

# FamilyCircle

## EASY WEEKNIGHT MEALS

**Easter and  
Passover  
Menus**

**THE 22 BEST  
BEAUTY  
PRODUCTS EVER**

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**Why Your  
Diet Isn't  
Working**

**Surprising Cures  
for Chronic Pain**

**OUTSMART  
IDENTITY  
THIEVES**

**BAKE UP  
SOME  
FUN!**  
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NIELSEN YEAR-TO-DATE AUGUST 2014, IN WOMEN FACE CARE IN MASS MARKET



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Cover photograph by **Romulo Yanas** Food styling by **Karen Tack**  
Prop styling by **Megan Hedgpeth**

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**L**ast January *The New York Times* published the following: “A new study suggests that dietary salt may have little or no effect on the risk for heart disease in older adults,” “A daily cocktail may be associated with a lower risk for heart failure,” and “Coffee may cut melanoma risk.” I know what you’re thinking—sometimes the constantly changing (and often contradictory) nutrition advice can make it feel impossible to know what to eat. But it’s hard to find fault with these particular studies. The one on salt was a 10-year study of more than 2,600 men and women. The cocktail study followed nearly 15,000 people with an average age of 54 for 24 years. (Women who had a drink a day reduced their risk for heart failure by 16% compared to non-drinkers.) And the coffee study involved more than 400,000 people ages 50 to 71 for an average of 10 years and was good news for caffeine lovers—the more java participants drank, the lower their risk for melanoma. Of course, this doesn’t give you permission to lie on the beach all day with a vat of iced coffee, but it’s surprisingly great to hear after years of being told to ease up on salt, alcohol and coffee. Another surprisingly great thing to hear: Eggs are making a comeback. For most people eggs are fine to eat every day and may even raise their “good” HDL cholesterol. In fact, eggs are not just for breakfast anymore: They make for an easy, inexpensive yet satisfying dinner. (Check out Healthy Family Dinners on page 104.) Buy an extra carton or two to create some of the prettiest Easter eggs we’ve ever seen (page 35).



*Linda*

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## Contributors



**CYNTHIA ROWLEY**

A New York-based fashion designer with a knack for vibrant yet sophisticated creations, Cynthia has taken her haute line to the home office with an exclusive new collection for Staples. In “Orderly Fashion” (page 18) she shows off her eye for bold prints and metallic colors, setting a beautiful new standard for organizing.



**JAMES BAIGRIE**

If there’s one thing this photographer and Emily Meyer, our featured homeowner (page 42), have in common, it’s wanderlust. Born in South Carolina and raised in South Africa, James spent 15 years in New York developing his portfolio before heading to Northern California. His clients include *Food & Wine*, Pottery Barn, Walmart and Garnet Hill.



**JESSICA MIGALA**

For every woman looking to lose a few pounds, Jessica breaks down myths and realities in “Why Your Diet Isn’t Working” (page 73). “A perfect diet doesn’t mean eating perfectly,” she assures us all. Jessica’s work has appeared in top lifestyle magazines, including *Glamour*, *Self* and *Women’s Health*.



3 things I learned from this issue

You know not to carry your Social Security card in your wallet—but you shouldn’t carry your health insurance card either. See more fraud prevention tips on page 64.

I’m not the only one who thinks Shu Uemura makes the best eyelash curler—the company says it’s a top seller. Find more beauty heroes on page 28.

If you’re like me, you have a nearly full jar of turmeric among your spices. Now that I know how healthy it is, I’m going to use it more often, starting with the recipes on page 14.





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Andie MacDowell  
SAND BEIGE 152

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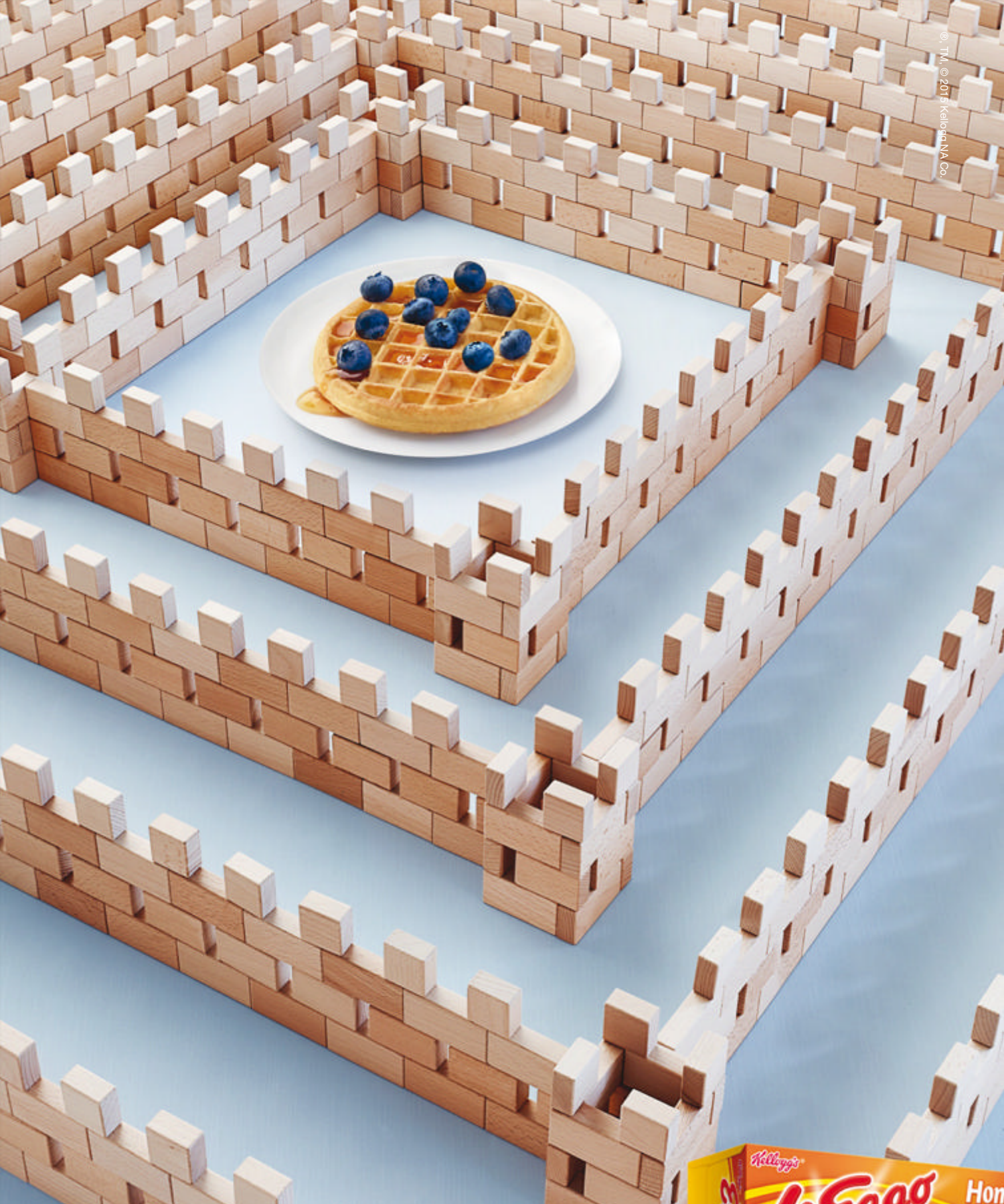
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\*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. \*\*Results based on consumer responses in a clinical study with makeup on, immediately after application.

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# WHAT'S NEW

## *A Fine Wine*

Pantone's Fashion Color Report, which dictates trending shades each season, has dubbed **MARSALA** the hot new thing for spring 2015.

Here are some ways to set the tone.



Art Attack Eyeglasses, [eyebobs.com](http://eyebobs.com), \$79. OPI Nail Lacquer in Malaga Wine, [ulta.com](http://ulta.com), \$9.50. Panache Colette Bra, [herroom.com](http://herroom.com), \$62. Shogun Stool in Bordeaux Red, [boconcept.us](http://boconcept.us), \$189. Lacoste bag, [lacoste.com](http://lacoste.com), \$198. Dominican Diamond Linen Pillow in Dusty Cherry, [art.com](http://art.com), \$103. True Dimensions Lipstick in Rosette, [marykay.com](http://marykay.com), \$18.



## PAGING Ms. MORRISON

The latest dynamic work by Toni Morrison, *God Help the Child* (Knopf), reveals a complex mother-daughter relationship and the ways in which childhood trauma shapes the lives of adults. Prepare to be distracted. Amazon.com, \$25



## BEAUTY ON THE FLY

You hit the airport only to discover that you left your favorite product at home or, even worse, the TSA confiscated it. Fret not. Coveted brands like Benefit and Essie have vending machines in multiple airports, and the company 3FLOZ, which sells travel sizes of products by Yes To, Murad and Fekkai, to name a few, has vending machines at airports nationwide. Whether replacing an item or trying a new one, you can take your gorgeousness to new heights.

## EARTH DAY TO-DO

Holy heap of hand-me-downs, Batman! According to the EPA, the average American throws away 70 pounds of clothing each year. Don't be that person. Instead, sign up for Community Recycling's CR Home program and follow these three simple steps.

**1** Pack gently used clothes, shoes and accessories in a box.



**2** Print a free shipping label and place it on the box.



**3** Leave the parcel for your local mail carrier.



Check your personal sustainability report online and find out in which of over 50 countries your recycled items have found a new home. And there's your Earth Day moment. Pow!



For more info, go to [communityrecycling.biz/programs/cr-home](http://communityrecycling.biz/programs/cr-home).

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*the promise of a new day* moment



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Bed • Bath • Window

# Heidi Klum

The multitasking model, who recently launched the Heidi Klum Intimates lingerie line, reveals her secret passion and what she wears around the house (you'd be surprised).

**My kids can always make me laugh** by blaming their farts on our dogs. Poor Freddy, Max and Simba!

**If I could have a different career,** I'd be a chef. On the other hand, one of my favorite foods is refried spaghetti with ketchup.

**My best fashion tips** for busy moms? Get rid of the baggy jogging pants. And get a good bra. If you feel supported and sexy under your clothes, you radiate more confidence.

**You'd think I'd need** more alone time, being a mom of four (Leni, 10, Henry, 9, Johan, 8, and Lou, 5). But when I travel and am alone in a hotel room, it's way too quiet for me.

**My hidden talent** is dancing. I've been doing it for 15 years—jazz, ballet, tap, ballroom. I'll use any excuse to move to the music.

**I'm not ashamed to admit** I really, really like wearing a Snuggie.

*I'm the opposite of a procrastinator. I can't stand leaving things till the last minute.*



**familycircle.com**

For more celeb talk, go to [familycircle.com/starturn](http://familycircle.com/starturn).



# ROYAL VELVET

the *finding the balance in life* moment



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# SPICE OF LIFE

Turmeric—the vibrant yellow root that's typically sold dried and ground—is a powerful antioxidant touted for its anti-inflammatory properties. Here's what's golden about it: Studies have shown that adding turmeric to your daily diet is helpful in preventing Alzheimer's, cancer and arthritis. Got to get it into your life? Try these recipes.

## *Indian Roasted Cauliflower*

Cut 1 head **cauliflower** into florets. Toss on a rimmed baking sheet with 2 tbsp **olive oil**, ½ tsp each ground **turmeric** and **salt**, ¼ tsp ground **cumin**, and ⅛ tsp each ground **cinnamon** and **cayenne**. Roast at 400° for 25 minutes, until tender.

## *Turmeric-Coconut Tea*

Bring 2 cups unsweetened **almond-coconut milk**, one 1-inch piece peeled and grated **ginger** and ½ tsp **turmeric** to a simmer in a small pot. Cover, remove from heat and steep 3 minutes. Stir in 1 tbsp **honey** and pour through a fine-mesh strainer into 2 mugs.

## *Golden Rice Pilaf*

In a small pot, stir 2 cups **water**, 1 cup **brown jasmine rice**, ¾ tsp **salt** and ¼ tsp **pepper**. Bring to a boil. Cover, reduce to a simmer and cook 45 minutes. Remove from heat and let stand 5 minutes. Meanwhile, melt 1 tbsp **unsalted butter** in a small saucepan over medium heat. Stir in 2 tbsp finely chopped **shallots**, 4 cloves **garlic**, chopped, and 1 tsp **turmeric**; cook 2 minutes. Stir into cooked rice.





# ROYAL VELVET

the *looking at life from a new perspective* moment



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## Killer Waves

Forget straight strands—undone waves are in for spring. Embrace your hair's natural movement by washing and applying a texturizing product from roots to tips, then letting hair air-dry. Two stylers to try: Tresemmé Perfectly (un)Done Sea Salt Spray, \$7, and John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, \$10.

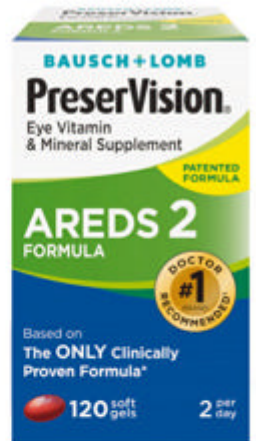


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# Orderly FASHION

**DESIGNER CYNTHIA ROWLEY** first conquered the catwalks with her signature sporty, colorful clothes. Since then, she's expanded her style empire to include everything from branded cosmetics and eyewear to bedding and Band-Aids. Her latest venture? Bold floral and gilded accessories for Staples that set a new gold standard for organizing.



## CYNTHIA'S FAVES



**1/** The sky's the limit for my storage boxes. Use a stack in the closet for scarves and jewelry. Cynthia Rowley Document Box in Gold Abstract and Yellow Leaves, staples.com, \$10 and \$10.50 each



**2/** An oversize vintage wooden table is the perfect spot for dinner, homework and crafting.



**3/** My dark floral desk organizer adds a touch of sophistication to a workspace. Cynthia Rowley Desktop Organizer in Floral, staples.com, \$18



**4/** Glam up a room with luxe fabrics. Varanasi Silk Dupioni Pillow in Butter and Rose, abchome.com, \$48 each



**5/** Silhouette wallpaper makes a bold, graphic statement. Aimée Wilder Shadowcat Wallpaper in Furry, aimeewilder.com



**6/** I'm a sucker for shiny objects in unexpected places. Karat Wall Clock, cb2.com, \$50



**Passover** begins at sundown. For new recipes to add to your repertoire, turn to page 91.

# 3 best of APRIL



4

Tennis, anyone? Qualifying rounds for the **Family Circle Cup** start at 10 a.m. Follow all the action at [familycirclecup.com](http://familycirclecup.com).



8

Still a week to go before the nomination deadline for the **Gloria Barron Prize for Young Heroes**. The top 10 winners (ages 8-18) earn \$5,000 each! If you know a deserving kid, fill out the paperless form at [barronprize.org](http://barronprize.org).

12

Shouldn't every day be **National Grilled Cheese Day**? Well, today actually is. To find irresistible options at [familycircle.com](http://familycircle.com), just type **grilled cheese** in the search box.



5



Happy **Easter**! Our gorgeously decorated eggs (page 35) are surprisingly easy to create.



15

Check out **Beauty with Benefits** on QVC for a gorgeous variety of prestige-brand hair and skin products. Eighty percent of the purchase price goes to Cancer and Careers, a program that empowers people to balance treatment with work. Tune in at 10 p.m. EST.



14

Our health director, Lynya Floyd, talks wellness with Dr. Travis Stork today on **The Doctors**. Check [thedoctorstv.com](http://thedoctorstv.com) for local listings.



22

Climate change is sure to be a hot topic on the 45th anniversary of **Earth Day**. Learn more about the environmental movement and commit to perform an Act of Green at [earthday.org](http://earthday.org).

19

In honor of the 50th anniversary of **The Sound of Music**, the Academy Award-winning film plays today (and on the 22nd) in more than 500 theaters nationwide. Get ticket info at [fathomevents.com](http://fathomevents.com).



28



28

He's a charming Brit, that bear. The surprisingly witty movie **Paddington** (from the producer of Harry Potter) comes out on Blu-ray/DVD.

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## ***Budding Beauty***

**Crisp white skinnies let a bright botanical tee steal the show.**

Top, Cooper & Ella, \$108. Jeans, Jessica Simpson Collection, \$49. Sandals, Toms, \$69. Belt, Amiclubwear, \$9. Clutch, Botkier, \$128. Earrings, Roberta Chiarella, \$68.



## ***Garden State***

**Cultivate a sophisticated look this season: Top an ultra-feminine dress with a tough moto jacket.**

Jacket, Jennifer Lopez, \$98. Dress, White House Black Market, \$170. Pumps, Dune London, \$135. Earrings, House of Harlow 1960, \$58. Ring, Amiclubwear, \$9.

# ***Bloom Bounty***

*Bold colors and petals with mettle define spring style.*

BY NICOLE MCGOVERN & DORI KATZ • PHOTOGRAPHY BY DIANA KING





## ROSY OUTLOOK

Ruby red lips are fun, bold and universally flattering. Create your perfect pout by outlining and filling in with a long-wearing lip pencil, like Clinique's version in Rich Red, \$16. Then pat on a matching gloss—L'Oréal Paris Color Riche Le Gloss in Raspberry Splash, \$8, works perfectly—with an extra dab in the center to make lips look fuller.

Dress, Lily Rose, \$48. Earrings, Loft, \$25.



### ***Hothouse Flowers***

**There's no rule that says florals must be frilly. This electric print blossoming from a black background looks edgy and sleek.**

Sweater, The Limited, \$60. Skirt, Robert Rodriguez, \$79. Pumps, Call It Spring, \$50. Handbag, Cole Haan, \$138. Watch, Timex, \$60. Earrings, Amiclubwear, \$17.

### ***Petal Pusher***

Patterned trousers put a little spring in your step, especially when paired with a well-worn denim vest and simple slip-ons.

Vest, Chaps, \$79. Top, Covington, \$36. Pants, Old Navy, \$35. Shoes, L.L.Bean, \$60. Bangles, Alex and Ani: top, \$58; bottom 3, \$38 each. Necklace, Marlyn Schiff, \$74. Earrings, Viv&Ingrid, \$48.

### **SHADOW PLAY**

Give your smoky eye a spring awakening with shades of brown and gray. Dab a taupe cream shadow across the lid with fingers, then swipe on a matte powder shadow (like Revlon ColorStay ShadowLinks in Chocolate, \$3) in the crease. Add shimmery taupe powder shadow on top (try E.l.f. Studio Baked Eyeshadow in Toasted, \$3) and blend outward with a small fluffy brush. Finish by wetting an eyeliner brush and lining lower lashes with the taupe shadow and two coats of black mascara.

Top, Merona for Target, \$20.

### ***Ka-Bloom***

Accent a colorful ankle-grazing dress with laid-back accessories.

Dress, L.L.Bean Signature, \$139. Sandals, Nine West, \$59. Tan and blue bracelets, Bijouterie, \$92 for set of 3. Cream bracelets, Bijouterie, \$55 for set of 3.



# Hall of Fame

Heroes deserve recognition, so we're spotlighting the most beloved products in the beauty world. Meet the dream team.

BY SYDEN ABRENICA

PHOTOGRAPHY BY LISA SHIN

**L'ORÉAL PARIS TRUE MATCH SUPER-BLENDABLE MAKEUP IN NATURAL IVORY, \$11**

With a broad range of shades (33 to be exact), the creamy texture conceals any imperfections—without clogging pores.

**BAREMINERALS ORIGINAL FOUNDATION SPF 15 IN GOLDEN FAIR, \$28**

Great for sensitive (as well as all) skin types, the loose powder is free of parabens, sulfates and a laundry list of other "no-no" ingredients.

**SUGAR ROSÉ fresh F21C**

**LAURA MERCIER TINTED MOISTURIZER SPF 20 IN NATURAL, \$44**

If you love the no-makeup look, this sheer sensation is your match. While the coverage is buildable, it doesn't feel heavy on skin.

**FRESH SUGAR ROSÉ TINTED LIP TREATMENT, \$23**

Indulge your sweet tooth—minus the calories—with a nourishing balm of sugar, essential oils and vitamins.

**SMASHBOX PHOTO FINISH FOUNDATION PRIMER PORE MINIMIZING, \$39**

Talk about double duty. Apply the silicone-based formula under makeup for a long-lasting finish or over oily areas to minimize shine.

**AMAZING COSMETICS CONCEALER, \$28**

This waterproof wonder masks blemishes and dark circles with just one dab.

**BOBBI BROWN SKIN FOUNDATION STICK IN WARM HONEY, \$44**

Portable, hydrating and super smooth, the iconic stick now has 24 light-reflecting shades.

**ANASTASIA BROW WIZ, \$21**

Create natural-looking arches by penciling small flicks in the direction of hair growth, then gently combing brows to set in place.

**ESSIE NAIL POLISH IN BALLET SLIPPERS, \$9**

Sheer, pink and polished are a few words to describe this versatile award-winning hue.

**OPI NAIL LACQUER IN LINCOLN PARK AFTER DARK, \$10**

When the deep purple launched back in 2005, it fueled the almost-black polish trend. Years later, it's still chic.

**ZOYA NAIL POLISH IN ROCHA, \$9**

A red-orange showstopper is a spring awakening. Layer over white polish to truly make it stand out.



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- works while you sleep when skin is most receptive



#sleepwiththis



[garnierusa.com](http://garnierusa.com)



**URBAN DECAY NAKED EYESHADOW PALETTE, \$54**

The company's palette pioneer has spawned two other popular variations. Fun fact: One sells every five seconds worldwide.

**PHYSICIANS FORMULA MAGIC MOSAIC MULTI-COLORED BRONZER, \$14**

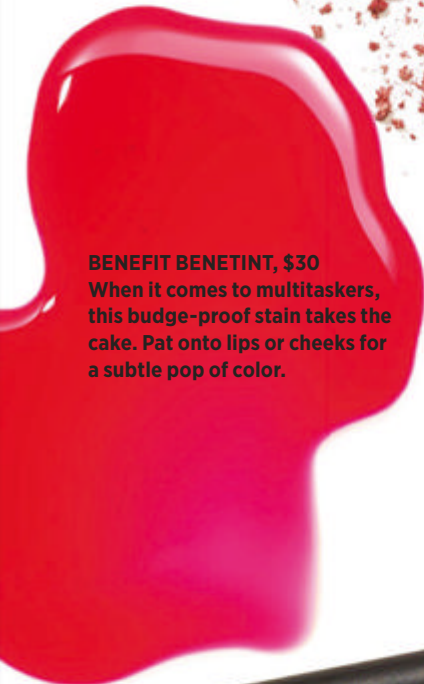
So pretty, you may just want to admire, but this glow-booster lights up cheeks, eyelids and even the hairline.

**REVLON SUPER LUSTROUS LIPSTICK IN CHERRIES IN THE SNOW, \$8**

Go bold with Revlon's classic fuchsia—it's perfected pouts for over six decades.

**NARS BLUSH IN ORGASM, \$30**

A go-to color for pro makeup kits and personal beauty bags, this mix of pink and peach pigments flatters all skin tones.



**BENEFIT BENETINT, \$30**

When it comes to multitaskers, this budge-proof stain takes the cake. Pat onto lips or cheeks for a subtle pop of color.

**SONIA KASHUK HIGHLIGHTER, \$11**

Glow girl! A healthy-looking complexion is all yours—keep this compact pearl-infused stick in your bag for brightening touch-ups.



**SMITH'S ROSEBUD SALVE, \$6**

Say hello to the ultimate fixer. Slather this emollient balm over cracked cuticles, chapped lips, dry elbows and more.



**MAC COSMETICS LIP PENCIL IN SPICE, \$16**

A favorite shade for almost 30 years, thanks to its instant plumping effect.



**SHU UEMURA EYELASH CURLER, \$20**

The curved angle allows you to reach all lashes, while a silicone pad creates the perfect curl.



**COVERGIRL LASHBLAST MASCARA, \$9**

Achieve look-at-me lashes with an oversize brush that coats every single strand.



**LANCÔME JUICY TUBES JELLY IN BOLOLE, \$18**

Swipe on an ultra-shiny dash of color anywhere, anytime.



## Why Jennifer Garner never skips sunscreen, even when it's cold and rainy.

The sun is up there shining 365 days a year. Summer or winter, its UVA rays can pass through clouds, haze, even windows. The more unprotected sun exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit, and discounts on sunscreen products, go to [ChooseSkinHealth.com](http://ChooseSkinHealth.com)

#ChooseSkinHealth

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American Society for  
Dermatologic Surgery



# the forgotten kettle

a sign your aging parent needs help



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[HomeInstead.com/familycircle](http://HomeInstead.com/familycircle).







A break from tradition: Two-toned sponged eggs with or without a touch of gold, flash tattoos and lace patterns.

# Good Eggs

CRAFT STYLIST SUZONNE STIRLING HATCHES A FEW FRESH WAYS TO GET YOUR EASTER ON.  
*Photography by David Prince*





**TIP**

*For best results, use boiling water in dye bath.*

## Easy Does It: Sponged

### HOW TO

- \* Pour a small amount of rubber cement into a plastic or paper bowl. Lightly press the sponge into rubber cement to coat. Gently dab sponge on a white or pastel-dyed hard-boiled egg. Set aside for 10 minutes. Dip the sponged egg into dye, and spoon color over it until you achieve an even shade. Remove egg from bath and pat dry with a paper towel.
- \* While egg is still warm, remove rubber cement by rolling it off the egg with your finger.
- \* If desired, add gold speckles to dyed eggs by lightly pressing the sponge into a small amount of gold craft paint. Gently dab paint onto one half of the egg; set aside to dry for 15 to 20 minutes. Turn egg over and repeat process on the other side.

### MATERIALS

Rubber cement  
 Natural sea sponge with medium to large holes  
 Hot dye bath  
 Gold acrylic craft paint (optional)



## Gilty Pleasure: Tattooed

### HOW TO

- \* Trim edges of tattoo. Remove the plastic film and place tattoo facedown on a dyed hard-boiled egg. Pat the back of the tattoo with a damp—not wet—paper towel. Wait a few seconds, then peel off the paper. If necessary, gently press down any loose edges to seal. Let dry completely before handling.

### MATERIALS

Metallic tattoo “flash jewelry”



## Wrap Star: Lacy

### HOW TO

- \* Cut a piece of lace trim that’s just long enough to encircle an egg and place on a flat surface covered with scrap paper. Using a mini sponge applicator, apply an even coat of craft paint to the lace. Quickly transfer the lace paint side up onto a stack of paper towels and roll the egg lightly over the trim. Set the lace-patterned egg aside to dry.

### MATERIALS

Flat lace trim  
 Acrylic craft paint  
 Mini sponge applicator

See Buyer’s Guide on page 119 for more information.

# StainGuide



**OxiClean™ Versatile** tackles over **101 different types of stains**, is **color safe** and **chlorine free**.



## Dirty Sports Uniforms

*Pre-Soak Tough, Dried-In Stains!*

Dissolve **OxiClean™ Versatile Stain Remover** powder with warm water and soak item for 1-6 hours for superior stain removal!



## Brighter Colors & Whiter Whites

*Add a Scoop to Every Load!*

Add **OxiClean™ Versatile Stain Remover** to every load of laundry to boost your detergent's cleaning power!

- Helps to Prevent Colors from Fading
- Whites Get Whiter & Colors Stay Brighter
- Better Stain Removal



## Muddy Canvas Shoes

*Pre-Soak Tough, Dried-In Stains!*

Refer to product label for specific directions.  
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**OxiClean™ Gets the Tough Stains Out.**  
Visit us at [YouTube.com/OxiClean](http://YouTube.com/OxiClean)

# GLOBA

Emily and Hilton on the front porch with Clement and Georgia.

For Emily Meyer, decorating ideas come with a passport. As cofounder and creative head of the children's clothing company Tea Collection, she makes twice-yearly trips to far-flung destinations like West Africa, China and India. While scouting inspiration for vibrantly embroidered dresses, she's also shopping bazaars for treasures for her home. "I love pulling a design scheme together with exotic objects and textiles," says Emily. When she and husband Hilton Romanski bought their 1908 Palo Alto Craftsman a few years ago, her adventurous creative instincts kicked into high gear. "The house had great bones but lacked personality," she says. Emily transformed it with a bold palette, then peppered each room with well-traveled finds—a Turkish ikat pillow, a Malian coverlet. "It's a way to share global awareness with my kids," says Emily, mom to Clement, 6, and Georgia, 4. "We have the whole world right here."

**BOLD COLORS AND MULTICULTURAL ACCENTS GIVE A CALIFORNIA FAMILY HOME FOREIGN FLAIR.**  
BY JUDY PROUTY  
PHOTOGRAPHY BY JAMES BAIGRIE

# WVA



Emily puts together leaf-pattern persimmon wallpaper with a bold graphic rug in the living room. Contemporary leather club chairs are styled after midcentury modern classics. The carved mantel, original to the house, holds an arrangement of eclectic vintage pieces.

RMING



A vintage pre-World War I map takes center stage in Clement's room, where walls are painted in Benjamin Moore's Teal (2055-10). Emily used four coats to get a deep, rich shade. A patchwork kantha quilt and a striped rug from Ikea make for a fearless pattern mashup. "The rug is an inexpensive knockoff of African kente cloth," Emily says. Stacked wine crates serve as bookcases, and the 1940s toy truck once belonged to Clement's grandfather. Above the bed is a print of koi fish. "They're Japan's symbol of good fortune," says Emily.

The couple turned the basement into a playroom with a craft table, swings, big beanbags and interlocking cushioned floor tiles. Bay Area artist Nathan Tan dreamed up the fanciful butterfly garden mural. Huge sheets of photographer's background paper hung on a facing wall serve as a blank canvas for the kids to paint, with mops and brooms taking the place of brushes.





For her daughter's bedroom, Emily wanted cheerful but not conspicuously girlish. She chose wallpaper in a black hand-blocked parakeet print. "It's feminine, edgy and strong, just like Georgia," says Emily. A mint-green ceiling, whimsical bedding and a silver Moroccan pouf soften the space.







An outdoor room with an arbor offers a cool spot for kicking back or entertaining. “We wanted a modern sculptural effect,” says Emily. She punches up the neutral palette with bright cushions and throws from her travels. A pair of stools from Ghana flank the fireplace, and Hilton’s surfboards are stacked behind the built-in bench.



Emily painted the kitchen taupe to complement the existing marble countertops and make the original white cabinets pop. The antique Asian table doubles as a place for the kids to eat and a work surface. “I like the rustic vibe,” Emily says.

## EMILY’S ESSENTIALS

- ✓ Sophisticated tones and fabrics in kids’ rooms look great and don’t need constant updating.
- ✓ Print wallpaper and patterned textiles add instant character.
- ✓ To keep to a budget buy inexpensive basics, then splurge on one item, like a glamorous light fixture or vintage table.
- ✓ Display what you love—I collect teapots and canisters from everywhere I’ve visited.
- ✓ Find a useful purpose for unusual objects. I turned a sake barrel into a planter, and an old Indian elephant saddle works as a side table.

Prop styling: Rod Hipskind.



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LUNCH  
TIME TOO



[lunchables.com](http://lunchables.com)

Lunchables with Smoothie Kabobbles™ lets them mix up their favorite foods

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# FAMILY

YOUR CONNECTIONS, YOUR STORIES, YOUR CIRCLE



JARED LEVY, 14, JOSH LEVY, 12, AND SHEREE R. CURRY, 47, JOURNALIST AND MARKETING COMMUNICATIONS STRATEGIST. MAPLE GROVE, MINNESOTA

## MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY SARA RUBINSTEIN

Generally, we are born into a religion, but sometimes our faith arrives through thoughtful reflection. This was the case with Sheree R. Curry. Her family exposed her to various Christian practices, approaching them all with an open mind. But it was a comparative religion class in high school that introduced her to Judaism. She began studying with a rabbi at 17, converted at 18 and hasn't looked back. Sheree now attends Adath Jeshurun Congregation, a large conservative synagogue in Minnetonka, MN. Divorced from a Jewish man, the busy single mom is raising her two sons in her chosen faith and finding time to work with BlackandJewish.com, an online community she created for others to share their experiences.

“The world is becoming more and more aware that Judaism is a religion, not a race, and one that comes in different flavors and colors. Many people know of a black, Asian or Hispanic Jew, even if it is just a celebrity, like Drake or Rashida Jones.”



“ I come from a very supportive family with a mix of religions and ethnicities and nationalities. We are very comfortable in our differences, and we are all steeped in faith and spirituality. Therefore, they remained quite supportive of my choice, but were obviously curious.”

**Curiosity Fatigue**

*“As with any convert, black, white or other ethnicity, one does tire of being asked, ‘How did you become Jewish?’ I’ve been Jewish for more than 25 years now, so the question gets a bit old!”*

**Double Happiness**

*“My two boys are very inquisitive and loving; they care about others and they really care about each other. I hear stories of people who are at odds with their teens, and I am blessed that my boys inherited a lot of my family’s mild temperament and solid values.”*



**Finding Connections**

*“For my oldest son’s first Passover, I created a family Haggadah that we still use today. The Haggadah is the booklet that tells the story of the slaves’ freedom from Pharaoh, but in our version, we also tell the story of the freedom of American slaves. Although this is a holiday that lends itself well to the merging of our family’s two histories of being black and Jewish, this should not be limited to just the households of black Jews. All of us should remember and celebrate the freedom and right to freedom of all people.”*

**familycircle.com**

For more on Sheree and her family, go to [familycircle.com/modernlife](http://familycircle.com/modernlife).

# PRESERVATIVES ARE FOR MUMMIES

not mommies.

Preservatives in lunchmeat?  
What is this?? Ancient Egypt???

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Thanks  
Mom!



# Paws and Effect

Genevieve Frederick founded Pets of the Homeless to offer animals the food their owners can't provide. *By Penny Musco*

## Unexpected Journey

When Genevieve Frederick visited New York City in 2005 to receive an award for her self-published book, *Happy Tails: Hilarious Helpful Hints for Dog Owners*, a homeless man and his dog on the sidewalk caught her attention. "I wanted to give him money for dog food," says the avowed animal lover, "but sadly, I was too afraid." Back home in Carson City, NV, Genevieve couldn't get the pair out of her mind. How could someone who wasn't able to shelter himself take care of an animal? Her research revealed that in some cities, up to 5% of the unsheltered homeless population have pets.

## Animal Control

Genevieve, then 58 and retired from a full-time career in marketing and promotion, felt others were better

equipped to tackle homelessness. But Genevieve thought she might be able to ease the circumstances of those with pets. She bounced an idea off her book's co-author, a veterinarian: What if the public could bring pet food to his practice for the local food bank to distribute to needy people and their animals? A year later she founded Pets of the Homeless, initially soliciting donations through a website. By 2008 she had nonprofit status. "The recession was in full swing and people started seeing more homeless with pets," Genevieve says. "We gave them a way to help without putting them in an uncomfortable situation." Her friend's vet clinic became the first collection site, joined by places like commercial banks, hair salons and medical offices. Now there are more than 400 distribution

locations, in food banks and soup kitchens in just about every state. Over 340 tons of food has gone to tens of thousands of animals (usually dogs, with a smattering of cats and even birds).

## Creature Comfort

Such an incredible bond exists between the homeless and their pets that they often take better care of their animals than themselves. "A pet is the only thing a homeless person has left," she explains. "They've lost their identities; they've lost any material possessions except what's in a shopping cart or on their backs. Animals give them solace." Often, they shun shelters and social services if their pets aren't welcome, and they're frequently wary of seeking health care for their pets for fear the animals will be confiscated. But Genevieve worked out the solutions to those problems too. The organization offers collapsible sleeping crates to shelters so four-legged companions can safely remain with their owners. And it assists volunteers in partnering with area veterinarians, who provide emergency care, exams and vaccinations. Also, because the organization doesn't give money directly to the homeless, it hands out vouchers for free spaying or neutering when it sponsors wellness clinics.

## Group Project

At the Nevada headquarters, Genevieve and three part-time salaried workers keep busy with grant writing, recruiting distribution and collection venues, and fielding calls for assistance. Her daughter, Renee Lowry, 41, who's been with Pets of the Homeless from the beginning, is now the paid executive director. Genevieve's grandchildren—ages 15, 12 and 8—also contribute by stuffing envelopes and separating pet food into small zippered plastic bags (so owners don't have to carry large quantities). Genevieve realizes she's not tackling the bigger issue of homelessness but still wants to do her little part. "If we can help the homeless keep their pets, that's just one less heartbreak for them," she says. "And one less dog that ends up in a shelter."

To volunteer or donate, go to [petsofthehomeless.org](http://petsofthehomeless.org).



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\*Than our regular litter



Should you put pressure on your kid to go to college? We tallied responses from more than 500 readers. Here's what you told us.

**56%**

**of you said "No."**

"I went to college and dropped out. I now own a remodeling and woodworking business with my husband and we are doing very well. Do what you love."

—Allison C.

"It's their life to live—not yours." —BT S.

**31%**

**of you said "Absolutely."**

"Even if they change their profession in life, the experience and education are unforgettable and highly useful in all things that follow."

—Shirley D.

**13%**

**of you said "Perhaps."**

"Kids need a slight push to be better than their parents, have determination and set goals for survival and life beyond high school."

—Crystal S.

**familycircle.com**

Catch up with Rosalind on her blog at [familycircle.com/rosalindwiseman](http://familycircle.com/rosalindwiseman). Do you have a parenting dilemma you'd like considered for this column? Email [askrosalind@familycircle.com](mailto:askrosalind@familycircle.com).

**Q** My daughter had plans to go to college in the fall but changed her mind. I'm worried she'll regret this one day. How can I get her back on track?

**A** As a parent, you have to remember that no decision is final. Just because your daughter isn't enrolling in college in September doesn't mean she'll never go. And you don't want a kid accumulating major school loans when she's not ready to commit. It's way better for her to be out in the world, learn to take care of herself, decide what she wants to do and then get a degree. The most important goal for your daughter isn't to go to school—it's to get an education. Tell her you respect her choice and you want to help her think through how to find a work and living situation that will give her the best shot at pursuing what she's passionate about. Encourage her to look into gap year programs that involve travel, and maybe you two can reevaluate her choice in six months.

**➤ ROSALIND WISEMAN** works with tens of thousands of students, educators and parents each year to stop bullying, promote media literacy and more. Her book *Masterminds and Wingmen* is a New York Times best seller. For more info, go to [rosalindwiseman.com](http://rosalindwiseman.com).

**Q** Now that my tween has turned into a teen, he's started telling lies. He fibs about everything: whether he has homework, if he's been showering. What can I do?

**A** Teaching your kids to be honest is incredibly important, but don't take his lies personally. I'm not excusing his dishonesty. I'm only pointing out that you have to understand his motivation if you want to resolve the issue. Don't wait until you catch your son fibbing again to bring it up. Broach the topic when you're not arguing with him and say something like: "We have a problem. I think I'm nagging you so much that you're lying to me so I leave you alone. Am I right? If you feel that way, I want to work with you to fix it. But it's also important to me that you don't deceive me. So how can we both get what we need?" Then—and this is tough—be ready to be changed by what you hear. I know his untruths may seem ridiculous to you. Why would he say he showered when (a) you can probably tell if he hasn't and (b) not showering can get you teased or rejected by your peers? But contrary to your instincts, there may be a really good—at least in his mind—reason why he's hiding things from you. So be open to hearing it.



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-Nielsen Mobile Insights, Q3 '14

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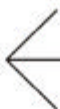


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BY ALYSSA BREWER



## Doctor's Orders

Giving your dog or cat his medicine doesn't have to be hard to swallow. Target's pharmacy locations ([target.com/pharmacy/petrx](http://target.com/pharmacy/petrx)) include a PetRx program and staff trained by the American Veterinary Medical Association. They offer \$4 generic options, plus pets get a different-colored ring on their prescription bottles to avoid any family mix-ups. The company's medical director, Kevin Ronneberg, MD, shares two inside tricks for easy intake.

- **Wrap pills in cheese, peanut butter or wet pet food to make them more appetizing.**
- **For liquid meds, ask for free beef and tuna flavorings to mask the taste.**

# Feline Fine

A trip to the vet can turn even the toughest kitties—as well as their owners—into scaredy-cats. In fact, more than half of owners skip their pet's checkups. To lessen that anxiety, the American Association of Feline Practitioners has put together a listing of vets dedicated to soothing frazzled animals. They'll evaluate anxious pets inside their carriers and let antsy ones roam the exam room, plus they offer kitty-only waiting areas. Find a Cat Friendly Practice at [catvets.com/cat-owners/find-vets-and-practices](http://catvets.com/cat-owners/find-vets-and-practices).



## STEP IT UP

Before you hit the pavement with your pooch—whether it's for a quick stroll or a long trek—download the Walk for a Dog app. You'll rack up donations for an animal shelter or rescue organization of your choosing (more than 4,000 participate). The company's already raised \$60,000 and counting. Android and iOS, free

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# Safety in Numbers

*Six simple ways to protect your bank accounts and credit cards. (Take that, evil hackers!)*

With retailer data security breaches making headlines and legions of identity fraud victims in 2013—13.1 million, in fact—being vigilant is a must. “If your information is stolen and used, it’s going to take time and money to fix,” warns Gerri Detweiler, Credit.com’s director of consumer education. Do everything possible to stay a step ahead of the bad guys.

**Error #1** Being lax about monitoring statements

**SAFETY STRATEGY** Get your free credit reports yearly (at [annualcreditreport.com](http://annualcreditreport.com)) and frequently scrutinize them to spot fraud before it escalates. “It’s not overkill to log into your bank account twice a week,” says Detweiler. To track transactions, set up text or email alerts, which most banks and creditors offer for free, says Ken Chaplin, senior vice president of credit bureau TransUnion. And purchase identity theft protection, says Robert Siciliano, McAfee online security expert, because “if someone is trying to open an account in your name with your Social Security number, you’ll be notified.” Pricing begins around \$10 per month.

**Error #2** Conducting business on public WiFi

**SAFETY STRATEGY** If you tap into free wireless at cafés or elsewhere, set up different, complex passwords for each

of your financial and personal accounts. Siciliano suggests downloading a VPN (virtual personal network) app like Hotspot Shield to encrypt your data, and Detweiler recommends installing an app that lets you remotely wipe data from your devices if they are lost or stolen.

**Error #3** Leaving financial documents visible

**SAFETY STRATEGY** Paper is still a common source of ID theft, says Detweiler. Shred unwanted mail and lock away statements that you must keep. Put mail service on hold when you’re away, and cancel pre-approved credit card offers (for info, go to [OptOutPreScreen.com](http://OptOutPreScreen.com)).

**Error #4** Allowing access to your home technology

**SAFETY STRATEGY** Don’t make it easy for delivery people, service providers or even your teens’ friends to retrieve personal information on your Internet-enabled TVs, laptops, tablets and smartphones. “Password-protect everything,” says Siciliano.

**Error #5** Being careless when filling out credit applications

**SAFETY STRATEGY** It’s tempting to sign up for store credit cards to get a discount. But Chaplin cautions that when you complete an



application in a public place you could be leaving it with a clerk who’s not careful with how your vital info is stored. A digital option is often better than filling out a physical form.

**Error #6** Putting your plastic on display

**SAFETY STRATEGY** Be wary of people looking over your shoulder at the ATM, or of setting your cards down where anyone could snap a photo. Cover up PIN pads and keep cards out of sight.

## What’s in your wallet?

### LEAVE IT HOME

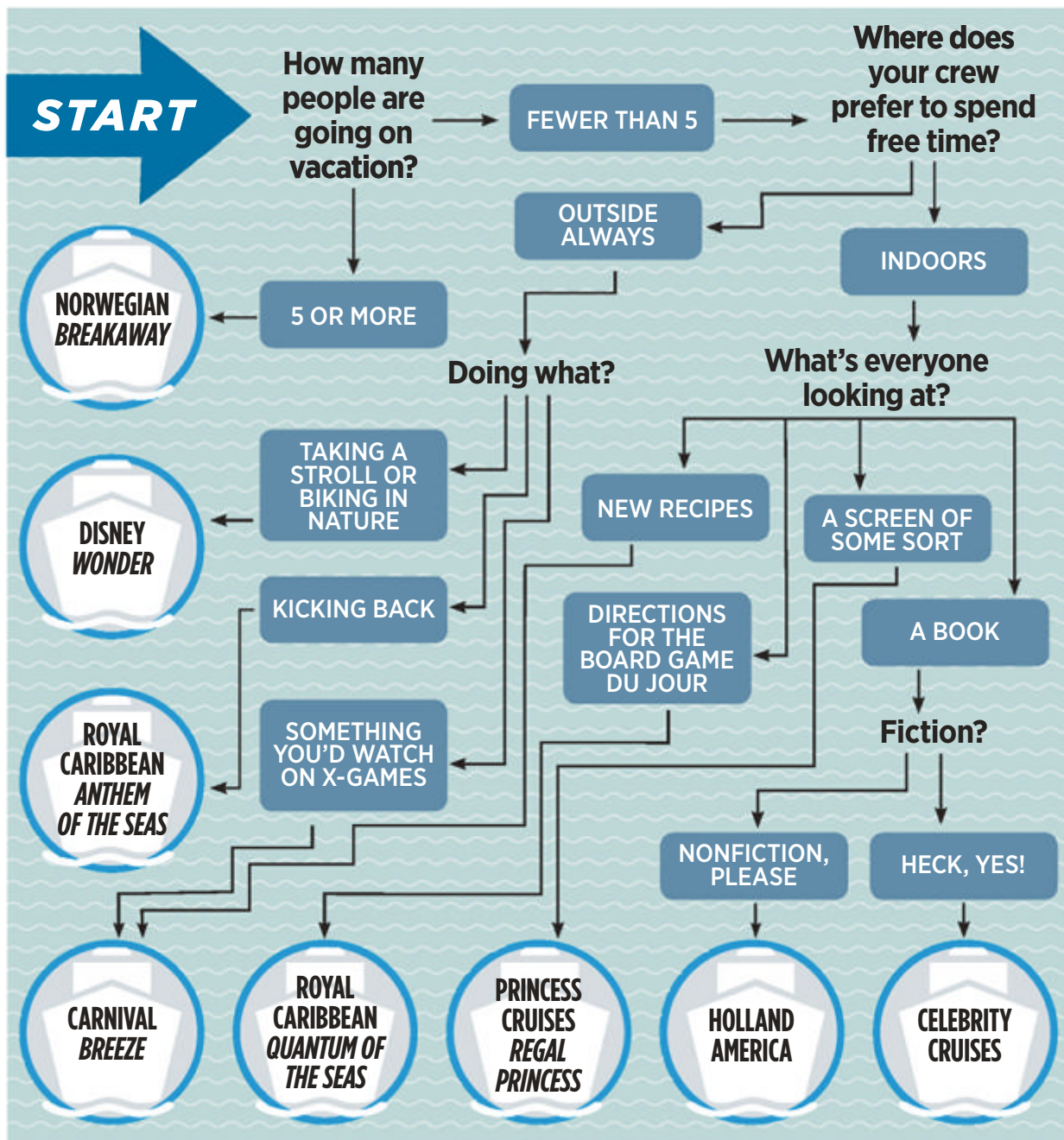
- Social Security card
- Passport
- Health insurance cards (unless you have a medical appointment)
- Receipts with personal info
- A list of PINs and passwords

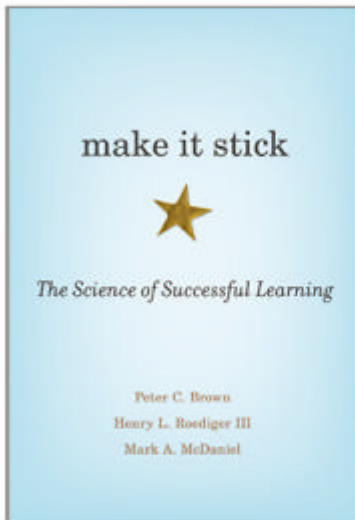
### SAFE TO CARRY

- Driver’s license/photo ID
- Debit card
- One or two major credit cards
- Cash
- A list of emergency contact phone numbers

# SMOOTH SAILING

Go with the flow (chart) to find the just-right cruise for your crew. BY MARIDEL REYES





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If you're traveling with a big brood of kids, cousins or grandparents—or all of the above—the nearly 4,000-passenger *Norwegian Breakaway* offers several room configurations to accommodate everyone: Choose from interconnecting staterooms or multi-room suites. The ship debuted in May 2013 and journeys to the Bahamas and Florida in winter and to Bermuda in summer. Seven-day cruises start at \$879 per person; [ncl.com](http://ncl.com).

## *Foodies and Daredevils* **CARNIVAL BREEZE**

For the family who's brave when it comes to dining and activities, this ship doesn't limit you to one type of thrill: Opt for a heart-pumping adrenaline rush or a tickling of your taste buds. Adventurous eaters will love the more than 15 restaurants—including Indian, Mexican and BBQ—and free cooking demonstrations. Too much fun in the sun? Chill out in the Thrill Theatre, an interactive, multidimensional viewing experience that takes you inside the movie and keeps you on the edge of your seat. Six-day cruises start at \$359 per person; [carnival.com](http://carnival.com).

## *Beach Bums* **ROYAL CARIBBEAN INTERNATIONAL ANTHEM OF THE SEAS**

Talk about a Caribbean dream. Sail to tropical ports of call on one of the world's first smartships for an average price of \$220 per person per day ([royalcaribbean.com](http://royalcaribbean.com)). Eat well without gaining an ounce thanks to celebrity chef Devin Alexander's special

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## *Nature Lovers* **DISNEY WONDER**

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## *Gadget-philes* **PRINCESS CRUISES' REGAL PRINCESS**

Challenge the whole crew to a round at the Bullseye Shooting Simulator for some family fun. Then kick back at one of the movies played on the poolside mega-screen. (Pass the free popcorn and cookies!) Weather permitting, the top deck pools transform into *WaterColor Fantasy*, a show with interactive sound and light effects and dancing fountains that shoot water up to 33 feet into the night sky. Seven-day cruises start at \$599 per person; [princess.com](http://princess.com).

Craving adventure? Stare down a SkyCourse ropes course on the *Carnival Breeze*, where kids and adults alike are suspended 150 feet above sea level. (Don't worry—there's a harness.)



**Movie Buff's**  
**CELEBRITY CRUISES**

Got a budding movie director on your hands? Celebrity Cruises has launched a workshop for wannabe teen directors called iTake. First, they brainstorm storyboards for short flicks. Then, armed with GoPro Hero3 waterproof wide-angle video cameras, they'll head out to get the shots. After filming, they'll learn how to edit footage to create amazing vacation videos. Seven-night cruises start at \$649 per person (celebritycruises.com). While the kids are brushing up on their cinema skills, you and your husband can take a salsa or ballroom dance class, book a healing acupuncture or chiropractic session, or join a friendly pick-up game of bocce or croquet on the ship's lawn. Combine land and sea by encouraging your kids to document the line's just-announced Celebrity City Stay vacation packages, which include three nights in a four-star hotel with breakfast; transfers to and from the airport, hotel and cruise ship; and a full-day guided city tour with lunch. Prices vary according to destination.

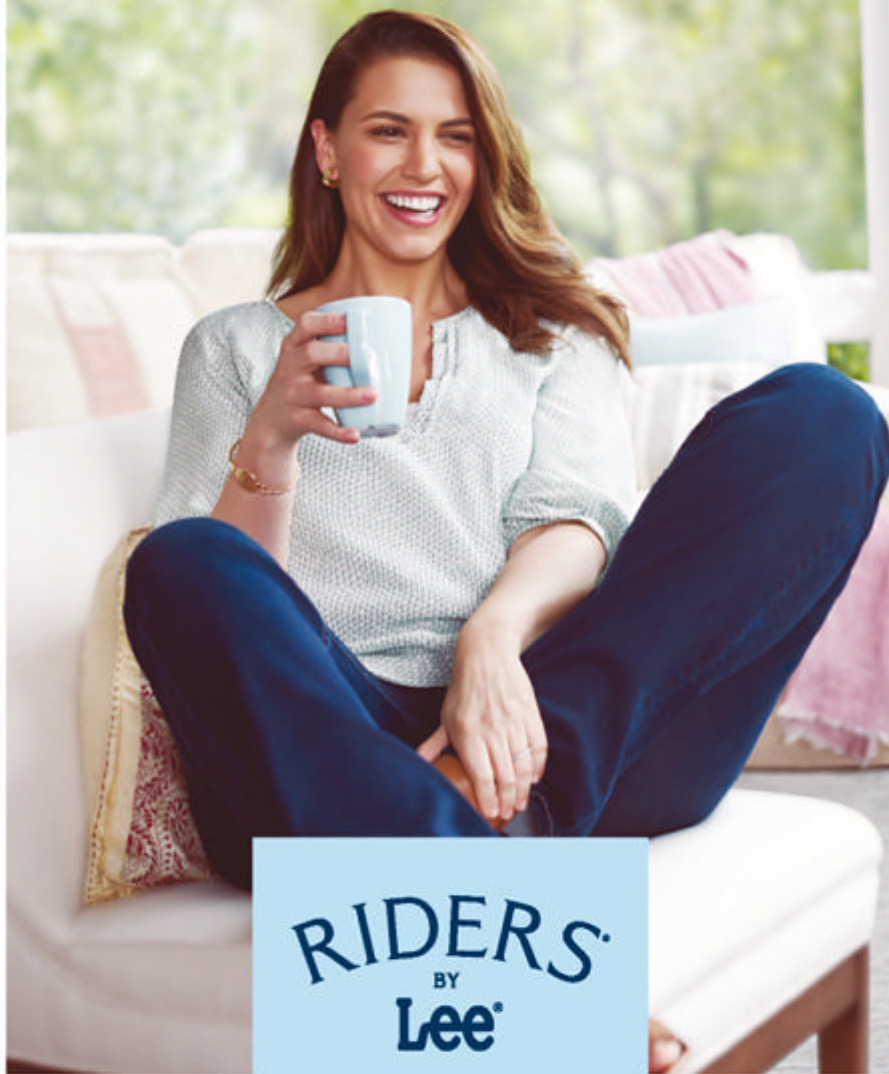
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In vacation and in life, sometimes you and your kids would each rather do your own thing. Enter Holland America's programs tailored to tweens and teens. Eight- to 12-year-olds can join karaoke disco parties, while 13- to 17-year-olds learn how to make a mean mocktail and dabble in yoga and hip-hop. Grown-ups can take in culture with self-guided walking tours of the impressive onboard art collection on select ships. Then taste your way through two different levels of wine courses or learn how to make classic cocktails. Top the night off by kicking back at the newly expanded B.B. King's Blues Club, featuring an eight-piece house band. Seven-day cruises start at \$599 per person; hollandamerica.com.

**Gamers** **ROYAL CARIBBEAN**  
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We asked Family Circle readers\* to try Almased for 30 days. Here are some of the rave reviews:

**81%** say Almased helped them lose weight

"I couldn't believe it when I went to the doctor and found out I had lost 15 pounds! I can wear jeans I've been saving FOR YEARS!"



– **Lesli N., Stella, MO**

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– **Carol B., Golden Valley, MN**

**70%** agree that Almased helped control cravings

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"I love the taste and felt satisfied. I found that I was full with just the shake, when normally I would be starving."

– **Elizabeth G., Hialeah, FL**

**76%** saw improvement in their overall well-being

"I experienced a feeling of more energy throughout the day, plus more stamina and better sleep."

– **Amber R., Live Oak, FL**



"I was more energetic, less sluggish, and not hungry. I felt so much better about myself."

– **Linda W., Seaford, DE**

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\*Based on a survey of Family Circle readers who agreed to participate in a 30-day diet plan that included Almased meal replacement shakes. Family Circle is a registered trademark of Meredith Corporation. © Meredith Corporation 2015. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.





### Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

### Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



### Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



### Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



YOU CAN REPLACE ONE OR TWO MEALS A DAY WITH AN ALMASSED SMOOTHIE FOR WEIGHT LOSS, OR ADD IT TO YOUR REGULAR DIET ROUTINE FOR WEIGHT MAINTENANCE AND WELLNESS.

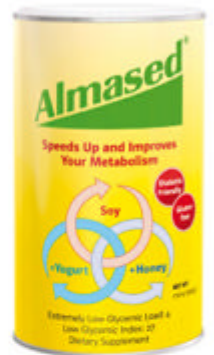
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The unique and all-natural formula Almased is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It has been clinically confirmed to support weight loss and overall well-being.



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## WHY YOUR DIET ISN'T WORKING

*We separate fact from fat fiction with the real info you need to keep pounds off.*

**BY JESSICA MIGALA**

Another day, another box of doughnuts at the office, another pizza at your PTA meeting, another plate of nachos with the kids. When you're trying to slim down, it can seem like the whole world is dishing up something delicious to eat—along with a side order of not-so-savory advice, such as “You’ll work it off at the gym!” Don’t let bad suggestions ruin your good intentions. Instead, learn what really gets results with our guide to dieting in a happier, healthier and more successful way.



### **MYTH One slip-up means you might as well start over tomorrow**

**WHY IT BACKFIRES** If you throw your hands in the air and say “My diet’s ruined now” (also known as the what-the-heck effect), you’ll do it again at the next meal and the next, and then the scale will start creeping upward. Blowing your entire calorie budget for lunch on just the appetizer isn’t license to get another round of rolls for the table and the molten chocolate lava cake for dessert. “Life throws us curveballs,” says Lauren Schmitt, RD, a Los Angeles–based registered dietitian. “No eating plan will be flawless, and it doesn’t need to be.”

**SMARTER STRATEGY** If you eat something unhealthy, use that as motivation to pull a 180. Ask yourself, “What one thing can I do right now to get back on track?” Maybe you double up on veggies in your main course or substitute a whole grain like quinoa for the fries you were about to indulge in. Then consider how you can start tomorrow off right. When Christina DiPierro, 38, of New York City, falls off the wagon, she writes down two small health goals for the next day, like eating a serving of fruit in the morning or working out for 30 minutes. That’s not compensating, that’s a healthy reboot. And when you write down your goal—and commit to it—you can rest easy knowing you’ve got better times ahead.

### **MYTH You can exercise away that second slice of pizza**

**WHY IT BACKFIRES** It’s way easier to eat calories than to burn them. For example, a slice of pepperoni pizza has about 300 calories and a large blueberry muffin has around 500. While they may take you five minutes to eat, you’d have to cycle briskly for about 35 minutes to pedal away that pizza—and an hour for that muffin. Plus, data shows we tend to think we’re reaping greater benefits than we really are. The calorie counter on your gym’s elliptical is just an estimate, one that could be off by as much as 42%.

**SMARTER STRATEGY** Schedule your sweat session before, not after, an indulgence. In one study, people who went for a run prior to hitting a buffet netted nearly 500 fewer calories compared to a group that rested before chowing down. That’s partly because the jog gave them a calorie deficit and partly because it reduced their appetite.

An added bonus: When you think that exercise is enjoyable—rather than viewing it as a chore, like cleaning the oven—you’re far less inclined to go overboard with treats after being active, according to research. So whether it’s a bike ride or a barre class, find something to do that makes you happy. “I used to hate the word ‘workout,’ so I tried to trick myself into doing things that are fun, like racing my children outside or turning on a song that I know gets the kids grooving so we dance for half an hour,” says 43-year-old Dawn Alexis Anderson of Dover, DE.

### **MYTH If you’re going to a party tonight, save calories by skipping a meal**

**WHY IT BACKFIRES** “Pass on lunch and you’ll arrive at the party so hungry that you’ll find it hard to stick to a healthy diet,” says Erin Palinski-Wade, RD, author of *Belly Fat for Dummies*. Plus a Cornell University study found that when people fasted for 18 hours (think: not having breakfast) they chose more carb- and protein-heavy foods over veggies at their next meal. When your body thinks it’s starving, it primes you to want the fastest, most efficient sources of calories. And that’s chicken and cheese—not carrots.

## It’s possible to “bank” calories for your favorite party foods by eating 100 fewer calories at each meal during the day.

**SMARTER STRATEGY** It’s possible to “bank” calories for your favorite party foods by eating 100 fewer calories at each meal during the day. Make easy swaps: Use skim milk and cinnamon in your coffee instead of cream and sugar, leave the cheese off your sandwich, and have sliced cucumbers and carrots dipped in salsa instead of pita chips. Then eat a 150-calorie protein-rich snack two hours before you go out. Tanee Janusz, 35, of New Orleans, has apple slices with a smear of peanut butter to beat the buffet table munchies. It’s a winning combo of three hunger-busting nutrients: fiber, fat and protein. Other ideas: a light mini Babybel cheese and whole-grain crackers or a piece of whole wheat bread with a couple slices of deli turkey and mustard, says Bonnie Taub-Dix, RDN, author of *Read It Before You Eat It*.

### **MYTH Just be strong and ignore the brownies, cookies and cakes**

**WHY IT BACKFIRES** Willpower is like a muscle, says Darya Rose, PhD, author of *Foodist*. All types of events (like trudging through your day on five hours of sleep or having to wait on an extraordinarily long line at the supermarket) tire it out, leaving you with less and less ability to resist temptation as the day goes on. Now you know why chips look even more alluring when your kids are screaming.

**SMARTER STRATEGY** Don’t “ban” a particular food from your diet, says Rose. Instead, tell yourself it’s off-limits for now and that you can have it at some other point. In one experiment, students who knew they could have potato chips at a later time ate fewer of them than those who were given permission to eat the chips or asked to avoid them entirely. Shoring up your willpower also helps with this delayed gratification. Rose suggests getting plenty of rest, catching a few minutes of solitude and enjoying a small, healthy sweet treat like fruit. Low blood sugar tells your body you need to eat (and eat now!), but the fruit will keep your levels steady and prevent cravings.

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# PAIN MANAGEMENT

## *Smart strategies for chronic concerns*

BY RACHEL RABKIN PEACHMAN  
ILLUSTRATIONS BY BEN WISEMAN

FOR MOST OF MY ADULT LIFE I'VE suffered from near-daily backaches. Not to mention occasional tingling in my fingers that kept me awake at night, shoulder twinges that left me unable to lift my right arm, and muscle tension that stopped me from turning my neck. These afflictions—the result of scoliosis creating an S-shaped curvature in my spine—didn't just wear me down. They took their toll on my family too. As my back throbbed, I'd snap at my husband or disappoint my toddler when I couldn't pick her up—or both. My body's betrayal threatened a deeper impact as well. "When people are in pain, they have higher rates of depression and anxiety," warns Anna Wilson, PhD, a psychologist at the Pediatric Pain Management Center at Oregon Health & Science University in Portland. Studies also suggest that parents with chronic pain have kids who suffer from aches themselves and are more likely to develop behavioral issues.

Throughout my 20s and 30s, I was on a mission to nowhere as I saw physical therapist after physical therapist, tried acupuncture, sampled yoga classes, got massages and more. They alleviated some discomfort, but not enough. Finally, a treatment I'd heard about years earlier that was practiced only in Europe came to the United States. The Schroth method is a form of physical therapy for scoliosis tailored to each person's spinal curvature.



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“The technique’s muscle activation and specific breathing exercises help elongate and stabilize the spine and de-rotate the curves,” explains Hagit Berdishevsky, DPT, a Schroth and BSPTS scoliosis therapist and teacher trainer at ColumbiaDoctors, affiliated with NewYork-Presbyterian in New York City. Studies show that it can halt curve progression, improve lung function and posture and reduce aches. After a week of intensive Schroth therapy, I felt a difference. Now I practice the technique at home and incorporate the postural corrections into my regular movements. At age 39, I am living without debilitating discomfort for the first time in years. I didn’t give up hope. And neither should you if you’re one of the 100 million people in this country with chronic pain. Reprieve is within reach, but you must be your own best advocate. For me, and the women who share their stories here, the road to relief was long and hard but the journey was worth it. Here’s how we took our first steps—and you can too.

## REVERSING RHEUMATOID ARTHRITIS

When it’s functioning properly, your immune system helps you fight off diseases. When it’s not, it may attack *you* instead, damaging healthy parts of your physique, like the tissue lining your joints. Six years ago, at the age of 45, massage therapist Barbara Searles found her body under attack. Her hands became swollen, stiff and pink. Despite doses of ibuprofen, the aching, sizzling and shooting sensations exhausted her and soon infiltrated her back, hips and knees. “I went from being really energetic to so fatigued that all I could do was go straight home to rest after seeing clients,” says the Lancaster, PA, resident, who was determined to keep working even as simple tasks like standing in the shower became a struggle.

After five months of escalating suffering, Barbara went to her doctor, who ran tests that found she had rheumatoid arthritis (RA), a chronic inflammatory autoimmune disorder that affects 1.5 million adults. A specialist confirmed the diagnosis and eventually found that a combination of four meds eased her symptoms: Methotrexate and Plaquenil (anti-rheumatic medications), Humira (a biologic that targets the

immune system) and NSAIDs. Barbara considers herself lucky that her diagnosis was relatively swift. For some patients it can take years before RA is identified due to transient symptoms, diseases with similar warning signs and the need to take multiple tests. But persistence pays off. Though arthritis and other rheumatic conditions are the most common causes of disability among U.S. adults, early detection and treatment can keep them from worsening. “The medications that have become available for rheumatoid arthritis in the last 10 to 20 years have put many people in remission,” says Rochelle Rosian, MD, director of regional rheumatology at Cleveland Clinic in Ohio.

Wanting to take even greater control of her health, Barbara became a certified holistic health coach. In the process, she learned that certain foods can cause inflammation—and that giving up wheat, dairy and processed foods calmed her symptoms. She began eating only unprocessed meat, vegetables, fruits and omega-3-rich seeds, which reduce inflammation. Soon Barbara felt so good she was able to wean herself off two meds and drastically reduce her dose of another. “It’s so hard to live in pain,” says Barbara, who shares her nutrition strategies in her book, *Kick Pain in the Kitchen: Holistic Pain Relief You Can Eat*. “Patients gain a sense of empowerment when we take even small parts of the healing process into our own hands.”

## MANAGING MIGRAINES

Laura VanSteenwyk, 44, had her first migraine in elementary school, though at the time she didn’t know what it was. “Back then, my head would hurt and I’d feel nauseous,” says the mental health therapist and mom of three in Sioux Falls, SD. “We used to call it a sick headache, and I’d go into a dark room and sleep.” By college, Laura’s migraines were more intense and frequent, happening once or twice a month. In her early 30s, they became daily and by 37 the condition had forced her to stop working. “It took a lot of energy to be fully present with clients while I was suffering,” explains Laura, who occasionally had to interrupt therapy sessions to run out of the room and vomit.

Diagnosing migraines (which usually cause an intense, pulsing sensation on one side of your head that lasts for more than four hours and can cause nausea,



## MEDICATION DANGERS

Every three minutes, a woman ends up in the ER for painkiller misuse. Although opioids and narcotic pain relievers (including Vicodin and OxyContin) can relieve symptoms, they can also be addictive. Follow these tips to use them safely.

- **Try other proven relief methods first, like meditation and acupuncture.** “Relying on a single pill is not the best approach,” says Charles Kim, MD, a board-certified pain management specialist and certified acupuncturist at Rusk Rehabilitation at NYU Langone Medical Center.
- **If your doctor prescribes an opioid, ask about the risks and benefits, or see a pain specialist who has expertise in managing these meds and providing a variety of coping strategies.**
- **Avoid using opioids for more than three months.** A new report from the U.S. Department of Health and Human Services suggests that long-term use of painkillers may increase the likelihood of overdose and addiction. Talk to your physician about how to wean yourself off them.
- **Take your meds only as prescribed, avoid drinking alcohol, don’t combine prescription painkillers, and discuss all your Rx’s with your doctor.**
- **Do not hoard painkillers in the house “just in case,” since this ups the chance of misuse by you or family members.**
- **Store medications in a secure place.** An increasing number of teens are abusing prescription pain meds, so don’t make it easy for them to find yours. Dispose of unused pills in the garbage (preferably in cat litter or coffee grounds so that no one digs them out of the trash), or turn them in to a drug take-back program at a police precinct or pharmacy.

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- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**

### **Important Safety Information**

**Do not take Prolia® if you:** have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

**What is the most important information I should know about Prolia®?**

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

**Prolia® can cause serious side effects:**

**Serious allergic reactions** have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low

blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

**Low blood calcium (hypocalcemia).** Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.


Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

**Severe jaw bone problems (osteonecrosis)** may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

**Unusual thigh bone fractures.** Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

**Serious infections** in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

For women with postmenopausal osteoporosis  
at high risk for fracture: **there's Prolia®.**

 **prolia® is different:**  
**It's 2 shots a year.**

**It's proven to help  
strengthen bones.**

**Prolia® is also proven to:**

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

**Is Prolia® right for you? Ask your doctor today.**

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

**Skin problems** such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

**Bone, joint, or muscle pain.** Some people who take Prolia® develop severe bone, joint, or muscle pain.

**Before taking Prolia®, tell your doctor if you:**

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

**What are the possible side effects of Prolia®?**

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please see Brief Summary of Medication Guide on the next page.**

**Ask your doctor about your bone strength and if Prolia® is right for you.**

 **prolia®**  
(denosumab) injection

**2 shots a year proven to help strengthen bones.**

**[www.prolia.com](http://www.prolia.com)**



## BRIEF SUMMARY OF MEDICATION GUIDE

### Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

#### What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

#### Prolia can cause serious side effects including:

##### • Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction.

Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

##### • Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

##### • Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.

##### • Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

##### • Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

##### • Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

##### • Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain.

#### Call your doctor right away if you have any of these side effects.

#### What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause (“change of life”) who:
  - are at high risk for fracture (broken bone).
  - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

#### Who should not take Prolia?

#### Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

#### What should I tell my doctor before taking Prolia?

#### Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.

◦ **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen’s Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.

- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

#### How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

#### What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See “**What is the most important information I should know about Prolia?**”

- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

#### Keep Prolia and all medicines out of reach of children.

#### General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to [www.Prolia.com](http://www.Prolia.com) or call Amgen at 1-800-772-6436.

#### What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide



## TURN UP THE VOLUME

- ✓ Helps support hair health and provides important nutrients for the hair follicles
- ✓ Contains procyanidin B2 extracted from apples

*“My hair started to look dull and thin. It would shed so much that I got concerned. A friend recommended I try Hair Volume and I am glad I did. It really worked for me. I love this product.”*

Web Review



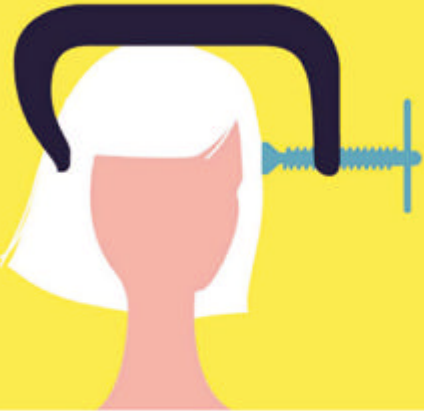
### YOUR HAIR TABLET

Hair Volume™ is the Scandinavian hair tablet that has gained much popularity in Europe. It helps nourish your hair from the inside and specifically contains an ingredient from apples known to promote hair follicle activity. See the rave reviews online and try Hair Volume for yourself.

At participating retailers. For more info or to buy online, visit our website or call 1-877-696-6734.



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vomiting and light sensitivity) is relatively simple. Doing away with this neurological disease, however, can be much more complex. Laura pursued everything she could to alleviate her anguish: various neurologists, chiropractors and reiki therapists. She tried numerous meds, including triptans, anti-seizure drugs and beta-blockers. “You really have to do your own homework and research when it comes to pain,” says Laura, who ended up in the hospital several times.

Finally, Laura heard about neurostimulation systems—which block pain signals before they reach the brain—through some people she connected with in an online migraine support group. Although the devices are FDA-approved for sensations in the back, arms and legs, Laura found a center that had used them for migraines as well. She turned out to be an ideal candidate for the procedure, which involved surgically implanting a pacemaker-like instrument that connects to wires leading to nerves in her head. “Individuals turn to neurostimulation when all other treatments have failed,” explains Laura’s doctor, Ralph G. Menard, MD, a board-certified pain medicine specialist at Advanced Migraine Relief, in Houston. The device, which Laura had implanted in June of last year, helps bring her migraines closer to a manageable level. “This procedure has given me part of my life back,” says Laura.

### FIGHTING AGAINST FIBROMYALGIA

“Pain can be so alienating and lonely,” says Charles Kim, MD, a board-certified pain management specialist and certified acupuncturist at Rusk Rehabilitation at NYU Langone Medical Center in

Manhattan. “Family and friends often don’t understand how a person can look ‘normal’ and be in terrible condition.” Sujata Tibrewala knows this all too well. At the age of 33, she spent almost an entire year in bed, unable to be an active part of her husband’s or 9-year-old daughter’s lives. “Just sitting was a chore,” reveals the software engineer, who resided in India at the time. She had to take a leave of absence from work due to unexplained severe aches consuming her back, neck and hands.

Sujata met with multiple doctors, including a specialist who through a process of elimination diagnosed her with fibromyalgia, a disorder characterized by widespread musculoskeletal pain and extreme fatigue. (It affects an estimated 5 million adults in this country alone.) “Unfortunately, there’s no absolute cause of fibromyalgia,” says Rosian. “But the current thought is that it’s an upregulated neurosensitivity.” When the neurological system is “upregulated,” the brain’s pain receptors become more sensitive and reactive to pain signals.

Although she was devastated by the diagnosis, Sujata was optimistic about her doctor’s multidisciplinary approach, which included the prescription drug Lyrica and complementary techniques such as daily meditative yoga, cognitive behavioral therapy and myotherapy (a combination of myofascial release and physical therapy). Sujata was also encouraged to pursue her passion for painting. “My therapist said that even though it would be hard for me physically, it would be good for me mentally,” she explains. “It took almost a month to finish one painting, but it gave me motivation to get better.” After just three months, she felt well enough to stop taking her medication. Instead, she started eating a diet packed with antioxidants from fresh fruits and vegetables. Two years ago, she moved to a wheat-free, dairy-free vegan diet, which helped her become completely pain-free. Now 39, Sujata has since moved with her family to Cupertino, CA, where she works—and plays—hard. The woman who struggled to get out of bed six years ago has added water aerobics, hot yoga, biking and even running half-marathons to her exercise routine. All that motion helps prevent muscle stiffness, so she’ll never miss out on anything life has to offer again.

# IN CASE OF EMERGENCY



With more options than ever to 24/7 health care, choosing where to go for treatment can get confusing. Every day more than 70% of hospital ER docs treat patients who arrive after first visiting an urgent care center where their condition was too serious to manage, according to a recent poll. “Before you actually have a health problem, research and familiarize yourself with the offices in your area,” says Travis Stork, MD, an ER physician and host of *The Doctors*. Once an illness or injury occurs, ask yourself these questions to determine the next steps.

## 1 / *Could it be life-threatening?*

If you're even contemplating going to the ER, just go. Chest pains, difficulty breathing or walking, severe physical harm and excessive bleeding are all signs you need immediate attention. People often wait too long to seek treatment for a stroke, but the key is to think FAST—Face drooping, Arm weakness, Speech difficulty, Time to call 911.

## 2 / *Do you need a diagnosis and treatment ASAP for a more minor condition?*

If your primary care physician's office is closed, consider an urgent care facility. These centers are equipped to treat ailments like UTIs, sore throats, skin rashes or simple eye conditions, plus they're open on weekends. Don't always rely on them, though—PCPs are still best for regular checkups and preventive medicine because they stay on top of your health history.

## 3 / *Are you worried a small symptom will get worse?*

Digital doctors (check [doctorondemand.com](http://doctorondemand.com) or [mdlive.com](http://mdlive.com)) and urgent care centers provide relatively speedy medical advice. They'll determine what's wrong and whether the ailment will resolve on its own, as well as prescribe meds or suggest OTC options.

## HPV UPDATE

If your child hasn't already been vaccinated for the human papilloma virus (HPV), now is the time. The FDA recently approved a new, more comprehensive shot called Gardasil 9. It prevents about 90% of cervical, vulvar, vaginal and anal cancers, as well as strains of the virus that causes genital warts. “The original shot covers only two of the most common high-risk HPV types that lead to invasive cancers. Gardasil 9 targets an additional five,” says Megan Indermaur, MD, a gynecology oncologist at Women's Cancer Associates in St. Petersburg, FL. “It's most effective when tweens have not been exposed to the STI, so getting the shots *before* becoming sexually active is very important.” Start asking your child's pediatrician about vaccination when he or she is around 9 years old (the earliest it should be given), though the ideal age group is 11- to 12-year-olds. Experts are studying whether older kids need boosters, but for now they recommend that the three shots be administered over a six-month period for girls up to age 26 and boys up to age 15.

Before Allegra<sup>®</sup>,  
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her back.

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Nicole is in  
full swing.



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Children's Allegra<sup>®</sup> gives kids effective, long-lasting\*, non-drowsy relief of their toughest allergy symptoms\*\*.  
**So kids can stop suffering and start living.**



# GET IN THE CLEAR



Sneezing, coughing, watery eyes—the signs of spring allergies send tissue sales skyrocketing and energy levels plummeting. But you can control your symptoms and enjoy the warmer weather with these tips from James Sublett, MD, president of the American College of Allergy, Asthma and Immunology.



## MILD SUFFERERS

If a constant runny nose or itchy throat is your main complaint, over-the-counter antihistamines will likely put you at ease. Just take them before you head outdoors to maximize effectiveness. Opt for non-drowsy, once-a-day pills—which last longest and have few side effects—such as Allegra 24 Hour Allergy (\$14/15-pack) or QlearQuil All Day & All Night 24 Hour Allergy Relief (\$10/10-pack).



## MODERATE SUFFERERS

When congestion keeps you from getting sound sleep or sneezing disrupts your workday, choose a nasal corticosteroid spray (such as Flonase Allergy Relief, \$17/60 sprays, or Nasacort Allergy 24HR, \$13/60 sprays) to decrease inflammation and clear up mucus. “These help stop problems before they start,” says Sublett. “If they don’t work alone, pair them with an antihistamine.”



## SEVERE SUFFERERS

Missing work due to serious sinus issues means it’s time for allergy testing. An allergist will pinpoint what’s causing your reaction and determine an ideal treatment. “This may include shots, which can reduce your response to triggers, rather than addressing symptoms,” says Sublett. Or the doc may suggest tablets, like Grastek or Ragwitek, taken prior to the start of allergy season.

## Q&A

I recently noticed over-the-counter estrogen-type pills and creams that help with perimenopause symptoms. Are they safe?

“There are no comprehensive clinical trials that prove these types of OTC products are completely harmless or even effective, so it is impossible to recommend them,” says Lauren Streicher, MD, associate professor of obstetrics and gynecology at Northwestern University’s Feinberg School of Medicine and author of *Sex Rx: Hormones, Health and Your Best Sex Ever*. What’s more, only prescription products truly contain estradiol, the form of estrogen that has been shown to alleviate the hot flashes, mood swings and vaginal dryness that occur when your body stops producing the hormone. Finally, the FDA does not evaluate these products’ claims, whereas it does monitor prescription drugs during development, as well as when they’re on the market. Bottom line: Talk to a doctor to figure out the most successful plan for you.

## THE CUDDLE CURE

Embrace this fun, easy way to avoid a cold! Research from Carnegie Mellon University found that study participants who received daily hugs had a lower risk of stress-related infection. And for those who did get sick, frequent snuggling was associated with milder symptoms. “People benefit from knowing they have social support in times of need, and hugging is a simple and effective way to show this,” says Denise Janicki Deverts, PhD, co-author of the study.







*“I want  
to be a pair  
of jeans.  
Recycle me.”*



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# SEASONAL FEAST

CELEBRATE EASTER OR PASSOVER WITH OUR SPRING MENU.

*By Michael Tyrrell* / PHOTOGRAPHY BY DAVID PRINCE



STANDING RIB ROAST AND ROASTED RED-SKINNED  
POTATOES WITH CRISPY SHALLOTS

*page 92*

SAUTÉED BABY  
SPINACH AND  
OYSTER MUSHROOMS

*page 94*



ORANGE-INFUSED  
HEIRLOOM CARROTS

*page 94*



CHARRED  
ASPARAGUS AND  
TOMATO SALAD

*page 91*



# SEASONAL FEAST RECIPES

## Standing Rib Roast

**MAKES** 8 servings  
**PREP** 20 minutes **ROAST** at 450° for 20 minutes, then at 375° for 70 minutes  
**LET REST** 15 minutes

- 1 standing rib roast (3 ribs, about 6 lbs total)
- 1 tbsp olive oil
- 4 cloves garlic, chopped
- 1 plus ½ tsp salt
- ½ plus ½ tsp black pepper
- 1½ cups parsley leaves
- ¼ cup oregano leaves
- 3 tbsp red wine vinegar
- 2 cloves garlic, chopped
- ½ tsp red pepper flakes
- ¼ cup olive oil

■ Heat oven to 450°. Place a rack in a large roasting pan.

■ Rub roast with oil, then rub with garlic. Season with 1 tsp of the salt and ½ tsp of the pepper. Place roast on rack in pan, rib side down.

■ Roast at 450° for 20 minutes. Reduce oven temperature to 375° and continue to roast for 70 minutes or until temperature reaches 120°. Tent with foil and let rest 15 minutes.

■ Meanwhile, make chimichurri. Place parsley, oregano, vinegar, garlic, red pepper flakes and remaining ½ tsp each salt and pepper in a blender; pulse until chopped. Gradually add oil and process until combined. Cover until serving.

■ Thinly slice and serve with chimichurri.

**PER SERVING** 547 CAL; 21 g FAT (7 g SAT); 82 g PRO; 1 g CARB; 0 g FIBER; 515 mg SODIUM; 230 mg CHOL

## Roasted Red-Skinned Potatoes with Crispy Shallots

**MAKES** 8 servings  
**PREP** 20 minutes **ROAST** at 375° for 65 minutes

- 8 large red-skinned potatoes (about 8 oz each)
- 8 cloves garlic, thinly sliced
- 3 tbsp olive oil

- ¾ tsp salt
- ½ tsp black pepper
- 3 shallots, sliced

■ Heat oven to 375°.

■ Vertically slice each potato into ¼-inch slices, about ¼ inch from the bottom. Place on a baking sheet; gently press garlic between slices. Drizzle with 2 tbsp of the olive oil and season with ½ tsp of the salt and the pepper.

■ Roast at 375° for 65 minutes or until tender.

■ Meanwhile, heat remaining 1 tbsp oil in a small skillet. Add shallots and cook, stirring, 6 to 8 minutes or until crispy.

■ To serve, season with remaining salt and spoon shallots over potatoes.

**PER SERVING** 189 CAL; 5 g FAT (1 g SAT); 4 g PRO; 30 g CARB; 3 g FIBER; 250 mg SODIUM; 0 mg CHOL

## Sautéed Baby Spinach and Oyster Mushrooms

**MAKES** 8 servings  
**PREP** 15 minutes **COOK** 9 minutes

- 2 tbsp extra-virgin olive oil
- 4 cloves garlic, sliced
- ½ lb oyster mushrooms, separated from stem

- ½ sweet yellow pepper, sliced
- ½ sweet red pepper, sliced
- 1 lb baby spinach
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp fresh thyme leaves
- 1 tsp fresh marjoram leaves

### Lemon slices, for squeezing

■ Heat oil in a large skillet over medium-high heat. Add garlic and cook 1 minute. Stir in mushrooms and peppers; cook 4 minutes, stirring occasionally.

■ Gradually add spinach and stir until wilted, about 4 minutes. Stir in salt, pepper, thyme and marjoram. Serve with lemon for squeezing over the top.

**PER SERVING** 61 CAL; 3 g FAT (0 g SAT); 2 g PRO; 8 g CARB; 3 g FIBER; 236 mg SODIUM; 0 mg CHOL

## Orange-Infused Heirloom Carrots

**MAKES** 8 servings  
**PREP** 10 minutes **COOK** 10 minutes

- 2½ lbs heirloom carrots, peeled
- 2¼ cups orange juice
- ¼ cup (½ stick) butter or margarine
- ¼ cup honey

- ¾ tsp salt
- ¾ tsp black pepper
- 1 tbsp chopped parsley

■ Place carrots in a large skillet with 2 cups of the orange juice and water to cover. Bring to a boil; reduce heat and simmer 5 minutes. Drain.

■ Add butter, honey, remaining ¼ cup orange juice, salt and pepper. Cook over medium-low heat, covered, 5 minutes, stirring occasionally, until carrots are tender and glazed.

■ Place carrots on a serving plate and drizzle with glaze from skillet. Sprinkle with parsley.

**PER SERVING** 153 CAL; 6 g FAT (4 g SAT); 2 g PRO; 25 g CARB; 3 g FIBER; 149 mg SODIUM; 15 mg CHOL

## Charred Asparagus and Tomato Salad

**MAKES** 8 servings  
**PREP** 10 minutes **COOK** 20 minutes

- 2 tbsp red wine vinegar
- 1 tsp mustard
- ½ tsp salt
- ½ tsp black pepper
- ¼ cup extra-virgin olive oil
- 1 tbsp minced shallots
- 2 lbs asparagus, woody ends trimmed
- 16 cups mixed spring salad greens
- 2 cups red and yellow grape tomatoes, halved

■ In a small bowl, whisk vinegar, mustard, salt and pepper. Gradually whisk in oil; stir in shallots. Set aside.

■ Heat a large nonstick skillet over medium-high heat. Add asparagus and cook 7 to 10 minutes, until nicely darkened on each side. Cook in 2 batches. Place in a large bowl and toss with 2 tbsp of the dressing. Set aside.

■ In a large bowl, toss greens and tomatoes with remaining dressing. Arrange asparagus on top and serve.

**PER SERVING** 114 CAL; 7 g FAT (1 g SAT); 4 g PRO; 12 g CARB; 6 g FIBER; 94 mg SODIUM; 0 mg CHOL



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# *Passover Desserts, from Our Family to Yours*

PHOTOGRAPHY BY RYAN LIEBE



HONEY CAKE  
*page 98*







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PASSOVER  
CHOCOLATE CHIP  
MANDELBLEAD



## Passover Chocolate Chip Mandelbread

Shared by Dori Katz,  
Senior Beauty Editor

**MAKES** 18 pieces  
**PREP** 15 minutes **BAKE** at 350° for  
30 minutes **COOL** 15 minutes  
**BROIL** 2 minutes

- 4 eggs
- 1 cup Passover cake meal
- 1 cup sugar
- 1 cup semisweet Passover chocolate chips
- ½ cup canola oil
- ½ cup chopped walnuts
- ¼ cup Passover potato starch
- 1 tsp vanilla (imitation for Passover)
- ⅓ cup cinnamon sugar

■ Heat oven to 350°. Grease a 13 x 9 x 2-inch baking dish.

■ In a large bowl, beat eggs until foamy. Add cake meal, sugar, chocolate chips, oil, walnuts, potato starch and vanilla. Stir until well combined.

■ Spoon into baking dish and spread evenly. Sprinkle with 2 tbsp of the cinnamon sugar. Bake at 350° for 30 minutes.

■ Remove from oven and cool 15 minutes on a wire rack. Heat broiler.

■ Slice bread vertically into thirds, then slice each third horizontally into six 1-inch pieces. Place slices on their sides on a baking sheet. Sprinkle with half the remaining cinnamon sugar; broil 1 minute. Turn and sprinkle with remaining cinnamon sugar; broil 1 minute. Cool before serving.

**PER PIECE** 53 CAL; 13 g FAT (3 g SAT); 4 g PRO; 26 g CARB; 1 g FIBER; 19 mg SODIUM; 50 mg CHOL

## Honey Cake

Shared by Celia Shatzman,  
Senior Associate Editor

**MAKES** 12 servings **PREP** 20 minutes  
**BAKE** at 350° for 40 minutes  
**COOL** 15 minutes **COOK** 5 minutes  
**REFRIGERATE** 4 hours

### CAKE

- ¾ cup granulated sugar
- ¼ cup packed dark brown sugar
- ¼ cup vegetable oil
- 3 eggs
- 1 cup finely chopped walnuts

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- ½ cup Passover cake meal
- ½ cup chopped almonds
- 3 tbsps orange juice
- ½ tsp ground cinnamon
- ½ tsp salt

**SYRUP**

- ½ cup granulated sugar
- ½ cup orange juice
- ¼ cup honey
- 2 tbsps lemon juice
- ½ cup sliced almonds

■ **Cake.** Heat oven to 350°. Line bottom of an 8-inch cake pan with wax paper. Grease paper and pan.

■ In a large bowl, beat sugars, oil and eggs until smooth. Add walnuts, cake meal, almonds, orange juice, cinnamon and salt. Stir until combined. Spoon into prepared pan.

■ Bake at 350° for 40 minutes, until cake is set. Cool on a wire rack 15 minutes.

■ **Syrup.** In a small saucepan, combine sugar, orange juice, ½ cup water, honey and lemon juice. Simmer 5 minutes, stirring frequently until mixture

reduces slightly. Let cool.

■ Using a fork, poke holes in cake and pour syrup over the top. Refrigerate 4 hours. Invert onto platter. Remove wax paper and top with sliced almonds.

**PER SERVING** 78 CAL; 16 g FAT (2 g SAT); 6 g PRO; 32 g CARB; 2 g FIBER; 48 mg SODIUM; 56 mg CHOL

**Chocolate Meringue Cookies**

*Shared by Caren Oppenheim, Assistant Editor*

**MAKES** 18 cookies **PREP** 20 minutes **BAKE** at 325° for 12 minutes

- 2 egg whites
- ½ cup sugar
- 1 cup semisweet Passover chocolate chips, melted and slightly cooled
- ¾ cup chopped pecans
- ½ tsp vanilla (imitation for Passover)

■ Heat oven to 325°. Coat a baking sheet with **vegetable spray**.

■ In a large bowl, beat egg whites until foamy. Gradually add sugar and continue to



CHOCOLATE MERINGUE COOKIES

beat until glossy stiff peaks form, about 4 minutes.

■ Add cooled chocolate, pecans and vanilla, mixing until incorporated.

■ Drop tablespoonfuls of mixture onto prepared baking

sheet, 2 inches apart.

■ Bake at 325° for 12 minutes, until set. Cool on baking sheet 2 minutes. Transfer cookies to a wire rack to cool completely.

**PER COOKIE** 24 CAL; 7 g FAT (2 g SAT); 2 g PRO; 13 g CARB; 1 g FIBER; 6 mg SODIUM; 0 mg CHOL



owscuit



**Flower Cake**

**MAKES** 12 servings  
**PREP** 25 minutes **BAKE** at 350° for 35 minutes

**CAKE**

- 2½ cups cake flour (not self-rising)
- 1½ cups sugar
- 1 tbsp plus ½ tsp baking powder
- ½ tsp salt
- 1 cup milk
- ¾ cup solid vegetable shortening
- 2 tbsp lemon juice
- 2 tsp lemon zest
- 2 large eggs

**BUTTERCREAM FROSTING**

- 1 cup (2 sticks) unsalted butter, softened
- 1 box (16 oz) confectioners' sugar
- 3 tbsp half-and-half or milk
- 1 tsp vanilla extract
- Pink gel food coloring
- Generous ½ cup assorted-colored M&M's (makes 15 flowers)

- **Cake.** Heat oven to 350°. Coat two 8-inch round cake pans with **nonstick cooking spray**. Line pans with wax paper; coat paper with spray.
- Combine flour, sugar, baking powder,

salt, ½ cup of the milk and the shortening in a large bowl. Beat at low speed until blended, then beat on high speed 2 minutes.

- Combine remaining ½ cup milk, the lemon juice, lemon zest and eggs in a small bowl. Gradually add to batter and beat on high speed 2 minutes longer, scraping down sides of bowl occasionally. Divide batter between pans.
- Bake at 350° for 33 to 35 minutes or until a toothpick inserted in center tests clean. Cool cakes in pans on racks 15 minutes. Remove cakes from pans to



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1/4 tsp. salt  
1 1/2 cups firmly packed brown sugar  
1/2 cup (1 stick) butter, melted  
2 eggs  
1 tbsp. **McCormick Pure Vanilla Extract**  
1 cup coarsely chopped pecans  
1 pkg. (14 oz.) caramels, unwrapped  
1/4 cup milk

**MIX** flour, baking powder, cinnamon and salt. Set aside. Mix brown sugar, butter, eggs, vanilla and pecans in large bowl until well blended. Add flour mixture; mix well. Reserve 1 cup of the batter. Spread remaining batter into lightly greased foil-lined 13x9-inch baking pan. Bake in preheated 350°F oven 15 minutes or until firm.

**MICROWAVE** caramels and milk in microwavable bowl on HIGH 2 to 3 minutes or until caramels are completely melted, stirring after every minute. Cool 5 minutes or until slightly thickened. Pour over baked layer in pan, spreading to within 1/2 inch of edges. Drop reserved 1 cup batter by spoonfuls over caramel layer. Cut through batter with knife several times for marble effect.

**BAKE** 15 to 20 minutes longer or until center is set. Cool in pan on wire rack. Lift from pan. Cut into bars.

Makes 24 servings.



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racks and remove paper. Let cool completely.

■ **Buttercream Frosting.** While cake cools, with an electric mixer, beat butter until smooth. Add confectioners' sugar, half-and-half and vanilla and beat until smooth. Tint frosting pink with food coloring. Set aside.

■ Place one cake layer on a serving plate. Spread top with 1 cup of the frosting. Gently press second cake layer on top. Spread remaining frosting on side and top of cake. Press M&M's into cake to resemble flowers, alternating colors of centers and petals.



### Butterfly Cupcakes

**MAKES** 24 servings **PREP** 20 minutes

- 1 cup (2 sticks) unsalted butter, softened
- 1 box (16 oz) confectioners' sugar
- 3 tbsp milk
- 2 tbsp corn syrup
- 1 tsp vanilla extract
- Turquoise, lime green and pink food coloring
- 24 baked cupcakes
- Assorted-colored Sixlets, jelly beans, M&M's and/or mini Gobstoppers
- 48 mini pretzels
- Black licorice whips

■ With an electric mixer, beat butter until smooth. Add confectioners' sugar, milk, corn syrup and vanilla and beat until smooth. Divide frosting among 3 bowls and tint turquoise, green and pink with food coloring.

■ Smoothly spread each color of frosting onto 8 cupcakes. Transfer frostings to 3 resealable plastic bags and snip off a corner on each bag.

■ Pipe frosting in contrasting colors onto cupcakes for butterfly bodies. Insert

candies into some of the frosting bodies. Make heads using mini Gobstoppers in a contrasting color. Insert a pretzel on either side of each body for wings. Cut 2-inch pieces of licorice and insert above heads to resemble antennae.



### Easter Thumbprints

**MAKES** about 3½ dozen cookies

**PREP** 15 minutes **BAKE** at 375° for 12 minutes per batch

#### COOKIES

- 2 cups all-purpose flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup (1 stick) unsalted butter, softened
- ½ pkg (4 oz) cream cheese, softened
- 1¼ cups granulated sugar
- 1 large egg
- 1 tsp vanilla extract

#### FILLING

- ¾ cup (1½ sticks) unsalted butter, softened
- 3 cups confectioners' sugar
- 2 tbsp half-and-half or milk
- Gel food coloring
- Assorted sparkling sugars (optional)

■ **Cookies.** Heat oven to 375°. In a medium bowl, whisk flour, baking soda and salt.

■ In a large bowl, with an electric mixer, beat butter and cream cheese until smooth. Add 1 cup of the sugar and beat until pale and fluffy, about 2 minutes. Beat in egg, followed by vanilla. On low speed, beat in flour mixture.

■ Place remaining ¼ cup sugar in a small bowl. Scoop scant tablespoonfuls of dough into your hand. Roll into balls, then roll balls in sugar. Place on an ungreased baking sheet and continue shaping dough.

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■ Bake at 375° for 12 minutes per batch. Remove from oven and press down centers with your thumb or the reverse end of an ice cream scoop or other kitchen tool (we used a citrus reamer). Repeat with all remaining dough. Cool cookies on a wire rack.

■ **Filling.** Meanwhile, with an electric mixer, beat butter until smooth. Add confectioners' sugar and half-and-half and beat until smooth. Divide among 4 bowls and tint yellow, pink, blue and green or your desired colors. Spoon into piping bags and snip a ½-inch opening. Pipe filling into cooled cookies; sprinkle with sparkling sugar, if using. Refrigerate until filling is firm before stacking.



### Dipped Strawberry "Carrots"

**MAKES** about 16 berries  
**PREP** 15 minutes **MICROWAVE** at 50% power for 2 minutes

- 1 container (16 oz) large strawberries (about 15 or 16 berries)
- 2 cups orange candy melts (such as Wilton)
- 2 tsp canola oil

■ Line a large baking sheet with wax paper. Rinse strawberries and dry completely with paper towels.

■ Microwave candy melts and oil in a glass bowl or measuring cup at 50% power for 1 minute. Stir. Continue melting at 50% power in 30-second increments (stirring after each) until smooth.

■ Holding a strawberry by the green part, dip into melted candy to cover. Shake off excess and place on wax paper. Repeat with remaining strawberries.

■ Transfer remaining melted candy to a piping bag or quart-size resealable plastic bag. Snip off a small corner and drizzle crosswise over berries. Refrigerate to firm.

### Pop Chicks

**MAKES** 12 servings  
**PREP** 15 minutes **MICROWAVE** at 50% power for 2 minutes **REFRIGERATE** 5 minutes

- 12 Double Stuf golden Oreo cookies
- 1½ cups bright yellow candy melts (such as Wilton)
- 2 tsp canola oil
- 12 white paper treat sticks
- 3 orange jelly beans
- 12 pairs Wilton candy eyeballs
- 1 tbsp white nonpareils
- 1 piece Styrofoam (to hold sticks while they dry) or wax paper

■ Place cookies on a baking sheet. Microwave candy melts and oil in a glass bowl or measuring cup at 50% power for 1 minute. Stir. Continue melting at 50% power in 30-second increments (stirring after each) until smooth.

■ Dip a treat stick into melted candy, then insert into cookie filling, pressing down to sandwich. Refrigerate 5 minutes to firm.

■ Carefully cut jelly beans in half lengthwise, then cut each half in half crosswise (for a total of 4 pieces from each; these will become the beaks).

■ At any time, return melted candy to microwave for 15 seconds to keep fluid. Dip a cookie into melted candy, then shake off excess. Scrape back of cookie along bowl edge to keep from dripping. Add eyes and jelly bean beak. Hold cookie over a bowl and use a small spoon to add nonpareils at the bottom to resemble an eggshell. Secure stick in Styrofoam or place flat on a sheet of wax paper and continue with remaining chicks.



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# HEALTHY FAMILY DINNERS<sup>®</sup>

SKIP THE DINNER  
SCRAMBLE—EGGS MAKE  
EVERYTHING EASIER.

BY MELISSA KNIFIC





## 1. Huevos Rancheros

**MAKES** 4 servings

**PREP** 10 minutes

**COOK** 12 minutes

- 1 **tblsp olive oil**
- ½ **cup chopped onion**
- 3 **cloves garlic, chopped**
- ½ **tsp chili powder**
- ¼ **tsp ground cumin**
- ¼ **tsp salt**
- 1 **can (15 oz) black beans, drained and rinsed**
- ½ **cup chicken broth or water**
- 8 **small (6-inch) corn tortillas**
- 2 **tblsp unsalted butter**
- 8 **eggs**
- ½ **cup shredded Monterey Jack**

**Sliced avocado, salsa and cilantro (optional)**

■ Heat oven to 200°. In a skillet, heat oil over medium heat. Stir in onion; cook 3 minutes. Add garlic, chili powder, cumin and ½ tsp of the salt; cook another 2 minutes. Stir in beans and broth; bring to a simmer and cook 3 minutes. Smash half the beans with the back of a fork and stir. Place tortillas on a baking sheet and spread 2 tblsp of the beans on each tortilla. Place in a 200° oven.

■ Wipe out skillet, then add 1 tblsp of the butter. Fry 4 of the eggs 2 minutes, until cooked. Transfer to tortillas in oven. Add remaining 1 tblsp butter and repeat with remaining 4 eggs.

■ Remove tortillas from oven, season with remaining ½ tsp salt and top each with 1 tblsp Monterey Jack. Garnish with avocado, salsa and cilantro, if using.

**PER SERVING** 444 **CAL**; 20 g **FAT** (7 g **SAT**); 25 g **PRO**; 41 g **CARB**; 10 g **FIBER**; 702 mg **SODIUM**; 436 mg **CHOL**

## 2. Chicken-and-Egg Burgers

**MAKES** 4 servings **PREP** 15 minutes **COOK** 15 minutes

- 1 **lb ground chicken breast**
- 3 **cups packed spinach, chopped**
- 1 **large shallot, grated**
- 1 **clove garlic, grated**
- 1 **tblsp Dijon mustard**
- ½ **tsp salt**
- ¼ **plus ½ tsp black pepper**
- 1 **tblsp vegetable oil**
- 4 **oz thinly sliced sharp cheddar**
- 1 **tblsp unsalted butter**
- 4 **eggs**
- 4 **whole wheat hamburger buns, split**
- 1 **tsp white wine vinegar**

■ In a bowl, combine chicken, 2 cups of the spinach, the shallot, garlic, mustard, salt and ¼ tsp of the pepper. Form into 4 patties.

■ Heat oil in a large nonstick skillet over medium heat. Cook burgers 6 minutes per side or until cooked through, adding cheese after flipping. (To help cheese melt, cover with a lid or tent loosely with aluminum foil.) Set burgers on a plate.

■ Add butter to skillet. Fry eggs 2 minutes, until cooked, and sprinkle with remaining ½ tsp pepper. Top each burger with an egg. Add buns to pan cut side down; toast 1 minute. Transfer burgers to bottom halves of buns. Toss remaining 1 cup spinach with vinegar. Top each burger with some spinach and remaining bun halves.

**PER SERVING** 438 **CAL**; 21 g **FAT** (7 g **SAT**); 37 g **PRO**; 27 g **CARB**; 4 g **FIBER**; 833 mg **SODIUM**; 297 mg **CHOL**

## 3. Spanish Tortilla

**MAKES** 4 servings **PREP** 10 minutes

**ROAST** at 400° for 25 minutes

**COOK** 47 minutes

1 **bag (28 oz) small red-skinned potatoes, cut into 1-inch pieces**

2 **tblsp extra-virgin olive oil**

¾ **tsp salt**

¼ **tsp plus ½ tsp black pepper**

2 **oz (½ cup) cured Spanish chorizo, casing removed, diced**

1 **yellow onion, thinly sliced**

7 **eggs**

**Fresh parsley, for garnish**

■ Heat oven to 400°. On a rimmed baking sheet, toss potatoes with 1 tblsp of the oil, ¼ tsp of the salt and ½ tsp of the pepper. Roast at 400° for 15 minutes, flip and roast another 10 minutes.

■ In a 10-inch nonstick skillet, cook chorizo 5 minutes over medium heat. Remove to a plate with a slotted spoon. Pour in remaining 1 tblsp oil. Add onion; cook 5 to 7 minutes, until softened. Stir in potatoes and chorizo. Reduce heat to medium-low.

■ In a bowl, beat eggs with remaining ½ tsp salt and ¼ tsp pepper. Pour over mixture in skillet. Cook 10 minutes, then cover with foil. Cook 20 minutes, then loosen with a silicone spatula, place a plate on top of skillet and carefully flip tortilla onto plate. Slide tortilla back into skillet, uncooked side down. Cook another 5 minutes.

■ Flip onto a new plate, garnish with parsley and slice into 4 pieces.

**PER SERVING** 425 **CAL**; 22 g **FAT** (6 g **SAT**); 19 g **PRO**; 39 g **CARB**; 4 g **FIBER**; 823 mg **SODIUM**; 383 mg **CHOL**

## 4. Spring Carbonara

**MAKES** 6 servings **PREP** 15 minutes **COOK** 17 minutes

- 4 **oz pancetta, diced**
- 1 **cup sliced leeks**
- 3 **cloves garlic, sliced**
- 6 **eggs**
- 1 **cup grated Pecorino cheese, plus more for garnish (optional)**
- 1 **tsp freshly cracked black pepper, plus more for garnish (optional)**
- ½ **tsp salt**
- 1 **lb linguine**
- 2 **cups shelled fresh peas**
- 1 **lb asparagus, trimmed and sliced into ½-inch pieces**
- ⅓ **cup roughly chopped parsley**

■ Bring a large pot of lightly salted water to a boil. In a large skillet over medium heat, cook pancetta 4 minutes. Remove to a plate with a slotted spoon. Add leeks and garlic; cook 3 minutes. Turn off heat and set aside.

■ In a bowl, whisk eggs, Pecorino, pepper and salt. Set aside.

■ Cook linguine in boiling salted water 9 minutes. (Add peas and asparagus to water after 7 minutes.) Drain, reserving ½ cup of the pasta water.

■ Return pan to medium heat. Add linguine, peas, asparagus and pancetta to leeks and garlic. Cook 1 minute, stirring well. Vigorously mix in egg mixture, making sure not to scramble. Stir in reserved pasta water, if needed, and parsley. Serve immediately, garnishing with more Pecorino and pepper, if using. (If pan isn't large enough, pasta can be tossed in the pot once linguine is drained.)

**PER SERVING** 525 **CAL**; 16 g **FAT** (7 g **SAT**); 27 g **PRO**; 68 g **CARB**; 6 g **FIBER**; 785 mg **SODIUM**; 237 mg **CHOL**

## 5. Israeli Poached Eggs (Shakshuka)

**MAKES** 4 servings **PREP** 10 minutes

**COOK** 25 minutes **LET STAND** 5 minutes

- 1 **tblsp olive oil**
- 1 **cup diced yellow onion**
- 3 **cloves garlic, sliced**
- 1 **tsp harissa paste**
- 1 **tsp ground cumin**
- 1 **tsp ground turmeric**
- 1 **can (28 oz) Cento crushed tomatoes**
- 1 **jar (12 oz) roasted red peppers, drained and diced**
- ¼ **tsp salt**
- ½ **cup cilantro, chopped, plus more for garnish**
- ½ **cup crumbled feta**
- 8 **eggs**
- 4 **whole wheat pitas, warmed (optional)**



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- Heat olive oil in a deep-sided skillet over medium heat. Add onion; cook 3 minutes. Stir in garlic, harissa, cumin and turmeric. Cook 2 more minutes. Mix in tomatoes, roasted peppers and salt. Simmer 10 minutes.

- Stir in cilantro and two-thirds of the feta. One by one, crack eggs into a small dish and carefully pour them into sauce. Simmer 10 minutes. Cover and remove from heat. Let stand about 5 minutes, depending on desired doneness. Sprinkle with remaining feta. Garnish with additional cilantro and serve in a bowl with pita, if using.

**PER SERVING** 395 **CAL**; 18 g **FAT** (6 g **SAT**); 23 g **PRO**; 35 g **CARB**; 9 g **FIBER**; 807 mg **SODIUM**; 440 mg **CHOL**

## 6. BLT Eggs Benedict

**MAKES** 4 servings **PREP** 15 minutes **BAKE** at 400° for 25 minutes **COOK** 11 minutes

- 8 slices bacon
- ¾ cup fat-free buttermilk
- 8 eggs plus 1 yolk
- 1 tbsp cornstarch
- ¼ tsp plus ½ salt
- Pinch of cayenne
- 2 tbsp fresh lemon juice
- 2 tbsp chopped chives
- 1 tbsp unsalted butter
- 2 tomatoes on the vine, sliced
- 8 slices whole wheat bread, toasted
- 2 cups arugula

- Heat oven to 400°. Place bacon on a rimmed baking sheet fitted with a wire rack. Bake at 400° for 20 to 25 minutes, until crispy.

- Fill a large, deep-sided skillet three-fourths full with water. Bring water to barely simmering and cover. Meanwhile, in a small pot, whisk buttermilk, egg yolk, cornstarch, ¼ tsp of the salt and the cayenne over medium heat until smooth. Cook, stirring constantly, until liquid barely simmers and is thickened, about 3 minutes, being careful not to scramble eggs. Remove from heat and stir in lemon juice, chives and butter. Cover with lid to keep warm.

- Sprinkle tomatoes with remaining ½ tsp salt. Place 2 slices toasted bread on each plate. Top with some sliced tomatoes, ½ cup of the arugula and 2 slices bacon (each slice broken in half). Crack 4 of the eggs into separate cups. Pour into skillet of simmering water one by one. Poach eggs 3 to 4 minutes, until whites are set. Remove with a slotted spoon and place one on each slice. Repeat with remaining 4 eggs. Spoon sauce over eggs.

**PER SERVING** 421 **CAL**; 22 g **FAT** (8 g **SAT**); 27 g **PRO**; 30 g **CARB**; 5 g **FIBER**; 971 mg **SODIUM**; 498 mg **CHOL**



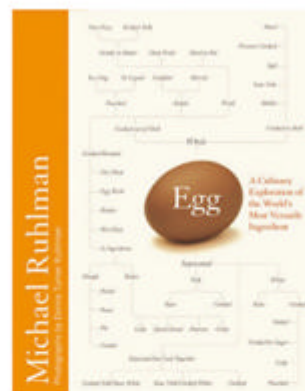
## The Perfect Egg

### Hard-Boiled

Place eggs in a pot and top with 2 inches of cold water. Cover pot and bring to a boil. Once boiling, turn off heat and keep covered for 10 minutes. Drain and immediately run eggs under cold water until completely cool. Peel.

### Soft-Boiled

Bring water to a boil in a pot. Carefully lower eggs into water and boil for 5 minutes. Drain and run eggs under cold water for 1 minute. The whites will be just set and the yolks oozy.



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## Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

### 1 pkg. Hillshire Farm® Smoked Sausage

~~5 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

*Sauté sausage for 5 minutes.*

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic~~ cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

*Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.*



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# MASTER CORNBREAD RECIPE

- 1¼ cups cornmeal
- ¾ cup all-purpose flour
- ¼ cup golden (or regular) flaxseed meal
- 1½ tsp baking powder
- ½ salt
- ½ cup vegetable oil
- ½ cup plain yogurt or sour cream
- 2 large eggs

■ Heat oven to 350°. Line a 9 x 5 x 3-inch loaf pan with nonstick foil. Set aside. In a medium bowl, whisk cornmeal, flour, flaxseed meal, baking powder and salt. In a large bowl, whisk oil, yogurt and eggs. Add other ingredients as directed in each variation that follows.

■ Mix dry ingredients into wet ingredients. Fold in any extras. Transfer batter to prepared pan and bake as directed. Cool completely on a wire rack.



## Lemon Blueberry

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 65 minutes

■ Add ¼ cup **all-purpose flour** and ¼ tsp **baking soda** to dry ingredients. Whisk ½ cup **agave syrup**, ½ cup packed **light brown sugar**, ¼ cup **lemon juice** and 2 tsp **lemon zest** into wet ingredients. Toss 1 pkg (6 oz) **blueberries** with 1 tbsp **all-purpose flour** and fold into mixed batter. Transfer to prepared pan and bake at 350° for 60 to 65 minutes.

**PER SLICE** 301 **CAL**; 13 g **FAT** (2 g **SAT**); 4 g **PRO**; 42 g **CARB**; 2 g **FIBER**; 190 mg **SODIUM**; 43 mg **CHOL**



## Maple Bacon

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 48 minutes

■ Add ½ tsp **baking powder** to dry ingredients. Whisk ½ cup **maple syrup** into wet ingredients. Fold 8 slices cooked and crumbled **bacon** into mixed batter. Transfer to prepared pan and bake at 350° for 48 minutes.

**PER SLICE** 272 **CAL**; 15 g **FAT** (3 g **SAT**); 5 g **PRO**; 29 g **CARB**; 1 g **FIBER**; 246 mg **SODIUM**; 47 mg **CHOL**



## Sun-Dried Tomato-Basil

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **SOAK** 3 minutes  
**BAKE** at 350° for 50 minutes

■ Soak ½ cup chopped **sun-dried tomatoes** in 1 cup **boiling water** for 3 minutes. Drain, reserving ½ cup of the soaking liquid. Add ½ cup grated **Parmesan**, ¼ cup **cornmeal**, 2 tbsp **flaxseed meal**, 1½ tbsp **sugar**, 1½ tsp **baking powder**, ½ tsp crushed **fennel**

**seeds** and ¼ tsp salt to dry ingredients. Whisk ¼ cup **oil**, ¼ cup **sour cream**, 1 large **egg** and the ½ cup soaking liquid into wet ingredients. Fold softened tomatoes and ½ cup chopped **basil** into mixed batter. Transfer to prepared pan and bake at 350° for 50 minutes.

**PER SLICE** 316 **CAL**; 19 g **FAT** (4 g **SAT**); 6 g **PRO**; 28 g **CARB**; 2 g **FIBER**; 312 mg **SODIUM**; 68 mg **CHOL**

## Scallion and Herb

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 50 minutes

■ Add ¼ cup **cornmeal**, 2 tbsp **flaxseed meal**, 1½ tbsp **sugar**, 1½ tsp **baking powder** and ¼ tsp **salt** to dry ingredients. Whisk ¼ cup **sour cream**, ¼ cup **oil**, 1 large **egg** and ½ cup **milk** into wet ingredients. Fold in ½ cup chopped **scallions**, 3 tbsp chopped **cilantro** and 3 tbsp chopped **chives**.

Transfer to prepared pan and bake at 350° for 50 minutes.

**PER SLICE** 300 **CAL**; 19 g **FAT** (3 g **SAT**); 5 g **PRO**; 26 g **CARB**; 2 g **FIBER**; 259 mg **SODIUM**; 67 mg **CHOL**



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## MASTER WHOLE WHEAT RECIPE

- 1¾ cups whole wheat flour
- ½ cup wheat germ
- 2 tsp baking powder
- ½ tsp salt
- 2 large eggs
- ¼ cup vegetable oil

■ Heat oven to 350°. Line a 9 x 5 x 3-inch loaf pan with nonstick foil. Set aside. In a medium bowl, whisk flour, wheat germ, baking powder and salt. In a large bowl, whisk eggs and oil. Add other ingredients as directed in each variation that follows.

■ Mix dry ingredients into wet ingredients. Fold in any extras. Transfer batter to prepared pan and bake as directed. Cool completely on a wire rack.



### Spinach Feta

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 58 minutes

■ Add ½ tsp **salt** to dry ingredients. Add 1 cup **milk** and ½ cup **oil** to wet ingredients. Once blended, fold in ¾ cup crumbled **feta cheese**, ½ cup thawed **frozen spinach** (squeezed dry) and 2 tbsp chopped **dill**. Transfer to prepared pan and bake at 350° for 55 to 58 minutes.

**PER SLICE** 220 **CAL**; 15 g **FAT** (3 g **SAT**); 7 g **PRO**; 16 g **CARB**; 3 g **FIBER**; 329 mg **SODIUM**; 48 mg **CHOL**

### Banana Almond

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 60 minutes

■ Add 2 tbsp **wheat germ** to dry ingredients. Add 3 very ripe **bananas**, peeled and mashed, ¼ cup **milk**, ½ cup packed **light brown sugar**, ½ cup **almond butter** and ¼ cup **apple butter** to wet ingredients. Transfer to prepared pan and top with ¼ cup sliced **almonds**. Bake at 350° for 60 minutes.

**PER SLICE** 260 **CAL**; 12 g **FAT** (1 g **SAT**); 7 g **PRO**; 35 g **CARB**; 4 g **FIBER**; 200 mg **SODIUM**; 38 mg **CHOL**



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Heart Warming Cookies







### Cherry Tangerine

**MAKES** 1 loaf; 12 servings **PREP** 15 minutes **BAKE** at 350° for 60 minutes

■ Add ¼ tsp ground **cardamom** to dry ingredients, if desired. Add ½ cup **orange or tangerine juice**, ½ cup **oil**, ½ cup **honey**, ½ cup packed **light brown sugar** and 2 tsp **tangerine or orange zest** to wet ingredients. Once blended, fold in 1¼ cups **fresh or thawed frozen pitted cherries**, quartered. Transfer to prepared pan and bake at 350° for 60 minutes.

**PER SLICE** 288 **CAL**; 16 g **FAT** (1 g **SAT**); 5 g **PRO**; 36 g **CARB**; 3 g **FIBER**; 181 mg **SODIUM**; 38 mg **CHOL**

### Millet Sunflower Chip

**MAKES** 1 loaf; 12 servings  
**PREP** 15 minutes **BAKE** at 350° for 60 minutes

■ Add 1 cup **coconut palm sugar**, ¾ cup **milk**, ¼ cup **oil** and 1 tsp **vanilla extract** to wet ingredients. Once blended, fold in ½ cup *each* **millet**, **sunflower seeds** and **miniature chocolate chips**. Transfer to prepared pan and bake at 350° for 60 minutes.

**PER SLICE** 343 **CAL**; 17 g **FAT** (3 g **SAT**); 8 g **PRO**; 44 g **CARB**; 5 g **FIBER**; **SODIUM**; 39 mg **CHOL**



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# SUPER SALAD

To make up for all the recipe tastings, our food department eats a salad for lunch nearly every day. We try to incorporate the most nutrient-dense ingredients possible—that's how we came up with this winning combination. —Regina Ragone, Food Director, and Julie Miltenberger, Executive Food Editor

## Watercress and Spinach Salad

In a large bowl, toss 1 bunch **watercress** (tough stems discarded), 1 bag (5 oz) **baby spinach**, 2 cups **strawberries**, trimmed and halved, and 1 small **sweet red pepper**, cored and cut into strips. In a small bowl, whisk 2 tbsp **fresh lemon juice**, 2 tsp **honey**, 1 tsp **Dijon mustard** and  $\frac{1}{4}$  tsp each **salt** and **pepper**. While whisking, pour in 2 tbsp **extra-virgin olive oil**. Mix in  $\frac{1}{2}$  tsp snipped **fresh chives**, if desired. Pour over salad and toss. Transfer to a platter, top with  $\frac{1}{2}$  cup **walnuts** and sprinkle with salt and pepper to taste.





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## BEND & SNAP

*Quick asparagus prep tip:* Hold each spear between your thumb and index finger, then bend until it snaps. Discard the bottom piece and trim any ragged edges.

—Melissa Knific,  
Associate Food Editor



## graphic eats

We love *The Silver Spoon* cookbook from the 1950s—a staple in many Italian food lovers' kitchens—but this lively cartoon iteration is a blast. *Chop, Sizzle, Wow* (Phaidon, \$20) features 50 classic recipes, such as Lasagna Bolognese and Chicken Cacciatore, each with illustrated step-by-step instructions. Now that's what we call cooking by the book. —MK



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## *Some Assembly Required:* MEAL DELIVERY KITS

For the busy home cook, subscription food services are like manna from heaven. You choose a menu and a ready-to-cook dinner arrives with fresh produce, measured ingredients and step-by-step photo instructions. It can be a pretty sweet deal, but there is prep time required, and with prices ranging from about \$10 to \$15 per person, it may not be in everyone's budget. What these services do offer is convenience and an introduction to cooking restaurant-caliber meals.

Are they worth the splurge? Here are three that I sampled with my family. —*Suzanne Rust, Lifestyle Editor*

### PLATED

PLATED.COM

#### Recipe Lamb Chops with Pearl Couscous and Snap Peas

**REALITY** This was a very basic, straightforward recipe—just what I look for during the week. Flavorful lamb chops paired nicely with pearl couscous, snap peas and roasted almonds. Plated delivered as promised: an excellent dinner in 30 minutes. The company has recently stepped up its game with dessert options such as Caramelized Apple Tarts with Crème Fraîche, Clementine Upside Down Cake, Bacon Brittle and Molten Lava Cakes.

### HELLO FRESH

HELLOFRESH.COM

#### Recipe Honey Ginger Glazed Chicken with Coconut Rice

**REALITY** The chicken, accompanied with sautéed zucchini, had great flavor, but I suspect that the rice, simmered in coconut cream and water, suffered a recipe glitch; it never cooked up properly. When I informed customer service, the representative acknowledged an error and sent me a complimentary meal. The dinners we made were not for the novice and involved quite a bit of prep, but they did get us out of our recipe rut. I agree with my husband, who said, “I’d save these meals for the weekend, when we have a little more time.”

### BLUE APRON

BLUEAPRON.COM

#### Recipe Furikake-Topped Salmon with Fresh Edamame and Miso-Sesame Noodles

**REALITY** Easy, visually appealing and delicious; even my picky 15-year-old daughter loved this recipe. The black miso-sesame noodles were the perfect complement to the salmon, and the furikake—a Japanese seasoning with sesame seeds, dried seaweed and other spices—added appeal. I liked the idea of throwing together a somewhat exotic meal with such ease. I’m planning to re-create this one soon. I’ve already purchased the furikake, which I’ve also started using in other dishes.

## STYLE

Products not listed are available at mass retailers.

### BLOOM BOUNTY

**PAGE 23:** *Left:* Top, **Cooper & Ella**, cooperandella.com, \$108. Jeans, **Jessica Simpson Collection**, Macy's, \$49. Sandals, **Toms**, toms.com, \$69. Belt, **Amiclubwear**, \$9, amiclubwear.com. Clutch, **Botkier**, botkier.com, \$128. Earrings, **Roberta Chiarella**, robertachiarella.com, \$68. *Right:* Jacket, **Jennifer Lopez**, similar styles at kohls.com, \$98. Dress, **White House Black Market**, whbm.com, \$170. Pumps, **Dune London**, dunelondon.com, \$135. Earrings, **House of Harlow 1960**, glamboutique.com, \$58. Ring, **Amiclubwear**, amiclubwear.com, \$9.

**PAGE 24:** **Clinique** Quickliner For Lips in Rich Red, Clinique.com, \$16. Dress, **Lily Rose**, similar styles at kohls.com, \$48. Earrings, **Loft**, loft.com, \$25.

**PAGE 25:** Sweater, **The Limited**, thelimited.com, \$60. Skirt, **Robert Rodriguez**, Macy's, \$79. Pumps, **Call It Spring**, callitspring.com, \$50. Handbag, **Cole Haan**, colehaan.com, \$138. Watch, **Timex**, timex.com, \$60. Ring, **Karen Kane**, karenkane.com, \$58. Earrings, **Amiclubwear**, amiclubwear.com, \$17.

**PAGE 26:** *Left:* Vest, **Chaps**, kohls.com, \$79. Top, **Covington**, sears.com, \$36. Pants, **Old Navy**, oldnavy.com, \$35. Shoes, **L.L. Bean**, llbean.com, \$60. Necklace, **Marlyn Schiff**, marlynschiff.com, \$74. Bangles, **Alex and Ani**, alexandani.com, top, \$58, bottom 3, \$38 each. Earrings, **Viv&Ingrid**, vivandingrid.com, \$48. *Right:* Dress, **L.L. Bean Signature**, llbean.com, \$139. Sandals, **Nine West**, ninewest.com, \$59. Tan and blue bracelets, **Bijouterie**, shoppbijouterie.com, \$92 for set of 3. Cream bracelets, **Bijouterie**, shoppbijouterie.com, \$55 for set of 3.

**PAGE 27:** Top, **Merona for Target**, target.com, \$20.

### HALL OF FAME

**PAGES 28-29:** **Amazing Cosmetics** Concealer in Medium Golden, amazingcosmetics.com, \$28. **Anastasia** Brow Wiz in Caramel, anastasia-beverlyhills.com, \$21. **BareMinerals** Original Foundation SPF 15 in Golden Fair, bareminerals.com, \$28. **Benefit** Benetint, benefitcosmetics.com, \$30.

**Bobbi Brown** Skin Foundation Stick in Warm Honey, bobbibrowncosmetics.com, \$44. **Fresh** Sugar Rosé Tinted Lip Treatment, fresh.com, \$23. **Lancôme** Juicy Tubes Jelly in Bolole, lancome-usa.com, \$18. **Laura Mercier** Tinted Moisturizer SPF 20 in Natural, lauramercier.com, \$44. **MAC Cosmetics** Lip Pencil in Spice, maccosmetics.com, \$16. **NARS** Blush in Orgasm, Sephora, \$30. **Shu Uemura** Eyelash Curler, shuuemura-usa.com, \$20. **Smashbox** Photo Finish Foundation Primer Pore Minimizing, Sephora, \$39. **Sonia Kashuk** Highlighter in Sparkling Sands, Target, \$101. **Urban Decay** Naked Eyeshadow Palette, Sephora, \$54. **Zoya** Nail Polish in Rocha, zoya.com, \$9.

## HOME

Most items pictured but not listed are from private collections. Products not listed are available at mass retailers.

### GOOD EGGS

**PAGES 35-36:** *Easy Does It: Sponged:* **Martha Stewart Crafts** Multi-Surface Metallic Acrylic Craft Paint in Gold, michaels.com and Michaels stores. Mini sponge applicators available at craft stores. **Elmer's** rubber cement and natural sea sponges, available at Michaels and other craft stores. *Gilty Pleasure: Tattoed: #1 Fashion Tattoos* metallic jewelry inspired temporary tattoo, amazon.com. *Wrap Star: Lacy:* Acrylic paint available at craft stores. Lace trims available at craft and fabric stores.

### GLOBAL WARMING

**For children's and women's clothing and accessories designed by Emily Meyer, visit the Tea Collections website at teacollection.com.**

**PAGE 43:** Living room: **Brunschwig & Fils** Peche Wallpaper from Neue Galerie, neuegalerie.org. Rhys Chair in Lager, anthropologie.com. **West Elm** Kite Wool Kilim in Iron/Straw, westelm.com.

**PAGE 44:** Clement's room: **Ikea** Stockholm Rug in Black and Off-White Stripe, ikea.com. **Tea Collection for Art.com** Tranquil Pond Giclee Print, art.com. Playroom: Mural by **Nathan Tan**, nate1design.com. **Great Mats** Home Gym Flooring in assorted colors, greatmats.com.

**PAGE 45:** Georgia's room: **Nina Campbell** Perroquet Wallpaper in Black, osborneandlittle.com.

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# Ted Allen

When it comes to dismissing contestants on Food Network's hit series *Chopped*, Ted Allen is kind but cutting. "Chef, you've been chopped," intones the James Beard Award-winning host. Turns out the two-time cookbook author is just as straightforward in his own kitchen. "Bruschetta is one of the simplest and most universally crowd-pleasing appetizers you can make," says Ted. Give his recipe a try.

## Bruschetta with Prosciutto, Ricotta and Arugula

**15** or so ½-inch slices from a baguette, cut on the diagonal

Extra-virgin olive oil for brushing

**1** clove garlic, peeled and cut in half

**1** cup fresh ricotta

**15** arugula leaves

¼ lb prosciutto or other salty, cured pork meat such as coppa, lomo or speck

Best quality extra-virgin olive oil, for drizzling

■ Heat grill or grill pan to medium-high. Place sliced bread on a sheet pan and brush both sides with olive oil. Grill bread until golden all over, about 2 to 3 minutes per side. Rub one side with garlic clove.

■ Spread 1 or 2 tbsp ricotta on each slice, then press an arugula leaf into cheese. Place a slice of prosciutto or other cured meat on top, and drizzle with olive oil. Serve.

**Makes about 15 hors d'oeuvres.**

### WATCH IT!

Starting in March, Ted Allen hosts *All-Star Academy* on Food Network. Things heat up as 10 talented home cooks compete for \$50,000. Chef mentors include Bobby Flay and Curtis Stone. New episodes air on Sunday nights at 9 p.m. ET/PT.

Photo: Courtesy of the Food Network. Recipe adapted from *In My Kitchen: 100 Recipes and Discoveries for Passionate Cooks* by Ted Allen (Clarkson-Potter, 2012).  
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