

Today's

Diet & Nutrition

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HEALTH / NUTRITION / FITNESS / LIFESTYLE / DIET & WEIGHT / CUISINE



health

8 **Strategies** The Migraine-Food Connection

nutrition

14 **Etcetera**
 16 **Veggie Life**
 Fruit & Veggie Snacks
 18 **Powerhouse** Fabulous Flax
 22 **Profile** Cut the Salt With 'Sodium Girl'

fitness

26 **Etcetera**
 28 **Good Moves** Resistance Band Workouts

lifestyle

38 **Etcetera**
 40 **Chat** Bethenny Frankel

diet & weight

42 **Etcetera**
 44 **The Latest Scoop**
 Kosher Trends
 46 **Family Matters**
 Teen Vegetarians

cuisine

48 **Etcetera**
 50 **Chef's Table**
 Patrick Gharrity
 52 **What I Can't Live Without**
 Scott Leibfried



Cucumber and Avocado Dip

in every issue

- 2 Editor's Note
- 7 Contributors/Advisors
- 7 Coming Next Issue/
 What's Cooking Online
- 54 Uncommon Taste

Coming Next Issue

- Latest Scoop on Celiac Disease
- A Mother's Day Breakfast in Bed
- Q & A With Elisabeth Hasselbeck
- The Mediterranean Goodness of Portuguese Cuisine
- Smart Snacking
- Vegetarian Nutrition
- What's Cookin' at the Ballparks

What's Cooking Online

- Visit our website at www.TDN-Digital.com for exclusive articles, book reviews, product news, editor's picks, and a new recipe each weekday.
- New Ways of Thinking About Type 2 Diabetes

TD&N Nutrient Analyses

A nutrient analysis for each recipe (except those already containing analyses) is created using Food Processor SQL nutrition and fitness software by ESHA. Recipes are analyzed for calories, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, protein, carbohydrates, fiber, and sodium. Each amount is rounded to the nearest whole number. Nonspecific amounts (for example, "salt and pepper to taste"), decorative garnishes, and ingredients that are not consumed (such as marinades or excess dipping sauces) are not included.

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Jennifer E. Van Pelt, MA, CWE, CWC, fitness instructor, healthcare research analyst, and freelance writer

For our advisors' full bios and websites, visit www.TDN-Digital.com.



**Baby Spinach Salad
With Strawberries
and Caramelized
Onions**

Zucchini and Goat Cheese Crustless Quiche

1½ pounds zucchini
1 tablespoon kosher salt
1½ cups whole wheat bread, cubed
4 tablespoons extra-virgin olive oil
1 medium red onion, chopped
2 cloves garlic, thinly sliced
1 small red pepper, sliced
2 tablespoons flat-leaf parsley, chopped
1 tablespoon fresh dill, chopped

2 cups milk
2 large eggs
2 egg yolks
Salt and freshly ground black pepper to taste
6 ounces goat cheese
2 ounces grated Parmesan cheese

Preheat oven to 350°F. Grate the zucchini with a box grater into a colander. Sprinkle with 2½ teaspoons of the salt and toss well. Place a colander in the sink and drain zucchini for 15 minutes. Rinse zucchini and squeeze firmly, by the handful, to remove excess water. Set aside.

Pulse the bread into crumbs in a food processor. Heat 2 tablespoons of olive oil in a large skillet over medium heat; add breadcrumbs and stir until evenly toasted, about 5 minutes. Spread crumbs evenly in the bottom of a 9-inch glass or ceramic pie pan.

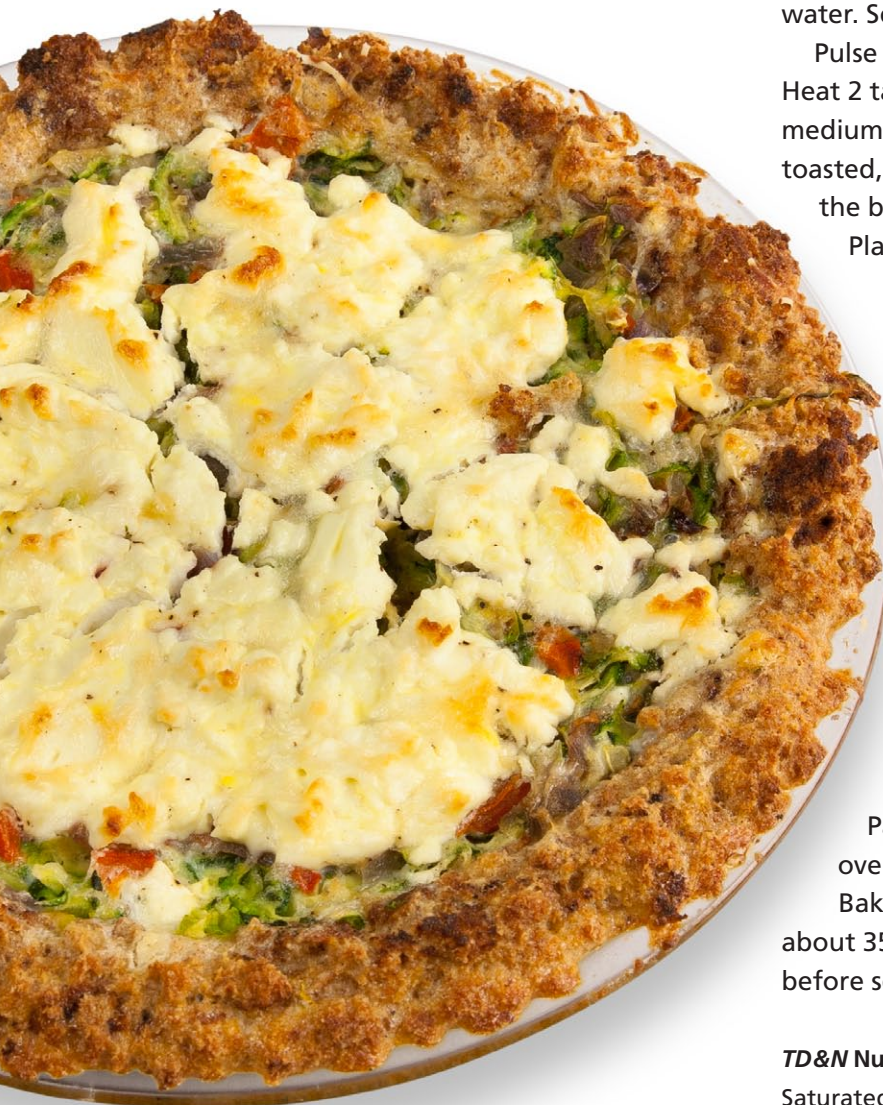
Place pan on a baking sheet.

Add the remaining 2 tablespoons oil, onions, and garlic in the same skillet and season with ½ teaspoon salt. Cook over medium-high heat until the onions start to brown, about 5 minutes. Add red pepper and zucchini and cook, stirring, for 2 minutes. Stir in parsley and dill. Remove from heat and cool slightly.

Whisk milk, eggs, and egg yolks in large glass measuring cup. Season with salt and pepper to taste. Spread the zucchini mixture in the prepared pan. Crumble the goat cheese and scatter evenly over the vegetables. Sprinkle the Parmesan cheese on top and pour the custard over the filling.

Bake until the quiche is just set in the center, about 35 to 40 minutes. Cool completely on a rack before serving.

TD&N Nutrient Analysis: Calories: 391; Total Fat: 27 g; Saturated Fat: 12 g; Polyunsaturated Fat: 2 g; Monounsaturated Fat: 12 g; Cholesterol: 178 mg; Sodium: 1,410 mg; Carbohydrates: 19 g; Fiber: 3 g; Protein: 20 g





Garam Masala and Chili Roasted Potatoes

- 1½ pounds small red skinned potatoes, quartered
- ¼ cup extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 2 teaspoons garam masala powder
- 2 tablespoons minced garlic (6 cloves)
- 2 teaspoons salt
- 2 tablespoons minced fresh cilantro

Preheat oven to 375°F. Drizzle potatoes with extra-virgin olive oil.

Toss potatoes with cumin, chili powder, garam masala, garlic, and salt. Place on a nonstick baking sheet and roast for 20 minutes or until just tender. Give the baking sheet a good shake after 10 minutes to keep the potatoes from sticking. Remove the potatoes from the oven, toss with cilantro, season with salt and pepper to taste, and serve hot.

TD&N Nutrient Analysis: Calories: 174; Total Fat: 10 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 7 g; Cholesterol: 0 mg; Sodium: 782 mg; Carbohydrates: 19 g; Fiber: 2 g; Protein: 2 g

Fresh Fruit and Yogurt Parfait With Mint

- 2 cups plain yogurt
- 2 tablespoons honey
- ½ teaspoon pure vanilla extract
- ½ orange, in segments
- 1 banana, sliced

- ½ pint fresh blueberries
- ½ pint fresh raspberries
- 1 pint fresh strawberries, hulled and cut in half
- 1 bunch seedless green grapes, halved
- 1 tablespoon fresh mint, chopped

Combine the yogurt, honey, and vanilla extract in a bowl and set aside. Combine the orange and banana slices in a separate bowl. Add the berries, grapes, and mint and gently mix the fruit mixture together. Spoon into serving bowls and top with the yogurt.

TD&N Nutrient Analysis: Calories: 157; Total Fat: 3 g; Saturated Fat: 2 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 1 g; Cholesterol: 11 mg; Sodium: 40 mg; Carbohydrates: 31 g; Fiber: 4 g; Protein: 4 g

*HARI NAYAK, an internationally renowned chef, restaurateur, and food writer, has pioneered the next generation of Indian cooking with his cookbook **Modern Indian Cooking**.*

