

Issue 930
January 14, 2010

US

WEEKLY



HOW I GOT THIN FAST

44 LBS IN
6 MONTHS!
Kourtney shares
her diet secrets



NO
RETOUCHING!

A Day of Healthy Meals

Over salad? **Sheryl Crow's** dietitian designs a menu for *Us*. Just add snacks!

BY JENNIFER O'NEILL

START THE DAY WITH MIGHT! "If you skip breakfast, by the time lunch hits, you'll feel the world *owes* you food," says dietitian Rachel Beller, author of *Eat to Lose, Eat to Win*. Not so with this 290-calorie

burrito. It's a perfect combination of satisfying fat, protein and fiber, says the expert, who prescribes 30 grams of filling fiber daily — 10 of those at your A.M. meal. "This dish gives you that insurance in a tasty way!"



"Rachel changed the way I look at my body," Crow says of dietitian Beller.



(Breakfast)
Burrito

Olive oil spray	1 small sprouted whole-grain tortilla or 1 large low-carb tortilla
Onion and bell pepper, diced, as desired	2 egg whites
1/2 cup black beans, cooked	1/2 oz shredded Mexican cheese blend
	Salsa, as desired

1. Mist a skillet with olive oil. Heat on medium.
2. Add onion and peppers and sauté until soft.
3. Add egg whites and some of the beans, as desired. Scramble until cooked through.
4. Pile the mixture onto a tortilla, top with cheese and salsa; fold burrito-style. Serve with remaining beans and salsa, as desired.

SPLASHNEWSONLINE.COM.
STILL LIFE: COURTESY OF BELLER

CARBS AREN'T THE ENEMY, INSISTS THE BEVERLY Hills pro. Enjoy them responsibly in this roughly 400-calorie pasta dish designed around veggies. "The generous amount of broccoli makes the penne an afterthought," says Beller. As for the meatballs, "quinoa beats the bread crumbs in most recipes." Make it Sunday night; have lunch through Thursday!



(Lunch)

Penne & Meatballs

1 lb 99 percent fat-free ground turkey	1/2 cup minced onion
1/2 cup cooked quinoa	2 garlic cloves, minced
1 egg, lightly beaten	2 24-oz jars low-sodium marinara sauce
1 tbsp fresh oregano (or 1 tsp dried)	6 cups broccoli florets
1 tsp dried thyme	1 cup dry whole-wheat penne
1/4 to 1/2 tsp kosher salt, to taste	4 tbsp grated Parmesan cheese
Olive oil spray	

1. For meatballs: In a bowl, combine the turkey, quinoa, egg, oregano and thyme. Season with salt and set aside. Coat a skillet with olive oil and heat on medium-low. Add onion and garlic; sauté until translucent, 2 to 4 minutes. Let cool; combine onion and garlic with the turkey mixture. Form into 10 to 12 2-inch balls.

2. In a large pot, combine the sauce and meatballs; cover and heat on medium. Bring to a simmer; reduce heat to medium-low and cook for about 20 minutes, or until the meatballs are cooked through.

3. Meanwhile, steam broccoli and cook penne according to package directions. In a serving dish, combine steamed broccoli, cooked penne and meatballs. Add sauce, as desired. Sprinkle with Parmesan. Serves 4.

(Dinner)

Seafood Packet

2 cups any vegetables, cut into bite-size pieces	1 scallion, white and light-green parts thinly sliced
1/2 garlic clove, minced	1/4 cup vegetable broth
Salt and black pepper, to taste	Splash dry white wine
4 oz cod fillet	Sesame seeds, as desired
1/2 tsp low-sodium soy sauce	1 lemon wedge

1. Preheat oven to 375°F. Cover baking sheet with parchment paper; place vegetables and garlic on one end. Season with salt and pepper.

2. Place fish on top of vegetables; brush with soy sauce. Add scallion. Pour on broth and white wine. Fold parchment over fish and vegetables. Make small, overlapping folds along outside edges to seal. Bake 10 to 15 minutes; let cool for 5 minutes.

3. Open parchment; sprinkle with sesame seeds and a squeeze of lemon juice. Serve.

THIS IS AN EASY WAY TO GET OMEGA-3S, FIBER AND antioxidants," boasts Beller. "It's so simple, you'll make it again and again!" Each version, from about 410 calories, can be different. "All veggies are created equal in my eyes, so use whatever you have on hand," says the guru. "My favorites are baby bok choy and broccolini." Craving a carb? Add half a yam.

