (V) (F)

## SERVES **4 TO 6.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **45 MINUTES.**

Mixed with fried capers and topped with golden, crisped-up shallots, you'll hear, "Pass the Brussels sprouts!" numerous times around the holiday table.

- **1½ lb** Brussels sprouts, trimmed and halved lengthwise
- 7 tbsp olive oil or avocado oil, divided
- **1½ tsp** sea salt, divided ground black pepper, to taste
  - **3–4** shallots, halved and thinly sliced and pieces separated
- 1/4 cup cassava flour (*TRY*: Otto's Naturals Cassava Flour)
- 1/2 cup capers, drained
- 4 cloves garlic, finely chopped
  - 1 lemon, zested and juiced, divided

**1.** Preheat oven to 400°F. Line a large baking sheet with parchment. Arrange Brussels sprouts on sheet and toss with 2 tbsp oil, ½ tsp salt and pepper. Roast for 30 to 35 minutes, until tender and golden.

**2.** Meanwhile, to a large bowl, add shallots, cassava and remaining 1 tsp salt; toss to combine.

**3.** In a large skillet on medium, heat 3 tbsp oil. Drop 1 shallot slice into the pan to make sure it sizzles. Add as many shallot pieces as can fit in the pan without overlapping, cooking in batches if necessary. Turn shallots when golden on the bottom, 5 minutes. Turn and cook until crispy and golden on other side, 5 minutes. Transfer shallots to a paper towel-lined plate and set aside. (**NOTE:** If you do a second batch, wipe out pan and add fresh oil.)

**4.** In a small skillet on medium, heat 2 tbsp oil. Add capers carefully to avoid splatter. Sauté 1 minute, or

until they start opening like flower buds. Add garlic and lemon zest; sauté until fragrant, about 1 minute.

**5.** To a serving bowl, add Brussels sprouts, caper mixture and lemon juice; toss. Sprinkle with shallots.

**PER SERVING** (% of recipe): Calories: 181, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 18 g, Fiber: 5 g, Sugars: 4 g, Protein: 4 g, Sodium: 778 mg, Cholesterol: 0 mg

# **BUTTERNUT SQUASH LASAGNA**

with Cashew Cauliflower Béchamel

# **P V GF**

# SERVES 8. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 2 HOURS, 10 MINUTES.

Squash stands in for lasagna noodles in this hearty, vegan-friendly dish that makes both ricotta and béchamel out of cauliflower.

8 oz	cauliflower, cut into ½-inch	
	florets (about 2¼ cups)	
<b>1</b> ½ cups	raw cashews, chopped	

- 21/2 tsp sea salt, divided
- **5 tbsp** olive oil, divided + additional for greasing
  - ground black pepper, to taste
  - 1 yellow onion, finely chopped
  - 8 oz mushrooms (any variety), thinly sliced
    - 6 fresh sage leaves + additional for garnish, optional
- **1 bunch** lacinato kale, stems removed and chopped
- 1 large butternut squash (about 3 lb), peeled, seeded and sliced crosswise into ½-inch rounds (NOTE: You need about 36 slices.)

**1.** Preheat oven to 375°F. In a large saucepan, bring 3 qt water to boil. Add cauliflower, cashews and 1 tsp salt; cook until cauliflower is very soft and falls apart easily when poked, about 20 minutes. Drain and cool 5 minutes.

**2.** To a food processor, add cauliflower mixture, 3 tbsp oil and ¼ cup water; process until smooth, about 2 minutes. Mixture will be slightly grainy. Season with 1 tsp salt and pepper to taste. Transfer ½ cup mixture to a bowl and whisk in 5 tbsp water. (**NOTE:** In the bowl is the béchamel; reserved mixture in food processor is cauliflower "ricotta".) **3.** In a large skillet on medium-high, heat 2 tbsp oil; add onion and sauté until tender, 5 minutes. Add mushrooms and sage. Sauté until mushrooms soften, about 3 minutes. Add kale, remaining ½ tsp salt and pepper to taste; sauté until kale is tender, 6 to 8 minutes. Remove from heat; set aside.

**4.** To assemble lasagna, grease a 9 x 13-inch rectangular baking dish with oil. Arrange about 12 squash slices inside, overlapping as needed to cover bottom of dish. Gently spread half of cauliflower ricotta over squash. Top with half of sautéed vegetable mixture. Arrange 12 more squash slices on top, spread with remaining ricotta and add remaining vegetables. (*NOTE:* You can also use an oval-shaped dish; look for a capacity of 2.5 qt. As the slices may overlap more, the lasagna will be thicker, so add 20 minutes to the covered baking time in Step 5.)

**5.** Finish lasagna with remaining butternut slices and pour reserved béchamel over top. Cover with foil; bake 30 to 40 minutes. Remove foil and bake 30 more minutes, until squash is fork-tender. Let cool 10 minutes. Garnish with additional sage leaves (if using).

**PER SERVING** (½ of recipe): Calories: 300, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 30 g, Fiber: 5 g, Sugars: 6 g, Protein: 8 g, Sodium: 424 mg, Cholesterol: 0 mg

(+)

# AN AUTUMN FAVORITE:

Low in sugar, butternut squash offers a delicate sweetness to many types of dishes and meals, which is why you'll often see it featured in desserts, mains and sides. In this recipe, slices of the popular gourd replace lasagna noodles, providing a good source of vitamin A.

**48** cleaneating.com

NOVEMBER/DECEMBER 2019

STAUB

# ORANGE MARMALADE ROAST TURKEY & GRAIN-FREE JUS

## SERVES 14 TO 16. HANDS-ON TIME: 1 HOUR. TOTAL TIME: 3 HOURS, 30 MINUTES.\*

#### \*PLUS TURKEY RESTING TIME.

It might seem strange at first, but wrapping your turkey in cheesecloth as it roasts locks in the moisture for extra-juicy meat. A simple glaze made from orange marmalade and a jus made with arrowroot round out the dish without any wheat flour, which most gravies would use.

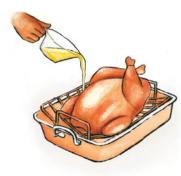
3 tbsp	kosher salt	GLAZE	
1 tbsp 1 12-	minced fresh rosemary	½ cup	no sugar-added orange marmalade
to 14-lb	fresh turkey, giblet bag removed, rinsed and patted dry ( <b>NOTE:</b> Season 2 to 3 days in advance.)	½ cup 2 tbsp 1 tbsp	fresh orange juice avocado oil coconut aminos
	ground black pepper, to taste	1 tbsp	freshly minced rosemary
1	yellow onion (or 3 shallots), quartered		ground black pepper, to taste
1	celery stalk, cut into thirds	JUS	
3–4	sprigs fresh herbs (rosemary, thyme and/or sage)	<sup>1</sup> ∕₄ cup 3 to 3¹∕₂ cups	white wine low-sodium chicken
1	orange or lemon, quartered	1 tbsp	or turkey stock arrowroot starch
1	apple, quartered		sea salt and ground black
<sup>1</sup> ∕₂ cup	olive oil, divided + additional for basting		pepper, to taste
6 cloves garlic, chopped		EQUIPMENT:	
<b>1–2 cups</b> low-sodium chicken stock, turkey stock or water bouble-thick cheesecloth, enough to cover turkey bree			

Double-thick cheese cloth, large enough to cover turkey breast, about  $2\frac{1}{2} \times 2\frac{1}{2}$ -ft single piece, folded in half and then in half again **1.** Prepare turkey: Up to two days ahead, in a small bowl, combine kosher salt and rosemary. Rub turkey with seasoning: in cavity, onto breast, thighs and legs. Gently lift skin and rub seasoning onto breast. Cover and refrigerate.

**2.** The day of roasting, take turkey out of refrigerator and pat dry with paper towels. Bring to room temperature, about 1 hour.

**3.** Position a rack in lowest rung of oven. Preheat oven to 425°F. Mist a V-shaped rack with cooking spray; place inside a roasting pan. Place turkey on work surface; sprinkle cavity with pepper, then add onion, celery, herb sprigs, lemon and apple to cavity. Tie legs together. In a small bowl, combine ¼ cup olive oil with garlic; brush all over turkey skin. Transfer stuffed turkey onto rack in pan, breast side down, pulling wings behind the back. Roast for 40 minutes, basting with more oil after 20 minutes.

# Cheesecloth Your Turkey: This method helps keep the meat juicy and tender.



Arrange turkey, breast side up, and add stock to pan.



Brush cheesecloth with oil and drape over turkey.



Pour glaze over turkey and brush to spread evenly.



**4.** Meanwhile, prepare glaze: In a medium saucepan, combine all glaze ingredients. Bring to a boil on medium-high. Reduce heat and simmer, uncovered, for 15 minutes, until thickened, stirring occasionally.

**5.** Reduce oven to 325°F; turn turkey breast side up. (*TIP***:** Use clean rubber gloves to handle turkey.) Add 1 cup stock or water to pan. Brush cheesecloth with remaining ¼ cup olive oil and drape over turkey, covering breast and thighs. Pour orange glaze over cheesecloth, brushing mixture evenly over turkey. Add additional stock or water to pan as needed to maintain ¼ inch to ¼ inch liquid. **6.** Return to oven for about 1 hour, 20 minutes more, then start testing for doneness, until an instant-read thermometer inserted into thickest part of breast, away from bone, reads 165°F (2½ to 3 hours total roasting time, including step 3). Remove cheesecloth, move turkey to a platter and cover loosely with foil until ready to carve, at least 20 minutes.

7. Meanwhile, prepare jus: To a gravy separator, pour all pan juices. Set fat aside. Heat roasting pan on medium; add pan juices and wine and bring to a boil. Reduce heat and simmer, 2 to 3 minutes, stirring with a wooden spoon to scrape up brown bits from the bottom of pan. Strain into a medium bowl. **8.** In a saucepan on medium, warm reserved fat until bubbly. (*NOTE:* You should have at least 3 to 4 tbsp. If you don't, add some olive oil.) To a medium bowl or small pitcher, add 3 cups stock; whisk in arrowroot until smooth. Stir stock mixture into pan juice mixture in bowl. Slowly add pan juice mixture to saucepan with fat, whisking until smooth. Bring to a simmer and cook until thickened, about 5 minutes. Season with salt and pepper, adding stock as needed to desired consistency. Keep warm on lowest heat until ready to serve.

**PER SERVING** (½6 of recipe): Calories: 463, Total Fat: 23 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 5 g, Carbs: 5 g, Fiber: 2 g, Sugars: 1 g, Protein: 57 g, Sodium: 898 mg, Cholesterol: 216 mg

# SALTED CARAMEL CASHEW "CHEESECAKE" (P) (V) (F)

## SERVES 10 TO 12. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

#### \*PLUS SOAKING AND FREEZING TIME.

This dreamy dessert uses the magic of cashews to replicate the taste and richness of cream cheese. You'll end up with extra Date Caramel Sauce to serve on the side, or keep for another use (such as with pancakes the next day).

dates, pitted and soaked	½ tsp	pure vanilla extract ( <b>TRY:</b> Simply Organic Pure Vanilla Extract)
30 minutes, soaking liquid reserved	¼ tsp	sea salt
melted coconut oil	CRUST	
raw honey	1 cup	raw almonds
creamy raw unsalted		(or pecans or walnuts)
almond or cashew butter	10	Medjool dates, pitted
lucuma powder, optional	1⁄4 cup	unsweetened shredded coconut
	1⁄4 tsp	sea salt
	in 1 cup warm water for 30 minutes, soaking liquid reserved melted coconut oil raw honey creamy raw unsalted almond or cashew butter	dates, pitted and soaked in 1 cup warm water for 30 minutes, soaking liquid reserved½ tspmelted coconut oilCRUSTraw honey1 cupcreamy raw unsalted almond or cashew butter10lucuma powder, optional¼ cup

FILLING

3 cups	raw cas <mark>hews, soaked</mark> at least 5 hours or overnig <mark>ht, d</mark> rained
²∕₃ cup	coconu <mark>t oil, melted (<i>TIP:</i> If you have a high-speed blender, no need to melt.)</mark>
²⁄₃ cup	raw hon <mark>ey</mark>
½ cup	fresh or <mark>ange juice</mark>
	seeds fro <mark>m 2 whole</mark> vanilla be <mark>ans (or 2 tsp</mark> pure vanill <mark>a extract)</mark>

**1.** Prepare sauce: To a blender, add dates, coconut oil, honey, almond butter, lucuma powder (if using), vanilla and salt plus 2 tbsp date soaking liquid; blend until completely smooth. Set aside.

2. Prepare crust: To a food processor, add almonds, dates, coconut and salt; process until mixture holds together (it should be sticky). Transfer to a 9-inch springform pan; press firmly, making sure edges are well packed and the base is even throughout.

# GRAIN-FREE PUMPKIN WHOOPIE PIES

(P) (V) (GF)

3. Prepare filling: To a high-speed blender or food processor, add cashews, coconut oil, honey, orange juice and vanilla seeds; process on high until very smooth, 1 to 2 minutes. Pour filling mixture into crust and smooth top with a spatula. Using a spoon, drizzle caramel sauce over filling. (NOTE: You'll use about half the amount of caramel sauce; cover and refrigerate the rest for serving). Use the tip of a paring knife to swirl caramel sauce into filling. Place cheesecake in freezer until solid, about 4 hours. Once frozen, cover with foil to protect from freezer burn.

4. To serve, let cheesecake thaw on the counter at least 1 hour. Once thawed, keep in fridge until ready to serve. Before releasing the springform ring, run a knife between cake and sides of the pan. Serve cheesecake on its own or with reserved date caramel sauce. Store any leftovers in the fridge.

**PER SERVING** (½2 of cake): Calories: 516, Total Fat: 35 g, Sat. Fat: 15 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 49 g, Fiber: 4 g, Sugars: 37 g, Protein: 9 g, Sodium: 66 mg, Cholesterol: 0 mg

# 

# TWICE AS NICE:

Both of these desserts feature almonds in lieu of heavy grains. This Paleofriendly substitute provides structural stability for the cheesecake's crust and the cake portion of the pies and adds a hefty dose of protein to each serving: A quarter cup of almond flour, for instance, has 6 grams of this muscle-building macro, compared to around 3 grams for regular white flour.

#### SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

Few can resist the call of pumpkin spice! These grain-free, gluten-free, dairy-free whoopie pies with their cinnamon-cream centers are a hit with all ages.

1¾ cups	blanched almond flour (not almond meal)
2 tbsp	coconut flour ( <b>TRY:</b> Now Real Food Organic Coconut Flour)
³∕₄ tsp	each ground cinnamon and nutmeg
½ tsp	each baking soda, sea salt, ginger and cloves
1⁄4 cup	coconut oil
<sup>3</sup> ⁄4 cup	raw unsalted almond or cashew butter
2 large	eggs
1∕₃ cup	pumpkin purée
1⁄4 cup	raw honey
1 tsp	pure vanilla extract

#### ALMOND CREAM CHEESE

8 oz	almond milk cream cheese
3 tbsp	pure maple syrup
1/2 tsp	ground cinnamon

**1.** Preheat oven to 325°F. Line a large baking sheet with parchment paper.

**2.** To a large bowl, add almond flour, coconut flour, cinnamon, nutmeg, baking soda, salt, ginger, cloves, coconut oil, almond butter, eggs, pumpkin purée, honey and vanilla. Mix until well combined.

**3.** Using a small ice-cream scoop (or about 2 tbsp at a time), transfer dough onto prepared sheet to make 20 cookies; lightly press each with a spatula. Bake until golden, 15 to 20 minutes. Cool on sheet, 10 minutes; transfer to rack to cool completely.

4. Prepare filling: Whisk cream cheese, maple syrup and cinnamon until smooth. Spread 2 tbsp frosting onto flat side of 10 cookies. Top with remaining cookies, flat side toward filling. Store in an airtight container in the refrigerator.

PER SERVING (1 pie): Calories: 413, Total Fat: 32 g, Sat. Fat: 7 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 7 g, Carbs: 23 g, Fiber: 5 g, Sugars: 13 g, Protein: 12 g, Sodium: 319 mg, Cholesterol: 37 mg @



**BUILD YOUR** Pinterest Worth

No need to order a fancy appetizer platter to wow your guests when you can create your own with our step-by-step guide, with options to customize to your taste and accommodate a variety of dietary restrictions.

BY PAMELA SALZMAN, PHOTOGRAPHY BY OLIVE & MANGO

Elevate a simple combination of cheeses, meats, vegetables, fruit and crackers with a few creative presentation tricks. Build your own with this easy formula, or replicate ours, an eye-catching plant-based spread.

- Select two or three bowls or ramekins. Fill them with foods that can leak, such as sauces and dips, or jarred items like olives and pickles. Place them first on your platter.
- Choose a mix of hard and soft cheeses. This can include a combination of cow's, goat's and sheep's milk cheeses (or plant-based nut cheeses). Cut up some of the hard cheeses into slices and crumble blocks of cheese like blue cheese.
- 3. Select one or two varieties of crackers. Fan them out.
- 4. Bring on the veg! Add both raw and roasted veggies.
- 5. Fill large areas with fresh fruit. Use different colors and vary the cuts (slices, wedges, bunches of grapes).
- 6. Vary the presentation of meats, if using. Fold salami in half then in half again to form a flower. Other meats can be rolled. For a plantbased crowd, simply add more veg such as endive leaves or fennel.
- 7. **Fill any empty spaces.** Salty nuts and dried fruit like figs or dates can fill those pockets.
- 8. Add a pop of color. Try rosemary sprigs, greens or edible flowers.

THE PLANT-BASED PALEO SPREAD  $(\mathbf{P})$   $(\mathbf{V})$   $(\mathbf{F})$  With only plant-based ingredients and no grains or dairy, this easy platter will accommodate most dietary restrictions. Customize it using the tips above to make it your own.

Raw Vegetables (rainbow carrots and broccoli florets)

> Soft Plant-Based Cheeses (TRY: Miyoko's Creamery Aged Rustic Alpine)

Fresh Fruit (sliced oranges, grapefruit, apples and grapes)

NOVEMBER/DECEMBER 2019

**Roasted Squash & Sweet Potatoes:** Halve, seed and slice 1 acorn squash into ½-inch half-moons. Cut 1 sweet potato into 1-inch wedges. Drizzle with olive oil and season with salt and pepper. Roast at 400°F for 20 to 25 minutes, until golden and tender. Set aside to cool. Cover and refrigerate until use.

Olives

emon Cashew Dip (recipe at right)



Cornichons

Edible Flowers

Grain-Free Crackers (TRY: Simple Mills Fine Ground Sea Salt Almond Flour Crackers) Rosemary Sprigs

# P Q V GF

# LEMON CASHEW DIP

6 tbsp	extra-virgin olive oil
21/2 tbsp	raw cashew butter
1 small	lemon, zested and juiced
1 small	clove garlic, minced
½ tsp	Dijon mustard
½ tsp	sea salt
	ground black pepper, to taste

In a blender, blend all ingredients plus 2 tbsp water until smooth. Refrigerate several hours to thicken.@

5



If you already love your Instant Pot, you'll go over the moon for these recipes that cook up your main dish and sides at the same time! Read on for 4 wholesome dinners made faster and easier under pressure.

BY IVY MANNING, PHOTOGRAPHY BY ASHLEY CAPP

An Entire Meal in Just and One Pot? Here's How: Electric pressure cookers,

Pressure Cook

> Rice/ Grain

Steam

Dela Star

Cance

such as the Instant Pot, are great tools for busy people who want to eat nutritious meals. But did you know these handy small appliances can tackle more than one recipe at once? By stacking dishes right inside the pot, you can make chili and corn bread, curry and rice or turkey and stuffing at the same time – you get the idea!

To do this successfully, you'll need two key pieces of equipment: a trivet with 2-inch-high legs (available on amazon.com), plus a baking dish that fits inside the pressure cooker (a 7- to 7½-inch round metal baking dish with 3-inch-high sides works well).

Once you get the hang of this stacking method, you'll be able to improvise with your own complete meals in the Instant Pot. Just remember to pair foods with similar cooking times, and place dense ingredients (such as beans or potatoes) on the bottom and layer delicate ingredients like veggies on top. Spicy Beef Chili with Buttermilk Jalapeño Corn Bread

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

An electric pressure cooker makes great chili in a snap, and it can also bake up delicious corn bread at the same time. When cooked, the top of the corn bread will appear pale, but the bottom will be golden brown – just invert it onto a serving plate for the best presentation.

2 tbsp	olive oil, divided
1 lb	lean ground beef
1 large	yellow onion, chopped
2 cups	low-sodium beef broth
1 15-oz	BPA-free can unsalted kidney beans, drained and rinsed
1 14.5-oz	BPA-free can unsalted diced tomatoes, with juices
¼ cup	unsalted chile powder blend (aka chili powder)
2 tbsp	unsalted tomato paste
1 tbsp	ground cumin
1 tbsp	chopped canned chipotle pepper in adobo
³∕₄ cup	fine-ground yellow cornmeal
¾ cup ¾ cup	
·	cornmeal
³∕₄ cup	cornmeal whole-wheat pastry flour each baking powder
³∕₄ cup 1 tsp	cornmeal whole-wheat pastry flour each baking powder and baking soda
¾ cup 1 tsp ¼ tsp	cornmeal whole-wheat pastry flour each baking powder and baking soda sea salt
<sup>3</sup> ⁄4 cup 1 tsp 1⁄4 tsp 1⁄2 cup	cornmeal whole-wheat pastry flour each baking powder and baking soda sea salt whole-milk buttermilk
<sup>3</sup> ⁄4 cup 1 tsp 1⁄4 tsp 1⁄2 cup 2 large	cornmeal whole-wheat pastry flour each baking powder and baking soda sea salt whole-milk buttermilk eggs
<sup>3</sup> ⁄ <sub>4</sub> cup 1 tsp 1⁄ <sub>4</sub> tsp 1⁄ <sub>2</sub> cup 2 large 2 tbsp	cornmeal whole-wheat pastry flour each baking powder and baking soda sea salt whole-milk buttermilk eggs raw honey chopped jalapeño chile
<sup>3</sup> ⁄ <sub>4</sub> cup 1 tsp <sup>1</sup> ⁄ <sub>4</sub> tsp <sup>1</sup> ⁄ <sub>2</sub> cup 2 large 2 tbsp 2 tbsp	cornmeal whole-wheat pastry flour each baking powder and baking soda sea salt whole-milk buttermilk eggs raw honey chopped jalapeño chile pepper, optional red bell pepper,

OPTIONAL TOPPINGS: Sour cream, cilantro, shredded cheddar cheese

1. Press Sauté on Instant Pot and set to More/High; heat 1 tbsp oil. Add beef and onion. Cook, stirring occasionally, until meat is cooked through and onions are tender, 15 minutes. (*TIP*: Don't break up meat too much; larger chunks add texture.) Press Cancel. Using heatresistant gloves, lift inner pot and pour beef mixture into a colander to drain fat.

**2.** Return inner pot to Instant Pot. Add broth, scraping up any brown bits from bottom. Add beef and onion mixture. Add beans, tomatoes, chile powder blend, tomato paste, cumin and chipotle; stir to combine.

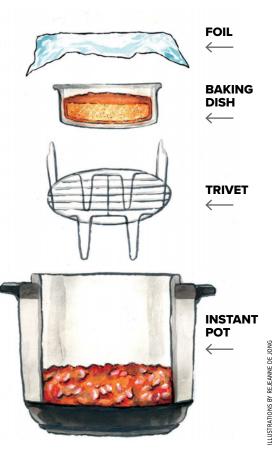
**3.** Place a trivet (with 2-inch legs) over chili mixture in pot. Spray a 7-inch round metal dish (about 3 inches tall) with cooking spray. In a medium bowl, whisk together cornmeal, flour, baking powder, baking soda and salt. In a separate medium bowl, whisk together buttermilk, egg, honey and remaining 1 tbsp oil. Stir in jalapeño (if using) and bell pepper. Fold wet mixture into dry mixture until just combined. Fold in cheddar cheese. Pour batter into prepared dish, cover tightly with foil and place over trivet. Lock lid and set release valve to Seal. Press Pressure and set to More/High; adjust cooking time to 25 minutes.

**4.** Let pressure naturally release for 10 minutes (don't move the vent), then carefully set release valve to Venting. When metal pin in lid falls and all pressure is released, unlock lid. Using heat-resistant gloves or sturdy tongs, remove corn bread from pot. Run a knife along edge of dish then carefully invert onto a plate. Serve chili with optional toppings and corn bread.

PER SERVING (¼ of recipe): Calories: 741, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 84 g, Fiber: 12 g, Sugars: 20 g, Protein: 43 g, Sodium: 995 mg, Cholesterol: 183 mg

# LAYER YOUR TOOLS RIGHT

Place the chili at the bottom, followed by the trivet and the foil-wrapped corn bread. All the meals in this section use a similar stacking method, but follow each recipe for precise instructions.



# A BEEFED-UP BOWL:

Thanks in part to the addition of kidney beans and tomatoes, this chili delivers a lot of fiber – nearly half of the recommended daily amount for women – which is proven to aid weight-loss efforts by keeping you full and reduce the risk of certain cancers.

# Instant Pot Turkey Dinner with Vegetable Stuffing & Gravy

# SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.

Thanksgiving dinner in an electric pressure cooker? Yes, you can! This recipe makes beautifully moist turkey with savory stuffing at the same time, and all those tasty turkey juices make up a quick herb gravy at the end. Broiling the stuffing briefly after it comes out of the pressure cooker makes it deliciously crisp on top, but this is entirely optional.

<b>1 2½-lb</b>	boneless turkey breast (skin on)
1 tsp	ground black pepper, divided
³∕₄ tsp	sea salt, divided
2 tbsp	olive oil, divided
1 small	yellow onion, chopped
2 large	stalks celery, chopped
1 small	carrot, chopped
½ bulb	fennel, cut into ¾-inch cubes
4 cups	1-inch cubed stale whole-wheat sourdough bread, toasted
⅓ cup	chopped unsalted pecans
¼ cup	dried naturally sweetened cranberries
3 tbsp	chopped fresh flat-leaf parsley, divided
2 tbsp	poultry seasoning or rubbed sage
2 cups	low-sodium chicken broth, divided
3 tbsp	whole-wheat pastry flour

1. Season turkey with ½ tsp each pepper and salt. Press Sauté on Instant Pot and set to More/High; heat 1 tbsp oil, then swirl to coat bottom of pot. Add turkey breast, skin side down. Cook without moving until skin is golden brown, 1 minute. Transfer to a plate; set aside.

**2.** Heat remaining 1 tbsp oil. Add onion, celery, carrot, fennel and remaining ½ tsp pepper and ¼ tsp salt; cook, stirring frequently, until onion is tender, 5 minutes. Press Cancel.

**3.** To a large bowl, add cooked vegetables, bread, pecans, cranberries, 2 tbsp parsley, poultry seasoning and ½ cup broth; stir to combine. Pour stuffing mixture into a 7-inch round metal dish (about 3 inches tall). Cover tightly with foil; set aside.

**4.** To Instant Pot, add remaining 1½ cups broth, scraping up any brown bits from bottom of pot. Place a trivet (with 2-inch legs) into pot. Place turkey breast, skin side up, on trivet. Place covered stuffing dish onto turkey so it rests on top. Lock lid and set release valve to Seal. Press Pressure and set to More/High; adjust cooking time to 30 minutes.

# 

# **PRETTY AND POWERFUL:**

Parsley isn't just a good-looking garnish: This versatile herb contains flavonoids such as apigenin, which has anti-inflammatory effects, and it is also a diuretic, helping to leech excess water from your frame without depleting your potassium levels.

**5.** Let pressure naturally release for 10 minutes (don't move the vent), then carefully set release valve to Venting. When metal pin in lid falls and all pressure is released, unlock lid. Meanwhile, position oven rack 4 inches below broiler and preheat broiler to high. With sturdy tongs or heat-resistant gloves, remove stuffing from pot; discard foil and set aside. Using an instant-read thermometer, check that the thickest part of the turkey reads 165°F. (NOTE: If meat is not done, return turkey to trivet, loosely cover with lid, press Sauté and set to Less/Low; simmer until turkey reaches 165°F.) Transfer turkey to cutting board, cover loosely with foil and let rest 10 minutes.

**6.** Place stuffing under broiler; broil until golden and crisp on top, 4 minutes.

7. To a small bowl, add flour; gradually whisk in ¼ cup water until mixture is smooth. On the Instant Pot, press Sauté and set to Normal/Medium. Pour flour mixture into pot and whisk into cooking liquid; simmer until gravy is thick and bubbly, 3 to 4 minutes. Add remaining 1 tbsp parsley. Slice turkey and serve with warm stuffing and gravy.

**PER SERVING** (1/6 of recipe): Calories: 542, Total Fat: 24 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 5 g, Carbs: 34 g, Fiber: 3 g, Sugars: 8 g, Protein: 48 g, Sodium: 615 mg, Cholesterol: 123 mg

 $(\mathbf{P})$ 



# Win an Instant Pot®

The runaway popularity of this kitchen gadget is well deserved – and if you haven't yet had a chance to take one for a spin, now's your chance.

Earning the status of a multihyphenate is no easy task – just ask singer-songwriter John Legend and producer-actresshost Oprah. This fact extends to kitchen appliances, and perhaps no product deserves the title more than the Instant Pot, the countertop wonder that millions of people have embraced for its ability to easily and effortlessly deliver meals that look and taste like you've spent hours over the stove.

If your household is regrettably Instant Pot-free, we've got great news for you. *Clean Eating* has partnered with the company to give two lucky readers each an Instant Pot – one Duo<sup>™</sup> Nova<sup>™</sup> and one Duo Evo<sup>™</sup> Plus – perfect for concocting the hearty dishes found on these pages, as well as no-stress hard-boiled eggs, savory soups and stews, and so much more.

Want to throw your hat in the ring? The contest opens **November 12** and will run until **December 12**. To enter, and for more information, including rules and prize details, visit **cleaneating.com/instantpot**. Good luck!

Serve with an all-natural purchased cranberry sauce, or make your own from one of our recipes at **cleaneating.com**.



# Barbecue Meatloaf

with Smashed Potatoes & Carrots (P) (F)

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **55 MINUTES.** 

By stacking meatloaf and carrot coins over potatoes in the Instant Pot, this comforting meal is fully cooked in one go. Garnish with additional thyme.

<b>1</b> ½ lb	small red potatoes, halved	
1 tsp	sea salt, divided	
2	green onions, chopped	
1	carrot, grated	
1 large	egg, beaten	
⅓ cup	quick-cooking oats	
1 tbsp	fresh chopped thyme, divided	
1∕2 tsp	granulated garlic (or ¼ tsp garlic powder)	
½ tsp	ground black pepper	
1 lb	lean ground beef	
½ cup	all-natural ketchup ( <b>TRY:</b> Wellbee's Ketchup)	
2 tsp	balsamic vinegar	
3	carrots, cut into ¼-inch rounds	
2 tsp	olive oil	
2–3 tbsp	organic unsalted butter	
2 tbsp	chopped fresh chives	

# Dara Sutin Chef & Food Stylist, toronto, canada

Since training as a chef at Le Cordon Bleu in London, England, Dara's career has found her working for big names like Jamie Oliver. With her skilled hand, these Instant Pot recipes look as good as they taste.

**1.** In an Instant Pot, evenly arrange potatoes. Add 1¼ cups water and ½ tsp salt. Place a trivet (with 2-inch legs) over potatoes.

**2.** Spray a 7-inch round metal baking dish (about 3 inches tall) with cooking spray. In a large bowl, combine green onions, carrot, egg, oats, ½ tbsp thyme, garlic, black pepper and ¼ tsp salt. Stir to combine.

**3.** Add ground beef to oat mixture; combine well. Spoon meatloaf mixture into prepared baking pan; smooth top with back of spoon. In a small bowl, mix ketchup and vinegar. Spoon half of ketchup mixture over meatloaf mixture. Cover pan tightly with foil and place over trivet. Cover and set aside remaining ketchup mixture.

4. In a medium bowl, toss carrots with oil and remaining ½ tbsp thyme and ¼ tsp salt. Wrap carrots tightly in foil; place bundle on top of meatloaf. Lock lid and set release valve to Seal. Press Pressure and set to More/High; adjust cooking time to 22 minutes. When cooking is done, set release valve to Venting. When metal pin in lid falls and all pressure is released, unlock lid.

**5.** Using sturdy tongs or heatresistant gloves, remove carrots from pot, open bundle and pour into a bowl. Remove meatloaf from pot, transfer to a plate and spoon reserved ketchup mixture over top. Carefully lift inner pot and pour potatoes into a colander to drain. Return potatoes to inner pot. Add butter and chives; smash until skins are broken. Serve meatloaf with smashed potatoes and carrots.

PER SERVING (¼ of recipe): Calories: 498, Total Fat: 23 g, Sat. Fat: 10 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 45 g, Fiber: 6 g, Sugars: 10 g, Protein: 29 g, Sodium: 735 mg, Cholesterol: 139 mg



Chickpea & Kale Curry with Brown Basmati Rice (F) (P) (V) (F)

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

\*PLUS SOAKING TIME.

In this easy meal, a fragrant curry simmers while the rice steam-cooks over top. Garnish with cilantro.

1 cup	dried chickpeas, rinsed
2 tbsp	coconut oil, divided
1	yellow onion, chopped, divided
3∕4 cup	brown basmati rice, rinsed
⅓ cup	unsalted cashews
¼ cup	dried unsweetened apricots, chopped
2 tsp	garam masala
3 tsp	ground turmeric, divided
<b>1</b> ¼ tsp	sea salt, divided
1	serrano chile pepper, seeded and chopped
2 tbsp	finely chopped ginger
3 cloves	garlic, chopped
2 tsp	each ground cumin and coriander
1 stick	cinnamon
2 tsp	raw honey
1 15-oz	BPA-free can diced unsalted tomatoes
1 13.5-oz	BPA-free can full-fat coconut milk
1½ cups	peeled and cubed butternut squash (1-inch cubes)

2 cups chopped kale or spinach

**1.** To a large bowl, add chickpeas and enough cold water to cover by 1 inch. Soak overnight and drain.

2. Press Sauté on Instant Pot and set to More/High; heat 1 tbsp oil. Add half of onion and sauté, stirring occasionally, until soft, 3 minutes. Stir in rice, cashews, apricots, garam masala, 1 tsp turmeric and ¼ tsp salt and sauté for 2 minutes. Scrape out rice mixture into a 7-inch round metal dish (about 3 inches tall). Add 1¼ cups hot water and cover tightly with foil. Set aside.

**3.** Add remaining 1 tbsp oil to pot. Add remaining onion and cook for 2 minutes, stirring. Stir in chile pepper, ginger, garlic, cumin, coriander, cinnamon, honey and remaining 2 tsp turmeric and 1 tsp salt; stir constantly until fragrant, 30 seconds. Add chickpeas, tomatoes, coconut milk and squash. Press Cancel.

**4.** Place a trivet (with 2-inch legs) over chickpea mixture in pot. Place rice dish on top of trivet. Lock lid and set release valve to Seal. Press Pressure and set to More/High; adjust cooking time to 28 minutes.

**5.** Let pressure naturally release for 10 minutes (don't move the vent), then carefully set release valve to Venting. When metal pin in lid falls and all pressure is released, unlock lid. Using sturdy tongs or heat-resistant gloves, remove rice container from pot. Remove foil and fluff with fork; cover and set aside.

**6.** To chickpea mixture, add kale; discard cinnamon stick. Press Sauté, set to More/High and simmer chickpeas until kale softens, 2 to 3 minutes. Serve with cooked rice.

PER SERVING (¼ of recipe): Calories: 742, Total Fat: 37 g, Sat. Fat: 25 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 91 g, Fiber: 15 g, Sugars: 18 g, Protein: 18 g, Sodium: 652 mg, Cholesterol: 0 mg @ As the holiday season ramps up, even the most dedicated meal planners find it hard to cook every day. So here's our gift to you: 4 freezer recipes to make in advance, giving you a stash of nutritious food (and peace of mind) for those busy nights ahead.

RECIPES BY IVY MANNING, PHOTOGRAPHY BY DARREN KEMPER

Freeze It, Heat It, **BONUS:** Each of these recipes is high in protein, clocking in at 18 grams or more per serving.

# TEMPEH TACOS

with Pumpkin Seed Tomatillo Sauce (SEE RECIPE, P. 72)

# **COCONUT SHRIMP** with Spicy Pineapple Dipping Sauce & Jerk Quinoa

### SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR.\*

#### \*PLUS FREEZING TIME.

Our version of coconut shrimp has a crunchy coating of fiber-rich coconut flour with unsweetened coconut flakes and toasty whole-wheat panko bread crumbs. Breading and freezing the shrimp raw ensures they will be perfectly cooked inside with a crispy crust. Omit the sriracha in the pineapple dipping sauce if you prefer less heat.

#### SHRIMP

1 cup	whole-wheat panko
½ <b>cup</b>	unsweetened shredded coconut
1 tbsp	coconut oil
<b>1</b> ¼ tsp	unsalted jerk seasoning
1⁄4 tsp	sea salt
¼ cup	coconut flour
2 large	eggs, beaten
1 lb	fresh, jumbo peeled and deveined shrimp

#### SAUCE

1 cup	peeled and chopped pineapple
2 tsp	fresh lime juice
2 tsp	coconut sugar
1 tsp	chopped ginger
1 tsp	reduced-sodium soy sauce
1 small	clove garlic
½ tsp	sriracha or other hot sauce

# QUINOA

½ cup	dry quinoa
¾ cup	low-sodium chicken broth
1 tsp	unsalted jerk seasoning
¼ tsp	sea salt
1 cup	BPA-free canned unsalted black beans, drained and rinsed

- 1 Roma tomato, chopped
- 2 green onions, chopped
- **1 tsp** lime zest + 2 tsp fresh lime juice
- 2 tbsp chopped fresh cilantro

### TO FREEZE:

**1.** Prepare shrimp: Line a baking sheet (that fits in freezer) with foil and mist with cooking spray. In a small, dry skillet, place panko, coconut and coconut oil and cook on low, stirring, until golden, 7 to 8 minutes. Scrape onto a plate and stir in jerk seasoning and salt; set aside. Wipe out pan and set aside.

**2.** In a shallow bowl, place coconut flour. In another bowl, whisk eggs and 1 tbsp water. Working in batches, dredge shrimp first in flour, then in egg and then in panko mixture, pressing to adhere. Arrange on prepared sheet and freeze until solid, 2 to 3 hours. Transfer to an airtight container or freezer bag for up to 3 months.

**3.** Prepare sauce: Combine sauce ingredients in a blender and blend until smooth. Freeze in an airtight container for up to 3 months.

**4.** Prepare quinoa: In a small sauté pan on low, toast quinoa, stirring, until fragrant, 3 minutes. Add broth, jerk seasoning and salt. Pour beans on top but don't stir.

Cover and simmer on low until all moisture has been absorbed, about 12 minutes. Stir in tomato and green onion. Cover and set aside off heat for 5 minutes. Pour quinoa mixture into a pie plate sprayed with cooking spray. Freeze until cold, 1 hour. Break up any clumps and transfer to an airtight container and freeze for up to 3 months.

# TO COOK:

**5.** Preheat oven to 450°F. Mist a wire rack with cooking spray. Place rack on a large foil-lined baking sheet. Arrange shrimp on rack, mist shrimp with cooking spray and bake on center rack until cooked through, 15 to 18 minutes.

**6**. Meanwhile, transfer frozen sauce to a small saucepan and cook on medium-low, stirring frequently, until bubbly, 5 minutes.

7. Meanwhile, place quinoa in a small saucepan, sprinkle with 1 to 2 tbsp water, cover and cook over low heat, stirring frequently, until hot, about 10 minutes. Stir in lime zest and juice and cilantro.

**PER SERVING** (¼ of recipe): Calories: 514, Total Fat: 17 g, Sat. Fat: 11 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 55 g, Fiber: 13 g, Sugars: 10 g, Protein: 39 g, Sodium: 653 mg, Cholesterol: 276 mg

# FEELING HOT, HOT, HOT:

Though the exact recipe can vary from blend to blend, jerk seasoning is a heady concoction of spices and herbs native to Jamaica, including allspice, cinnamon, nutmeg, ginger, garlic, thyme and cloves, plus Scotch bonnet peppers for a bit of Caribbean kick. Like your meals spicier? Feel free to add a dash more to suit your taste.

# **Chill Out**

Freeze your meals in one of these containers and never fear frost-burned food again.

# ECOLUNCHBOX SEAL

CUP TRIO Stainless steel is an icebox's best friend, and these plastic-free bento-style containers boast a lighter weight than glass. **\$33 for a set of three, mightynest.com** 

# STASHER HALF-GALLON

SILICONE STORAGE BAG Great for storing soups, sauces and smoothies, these large-capacity bags hold a lot of liquid and still lie flat for easy storage. **\$20, stasherbag.com** 

# **FIVE TWO AIRTIGHT**

SILICONE LIDS Pop these lids on a smooth-rimmed pot or dish, pull the knob to ensure everything's airtight, and your meal will keep beautifully in the coldest of deep freezers. \$40 for a set of five, food52.com

# PYREX FALALALA LLAMA DECORATIVE STORAGE CONTAINERS

Everyone will be asking, "Where did you get that?" when you arrive at your next holiday potluck with one of these toocute-for-words dishes. **\$6 to \$10, pyrexhome.com** 

# OXO GOOD GRIPS 8 PIECE SMART SEAL CONTAINER SET

With sizes ranging from 4 ounces to 8 cups, this affordable eight-piece leakproof and shatterproof set has all your storage needs covered. **\$30, oxo.com** 



cleaneating.com

67

1 lb	lean ground beef
1 tbsp	olive oil
1 yellow	onion, chopped
1	carrot, chopped
1 stalk	celery, finely chopped
2 tbsp	unsalted tomato paste
3 cloves	garlic, chopped
1 cup	low-sodium chicken broth
1 16-oz	BPA-free can crushed tomatoes with basil
2 tsp	Italian seasoning
1	bay leaf
1/2 tsp	sea salt
¼ tsp	each ground black pepper and red pepper flakes
8 oz	whole-grain penne pasta ( <b>TRY:</b> Jovial 100% Organic Einkorn Whole Wheat Penne Rigate)
1 cup	whole milk cottage

- 1 cup whole-milk cottage cheese
- 4 oz grated mozzarella cheese

### TO FREEZE:

**1.** Heat a large skillet on mediumhigh. Add beef and cook, breaking up with a spatula, until browned and cooked through, about 8 minutes. Drain beef and transfer to a plate. 2. To skillet, heat oil on mediumhigh. Add onion, carrot and celery; sauté until tender, about 4 minutes. Add tomato paste and garlic; cook, stirring constantly, until fragrant, 45 seconds. Add broth and bring to a simmer, scraping up browned bits. Add tomatoes, Italian seasoning and bay leaf. Return beef to skillet, stir and bring to a simmer. Reduce heat to low, cover and simmer 15 minutes. Discard bay leaf; season with salt, pepper and red pepper flakes.

**3.** Meanwhile, boil pasta until just underdone, 4 to 5 minutes. Drain; rinse with cool water and drain again.

4. Pour pasta into an oven-safe 9 x 13-inch glass baking dish. Stir in 3 cups tomato sauce-beef mixture. Top pasta with dollops of cottage cheese. Spoon remaining tomato sauce-beef mixture over top; sprinkle with mozzarella. Cover and refrigerate until completely cool, 1 hour. Wrap dish in foil. Freeze up to 3 months.

### TO COOK:

**5.** Preheat oven to 375°F. As oven warms, let frozen pasta sit at room temperature for 30 minutes. (*NOTE:* Going directly from freezer to oven may cause some glass baking dishes to shatter from heat shock.) Bake, covered, until bubbling and heated to an internal temperature of 165°F, about 1 hour. Remove foil and bake until top is golden brown in places, 5 to 10 minutes.

PER SERVING (% of recipe): Calories: 423, Total Fat: 17 g, Sat. Fat: 7 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 40 g, Fiber: 5 g, Sugars: 8 g, Protein: 30 g, Sodium: 703 mg, Cholesterol: 65 mg

# PENNE BOLOGNESE CASSEROLE

# SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 45 MINUTES.\*

\*PLUS COOLING AND FREEZING TIME.

Who doesn't love a rich, gooey pasta bake, especially when all the work was done weeks ago? In this freezer-friendly recipe, we undercook the penne so it's perfectly al dente (never overdone) once baked. Garnish with parsley or basil before serving.



# CHICKEN TIKKA MASALA

with Almond Rice

# SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.\*

### \*PLUS COOLING AND FREEZING TIME.

This creamy takeout favorite is easily made at home and freezes beautifully. Remember to stir in the cream (or Greek yogurt) at the last minute, just before serving.

# CHICKEN

<b>1</b> ½ lb	boneless, skinless chicken thighs, trimmed, cut into 1½-inch chunks
1 tbsp	fresh lime juice
2 tsp	ground cumin
½ tsp	sea salt
2 tbsp	olive oil, divided
1	yellow onion, finely chopped
2 tbsp	finely chopped ginger
3 cloves	garlic, chopped
³∕₄ cup	low-sodium chicken broth
1 14.5-oz	BPA-free can unsalted fire-roasted diced tomatoes ( <b>TRY:</b> Muir Glen Fire Roasted Diced Tomatoes No Salt Added)
¼ cup	unsalted tomato paste
2 tsp	raw honey
1 tbsp	ground coriander
2 tsp	each ground turmeric and garam masala
¼ tsp	sea salt
¼ cup	heavy cream or Greek yogurt
¼ cup	fresh cilantro, for garnish

# RICE

(F) (GF)

brown basmati rice
safflower or coconut oil
curry powder
sea salt
whole cloves
baby spinach
sliced almonds,
toasted, for garnish

# TO FREEZE:

**1.** Prepare chicken: In a large bowl, toss chicken with lime juice, cumin and salt. In a large skillet, heat 1 tbsp oil on medium-high. Add chicken in batches and cook until browned, flipping once, 2 to 3 minutes per side. Transfer to a plate; set aside.

**2.** Using same skillet on medium, heat remaining 1 tbsp oil. Add onion and cook, stirring occasionally, until lightly caramelized, about 4 minutes. Add ginger and garlic, cooking until fragrant, 30 seconds. Deglaze pan with broth, scraping up any browned bits from bottom of pan. Reduce heat to low and add tomatoes, tomato paste, honey, coriander, turmeric, garam masala and salt; stir to combine. Add chicken and simmer, stirring once, until chicken is cooked through, about 5 minutes. Transfer to a freezer-safe container, cover loosely and let cool in refrigerator. Secure container with an airtight lid or transfer to freezer bags; freeze for up to 3 months.

**3.** Prepare rice: In a small saucepan, bring 1¾ cups water, rice, oil, curry powder, salt and cloves to a boil. Cover, reduce heat to low and simmer gently until tender, about 35 minutes. Remove from heat and let stand, covered, for 10 minutes. Cool completely in refrigerator. Discard cloves and stir in spinach. Transfer to a freezer-safe container or freezer bags; freeze for up to 3 months.

# TO COOK:

**4.** Place frozen curry in a large saucepan or pot. Cover and cook on medium-low, stirring frequently and gently breaking up large chunks until heated through, about 30 minutes. Stir in cream; cook, uncovered, until hot, 3 minutes. Sprinkle with cilantro.

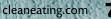
**5.** Meanwhile, transfer rice to a small saucepan and sprinkle with a few tablespoons water. Cover and cook over low until warmed through, about 20 minutes; or microwave in 1-minute bursts, stirring occasionally, until heated through. Before serving, stir almonds into rice. Serve alongside chicken.

**PER SERVING** (¼ of recipe): Calories: 595, Total Fat: 26 g, Sat. Fat: 7 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 5 g, Carbs: 48 g, Fiber: 7 g, Sugars: 9 g, Protein: 42 g, Sodium: 706 mg, Cholesterol: 177 mg

# 

# **MIX IT UP:**

Garam masala is another aromatic spice blend with a DIY history. Though traditional recipes of this Indian seasoning feature cumin, coriander, cinnamon, cardamom, cloves, nutmeg and pepper, home chefs tend to tailor their combo to their personal tastes, sometimes adding mace, bay leaves, fennel and other spices to round it out.





# **TEMPEH TACOS** with Pumpkin Seed Tomatillo Sauce

 $(\mathbf{F})$   $(\mathbf{V})$   $(\mathbf{GF})$ 

# SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 50 MINUTES.

\*PLUS COOLING AND FREEZING TIME.

The fiber- and protein-rich filling with tempeh and pinto beans is packed with flavor while a bonus tomatillo sauce gives this plant-based dish a zesty kick. Because they're frozen separately, both the filling and sauce retain maximum flavor and texture when reheated. It's like a taco kit in your freezer!

## SAUCE

- **11/2 lb** tomatillos, husks removed
  - **1** Anaheim chile pepper
- 3 large cloves garlic, unpeeled
  - 3 green onions, chopped
- 1/2 cup toasted pumpkin seeds
- 1/4 cup fresh cilantro leaves
- 2 tbsp fresh lime juice
- 1 tsp ground cumin
- 1⁄4 tsp sea salt

## FILLING

- **4 tsp** olive oil, divided
  - 2 green onions, chopped
  - **1** red bell pepper, diced
- 8 oz organic tempeh, crumbled (*TRY:* Lightlife Organic Tempeh Original)
- 2 tbsp unsalted taco seasoning
- 1/4 tsp sea salt
- 1 cup pinto beans, drained and rinsed
- 1/4 cup fresh cilantro, chopped
- 8 small corn tortillas, for serving

## OPTIONAL TOPPINGS:

Grated Monterey Jack cheese, shredded iceberg lettuce, avocado, radishes and salsa

## TO FREEZE:

**1.** Prepare sauce: Position oven rack 4 inches below broiler; preheat broiler to high. Line a baking sheet with foil; mist with cooking spray. Place tomatillos, chile pepper and garlic on sheet and broil until charred in places, 3 minutes. Flip and broil until charred on other side, 2 minutes more.

2. When cool enough to handle, remove stem, seeds and skin from chile pepper; discard. Peel garlic. To a blender, add green onion, pumpkin seeds, cilantro, lime juice, cumin and salt; blend until smooth. Pour sauce into a freezer-safe container. (**NOTE:** Leave enough room for expansion, about 1 inch from top.) When cool, secure with an airtight lid and freeze for up to 3 months. **3.** Prepare filling: In a large nonstick skillet, heat 2 tsp oil on medium-high. Add green onions and bell pepper; sauté until just softened, about 2 minutes. Add tempeh, taco seasoning and salt; cook, stirring frequently, until tempeh is browned in places, 4 minutes. Add 1/2 cup water and simmer until liquid is almost evaporated, 1 minute. Stir in beans, mashing some with a fork. Stir in cilantro then remove skillet from heat; set aside to cool. Pour tempeh mixture into a freezer-safe container, secure with an airtight lid and freeze for up to 3 months.

## TO COOK:

**4.** In a large skillet, place frozen tempeh; heat on medium low. Cover loosely with a lid. As it heats up, use a wooden spoon to break up pieces, 10 minutes. Meanwhile, in a saucepan place frozen tomatillo sauce and cook, covered, over medium-low until bubbly, about 20 minutes.

**5.** Transfer cooked tempeh to a plate and set aside. Carefully wipe out skillet and heat on medium-high. Brush tortillas on one side with remaining 2 tsp oil. Place 2 or 3 tortillas, oil side down, in skillet; warm just until pliable, about 30 seconds. Transfer to a plate and keep covered. Repeat with remaining tortillas. Evenly divide tempeh mixture among tortillas, topping each with warm tomatillo sauce. Sprinkle with optional toppings.

PER SERVING (¼ of recipe): Calories: 489, Total Fat: 20 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 6 g, Carbs: 59 g, Fiber: 16 g, Sugars: 10 g, Protein: 25 g, Sodium: 450 mg, Cholesterol: 0 mg @

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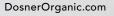




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LifevineWines.com

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# Your 1-Week **Make-Ahead** Meal Plan

The number-one secret to saving time in the kitchen? Batch cooking. With our dietitian-designed, make-ahead meal plan, you can make most of the recipe components on Sunday so all you have to do is heat, assemble and eat all week long.

> BY ERIN MACDONALD, RDN AND TIFFANI BACHUS, RDN, PHOTOGRAPHY BY OLIMPIA DAVIES

Batch cooking doesn't necessarily mean eating the same thing all week. Actually, it's quite the opposite – you can use batch cooking as a tool to ensure your week is filled with nutritious and varied meals. When you cook ahead, you can make some meals entirely in advance and also prepare various recipe components such as roasted vegetables, quinoa, proteins and sauces. On busier days, you can simply reheat and eat, but when you have a few extra moments, you can assemble your prepared components with a fresh ingredient such as a quick-cooking protein like shrimp. By implementing our tips and tricks, you'll actually be spending less time in the kitchen and more time enjoying your meals. Ready to get started? Check out the game plan on the next page for a list of weekend prep tasks.

 $(\mathbf{P} \otimes \mathbf{V} \otimes \mathbf{F})$ 

# SAUTÉED CINNAMON APPLES & PEARS

In a skillet on medium, heat 1 tbsp avocado oil. Cook 1 thinly sliced apple and 1 thinly sliced pear with 1 tsp cinnamon until slices are soft. Let cool then refrigerate in an airtight container.

# YOUR WEEKEND BATCH-COOKING GAME PLAN

These 8 tasks will yield a week's worth of meals. During the week, there will be minimal prep time to assemble or finish off a recipe. Make sure to follow the storage instructions indicated in each recipe.

> **1.** Make Multiuse Roasted Veg (p. 77).

**2.** Make Pesto Cauliflower Pizza (p. 78). Note that recipe makes additional pesto for use throughout the week.

**3.** Make Kale & Mushroom Frittata (p. 78).

**4.** Make One-Pot Mediterranean Lemon Chicken & Rice (p. 77).

5. Make Sautéed Cinnamon Apples & Pears (p. 74).

6. Cook quinoa for use throughout the week (1¼ cups dry; cook according to package directions). Freeze 1 cup cooked quinoa for use later in week; refrigerate remaining.

**7.** Prepare Apple Cinnamon Walnut Pancakes with Almond Butter Spread (p. 80).

8. Make Lemon Oregano Vinaigrette (left).



P Q V GF

# LEMON OREGANO Vinaigrette

- 4 lemons (**NOTE:** Zest 1 lemon, then juice all 4 lemons.)
- 1∕3 cup avocado oil
- 1⁄4 tsp dried oregano
- **½ tsp** each sea salt and ground black pepper

To a jar, add all ingredients. Cover and shake to combine. Refrigerate until ready to use.







MONDAY	TUESDAY	WEDNESDAY
<ul> <li>BREAKFAST: 1 serving Kale &amp; Mushroom Frittata (p. 78; save leftovers); top with 1 tbsp pesto (p. 78; save leftovers)</li> <li>OPTIONAL SNACK: 1 apple and 2 tbsp raw almond butter</li> <li>LUNCH: Pesto Cauliflower Pizza (p. 78; eat ½, save leftovers)</li> <li>OPTIONAL SNACK: 3 Apple Cinnamon Walnut Pancakes with 1 tbsp Almond Butter Spread (p. 80; save leftovers)</li> <li>DINNER: One-Pot Mediterranean Lemon Chicken &amp; Rice (p. 77; save leftovers)</li> </ul>	<ul> <li>BREAKFAST: 1 serving Kale &amp; Mushroom Frittata (leftovers, p. 78); top with 2 tbsp pico de gallo</li> <li>OPTIONAL SNACK: 1 pear and ¼ cup walnuts</li> <li>LUNCH: Pesto Cauliflower Pizza (leftovers, p. 78)</li> <li>OPTIONAL SNACK: ½ red bell pepper with 2 tbsp hummus</li> <li>DINNER: Shrimp &amp; Quinoa Bowl: In 1 tbsp avocado oil, sauté 8 oz peeled and deveined shrimp, 2 cups baby kale, 2 cloves minced garlic and pinch each salt and pepper. Cook 2 minutes; turn shrimp and add 1 cup Multiuse Roasted Veg (p. 77; save leftovers) and 2 tbsp Lemon Oregano Vinaigrette (p. 75; save leftovers). Cook 2 minutes more. Serve over ½ cup cooked quinoa, warmed, and top with half of shrimp mixture (save leftovers).</li> </ul>	<ul> <li>BREAKFAST: Apple Pear Quinoa Bowl: Heat ½ cup cooked quinoa, ¼ cup almond milk and ½ of Sautéed Cinnamon Apples &amp; Pears (p. 74; save leftovers); stirring together. Top with 2 tbsp almond butter.</li> <li>SNACK: 2 hard-boiled eggs</li> <li>LUNCH: One-Pot Mediterranean Lemon Chicken &amp; Rice (leftovers, p. 77)</li> <li>OPTIONAL SNACK: ½ sliced cucumber and 2 tbsp pico do gallo</li> <li>DINNER: Shrimp mixture (leftovers), heated with 1 cup Multiuse Roasted Veg (leftovers, p. 77) and ½ cup cooked quinoa; top with 2 tbsp hummus and 1 tbsp hemp seeds</li> </ul>
NUTRIENTS: Calories: 1,824, Fat: 112 g, Sat. Fat: 23 g, Carbs: 121 g, Fiber: 38 g, Sugars: 38 g, Protein: 104 g, Sodium: 2,248 mg, Cholesterol: 793 mg	NUTRIENTS: Calories: 1,614, Fat: 105 g, Sat. Fat: 23 g, Carbs: 102 g, Fiber: 27 g, Sugars: 35 g, Protein: 82 g, Sodium: 2,504 mg, Cholesterol: 696 mg	NUTRIENTS: Calories: 1,546, Fat: 75 g, Sat. Fat: 9 g Carbs: 138 g, Fiber: 25 g, Sugars: 30 g, Protein: 88 g, Sodium: 1,731 mg, Cholesterol: 574 mg

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<ul> <li>BREAKFAST: 1 serving Kale</li></ul>	<ul> <li>BREAKFAST: Apple Pear Quinoa</li> <li>Bowl: Heat ½ cup cooked</li> <li>quinoa, ¼ cup almond milk</li> <li>and ½ of Sautéed Cinnamon</li> <li>Apples &amp; Pears (leftovers, p. 74),</li> <li>stirring together. Top with ¼ cup</li> <li>chopped walnuts.</li> <li>OPTIONAL SNACK:</li> <li>2 hard-boiled eggs</li> <li>LUNCH: One-Pot Mediterranean</li> <li>Lemon Chicken &amp; Rice</li> <li>(leftovers, p. 77)</li> <li>OPTIONAL SNACK: 1 apple</li> <li>and 2 tbsp almond butter</li> <li>DINNER: Rainbow Bowl:</li> <li>Heat 2 cups Multiuse Roasted</li> <li>Veg (leftovers, p. 77) and</li> <li>1 sautéed chicken sausage,</li> <li>chopped; top with 1 tbsp pesto</li> <li>(leftovers, p. 78).</li> </ul>	<ul> <li>BREAKFAST: 1 serving Kale</li></ul>	<ul> <li>BREAKFAST: 6 Apple Cinnamon</li></ul>
& Mushroom Frittata (leftovers,		& Mushroom Frittata (leftovers,	Walnut Pancakes topped with
p. 78); top with 1 tbsp pesto		p. 78); top with 1 tbsp pesto	2 tbsp Almond Butter Spread
(leftovers, p. 78) <li>SNACK: 3 Apple Cinnamon</li>		(leftovers, p. 78) <li>SNACK: 1 pear and ¼ cup</li>	(leftovers, p. 80) <li>OPTIONAL SNACK: 1 apple and</li>
Walnut Pancakes with 1 tbsp		chopped walnuts <li>LUNCH: <i>Tex-Mex Bowl</i>: Heat</li>	2 tbsp raw almond butter <li>LUNCH: <i>Hearty Veg &amp; Sausage</i></li>
Almond Butter Spread		½ cup cooked quinoa, ½ cup	<i>Bowl</i> : Heat ½ cup cooked quinoa
(leftovers, p. 80) <li>LUNCH: <i>Tex-Mex Bowl</i>: Heat</li>		black beans and ½ cup Multiuse	and 1 cup Multiuse Roasted
½ cup cooked quinoa, ½ cup		Roasted Veg (leftovers, p. 77). <li>Sauté 1 chicken sausage; chop</li>	Veg (leftovers, p. 77). Sauté
black beans and ½ cup Multiuse		and add to bowl. Top with ¼ cup	1 chicken sausage; chop and
Roasted Veg (leftovers, p. 77).		pico de gallo. <li>OPTIONAL SNACK: 1 red bell</li>	add to bowl. Top with 1 tbsp
Sauté 1 chicken sausage; chop		pepper with 2 tbsp hummus <li>DINNER: <i>Hearty Veg &amp; Chicken</i></li>	pesto (leftovers, p. 78). <li>OPTIONAL SNACK:</li>
and add to bowl. Top with ¼ cup		<i>Bowl</i> : Heat 2 cups Multiuse	2 hard-boiled eggs <li>DINNER: <i>Kitchen Sink Bowl</i>:</li>
pico de gallo. <li>OPTIONAL SNACK: ½ cucumber,</li>		Roasted Veg (leftovers, p. 77) and	Toss together 1 cup Multiuse
sliced, with 2 tbsp hummus <li>DINNER: One-Pot Mediterranean</li>		1 chicken thigh (leftovers, p. 77). <li>Top with 2 tbsp Lemon Oregano</li>	Roasted Veg (leftovers, p. 77),
Lemon Chicken & Rice		Vinaigrette (leftovers, p. 75) and	½ cup black beans, 2 tbsp pico
(leftovers, p. 77)		1 tbsp hemp seeds.	de gallo and 1 tbsp hemp seeds.
NUTRIENTS: Calories: 1,729,	<b>NUTRIENTS:</b> Calories: 1,833,	<b>NUTRIENTS:</b> Calories: 1,681,	<b>NUTRIENTS:</b> Calories: 2,075,
Fat: 86 g, Sat. Fat: 14 g, Carbs: 152 g,	Fat: 99 g, Sat. Fat: 15 g, Carbs: 166 g,	Fat: 101 g, Sat. Fat: 16 g, Carbs: 120 g,	Fat: 125 g, Sat. Fat: 15 g, Carbs: 164 g,
Fiber: 27 g, Sugars: 21 g, Protein: 93 g,	Fiber: 30 g, Sugars: 53 g, Protein: 80 g,	Fiber: 32 g, Sugars: 39 g, Protein: 82 g,	Fiber: 42 g, Sugars: 50 g, Protein: 90 g,
Sodium: 2,580 mg, Cholesterol: 713 mg	Sodium: 1,716 mg, Cholesterol: 554 mg	Sodium: 2,311 mg, Cholesterol: 606 mg	Sodium: 2,276 mg, Cholesterol: 667 mg

# One-Pot Mediterranean Lemon Chicken & Rice 🕞 🗊

# SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

avocado oil, divided
garlic, chopped
dried oregano, divided
each sea salt and ground black pepper
boneless, skinless chicken thighs
yellow onion, chopped
sprouted rice blend (red, brown and black) or brown rice
low-sodium chicken stock or bone broth
lemon, zested and juiced, divided ( <b>NOTE:</b> Use additional wedges for garnish.)
Kalamata olives
BPA-free can artichoke hearts, halved
baby kale (or regular kale, stems removed and chopped)

**1.** Preheat oven to 350°F. In a large bowl, whisk together 1 tbsp oil, garlic, 1 tsp oregano, salt and pepper. Add chicken and coat with marinade. Set aside for 15 minutes.

**2.** In a Dutch oven, heat remaining 2 tbsp oil. Add chicken, discarding any remaining marinade, and sear for 4 to 5 minutes, or until golden on the bottom; flip and cook 4 to 5 minutes more. Transfer to a plate.

**3.** To pan, add onion and sauté for 1 minute. Add rice and remaining 1 tsp oregano and sauté 30 seconds. Add broth and lemon juice; bring to a simmer. Add olives and artichoke hearts then top with chicken; cover and bake for 35 minutes. Remove lid and stir in kale and lemon zest and cook an additional 5 minutes. Serve with lemon wedges.

**NOTE:** If following our Meal Plan, remove one chicken thigh, let cool and freeze for Saturday dinner. Freeze two servings of both chicken and rice mixture, cooling slightly before storing, for later in the week. Thaw and reheat when called for. Refrigerate all remaining servings and heat when called for.

PER SERVING (1 thigh and ¼ of rice mix): Calories: 535, Total Fat: 21 g, Sat. Fat: 4 g, Carbs: 39 g, Fiber: 4 g, Sugars: 4 g, Protein: 45 g, Sodium: 895 mg, Cholesterol: 175 mg

# F P V GF

1

4

# **MULTIUSE ROASTED VEG**

1 lb	Brussels sprouts, halved (or quartered if large)
l head	cauliflower, cut into florets
2	zucchini, halved then cut into ½-inch chunks
¼ cup	avocado oil, divided
	sea salt and ground black pepper, to taste
small	beets, peeled and diced
2	sweet potatoes, diced

1. Preheat oven to 375°F. Over 1 or 2 large baking sheets, spread Brussels sprouts, cauliflower and zucchini. Drizzle with 2 tbsp oil and sprinkle with salt and pepper.

2. Over 1 or 2 separate large baking sheets, place beets and sweet potato and coat with remaining 2 tbsp oil, salt and pepper. Roast all veg for 35 to 40 minutes, stirring halfway, until tender. (*NOTE:* You may have to work in batches depending on how many sheets you have and the size of your oven. Let cool then transfer to airtight containers. Refrigerate half and freeze other half. Thaw and/or heat when called for.)



# Pesto Cauliflower Pizza

SERVES 2. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 5 MINUTES.

(V) (GF)

## PESTO

3 cups	packed fresh basil	
1	lemon, zested and juiced	
2 tbsp	hemp seeds	
2 tbsp	grated Parmesan cheese	
2 cloves	garlic, peeled	
¼ tsp	ground black pepper	
¹∕≋ tsp	sea salt	
3 tbsp	avocado oil	

#### PIZZA

1 16-oz	bag riced cauliflower (not frozen)
1 cup	shredded mozzarella cheese, divided
1 large	egg
2 tbsp	hemp seeds
2 tbsp	almond flour
½ tsp	dried oregano
¼ tsp	sea salt
⅓ tsp	ground black pepper
¼ cup	each thinly sliced red bell pepper, zucchini and onion
¼ cup	grated Parmesan cheese

 Prepare pesto: To a food processor, add all pesto ingredients except oil; pulse to break down into small pieces. Stream in oil and blend for 30 seconds. Transfer to a jar with a lid; set aside. Clean out processor.

2. Prepare pizza: Preheat oven to 400°F. To processor, add cauliflower rice and pulse to break down into smaller pieces. Transfer to a medium saucepan with 1 tbsp water on medium heat. Cover and cook for 8 minutes, stirring often, until very tender. Transfer to a towel or large piece of cheesecloth. Let cool 10 minutes then gather edges of towel and squeeze out water.

**3.** Place cauliflower in a large mixing bowl. Add ½ cup mozzarella, egg, hemp seeds, almond flour, oregano, salt and black pepper. Mix well to combine.

**4.** Line a baking sheet with parchment paper. Turn out cauliflower onto baking sheet and form into a large ball. Using your hands, flatten into a large circle, about ¼ inch thick. Bake for 15 minutes, until edges just starting to brown.

**5.** Top with ¼ cup pesto (reserve remaining 1 cup for use within the Meal Plan). Top with sliced vegetables; sprinkle with remaining ½ cup mozzarella and Parmesan cheese. Return to oven and bake 10 minutes more. Turn oven to broil on high and broil 2 to 3 minutes, or until cheese starts to turn golden.

**NOTE:** Let cool then slice and refrigerate in an airtight container. Refrigerate extra pesto in an airtight container. Reheat pizza in toaster oven until cheese is bubbling.

**PER SERVING** (½ of recipe): Calories: 482, Total Fat: 32 g, Sat. Fat: 11 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 7 g, Carbs: 21 g, Fiber: 7 g, Sugars: 9 g, Protein: 31 g, Sodium: 852 mg, Cholesterol: 147 mg

# (F) (V) (GF)

# KALE & MUSHROOM Frittata

1 tbsp	avocado oil + additional for greasing
⅓ cup	chopped yellow onion
1 cup	sliced mushrooms
1 cup	baby kale
1 clove	garlic, minced
½ tsp	ground black pepper
1⁄4 tsp	sea salt
8 large	eggs
⅓ cup	grated Parmesan cheese
	pesto or pico de gallo, optional

**1.** Preheat oven to 350°F. Grease an 8 x 8-inch baking dish with oil. Set aside.

2. In a large skillet on medium-high, heat oil. Add onion and sauté 4 minutes. Add mushrooms and kale and cook 4 minutes more. Add garlic, pepper and salt and cook 30 seconds more, until garlic is fragrant. Transfer to baking dish.

**3.** In a medium bowl, whisk eggs and Parmesan, then pour over vegetables.

**4.** Bake for 20 minutes. When cool, cut into 8 slices (2 slices per serving). Top with pesto or pico de gallo before serving.

**NOTE:** Refrigerate half and freeze remaining. Thaw and/or heat before serving. (Makes 4 servings.)



# **TIME-SAVING HACKS**

# Use our top 10 pro tips to get the most mileage out of your batch-cooking days.

**1. Plan ahead.** Take a few minutes on a Saturday to look at your upcoming week and decide which days will have home-cooked meals and which days you will be dining out or opting for takeout. Once you've planned your week, make a detailed shopping list.

**2. Check your supplies.** Always have the basics on hand such as oils, spices, vinegars, canned beans, nuts, seeds and nut butters. If you're running low, add them to your shopping list.

**3. Pick theme nights.** If you need inspiration, create theme nights such as Taco Tuesday, Waffle Wednesday or Breakfast for Dinner. It can help you easily fill in meals on certain days.

## 4. Cull your storage containers.

We recommend using glass containers as they are the safest (no BPA or BPS from plastic), sturdiest and many can go from freezer or fridge to oven.

## 5. Organize your fridge by meal.

Try storing breakfast, lunch and dinner foods separately so you can easily search your fridge by meal. For example, each morning, grab one breakfast container, one or two snack containers and one lunch container, and you're out the door in record time!

## 6. Condiments are your friend.

Sauces, dips and dressings add a ton of flavor and personality to any recipe. Make sure to read the ingredients list as you could be taking in a lot of sugar, preservatives, stabilizers and artificial colors and flavors. (Better yet, make your own like we're doing in this Meal Plan!) Our favorite clean condiments include pesto, hummus, pico de gallo, salsa, guacamole and coconut aminos. 7. Time your foods according to their freshness. Fish, salad and berries should be consumed within the first three days of your week, while cooked veggies, grains, poultry and beef can easily make it longer in your fridge or be stored in the freezer, so plan to use them later in the week.

8. *Mise en place*. It's the prep term meaning "everything in place." Before you start cooking, get organized by chopping all your vegetables and placing them in separate bowls. Measure out your herbs and spices. Season or marinate your proteins. Cook your grains. This preparation makes cooking and assembling much easier than scrambling to find an ingredient while the stove is on.

9. Use prepared foods when short on time. Prechopped vegetables, bagged and washed greens, riced cauliflower, veggie noodles and frozen fruits and vegetables can save you so much time. Plus, frozen produce is as nutritious as fresh since they are picked when ripe and immediately flash frozen to lock

# 10. Keep all your recipes

in freshness.

in one place. Print out your favorite recipes and keep them in a binder or save them to a Pinterest board (search cleaneatingmag). Or access thousands of *CE* recipes and build your own meal plans with our new meal-planning app, Clean Eating Meals (available in the app store).



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# **APPLE CINNAMON** WALNUT PANCAKES

with Almond Butter Spread

- 1 cup almond flour
- ¾ tsp ground cinnamon
- 1/2 tsp baking soda
- Pinch sea salt
- 2 large eggs, lightly beaten
- 1/2 cup unsweetened almond milk
- 1/4 cup chopped raw unsalted walnuts
  - 1 apple, finely chopped
- 1tbsp avocado oil

#### ALMOND BUTTER SPREAD

- 1/4 cup raw almond butter
- 1/4 cup plain unsweetened almond milk
  - 1 tsp ground cinnamon

1. In a large bowl, whisk together almond flour, cinnamon, baking soda and salt. Whisk in eggs, milk, walnuts and apple.

2. In a large nonstick skillet or griddle, heat oil. Using 1 heaping tbsp per pancake, cook in batches for 3 to 4 minutes, or until golden on the bottom; flip and cook 3 to 4 minutes more.

3. Prepare topping: In a small bowl, whisk together all Almond Butter Spread ingredients. Let cool then freeze half of pancakes. Refrigerate remaining half of pancakes and topping separately. Thaw and/or heat when called for and spread topping over each pancake. (Makes 12 pancakes.)

#### **PROTEINS, DAIRY & DIPS**

- 8 oz medium shrimp, peeled and deveined
- 112-oz package chicken apple sausage (4 links) (TRY: Applegate Organics Chicken & Apple Sausage)
- 2 dozen large eggs
- 1 qt plain unsweetened almond milk (TRY: Elmhurst Unsweetened Almond Milk)
- 5 4-oz boneless, skinless chicken thighs
- **1**11 3.5 oz Parmesan cheese
- 4 oz shredded mozzarella cheese

#### **VEGGIES & FRUITS**

- 5 apples
- 4 small beets
- 2 bunches fresh basil
- 1 lb Brussels sprouts
- 1 head cauliflower and 116-oz bag riced cauliflower (TIP: You can also make your own riced cauliflower by pulsing in the food processor. If making your own, purchase a total of 3 heads cauliflower.)
- 8 cloves garlic
- 1 hothouse cucumber
- 1 bag baby kale (or regular kale)
- 8 lemons
- 3 oz mushrooms
- 2 yellow onions
- 3 pears
- 2 red bell peppers
- 2 sweet potatoes
- 3 zucchini

# **NUTS, SEEDS & OILS**

SHOPPING LIST

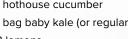
- 1 bottle avocado oil (TRY: Chosen Foods 100% Pure Avocado Oil)
- 1 cup chopped raw unsalted walnuts
- 1 bag hemp seeds (TRY: Manitoba Harvest Hemp Hearts)
- 1 jar raw almond butter

#### GRAINS

- 1 bag quinoa
- 1 bag sprouted rice blend (red, brown and black) or brown rice

#### **PANTRY STAPLES & EXTRAS**

- 1 bottle cinnamon
- 1 bottle dried oregano
- 19-oz jar Kalamata olives
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 container baking soda
- 114-oz can BPA-free black beans
- 114-oz can BPA-free artichoke hearts
- 1 gt low-sodium chicken stock or bone broth
- 1 bag almond flour
- 1 container hummus
- 1 container pico de gallo @



# **Cook Once,** Eat All Week

# Cook Once, Eat All Week is the ultimate online guide to learning to meal plan like the pros.

# What to expect from this exciting new course:

- Spend a few carefully planned hours on Sundays to enjoy the freedom of simply heating and eating all week long
- Week-by-week guides for maximizing Sundays to cook ahead for the entire week
- Learn how to eat all week for \$100
- Change the way you meal prep, cook and live, helping you cut down on food waste and time spent cooking and cleaning

- Save money, eat healthier and enjoy more time to yourself
- Learn how to cook without a recipe
- Learn how to turn 5 dinners into 10 creative meals to enjoy throughout the week
- How to make simple swaps on the fly, making you a more creative cook
- How to master 5-ingredient meals
- How to make batch cooking fun!



#### complements

# **Instant Calm**

These 6 supplements help to soothe stress and ease anxiety.

Anxiety disorders are the most common mental illness in the United States, affecting 40 million adults (or 18% of the population), according to the Anxiety and Depression Association of America. And it can be dangerous: Stress is a major contributing factor to the six leading causes of death, including cancer and coronary heart disease. But you don't have to suffer. Tame your tension with these research-based natural solutions.

# MAGICAL MINERAL

The mineral magnesium, critical in a number of bodily functions, also influences the production of and the body's reaction to cortisol, a primary stress hormone, and moderates the physiological stress response. Low blood levels of magnesium have been linked with feelings of anxiety, and research also shows stress can deplete magnesium from the body. Some studies link a higher dietary intake of magnesium with lower levels of anxiety, and in one study, taking magnesium for six weeks led to a clinically significant improvement in symptoms of anxiety. **TRY:** Natural Vitality Natural Calm Raspberry Lemon Flavor (8 oz). \$24, naturalvitality.com

# **Pick the Right Mushrooms**

Medicinal mushrooms like reishi and lion's mane can help support adrenal health, ease anxiety and promote calm. They may be especially effective combined with other stress-busting herbs like ashwagandha. Studies have found that ashwagandha, an adaptogen traditionally used to support adrenal function, normalizes cortisol levels and improves resistance to stress. Intrigued? Read more about ashwagandha on page 29.

**TRY:** Host Defense MycoBotanicals Stress Decompress. \$30, hostdefense.com

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# HERBAL BLENDS

Herbs like passionflower, skullcap, lavender, chamomile and others have been used for thousands of years to promote calm, and modern research supports their use for easing anxiety and reducing stress. Passionflower works in part by influencing brain levels of GABA, a compound that helps regulate mood, and some studies show it's as effective as prescription antianxiety medications. Skullcap also works with GABA to reduce anxiety. Lavender contains compounds that are thought to interact with neurotransmitters to ease stress, while chamomile and holy basil (Tulsi) have properties that have been shown to promote relaxation and calm. Vervain has proven antianxiety and sedative properties. TRY: Gaia Herbs Calm A.S.A.P. (30 count). \$16, gaiaherbs.com

## complements

# Get Your Omega-3s

These fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), work in part by influencing stress hormones and neurotransmitter function, and also by decreasing brain inflammation. Some researchers suggest the lower intake of omega-3s in our modern diet is linked with anxiety, as well as depression and other mood disorders. Studies show people with symptoms of anxiety have significantly lower levels of omega-3 fats and, in some studies, a higher ratio of omega-6 to omega-3 fats in the blood and in the brain. Supplementing with omega-3 fats has been linked with a significant reduction in anxiety, as well as improvements in mood, concentration and fatigue, in both people with clinical anxiety and healthy young adults without an anxiety disorder diagnosis. In one study, stressed-out students who took an omega-3 supplement for 12 weeks had a 20% reduction in symptoms of anxiety, compared with those who received a placebo. **TRY:** Nordic Naturals Ultimate Omega. \$28, nordicnaturals.com

# THE SUNSHINE VITAMIN

In addition to its role in bone health and immunity, vitamin D also influences neurotransmitters that impact brain function and mood, and vitamin D receptors are widespread in brain tissue and the central nervous system. Several studies have linked low blood levels of vitamin D with increased anxiety, worry, poor sleep and depression. Other research shows vitamin D supplementation can improve mood and reduce anxiety. **TRY:** Country Life Vitamin D<sub>3</sub> 5,000 IU (200 count). \$16, amazon.com

# **The Gut Connection**

There's a definitive link between gut health and mental function, and research shows that gut microbiota communicate with the central nervous system through a variety of pathways. Studies suggest gut microbes are involved in the regulation of the stress response, and a healthy microbiome can protect against anxiety and other mood disorders. A review of 34 controlled clinical trials found probiotics had "small but significant effects" on anxiety. In one study, people with chronic fatigue syndrome who took probiotics experienced a reduction in anxiety, and another found probiotics improved anxiety and sleep quality in students during periods of stress. TRY: Renew Life Mood & Stress Probiotic. \$22, renewlife.com @

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# GUT HEALTH REVOLUTION... BEYOND PROBIOTICS

It takes more than probiotics to maintain a balanced gut microbiome. Enter Gut Connection by Country Life, scientifically formulated supplements that connect the gut to individual health issues.

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# Connection Connection

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# Eat for Adrenal Health 6 foods to nourish your body

and reduce stress.

# We all have stress from time to time,

but when it goes on for weeks or months, chronic stress can impact all the body's systems – especially the adrenals. The adrenal glands are small organs that rest on top of the kidneys and are responsible for releasing important hormones. One of these is cortisol, a stress hormone that regulates energy, inflammation, blood pressure and blood sugar. It also controls the sleep/wake cycle: Cortisol levels fluctuate during the day, increasing in the morning when you need to wake up and decreasing at night.

If you're in a state of constant tension and anxiety, it's thought that the adrenal glands can't keep pace and are unable to produce the necessary hormones. The result: adrenal fatigue, a condition that some believe causes fatigue, nervousness, sleep problems, body aches, depression and more. While adrenal fatigue is not recognized by the medical community, many naturopaths and other alternative or integrative practitioners treat it as a true syndrome. Adrenal insufficiency, on the other hand, is a diagnosable disorder caused by an autoimmune problem in which the adrenal glands don't produce enough hormones. So no matter what, keeping this system in tip-top shape is of the utmost importance. In general, a diet that avoids sugar, caffeine, refined grains and alcohol is recommended by these professionals for adrenal fatigue. And certain nutrients that relieve stress, promote calm, reduce inflammation and balance blood sugar can help too. Here are six top choices.

**Kefir.** Studies suggest bacterial imbalances in the gut contribute to stress and anxiety. Naturally fermented kefir is rich in beneficial bacteria, which improve gut health, reduce anxiety, lessen stress and may protect against inflammation. Probiotic bacteria also improve serotonin levels and can produce GABA, a neurotransmitter that promotes relaxation and eases tension; low levels of GABA have also been linked with increased anxiety.

# **TRY THIS:**

- Combine kefir with rolled oats, chia seeds, dried cherries and vanilla extract and refrigerate overnight for an instant breakfast bowl.
- Make a zesty dressing with kefir, minced garlic, jalapeño peppers and cilantro.

Turkey. It's a good source of tryptophan, an amino acid that's a precursor to serotonin, a neurotransmitter that promotes calm and relieves stress, and melatonin, a hormone that enhances sleep. Studies show tryptophan lessens anxiety and also improves sleep, even at doses as low as 250 milligrams – the amount in just one serving of turkey. Turkey is also rich in high-quality protein, which helps to minimize blood sugar spikes and enhance energy. Plant-based sources of protein and tryptophan include edamame, kidney beans, white beans, peanuts and tofu.

# TRY THIS:

- **Spread** turkey slices with mashed avocado, layer with arugula, red onions and shredded carrots and roll up.
- **Sauté** cooked turkey with mushrooms, onions, garlic and spinach and toss with spiralized sweet potatoes.

**Collard greens.** Like other leafy greens, they're a good source of magnesium, a mineral that helps relieve stress and anxiety; low blood levels of magnesium are linked in some studies with an increase in perceived stress. Collards are also a source of folate, a B vitamin that's essential for the production of serotonin and other neurotransmitters that mitigate anxiety and tension. Spinach, Swiss chard, Romaine lettuce, turnip greens and kale are also good sources of magnesium and folate.

# TRY THIS:

- **Simmer** chopped collard leaves, red peppers, ginger and curry powder in coconut milk.
- **Sauté** shredded collard leaves in olive oil with chopped black olives, garlic and cumin.

Sunflower seeds. They're rich in protein and B vitamins, which keep the adrenal glands healthy and improve the body's response to stress. Studies show that thiamin (vitamin B<sub>1</sub>) protects the adrenal glands from exhaustion and reduces the body's reaction to cortisol. Pantothenic acid (vitamin B<sub>5</sub>) may buffer cortisol and enhance adrenal function, while deficiencies in vitamin B<sub>5</sub> have been linked with compromised adrenal function. Niacin, or vitamin B<sub>3</sub>, helps the body convert tryptophan to serotonin and also improves sleep. And pyridoxine (vitamin B<sub>6</sub>) is necessary for the synthesis of GABA, serotonin and other neurotransmitters that protect against stress. Sunflower seeds are also a good source of zinc, which has moodregulating and anti-anxiety effects.

#### **TRY THIS:**

- **Combine** sunflower seeds, kale, parsley, olive oil, lime juice, garlic and red pepper flakes in a food processor and blend into a zesty chimichurri sauce.
- **Mix** sunflower seeds with mashed kidney beans, minced red peppers and shredded carrots then form into burgers.

Red peppers. They're an excellent source of vitamin C, which helps support adrenal function and balance cortisol. In some studies, vitamin C improved the ability of the adrenals to adapt to the stress from a surgical procedure and normalized cortisol levels. Other studies show vitamin C reduces anxiety, minimizes stress and improves mood. Red peppers are also high in a variety of antioxidants and protect against inflammation.

## **TRY THIS:**

- **Sauté** chopped red peppers with zucchini, eggplant, tomatoes, olive oil, garlic and oregano until tender.
- **Simmer** puréed roasted red peppers with tomato sauce, Kalamata olives, capers, basil and red pepper flakes for a spicy puttanesca sauce.

Tea. While coffee is a no-no on an adrenalhealth diet, some varieties of tea can relieve stress and anxiety and protect the adrenals. Green tea contains L-theanine, an amino acid that enhances the production of neurotransmitters that promote calm. And although green tea contains caffeine, research suggests the L-theanine content offsets the caffeine's stimulatory effects. Studies also show L-theanine induces alpha brain wave activity, which correlates with a perceived state of relaxation.

#### **TRY THIS:**

• **Blend** matcha green tea powder with kefir and bananas for a morning coffee alternative.

# STRESS-BUSTING SUPPS

**GINSENG** is an adaptogen, meaning it supports the body's own systems. It's rich in antioxidant compounds, called ginsenosides, which protect the nervous system and prevent inflammation. Under stressful conditions, the body secretes cortisol, a stress hormone. Ginseng regulates the system that controls cortisol, and studies show it has excellent anti-stress effects and is superior to other adaptogens in regulating stress. Other research shows it relieves anxiety and may protect against stress-related diseases.

**RHODIOLA ROSEA** is the root of a flowering plant found in cold, mountainous regions. Like ginseng, rhodiola is thought to protect against stress by interacting with the body's system that controls cortisol. Studies show rhodiola can regulate cortisol and relieve stress, and it may prevent chronic stress. ©

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# Chocolate Peppermint Naked Cake

#### SERVES 25. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.\*

\*PLUS COOLING TIME.

 $(\mathbf{V})$ 

Yes, this three-tier holiday showstopper is actually called a naked cake thanks to its sheer, stripped-down frosting. Your guests might blush at the name, but you'll gain points for creating the most epic dessert at your holiday table.

CAKE	
21/2 cups	whole-wheat pastry flour
1 cup	organic evaporated cane juice (aka organic sugar)
³∕₄ cup	cocoa powder
<b>1</b> ½ tsp	baking powder
1 tsp	each baking soda and sea salt



Optional decorations: Berries, figs, grapes, red currants or fresh bay leaves (aka laurel leaves)

coconut oil
whole milk
brewed coffee
pure vanilla extract
eggs
dark chocolate (75% to 85%), finely chopped

#### FROSTING

3 large	egg whites ( <b>TIP:</b> Use fresh eggs with no speck of yolk in them.)
³∕₄ cup	organic evaporated cane juice (aka organic sugar)
³⁄4 cup	organic unsalted butter, cut into ½-inch cubes, chilled
1 tsp	pure vanilla extract
½ tsp	pure peppermint extract

**1.** Preheat oven to 350°F. Grease 3 8-inch round cake pans with cooking spray; line bottoms with parchment paper. Mist parchment with cooking spray.

2. Prepare cake: In the bowl of a stand mixer, combine flour, cane juice, cocoa powder, baking powder, baking soda, salt and coconut oil. With beater attachment, beat on low until mixture resembles texture of sand, 30 to 45 seconds.

**3.** With mixer running, add milk, coffee and vanilla; mix until well combined, 1 minute. Stop and scrape down sides, then mix on medium-low for 1 minute. With mixer

running, add eggs, one at time, and mix to incorporate. Add chocolate; beat on medium until combined.

**4.** Divide batter among prepared pans. Bake until a toothpick inserted in center comes out clean and sides of cake are starting to pull away from pan, 20 to 23 minutes. Let cool, 10 to 15 minutes. Remove cake from pans onto wire racks; cool completely. Peel off parchment.

5. Prepare frosting: In a medium saucepan, bring 2 inches water to a simmer. Place egg whites and cane juice into cleaned and dried bowl of stand mixer. Set over pot, making sure bottom of bowl does not touch water. Whisk until sugar is dissolved and mixture is pale yellow. Test mixture by rubbing it between two fingers; it should not be grainy. Transfer bowl to mixer and beat on medium-high with whisk attachment until stiff peaks form and bottom of bowl has cooled to room temperature, 12 to 15 minutes. Switch to paddle attachment; add butter, one cube at a time, and mix until smooth and thick, 5 to 7 minutes. Add vanilla and peppermint extracts and beat 1 minute longer.

**6.** Place one cake layer on a cake stand and spread ¼ cup of icing on top, spreading to edges. Repeat with second layer and top with third layer, bottom side up, making sure layers are stacked straight. Using an offset metal spatula, thinly spread remaining frosting on top and sides of cake, allowing the cake layers to show through. Chill until serving. Before serving, top cake with optional decorations.

**PER SERVING** (1-inch wedge): Calories: 259, Total Fat: 14 g, Sat. Fat: 9 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 31 g, Fiber: 4 g, Sugars: 15 g, Protein: 4 g, Sodium: 181 mg, Cholesterol: 38 mg @



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