

SELF SUPER FOODS

**Eat more,
lose more**

These easy, tasty recipes feature ingredients shown to help eliminate hunger and enhance your ability to burn fat and shed pounds, pronto. Grab a fork!



FAT FIGHTERS

SUPERFOOD

sweet potatoes

Trade up to sweet taters. They're high in fiber, which means no drastic blood sugar swings—and less fat packed onto your hips.

Miso Soup With Sweet Potato Dumplings

Serves 4

- 1 lb sweet potatoes
- 1 tbsp canola oil
- 2 cloves garlic, chopped
- 1 shallot, chopped
- $\frac{1}{8}$ tsp red pepper flakes
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp freshly ground black pepper
- 4 cups sliced bok choy
- 1 cup bean sprouts
- 1 cup edamame, shelled
- 12 wonton wrappers
- 3 tbsp white miso (or more to taste)
- 2 scallions, thinly sliced

Heat oven to 375°. Prick about 8 holes in each potato. Bake on a baking sheet until soft, turning once, about 1 hour. Cool; peel and mash in a bowl. In a small skillet, heat oil over medium heat. Cook garlic and shallot, stirring, until fragrant, 1 to 2 minutes. Add pepper flakes. Stir garlic-shallot mixture, salt and pepper into potatoes. In a pot, place bok choy, sprouts, edamame and 2 cups water; set aside. Lay 1 wonton wrapper in palm of hand. Drop 1 heaping tbsp potato mixture in center; make a fist to gather edges. Repeat with remaining wrappers and filling. Place dumplings on top of vegetables in pot; bring to a boil. Cook, covered, until wrappers are translucent, 3 to 6 minutes. Divide veggies and dumplings among 4 bowls. Add 4 cups water to pot. Bring to a boil. Remove from heat. Add miso, stirring until it dissolves. Divide among bowls; top with scallions.



Recipe by Shawn McClain, chef at Green Zebra in Chicago

THE DISH 286 calories per serving,
6 g fat (1 g saturated),
48 g carbs, 8 g fiber, 12 g protein

SUPERFOOD

watermelon

One cup of watermelon has only 46 calories. And it's 92 percent H₂O, quenching your thirst as it helps you stay slim.

Shrimp and Watermelon Skillet

Serves 4

- 2 whole-wheat pitas (8 inches each), each cut into 8 triangles
- 2 tbsp extra-virgin olive oil
- 12 oz medium shrimp, shelled and deveined
- ½ cup sliced shallots
- 4 cups cubed (1 inch) seedless watermelon
- ¼ tsp salt (preferably kosher)
- ¼ tsp freshly ground black pepper
- 1 large cucumber, peeled and chopped
- 2 oz crumbled feta
- 2 tbsp chopped fresh dill
- 2 tbsp chopped fresh mint
- 2 limes, cut into wedges

Heat oven to 450°. On a baking sheet, toast pita triangles, turning once, until crisp and brown, 3 to 5 minutes each side. In a large skillet, heat oil over high heat. Cook shrimp and shallots, stirring, until shrimp is pink and shallots are crisp, 2 to 4 minutes; transfer to a bowl. In same skillet, cook watermelon and ¼ cup water over high heat, stirring, until liquid becomes syrupy, about 3 minutes. Remove skillet from heat; add shrimp mixture, salt and pepper; stir. Divide shrimp-watermelon mixture (warm or chilled) among 4 plates; add cucumber and feta. Sprinkle with dill and mint. Serve with 4 pita pieces each and lime wedges.

THE DISH 307 calories,
12 g fat (3 g saturated),
36 g carbs, 4 g fiber, 19 g protein

SUPERFOOD

whole-wheat pasta

Curbing hunger is as easy as piling your plate with this whole grain. One half cup boasts fiber (3 grams) and protein (4 grams), a stellar combo that can keep you satisfied for hours.

Butternut Squash and Fried Sage Pasta

Serves 4

- 8 oz whole-wheat penne
- 1 tbsp olive oil
- 8 sage leaves
- 1 medium red onion, thinly sliced
- 2 cloves garlic, finely chopped
- 1 medium butternut squash (about 2 lb), peeled, seeded and cut into 1-inch cubes
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp freshly ground black pepper
- $\frac{1}{4}$ cup grated Parmesan

Cook penne as directed on package. In a large

skillet, heat oil over medium heat. Fry sage, turning once, until crisp, 1 minute per side. Transfer to a paper towel. In same skillet, cook onion and garlic, stirring, until golden, about 3 minutes. Add squash, $\frac{3}{4}$ cup water, salt and pepper. Cover and simmer, stirring occasionally, until squash softens, 5 to 7 minutes. Drain pasta, reserving 1 cup cooking water. Return pasta to pot; add squash mixture; stir over low heat, adding some reserved water if needed, until pasta is coated, about 1 minute.

Serve, sprinkled with cheese and sage.

THE DISH

337 calories per serving, 7 g fat (1 g saturated), 63 g carbs, 10 g fiber, 11 g protein



SUPERFOOD

apples

An apple a day can keep weight gain at bay, a study from Penn State University in University Park finds. People who chomped an apple before a pasta meal ate fewer calories overall than those who had a different snack. An apple has 4 grams to 5 grams of filling fiber. Plus, its antioxidants may help prevent metabolic syndrome, a condition marked by excess belly fat.

Apple-Phyllo Strudel

Serves 8

- 6 Granny Smith apples, peeled, cored and cut into ¼-inch slices
- ½ cup dried cranberries (or cherries)
- 1½ cups brown sugar
- 1 tsp cinnamon
- 6 sheets phyllo dough, thawed
- Vegetable-oil cooking spray
- ½ cup amaretti cookie (or graham cracker) crumbs
- ½ cup fresh or frozen raspberries (thawed)
- 12 oz nonfat vanilla yogurt (optional)

Heat oven to 350°. In a medium nonstick pan, cook apples, dried fruit, sugar and cinnamon over medium heat until fruit is tender, about 10 minutes. Let cool; reserve liquid for optional sauce. Layer 2 phyllo sheets on top of each other. Coat top of layered phyllo with cooking spray; sprinkle with ⅓ of cookie crumbs. Layer 2 more phyllo sheets on top, coat with cooking spray, then



Recipe from
Cal-a-Vie Spa in
Vista, California

crumbs; repeat once more. Spread apple mixture on top; roll up from the shorter end of phyllo sheet. Coat a cookie sheet with cooking spray. Place strudel on sheet and bake until golden brown, about 25 minutes. Let cool. Cut into 8 pieces. Place a slice on each plate; top with berries. Optional sauce: Mix yogurt with reserved liquid and drizzle over slices.

THE DISH 240 calories per serving (without sauce), 2 g fat (0 g saturated), 57 g carbs, 2 g protein, 3 g fiber

SUPERFOOD

parmesan

Drop that rubbery lowfat cheese and pick up the real deal. Women who had one serving of whole milk or cheese daily were less likely to gain weight over time, a study in *The American Journal of Clinical Nutrition* notes. Lowfat-dairy fans didn't reap the same benefit. Whole dairy may have more conjugated linoleic acid, which might help you burn fat. Parmesan is so flavorful, it's easy to stick to one serving.



Saffron Risotto

Serves 4

- 28 oz chicken stock
- 1 tbsp vegetable oil
- ½ onion, finely chopped
- 1 cup arborio rice
- 1 cup white wine
- Large pinch of saffron
- 1 tbsp butter
- ¼ cup grated Parmigiano-Reggiano, plus shavings for garnish (optional)

In a medium pot, bring stock to a low simmer. In a medium saucepan, heat oil over medium heat, 1 minute. Sauté onion in oil until translucent, 3 minutes. Add rice and a pinch of salt; sauté until rice is translucent, 1 to 2 minutes. Add wine and saffron; bring to a simmer, stirring, until rice absorbs most of wine. Add 2 ladles of stock; simmer, stirring, until rice absorbs most of stock. Continue adding stock, allowing rice to absorb it before adding the next ladleful. Cook until rice is al dente and mixture is a little loose. Stir in butter. Turn off heat. Stir in grated cheese. Cover; let sit 2 minutes. Divide among 4 bowls. Garnish each with cheese shavings, if desired.

THE DISH 298 calories per serving, 8 g fat (3 g saturated), 39 g carbs, 1 g fiber, 5 g protein

SUPERFOOD

berries

Vitamin C-rich fruit such as blackberries, strawberries, oranges and peaches can help you sizzle up to 30 percent more fat during exercise, according to research from Arizona State University in Mesa.

Blackberry-Peach Crisp

Serves 4

- Canola-oil cooking spray
- 1 cup fresh blackberries
- 1 cup fresh peaches, pitted and sliced
- 4 tsp fresh orange juice
- ½ tsp vanilla extract
- 3 tbsp whole-wheat flour
- 3 tbsp rolled oats
- 2 tbsp brown sugar
- 4 tsp canola oil
- 2 tsp honey
- 1 tsp cinnamon
- ⅛ tsp nutmeg

Heat oven to 375°. Coat four 4-oz ramekins with cooking spray. In a bowl, combine blackberries, peaches, juice and vanilla; mix well. In another bowl, combine remaining ingredients with hands until moist and crumbly. Spoon fruit mixture into ramekins; scatter crumb mixture evenly over the top of each. Bake until fruit bubbles and top is golden brown, 15 to 20 minutes.

THE DISH 159 calories per serving, 5 g fat (0 g saturated), 27 g carbs, 5 g fiber, 3 g protein

Recipe from
The Golden Door in
Escondido, California

SUPERFOOD

eggs

Dig in to eggs, yolks and all: Women on a low-calorie diet who ate an egg with toast and jelly each morning lost twice as many pounds as those who had a bagel breakfast with the same number of calories but no eggs, a study from Louisiana State University reports. Egg protein is filling, so you eat less later in the day. No time to whip up an omelet or scrambled eggs on weekdays? Bake a frittata on Sunday, then chill it and nuke slices for up to a week.

Kale, Potato and Onion Frittata

Serves 4

- Vegetable oil cooking spray
- 1 yellow or white onion, sliced
- 1 lb kale, trimmed, coarsely chopped, blanched 3 minutes in boiling water, drained and squeezed
- 2 cloves garlic, chopped
- 2 cups boiled diced potatoes
- 2 whole eggs
- 2 egg whites
- ½ tsp paprika (preferably smoked)

Heat oven to 400°. In a medium cast-iron skillet coated with cooking spray, cook onion over medium heat, stirring, 5 minutes. Add kale and garlic; cook, stirring, 5 minutes. Add potatoes. In a bowl, whisk eggs, egg



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whites, 2 tbsp water and paprika; stir into kale-potato mixture. Cook over medium-low heat 1 minute. Transfer skillet to oven; bake until eggs are set but center is still slightly runny, 6 to 8 minutes. Heat broiler; broil until top is golden, 1 minute.

THE DISH 153 calories per serving, 3 g fat (1 g saturated), 24 g carbs, 4 g fiber, 9 g protein