

FamilyCircle

All New!
**Slow Cooker
Meals**

IN LIVING COLOR
**BRIGHT IDEAS
FOR YOUR HOME**

**Delicious
Gluten-Free
Dinners**

**HOW HEALTHY
IS YOUR HEART?
TAKE OUR QUIZ**

We Tried 7 Juice Cleanses...
RESULTS ON PAGE 71



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theorizing
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from,

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can sleep like one



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Cover photograph by **Romulo Yanes** Food styling by **Karen Tack**
Prop styling by **Molly FitzSimons**

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In honor of the new year, you (along with nearly everyone else) may be hoping to jump-start a healthy diet and perhaps lose a few pounds. After hearing so much about juice cleanses and detoxes—it seems every celebrity has a favorite—we were curious. So seven staffers volunteered to temporarily give up caffeine, alcohol, salt, sugar and basically all solid food and then report their experiences. I tried one too, but truth be told, it was a disaster. I was supposed to drink six 16-ounce juices a day, one every two hours, for five days. I hoped I'd feel lighter and more energetic but just the opposite happened. I was constantly hungry, tired, cranky. Getting up at my usual 5:45 a.m. and not having a large cup of coffee was torture—plus I missed having a hot dinner with my family. After three days I gave up. Others had better outcomes—including weight loss—and you may be inspired to give it a shot based on their results (see page 71). Of course, juicing isn't the only way to shake things up. This issue is packed with plenty of other ideas for looking great (the best facial cleansers, tips for thicker and shinier hair) and feeling great (how to ward off heart disease, delicious gluten-free dinners). I personally love our de-cluttering tips on page 41—nothing makes me feel better than a super-organized house!



Linda

LINDA FEARS, EDITOR IN CHIEF
LINDA@FAMILYCIRCLE.COM

Contributors



ELLEN LEE

As an award-winning business and technology journalist, Ellen has watched the tech industry flourish—except when it comes to diversity. So she was thrilled when she heard about Black Girls Code (see “Industrial Revolution,” on page 66), which aims to change that digital divide one tween and teen at a time.



DR. FRANCESCA FUSCO

A private-practice dermatologist in New York City and professor at Icahn School of Medicine at Mount Sinai, Dr. Fusco knows as much TLC as any other area of the body. In “The Full Story,” on page 34, she reveals the causes and treatments for thinning hair.



ROMULO YANAS

Romulo's passion for food began during his childhood in Cuba and eventually led him to become the staff photographer at *Gourmet*, where he spent 25 years creating iconic culinary imagery. Now he shoots for *Family Circle*, the Williams-Sonoma catalog and many other publications. His work is showcased on this month's cover.

3
things I
learned from
this issue

There are so many interesting new facial cleansers—including mousses, powders and oils—that make soap seem, well, old-fashioned. See our selection of must-try products on page 25.

I'm switching from brown rice to black. It has more protein, twice the fiber and fewer calories. Find out more on page 112.

Would you recognize a heart attack if you were having one? Hint—you probably won't have chest pain. Learn all about women's symptoms on page 78.

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LEE D. SLATTERY
Vice President / Publisher

SANDRA SALERNO ROTH
Director, Marketing & Creative Services

ADVERTISING

East Coast Office—New York 212-455-1112
Account Managers DANIELLE FULLICK, JULIE GINSBURG,
CAROLYN ROSE, DINA TREGLIA
Executive Assistant JORDAN CLIFFORD

Midwest Offices—Chicago 312-281-3520
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Colorado Office KIM WILSON 214-228-1373

Direct Media Business Development Manager CREE FLOURNOY 212-499-6728

National Travel Director JODIE BURLOG SCHAFFER 952-322-3124

MARKETING

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Associate Marketing Manager MARA VAN GELDERN

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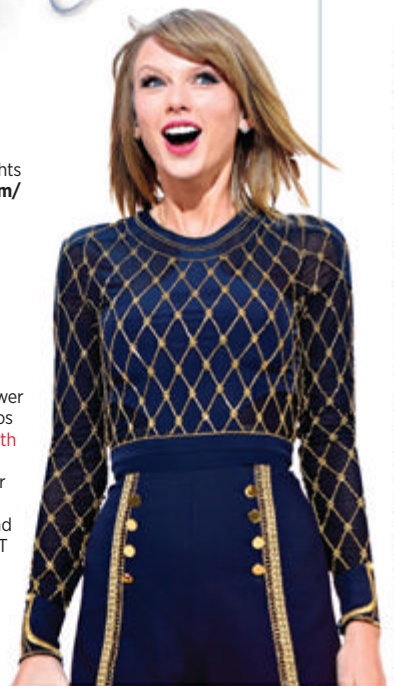
best of FEBRUARY

L

Superstar Katy Perry is ready to “Roar” during the **Super Bowl** halftime show. To browse crowd-pleasing ideas for the big game, go to familycircle.com/super-bowl-recipes. For a show of team pride, check out nflshop.com/homegating.



2 Lace up your sneakers for Day 2 of the **2015 Vionic Walkabout**, a 30-day commitment to boost physical and mental well-being. Take the pledge and enter to win terrific prizes (like three nights in California wine country) at vionicshoes.com/2015-vionic-walkabout.



8 »

Music industry power hitters gather in Los Angeles for the **57th Annual Grammy Awards**. Will Taylor Swift win big for “Shake It Off”? Find out at 8 p.m. ET/PT on CBS.

14

“All you need is love,” sang The Beatles—but chocolate helps too. Any of our irresistible desserts (starting on page 99) would be perfect for **Valentine’s Day**.



19

Xin nian kuai le means “Happy New Year” in Chinese. According to the Chinese zodiac, today begins the **Year of the Sheep**. Input your birth date at astrology.com/chinese-astrology to learn your sign.

22

Live from Hollywood, the ridiculously charming Neil Patrick Harris hosts the **87th Academy Awards**. Tune in to ABC at 7 p.m. ET. (Bone up on interesting trivia before the ceremony with the awesome interactive Oscar History Timeline at oscar.go.com.)



24

When experts at Gold’s Gym crunched check-in data from 2011–2014, February 24 was the **Fitness Cliff**, when post-New Year’s member check-ins drop off and never rebound. In honor of its 50th anniversary, Gold’s is offering a free 12-Week Customized Transformation Plan. For details, go to goldsgym.com.



Dates TO REMEMBER | * 02 Groundhog Day | * 16 Presidents’ Day | * 18 Ash Wednesday

Photos: (eggs) Alexandra Gribblewski; (shoes) Chictyoe/Getty Images; (Swift) Kevin Mazur/Getty Images; (Oscar) Jeffrey Meyer/WireImage; (Stooch) (3)

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TRENDS, TIPS, ENTERTAINMENT—AND A DASH OF CULTURE BY SUZANNE RUST

WHAT'S NEW

ON YOUR TOES

Alvin Ailey American Dance Theater, one of the world's premier dance companies, is taking the party on the road, just as it has since 1958. Catch the troupe's phenomenal fancy footwork during its 19-city national tour, which runs from February to May. Alvinailey.org



Photo by Andrew Eccles of Alvin Ailey American Dance Theater's Akua Noni Parker, Sarah Daley and Jacqueline Green.

“*Never love anyone who treats you like you're ordinary.* —OSCAR WILDE

LA DOLCE SNEAKER

Just in time for spring, Converse has teamed with Missoni to glam up the new **Chuck Taylor All Star Lux**. Tricked out with shimmering metallic threading in the Italian design team's iconic zigzag pattern, the results are bellissimo.

Converse.com and Nordstrom stores, \$85 to \$100



PAGE-TURNERS

WHAT COMES NEXT AND HOW TO LIKE IT by Abigail Thomas (Scribner) Love, death, friendship and dogs fill the landscape of Thomas' memories and meditations.

HER by Harriet Lane (Little, Brown and Company) A chilling drama of female friendship, rivalry and revenge that keeps you looking over your shoulder.

THE LAST GOOD PARADISE by Tatjana Soli (St. Martin's Press) When their climb to the top heads south, so do Ann and Richard—taking refuge on an island of lost souls. Seductively trenchant.

CRAZY LOVE YOU by Lisa Unger (Touchstone) Ian is trying to free himself from the demons of his past: his mom's madness, his tragic childhood and his destructive muse, the fantastical Priss. Darkly compelling psychological thriller.

THE NIGHTINGALE by Kristin Hannah (St. Martin's Press) Hannah finds her singing voice in this hauntingly rich WWII novel about courage, brutality, love, survival—and the essence of what makes us human.

A SPOOL OF BLUE THREAD by Anne Tyler (Knopf) Tyler has mastered creating characters who feel familiar and still uniquely their own. Here she artfully weaves together the history of the multigenerational Whitshanks. Like visiting with family and wishing to stay longer. —Darcy Jacobs

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CHECKS, PLEASE!

If this jaunty print makes you think “schoolgirl” or “grunge,” then you don’t know plaid. The Scottish pattern is showing up on everything from jackets to dresses to tops. One of our favorite incarnations is this chiffon blouse. Pair it with coated jeans and pumps for an effortlessly cool look.



Blouse, I. Madeline, \$66. Jeans, DL1961 Premium Denim, \$178. Clutch, Shiraleah, \$55. Necklace, Elizabeth Stone, \$36. Bangles, Cynthia Rybakoff, \$124/set of 3. See Buyer's Guide, page 123.



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Dynamic Decor

Happy hues, peppy prints and whimsical shapes—the new collaboration between Kate Spade Saturday and West Elm hits all the bright notes. From pillows and chairs to artwork and lighting, there's something sunny to perk up any room.

From left: Kate Spade Saturday Shifting Shapes Pillow Cover in Slate, \$34. Abstract Printed Rug in Multi, \$69 to \$99. Globe Floor Lamp in Black, \$349. Anders Chair in Kate Spade Floral Print, \$599. Splatter Paint Pillow Cover in Light Pool, \$29. Yellow Sun Small Print, \$129. All available at westelm.com.



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QUIRKY JERKY

A relative newcomer to the artisanal food frenzy, jerky has gone gourmet. No longer greasy or impossible to chew, the newest snacks are beautifully packaged and boast fancy flavors like maple syrup and garlic beef, black cherry barbecue pork and orange-ginger salmon. They are also high in protein, low in calories and gluten-free—a healthy bite for a midday boost.



**Ruby Bay Orange
Ginger Salmon Jerky,**
rubybayjerky.com, \$5

**Perky Jerky Jamaican
Style Turkey Jerky,**
perkyjerky.com, \$5



**Slantshack
Vermont Maple
Glaze & Garlic
Powder Beef Jerky,**
slantshack
jerky.com, \$9



**Krave Black Cherry
Barbecue Pork Jerky,**
kravejerky.com, \$6



**Epic Lamb
Currant
Mint Bar,**
epicbar.com,
\$34/box
of 12



Food styling: Toni Brogan. Prop styling: Stephanie Hanes.

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Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat & cholesterol may reduce the risk of heart disease.

Fair and Square

Start thinking inside the box. This year's structured satchels are a welcome change from the slouchy handbags of seasons past.



Sole Society, \$45



Nine West, \$109



Poverty Flats, \$98



Marshalls, \$80



Pink Cosmo, \$79



Brahmin, \$255

PUCKER UP

Lacquer your lips with the best of both worlds: the intensity of a lipstick and the shine of a gloss.



**Marc Jacobs Beauty
Lust for Lacquer Lip Vinyl in
202 Paint It, \$28**



**CoverGirl Lip Lava in
Look It's Lava, \$8**



**Estée Lauder Pure Color
High Intensity Lip Lacquer in
Hot Cherry, \$25**



**Revlon Ultra HD Lip Lacquer in
Smoky Topaz, \$9**



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BY PATTY ADAMS MARTINEZ

André Braugher

The award-winning actor and *Brooklyn Nine-Nine* star cops to breaking the rules, a wicked sweet tooth and a secret (guy!) crush.

How do I keep a straight face working with Andy Samberg? I let my mind go blank and get into a meditative state. Because the moment you actually picture what he's saying, you burst out laughing.

My worst habit is hitting the snooze button. I set my clock early enough so that I can hit it twice or more and still get up on time.

I cheat a little when I play basketball with my sons. They're 12, 17 and 22, and those guys can jump. Even so, I don't win very often.

My favorite way to unwind is digging holes and moving plants around the yard, which I find oddly relaxing.

I'm really good at making up songs based on what people say. Not necessarily a charming quality. In fact, it can get pretty annoying.

I secretly wish I had a bromance with Fred Armisen. I'm a huge fan.

If someone tries to eat my dessert, I act up like a little kid.



Photo: Christopher Polk/FOX /Contributor/Getty Images

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For more celeb talk, go to familycircle.com/starturn.

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SPLASH DANCE

Give your complexion a little affection with the latest cleansing formulas and innovations.

BY SYDEN ABRENICA

Makeup: Albee Franson. Hair: Linh Nguyen at Kate Ryan Inc. Manicures: Kim Chiu at Mark Edward Inc.



SPONGE	TOOL	MOUSSE	WIPES
 <p>WOW FACTOR A deep-cleansing sponge made from konjac—a renewable root plant native to Asia—is powerful yet gentle and can be paired with your usual cleanser.</p> <p>APPLY RIGHT Place under running water to soften, then put cleanser on tip of sponge and sweep across face. Replace every three months.</p> <p>TOP PICK EcoTools Pure Complexion Facial Sponge, \$6</p>	 <p>WOW FACTOR Unlike traditional electric cleansing brushes, the updated version features silicone touch points instead of bristles. High-speed pulsations dislodge dirt and oil.</p> <p>APPLY RIGHT Remove makeup, then dampen skin and apply product. Wet the brush and start at the chin. Spend about 15 seconds on each zone of your face.</p> <p>TOP PICK Foreo Luna, \$199</p>	 <p>WOW FACTOR A frothy foam calms irritation and combats fine lines to reveal a brighter complexion.</p> <p>APPLY RIGHT A little goes a long way: Pump just once and you'll have enough to cleanse your entire face and neck.</p> <p>TOP PICK Jurlique Herbal Recovery Antioxidant Cleansing Mousse, \$34</p>	 <p>WOW FACTOR The new premoistened cloths go beyond removing makeup. Textured dots slough away dead skin cells and diminish oiliness.</p> <p>APPLY RIGHT Wipe with big circular motions over face, then target any clogged areas that require extra attention.</p> <p>TOP PICK Olay Fresh Effects Oil Reducing Wet Cloths, \$5</p>
OIL	GEL	INFUSED WATER	POWDER
 <p>WOW FACTOR Removes stubborn waterproof makeup in seconds. The biggest surprise: It's great for oily complexions because it balances skin's moisture level.</p> <p>APPLY RIGHT Massage over dry skin and let sit for a minute to dissolve surface debris. Wet hands, then rub and rinse with warm water.</p> <p>TOP PICK Nuance Salma Hayek Marigold Oil Cleansing Facial Oil, \$14</p>	 <p>WOW FACTOR Breakouts, beware—a lightweight gel with salicylic acid banishes blemishes stat. Plus, micro-exfoliators even out skin's texture.</p> <p>APPLY RIGHT Use once a day, preferably at night, to avoid over-drying skin. When applying, lather product in hands, then smooth over face.</p> <p>TOP PICK La Roche-Posay Effaclar Medicated Gel Cleanser, \$20</p>	 <p>WOW FACTOR This refreshing liquid is loaded with tiny oil molecules that attract grime. It's also free of artificial perfumes and chemicals, making it ideal for sensitive skin.</p> <p>APPLY RIGHT Squeeze a generous amount onto a cotton pad and wipe over face, then gently pat around closed eyes. The best part: no need to rinse.</p> <p>TOP PICK Simple Skincare Micellar Cleansing Water, \$7</p>	 <p>WOW FACTOR A nutrient-rich powder with mild buffing agents gently smooths away rough patches for a gorgeous glow.</p> <p>APPLY RIGHT Mix a dime-size portion of powder with water to create a paste and rub all over face, avoiding eye area. Rinse well. For a hydration boost, swap H2O for face oil.</p> <p>TOP PICK Boscia Tsubaki Oil-Infused Exfoliating Powder, \$36</p>



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WORK IT

STYLISH WAYS TO MAKE YOUR WEEKEND
FAVES OFFICE-WORTHY

BY NICOLE MCGOVERN • PHOTOGRAPHY BY GRACE HUANG

MONDAY

A ladylike coat and simple gold jewelry make this **T-shirt dress** feel 9-to-5 yet still sophisticated.

Jacket, CAbi, \$168. Dress, Michael Stars, \$158. Necklace, Golden Thread, \$40. Bangles, R.J. Graziano, \$45 for a set of 10. Earrings, Stella & Dot, \$39.



TUESDAY

Wearing a **sweatshirt** on the job is no risky business. Simply tuck into a polished gray pencil skirt and add a statement necklace.

Top, Athleta, \$79. Skirt, Vince Camuto, \$79. Necklace, Cocoa Jewelry, \$68. Silver Bangles, Satya Jewelry, \$39 each. Gold Bangles, The K & R Collection for Silpada, \$59 for a set of 3.



WEDNESDAY

Didn't you get the memo? **Denim** is a do during the workweek. Pick a printed pair and finish the look with a crisp button-down and pointy pumps.

Top, Riders By Lee, \$20.
Jeans, James Jeans, \$185. Belt, Chadwicks of Boston, \$15.
Pumps, Franco Sarto, \$89. Bag, Studio S, \$65. Necklace, Dogeared, \$72. Watch, Timex, \$84. Earrings, Moon & Lola, \$42.



THURSDAY

Textured leggings earn overtime when paired with a long blouse (read: cover your rear) and a boyfriend blazer.

Blazer, The Limited, \$128. Top, a.n.a, \$36. Leggings, Solow, \$98. Shoes, Ava & Aiden exclusively for Gilt, \$99. Necklace, Cookie Lee, \$36. Bag, Sorial, \$145. Watch, Vince Camuto, \$150. Rings, Dogeared, \$92 for a set of 3.





FRIDAY

Promote that **basic white tee** to a weekday shift by wearing it with a patterned scarf and structured **black pants**.

Top, Croft & Barrow, \$16. Pants, Lisette L, \$123. Scarf, Vince Camuto, \$48. Ring, Satya, \$89. Earrings, Silpada, \$46.



THE FULL STORY

**Hair loss and thinning are more common than you think—
40% of American women experience tress distress by age 40.**

**If your strands start to pull a disappearing act, don't look
the other way. Hair has a delayed shedding cycle—falling out three
months after it has stopped growing—so pay attention to daily
loss, especially anything exceeding 75-100 hairs per day.**

**Get to the root of the problem with
quick fixes and transformative treatments.**

BY DORI KATZ // PHOTOGRAPHY BY FERNANDO MILANI



THE REASONS for hair loss and thinning can be numerous, says Francesca Fusco, a dermatologist in NYC. A major life event (surgery, extreme weight loss or gain, elevated stress) often exacerbates fallout. Other factors include genetics, hormonal imbalances, inflammation of the scalp, and poor diet and nutrition. Whether you're facing one or a combo of these culprits, there are many ways to keep hair thick, shiny and healthy.

The Big Picture

- The number one ingredient to promote regrowth is minoxidil and it's available in several forms, says Fusco. Look for a formula containing at least 2%. Consistency is key—apply to the scalp daily while hair is damp or dry.
- A healthy diet may also help prevent future hair loss. Elizabeth Cunnane-Phillips, a hair specialist at the Philip Kingsley Clinic in NYC, recommends eating lean protein at every meal, along with complex carbs to help your body digest the protein and a daily supplement with biotin, iron and vitamins (including B12, C and D). Try Viviscal or Aviva.
- Remember, healthy hair starts with a healthy scalp. Combat dryness or flakes with a nourishing treatment of proteins, vitamin C and botanicals.

Styling Secrets

- Before you blow-dry, spritz a thermal protection spray from roots to tips, says Jill Crosby, a Los Angeles-based hairstylist for Women's Rogaine. This reduces the stress of heat on hair and also acts as a primer to extend your style. While drying, hold hair at a vertical angle to get more lift at the roots.
- Choose a brush that contains both natural and plastic bristles for less damage and increased shine, says Ric Pipino, celebrity hairstylist and VP of Global Creative for Alterna Haircare. Lightly brush hair before bed to prevent tangling while you sleep. If you prefer ponytails, don't secure too tightly and use a soft and wide hair tie.
- For a quick fix, try dry shampoo or colored hair fibers. Dry shampoo creates natural-looking volume; for a more even application, shake the can and press the trigger a few times before spraying on hair. Aim from roots to mid-shaft to achieve body and fullness throughout. Tinted fibers come in a variety of shades—apply to hide any sparse spots.



Women's Rogaine 5% Minoxidil Topical Aerosol, \$30 for 2-month supply



Alterna Caviar Repair Lengthening Scalp Elixir, \$38



Pantene Expert Hair Regrowth Treatment, \$24 for 1-month supply



Goody Heritage Classic Cushion Brush, \$16



Cerafill Texture Effect Hair & Scalp Refresher, \$18



Bosley Professional Strength Hair Thickening Fibers, \$30



TRESemmé Thermal Creations Instant Heat Tamer Spray, \$5



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That's something even cats find amazing.

LIGHTEN UP

Stress less by streamlining your space. Our team of organizing bloggers share their favorite tips. **BY LESLEY PORCELLI**

➡ SET DEADLINES

Schedule a de-clutter date on your calendar every few weeks, says Toni Hammersley. For example, February 7, top shelf in pantry; February 28, garage cabinet. Check online for local recycling and shredding locations.

2015 Paper Source Academic Chalkboard Well Grid Calendar, papersource.com, \$27
Alex desk in White, ikea.com, \$159



THE EXPERTS

Toni Hammersley

Founder of abowfulloflemons.net, an online community focused on organization

Laurie Palau

Pro organizer who blogs at simplyBorganized.com

Erin Rooney Doland

Author of *Unclutter Your Life in One Week* and blogger at unclutterer.com

Laura Wittmann

Author of *Clutter Rehab* who blogs at orgjunkie.com

LESS IS MORE

Store only essentials—dish washer detergent, gloves, cleansers—under the kitchen sink. All other supplies should go in a closet closer to where they're most needed.

MAKE IT A RULE

"Set up a donation station for the whole family," says Laura Wittmann. "Encourage everyone to contribute something once a week." When the box is full, drop it off at a thrift shop or collection location.

DON'T DAWDLE

"Immediately list good-quality castoffs on craigslist.org or eBay.com before you lose your momentum," says Erin Rooney Doland. Pick a sell-by date and stick to it.

AUTO REPAIR

Hammersley leaves a tote in the car to fill with stray stuff that doesn't belong there. Once a week, she sorts through the contents, puts things back where they belong, tosses any trash and returns the bag to the car.

CLOSET CONTROL

Ditch clothes that are beyond repair. Place removable stickers on garments you're not sure you want. When you wear something, take off the sticker. Donate or consign anything still tagged at the end of the season. ThredUP.com offers cash for like-new women's and kids' clothing and accessories.

Post-it Reminder Tags in Mulberry, post-it.com for stores, \$4/pack of 50



MAP IT

Designate zones in the garage—gardening, sports, tools—with hooks and shelving units, suggests Laurie Palau. Clear out anything that needs repair or doesn't fit into one of your assigned categories.

PLASTIC POWER

Don't hang on to tubs without lids, and limit containers to no more than 10. For recycling locations, check online at 1800recycling.com.

Glass TrueSeal Round and Rectangular Food Storage, containerstore.com, \$5 to \$10 per piece



SHELF HELP

Keep go-to cookbooks in a kitchen cabinet. Pare down those you occasionally refer to—try for about five—and sell or donate the rest, says Doland.

BUDDY SYSTEM

Grab a partner. “It’s a lot easier to get rid of unwanted when you have friends or family clamoring to take stuff off your hands,” Doland suggests.

STRAIGHTEN UP

Shred papers you don’t need to hang on to long-term, including bills and credit card statements, as soon as the monthly payment clears. Recycle any appliance manuals and warranties that are available online. “Keep a shredder where you read your mail,” says Palau. “And sign up for paperless billing.”

CHUCK THE OBVIOUS

“When you have five minutes to spare, weed out expired food from your fridge and pantry,” says Palau. “Or target the medicine cabinet, tossing out-of-place items and empty containers into a garbage bag.”

MEMORY LANE

Instead of hiding away keepsakes in a box in the basement, Palau puts a selection of her treasures in a bin on a closet shelf where she can reach them. “Be sure to come up with a ‘do not exceed number’ of favorites,” Palau says.

Bin in Mineral Gray, myinitials-inc.com, \$32



START SMALL

If you spend a few minutes a day de-cluttering, you’ll feel more successful and less overwhelmed, explains Wittmann. “Purge one drawer at a time instead of tackling the entire desk.”

Acrylic Stacking Drawer Organizers, containerstore.com, \$2.50 to \$5



CLUTTER BUSTER BASICS

1

IF YOU GET A GIFT OR BUY SOMETHING NEW, LOOK AROUND FOR AN ITEM TO ELIMINATE.

2

JETTISON ANYTHING YOU’RE NOT USING OR THAT DOESN’T FIT.

3

WEED OUT ANY DUPLICATES. KEEP ONLY THE BEST AND DONATE THE REST.



Mix Master

Sally Bennett takes a fun, fearless approach to decorating her eclectic South Carolina home.

BY JUDY PROUTY PHOTOGRAPHY BY ANNIE SCHLECHTER



COOKING CLASS

Sally selected streamlined cabinetry and quartz countertops from Ikea for the light-filled kitchen. "I picked out pretty much everything in less than 20 minutes," she says. "It's some kind of record for me." She designed the op-art backsplash of water-resistant wood tiles to pep up the sleek space, and chose the West Elm glass pendant lights for their simplicity. From left, Ella, 14, Sally, Harry, 3, and Ruby, 13.



Sally Bennett's laid-back 1960s trilevel doesn't take itself too seriously. With its clash of styles and zingy patterns, this is a personality-packed place ready for family fun. "I don't believe in a house that's too precious," says Sally, an artist, owner of Mirth Studio and mom of three. She and her husband, David Baxley, an entertainment executive, moved to James Island in Charleston, SC, seven years ago. Inspired by their previous midcentury modern home in Connecticut plus two years of living in Macao, China, she tossed tradition aside with a combination of contemporary and global furnishings. The playful spirit starts in the living room, where a \$65 thrift shop sofa, reupholstered in mint green, takes center stage with a pair of gilt bedside tables that Sally repurposed as cushioned seats. "I don't tend to buy new things, especially if I can find secondhand stuff or make it myself," she says. Elsewhere in the family room and bedroom, shots of deep blue, tangerine and purple lend pizzazz. "Bright colors make me happy," she says. "You can't be afraid to use what you like."

WARM WELCOME Decorative wood floor tiles throughout the home—all designed by Sally for Mirth Studio—add graphic interest. Dutch-inspired motifs make an impact in the entryway. "I wanted a wow factor when you walked in the door," she says.




FUN HOUSE In the living room, Sally painted the walls a custom-mixed pale green from Benjamin Moore to serve as a neutral backdrop for the furniture. Tufted velvet side chairs and the mirrored coffee table are refurbished castoffs. She painted Ikea cabinets electric poppy, then gilded and attached laser-cut fretwork (from myoverlays.com). "Ready-made trims are an easy way to jazz up a simple piece."



FRESH AIR "I was going for a sophisticated indoor garden room look," Sally says about the space where the family often hangs out. She used pops of white against navy blue walls and lattice-print tiles on the floor. The midcentury vinyl sofa, a remnant from a Manhattan nightclub that the couple once owned, makes a unique counterpoint to ceramic stools, a chinoiserie-style table and bamboo chairs. The floral painting is by local artist Lulie Wallace.





SLEEPING BEAUTY Eye-catching prints and gold accents set an exotic mood in the master bedroom, formerly the garage. Sally found the Indian silk throw on a recent trip to Dubai and the hanging metal lighting fixture locally at the home design shop Ro Sham Beaux. The bed frame is faced with Sally's Fez floor tiles.

“It’s my sanctuary, so I went wild with my favorite colors, like fuchsia and mustard yellow.”

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FAMILY

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“People tell me that if they lived with their parents there would be a homicide within months. But once they see us all together they actually get very jealous. They see the wisdom in it, the love, and what a great time we have together.”



MODERN LIFE

by Suzanne Rust

PHOTOGRAPHY BY AMY POSTLE

Necessity is the mother of reinvention. Jennifer Conlin and Daniel Rivkin, foreign correspondents with posts in Europe and Africa until 2010, felt it was time to return to the States with their children. But after two decades of living abroad, they realized that the transition would be tricky—especially in the middle of a recession. A move to Michigan with Jennifer's parents and brother turned out to be the winning solution. Jennifer shares her multigenerational *you-can-go-home-again* experience.

FROM LEFT: DOG SHEA; CHARLES RIVKIN, 18, STUDENT; GREG CONLIN, 55, FACILITIES MANAGER; NAN CONLIN, 81, FORMER INTERIOR DESIGNER; BILL CONLIN, 83, LAWYER AND REAL ESTATE DEVELOPER; JENNIFER CONLIN, 53, JOURNALIST; FLORENCE RIVKIN, 19, STUDENT; DANIEL RIVKIN, 53, INTERNATIONAL COMMUNICATIONS CONSULTANT. (NOT PICTURED, DAUGHTER HARRIET RIVKIN, 23, DEVELOPMENT DIRECTOR.)

ANN ARBOR, MICHIGAN



“The transition was enormous. We were accustomed to having zero family nearby. Suddenly, we were all under one roof!”

Bonus Points

The biggest reward is that there is always someone to help out. Whether it's cooking, dog sitting, picking up the kids or assisting them with homework, I know I can count on my parents. In turn, we look after the house, take them to doctor's appointments and offer them the 24-hour tech support they so desperately need!

Dinner Impossible

My dad thinks every meal should be meat and potatoes, Florence is a vegetarian, Charles hates tomatoes and my mother has lots of allergies. Daniel and I enjoy things like quinoa and farro that my father thinks taste like dust. But I don't cater to anyone—what you're served is what you get!



Mix and Learn

Our children are close to their grandparents, and so much the wiser for this experience. Charles, an avid pianist, plays Cole Porter and Gershwin tunes thanks to my parents, who bought him a book of their favorite songs. My mother has learned all about modern feminism from Florence, our activist daughter. And my parents have little time to feel old with so many of the kids' friends around all the time.

familycircle.com
 For more on the Conlin-Rivkin family, go to familycircle.com/modernlife.



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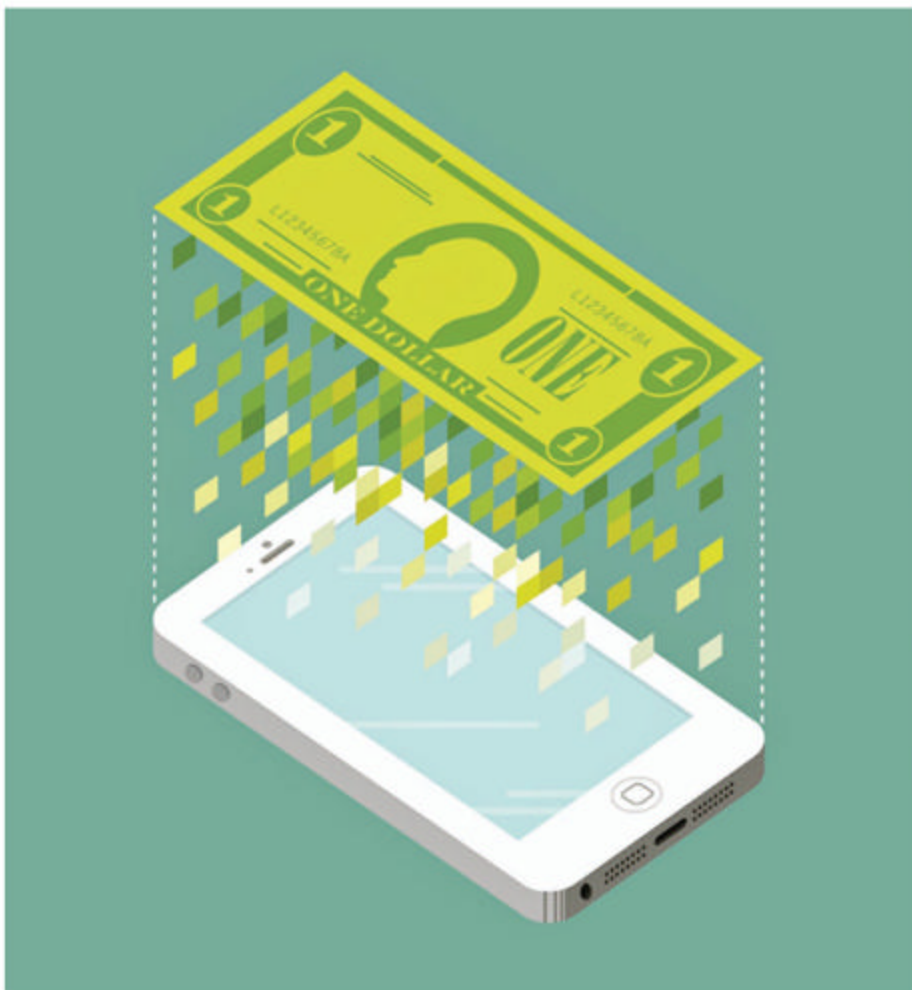
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BY CHRISTINA TYNAN-WOOD



CASH ADVANCE

Soon to replace your overstuffed wallet: mobile payment apps.

“HEY MOM CAN I HAVE \$10? 4got my lunch!” This is a text from my 16-year-old daughter, Ava, likely sent when she was already scouting the cafeteria line at school. In a few seconds, I received a second message—this one from the mobile payment service PayPal, requesting a cash transfer of \$10 from my account to hers. Simply responding “Yes” got the money to her in a flash. Problem solved.

I’ve been using my Internet-enabled smartphone and mobile apps to simplify day-to-day money tasks for

quite some time now—viewing account balances, transferring funds and making payments without writing checks or running a credit or debit card. More people are jumping on the bandwagon each year, according to a 2014 report by the Federal Reserve Board. And now, apps go way beyond basic management and monitoring. For instance, restaurant meals shared among friends need not end with IOUs because someone is short on cash. Better yet, parents can count on having the means to get money to a

teen should the need arise. Mobile transactions are typically more secure than credit cards or checks, because your credit card or bank info doesn’t change hands. All work in a similar manner: You link a bank account or credit card as the payment source, then tell the app where to send the money. Easy breezy. Consider these.

> **PAYPAL**

The granddaddy of payment apps—pay people, bills, restaurant checks and more with either your phone or a PayPal-issued MasterCard. (I opened a student account

for Ava and got her the MasterCard, which is how I can send her instant money.) paypal.com

> **GOOGLE WALLET**

The most like having a virtual wallet in your phone—it’s a snap to pay in stores or online, or transfer money to anyone with a Gmail address. You can also keep track of your loyalty and gift cards. google.com/wallet

> **APPLE PAY**

Hand in hand with the new iPhone 6 options came big steps forward with this payment technology. Setup and interface are typical Apple: simple, clean, intuitive. apple.com/apple-pay

> **CHECK**

Finally, the means to ditch an old-school paper checkbook. Proactive monitoring of bill due dates eliminates stress about late fees. check.me

> **PRISM MONEY**

The plus here is seeing your transactions displayed in chart form, for a bigger-picture sense of your cash flow and bill patterns. prismmoney.com

> **VENMO**

Social media buddies can easily make or share payments among the crew, thanks to this PayPal-owned app’s “Sign up with Facebook” option. venmo.com

> **SQUARE CASH**

The developer of those little white square plastic doodads that you see used to process digital payments at outdoor markets now offers a no-fuss way to send cash via email. square.com/cash

> **OPENTABLE**

Venturing beyond restaurant reservations, the app incorporates a mobile payment component in an ever-growing list of cities. pay.opentable.com

● **CHRISTINA TYNAN-WOOD**

recently relocated—along with her husband and two teenagers—to California’s Silicon Valley in order to be closer to the tech action. Check out her blog at geekgirlfriends.com.

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NOT KITTEN AROUND

Yes, the Feline Football League is a real thing. Hallmark Channel created it after Kitten Bowl I's success. Former Cincinnati Bengals quarterback Boomer Esiason acts as commissioner, overseeing the league's season and the induction of its first Hall-of-Famers. Follow the action online at hallmarkchannel.com/cat-center.

Huddle Up!

Let the gridiron games begin. Household pets are taking over Super Bowl Sunday with two fur-raising faux football championships. Precocious pups go paw-to-paw with frisky felines in a cuteness blitz.

PUPPY BOWL XI

3 p.m. ET/PT on Animal Planet

- The 85 players come from rescue and animal shelters (most are adopted before the show airs).
- Flag on the play! Fouls include "ruff-sides."
- Goat cheerleaders, flying hamsters and a tweeting cockatiel make special appearances during the game, while kittens headline the half-time show.
- Each year an MVP—Most Valuable Puppy—is chosen by popular vote during the broadcast at animalplanet.com.

2014 viewers: **13.5 million**

KITTEN BOWL II

12 p.m. ET on Hallmark Channel

- This year's 90 participating kittens will be adopted before the show airs.
- North Shore Animal League America spokesperson and actress Beth Stern hosts. New York Yankees announcer John Sterling calls the play-by-play.
- Laser pointers, remote-control mice and toys keep kitties prancing around the mini field.
- Even feline football has rules: No "fluffing the passer" or "un-kittenlike conduct," please!

2014 viewers: **6.9 million**



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THE FUR IS FLYING

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INDUSTRIAL REVOLUTION

Thanks to **Black Girls Code**, minority students have a better chance at a lucrative tech career—and so much more.



Kimberly Bryant hopes to make a future in technology a reality for all kids.



Work hack

The room was crackling with energy. More than 40 girls, ages 10 to 17, had gathered at a Brooklyn, NY, college campus for two days of back-to-back hacking. They'd been presented with a troubling issue: Each year nearly 1.5 million high school students are physically abused by their girlfriend or boyfriend. Could they create a mobile app that might make a difference—in less than 48 hours? Split into about a dozen teams, the girls got right to work, scribbling ideas onto papers and taping them to the walls. Fueled by enthusiasm, catered lunches and granola bars, they learned to design and program their apps.

At the end, each team presented its work to their parents and a panel of judges. One was a choose-your-own-adventure game that taught teens about healthy relationships. Another used a kid's location to show nearby resources. One of the winning apps let teens keep a journal of their relationship, and offered positive affirmations and customized advice.

She's got game

This first-of-its-kind hackathon, also held in Oakland, CA, and New Orleans, was organized by Black Girls Code (BGC). Founded by Kimberly Bryant, 48, the organization hosts workshops and other events that introduce computer programming, game and app design, and robotics to girls of color, hopefully

inspiring them to pursue tech careers. The idea was sparked four years ago by Kai, Kimberly's then 12-year-old daughter. Kai dreamed of becoming a game tester when she grew up. But Kimberly, an engineer, wanted her to dream bigger—to not only play games but also create them. She enrolled her daughter in game development camp and she thrived. However, just like her mother, Kai was one of a handful of girls, and the sole African American student. Kimberly wanted that to change, so she used her personal savings to start BGC's pilot program in 2011 after she had quit her job.

Beta test

BGC's first six-week program began at a community center in San Francisco's Bayview Hunters Point, a predominantly African American neighborhood. About a dozen girls ages 6 to 12 attended. "We didn't know if they would like coding and if they would take to it," Kimberly recalls. "But they came back week after week." As word spread, Silicon Valley companies wanted to help. Google gave a \$20,000 grant, and ThoughtWorks, a software consulting company, offered use of its offices and computers. Volunteers from Apple, LinkedIn and other tech companies came to teach. Since then, BGC has expanded, with eight chapters around the country, including Atlanta, Chicago and New York City.

Technological advances

So far BGC has reached more than 3,000 students and is supported by 2,500 volunteers. Despite its name, the goal is to reach all underrepresented girls (and, in about a year, boys too). It has a staff of six, including Kimberly as its executive director. Kai is now one of two girls on her high school robotics team, and remains Kimberly's inspiration, as are all the BGC students. She dreams of seeing them one day launch the next big startup. "I want to see a woman start a Facebook," Kimberly says. "I hope they will be able to look back at their experience here and say that it made a difference."

To learn more or make a donation, visit blackgirlscode.com.

Support System

It's hard knowing what to say when someone close to you loses her job. Learn how to do the right thing when a friend or relative gets the pink slip.

“Help her focus on the future and stay positive. Don't let conversations veer into rehashes or blame games. Instead, point out all the friendship and love she has around her. Remind her of a hard time she's made it through. Celebrate every sign of possibility and potential—a new LinkedIn connection, job lead, interview—to help her stay motivated. Building up her self-esteem will boost her momentum toward finding a new position.” —**ANN W. SMITH**, therapist and author of *Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance*

“Far more important than anything you say to someone who's just lost a job is how well you listen. Let her talk about whatever she needs to without adding anything. It may seem counterintuitive, but offering sympathy, opinion, advice or even agreeing about how the layoff was unfair will only upset her even more. Simply lending an ear enables the other person to vent and move on without getting stuck in negativity. Hear her out and then ask, ‘How can I best support you right now?’”

—**JOSELYNE HERMAN-SACCIO**,
personal development expert

“Unemployment means your friend will have to scale back financially, so help her out in little ways. Drop by one evening with some takeout and a bottle of wine; treat her to happy hour. Invite her to a casual dinner at your place. Be sure to include her in social outings, but stay mindful of her budget. Your thoughtfulness will be appreciated.”

—**JODI R. R. SMITH**, author of *The Etiquette Book: A Complete Guide to Modern Manners*

SUCCESS STORY “When I got laid off, people said vague things like ‘I know you'll land on your feet.’ Um, thanks, but that wasn't super reassuring. What did help was a friend and his wife having me over for dinner once a week—a nice reminder that I wasn't alone. And my sister-in-law even got me a temporary assignment filling in at her office. Now, that's supportive.” —*Lisa Freedman, 31, New York City*



If you're in the same field, share contacts, network for your friend and ask colleagues for leads. If not, offer to help her set and stick to goals—like sending out at least two résumés a day.

Some people want to job hunt on their own. In that case, be a fun distraction—ask her to join you for a long walk in the park or weekend brunch, or give her a guest pass to your gym.

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DETOX Rx

Family Circle staffers tested seven cleanses to find out if they're really liquid gold.

BY SHERYL KRAFT

COULD YOU IMPROVE YOUR HEALTH IN THREE days? Some experts say yes, thanks to cleanses promising everything from increased energy to weight loss. But others say no, citing that your liver, kidneys and colon already do a fine job of cleaning out your system and there are no proven scientific benefits to downing only cold-pressed juices. So we formed a Cleanse Committee of staffers who swore off booze, caffeine and cooked foods to drink pounds of fruits and veggies. To find out if detoxes are worth the dollars, read on for the juicy details.





COOLER CLEANSE
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coolercleanse.com



After announcing to my family that I was doing a detox diet, here's what I heard: "You're so trendy!" said my charming 10-year-old daughter.

"Where's the medical science?" questioned my skeptical husband. "Will you still cook my dinner?" asked my always-hungry 16-year-old son. The answer: No. For the first time in a long while, I dedicated my Sunday to R&R instead of food shopping and meal prep. Sadly, I had to excuse myself from joining my family at the dinner table but I forged on. Astonishingly, imbibing every two waking hours did not leave me as hungry as I had feared. It was all going down wonderfully except for the evening libations—a too-earthly carrot-and-beet concoction and an overly-rich almond milk. I may have been living on fumes—well, Sweet Greens, Young Coconut Water and more—but I was feasting on the payoff. By my last day, I was 5 pounds lighter. As I began to plan my "reentry" into the solid food world, ironically, all I craved was a big, beautiful salad. Just one that wasn't pulverized.

—DARCY JACOBS
Executive Editor



"I've decided to start treating my body like an exclusive club, open to select foods only."

Are there drawbacks to cleansing? Get the answer to that and other pressing questions at familycircle.com/detoxQ&A.



IS IT A COLD OR THE FLU?

Knowing the difference can help you and your family weather flu season.



The common cold and the flu are sometimes mistaken for each other, but it's important to understand the difference.

Get the facts to recognize the flu and protect yourself and your family this flu season.

WHAT IS THE COMMON COLD?

The common cold and the flu are both respiratory illnesses, but they are caused by different viruses. Colds are usually milder than the flu and the most common symptom is a runny or stuffy nose. The common cold generally does not result in serious health problems, and most people feel better within a few days.



WHAT IS THE FLU? The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and can lead to serious complications, including pneumonia and bronchitis, which may require hospitalization. Older people, young children and people with certain medical conditions (like asthma, diabetes or heart disease) are especially at risk for complications from the flu.

IS THERE PROTECTION AGAINST THE FLU? Yes! Unlike the common cold, there is a vaccine to protect you and your family against the flu. Almost everyone 6 months and older should get vaccinated each year—it's the single best way to prevent the flu.

IS THERE A CURE FOR THE FLU? Despite what many people think, there is a treatment for the flu. Influenza antiviral drugs (available only by prescription) can make the flu milder, shorten the length of the illness and may help prevent flu-related complications. Studies show that flu antiviral drugs work best when started within 2 days of getting sick, but starting them later can still be helpful—that's why it's especially important to see your doctor if you think you or someone in your family may have the flu.

FLU SYMPTOMS Checklist

THE FLU MAY INCLUDE SOME OR ALL OF THESE SYMPTOMS:

- Symptoms may have come on suddenly
- Muscle and body aches
- Fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Headache
- Fever*
- Chills
- Sometimes diarrhea & vomiting

Colds and flu share many symptoms, so it can be difficult (or even impossible) to tell the difference based on symptoms alone. Your doctor can test for flu and prescribe antiviral medication if appropriate. And remember—the best way to prevent the flu is by getting a flu vaccine each year!

*It's important to note that not everyone with flu will have a fever.

FOR THE MOST UP-TO-DATE INFORMATION on influenza and flu prevention, talk to your doctor or visit: www.cdc.gov/flu.

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Myndi,

Dog Groomer/
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LIFE JUICE CLEANSE
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What do you get when a veggie hater with a raging sweet tooth goes on a cleanse? The longest three days ever. But it wasn't all a loss. Of the six juices I drank daily, I

actually grew fond of Positive Balance. Its spinach and kale were saved by the sweetness of apples and beets. (In fact, I drank it after the cleanse was over.) Still, by 3 p.m. each day my stomach was growling. Though the program discourages eating, it does allow a few items like celery sticks and raw almonds—if you must. But by nighttime, I needed more and swapped the evening Spiced Almond Milk (not a fan) for some broccoli and quinoa (total cheat). The days dragged, but they netted me glowing skin and a weight loss of 3 pounds. And guess who eats more greens now?

—KELLEY CINTRA
Assistant Photo Editor

**DAILY GREENS
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cleansing](http://drinkdailygreens.com/cleansing)



True confession: I'm a bit of a food snob who at times can overindulge. So imagine how intimidating the thought of restricting myself to juice, raw fruits and raw vegetables for four days was! It helped to be able to choose which juices I

wanted to include in my cleanse—Harmony, a blend of kale, celery, fennel, lemon, apple, pear and ginger, was my fave. And I rediscovered my love of mangoes and papayas. I can't deny missing food, but the raw carrot soup and guacamole-lettuce tacos I had for dinner the second night helped. As did my family. My husband committed to a similar diet for this experiment, and my kids are old enough to cook for themselves. All finished and 5 pounds lighter, I've decided to start treating my

Learn why you need to stock up on straws, plus six other smart detox tips, at familycircle.com/detoxadvice.

body like an exclusive club, open to select foods only. But one more confession: I was so ready for a hot, savory meal and a glass of wine.

—SUZANNE RUST *Lifestyle Editor*

**LOVE GRACE SPECIAL EDITION
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*includes *Tay Organics* Cleanser, Moisturizer, Night Cream and Soap



I'd done cleanses before, but never one as long as this or with a skin care regimen. It was the perfect chance to reset my body after a stretch of too many happy hours and less-than-healthy eating choices. And I decided to rest my skin too: In a rare and liberating move, I went makeup-free for five days.

Though I wasn't a fan of all six juices (I just couldn't get the Restore beet juice combo down and cheated with an apple instead), the Beauty Elixir was the bomb (grapefruit-y in a good way).

I distracted myself from food by catching up on movies and visiting friends. After day two, my energy soared and the scale dipped a few pounds. In the end, I found I have the willpower to stick with something tough. I'm also eating healthier foods and getting compliments on my

beautiful complexion.
—DORI KATZ
Senior Beauty Editor

**ORGANIC AVENUE
GO GREEN CLEANSE**
\$210 for 3 days
organicavenue.com

I'm no stranger to stress. And when it hits me, I eat all the wrong foods. So I hoped drinking an immune booster shot and six green juices a day (my favorite was Sweet Greens, made with pear) would get my eating habits back on track and teach me to better manage stress. Day one went easier than anticipated, but on day two, I woke with



a raging headache. No need to panic: I called Tiye, my complimentary Wellness Concierge, whose soothing voice counseled me to stay hydrated with plenty of water and to eat some fruit. Just knowing she was there made me feel better—and so did the scale. I'd already lost 2 pounds! The greatest thing about this experience? That sense of accomplishment and Zen I felt at the end. Now stress doesn't send me running for comfort food. Instead, I just reach for some fruit.

—KARMEN LIZZUL *Creative Director*

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Check out the rules for most cleanses (I've been on a few) and you'll see that working out isn't usually recommended. But I take a Spin class or run almost every day, so I was happy to try out this detox diet that lets you add on a pre- and a post-workout juice to fuel your sweat sessions, for a total of eight drinks a day. Although the juices filled me up, I had a craving to chew so I did munch on a handful of almonds after an especially tough workout one day. (An avocado or a light salad was also allowed if I needed it.) While the beet juice was *so not* my cup of tea, the others, like

the lemon, kale and spinach blend and the yummy protein-packed Almond Mylk, more than made up for it. And in the end, I was able to party at my BFF's wedding 5 pounds lighter.

—DANIELLE BLUNDELL *Senior Home Editor*

KAENG RAENG SOY-FREE CLEANSE,

3 days, \$80

kaengraeng.com



When food is your job, sacrificing it for even three days can be daunting. Besides, cleanses and I don't have the best track record. In the past, I'd always quit because I was too hungry. But I craved a break from all the rich foods I'd eaten while testing holiday recipes for *Family Circle*. This relatively low-cost program couldn't have been easier for novices: Just mix a pouch of freeze-dried fruit, protein and other healthy

ingredients into at least 24 ounces of water, juice and nondairy milk. Three drinks a day, each filled with 15 grams of protein and 9 grams of fiber, plus all the raw veggies and fruits I wanted, were enough to fight off fatigue and keep those dreaded hunger pangs at bay. Though the scale hasn't shifted, feeling less bloated and seeing a flatter stomach is hard to beat. Post-cleanse, I have some new healthy habits, like drinking more liquids and much less coffee. In fact, I'm seriously considering making this cleanse a monthly ritual.

—REGINA RAGONE *Food Director*

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HEART MONITOR

HOW MUCH DO YOU KNOW ABOUT
THE #1 HEALTH THREAT TO WOMEN?
TAKE OUR QUIZ TO FIND OUT.

By Gina Roberts-Grey

PHOTOGRAPHY BY SONJA PACHO • ILLUSTRATIONS BY HARRY CAMPBELL

1 / Check off the symptoms of
a heart attack that are more
common in women than men.

- A**_Chest pain or pressure
- B**_Shortness of breath
- C**_Back pain
- D**_Feeling like you're coming down with the flu
- E**_Breaking out in chills or a cold sweat
- F**_Shoulder pain
- G**_Unexplained fatigue
- H**_Weakness

ANSWER: Back pain, flu-like symptoms, shoulder pain and unexplained fatigue. More than 40% of women who suffer a heart attack never experience that classic elephant-on-your-chest pressure. "They have atypical symptoms like pain in their shoulder, back or arm, which can confuse doctors in the ER," explains cardiologist Martha Gulati, MD, director for Preventive Cardiology and Women's Cardiovascular Health at The Ohio State University Wexner Medical Center. "The doctor might do an orthopedic workup instead, and treatment may be delayed." Reread the list of symptoms and commit it to memory, and if you ever think you're having a heart attack, don't be afraid to save your own life: Call 911 and insist that physicians evaluate you for heart attack before doing any other tests, suggests Gulati.





2/ Eating which of these foods is heart smart?

- A_ Avocado
- B_ Shellfish
- C_ Breads and pastas
- D_ Oatmeal
- E_ Eggs
- F_ They're all good for my heart

ANSWER: A, B and E. "Eating fat isn't bad for your heart; getting fat is," says Larry Kaskel, MD, a lipidologist and medical director of Northwestern Wellness Center in Libertyville, IL. "Your brain needs fat and it's the

preferred fuel source for your body." Instead of avoiding foods high in healthy fat like avocado and shellfish (sources of good-for-you omega-3 fats) or even eggs (which are packed with protein), enjoy them in moderation while watching your carb intake. Refined breads, cereals and pasta act like simple carbohydrates, causing your blood sugar to rise, which can lead to weight gain and increased cholesterol levels.

3/ True or false: Smoking is just as bad for a woman's heart as for a man's.

ANSWER: False. While tobacco use is bad for anyone's heart, one cigarette can be up to five times more harmful to a woman's carotid arteries than to a man's. Researchers speculate smoking could cause more inflammation—which is thought to promote plaque growth—in women's arteries. "Exposure to secondhand smoke also increases the risk for heart disease," says Gulati.

4/ If you could make only one heart-healthy lifestyle change today, which would be the most important?

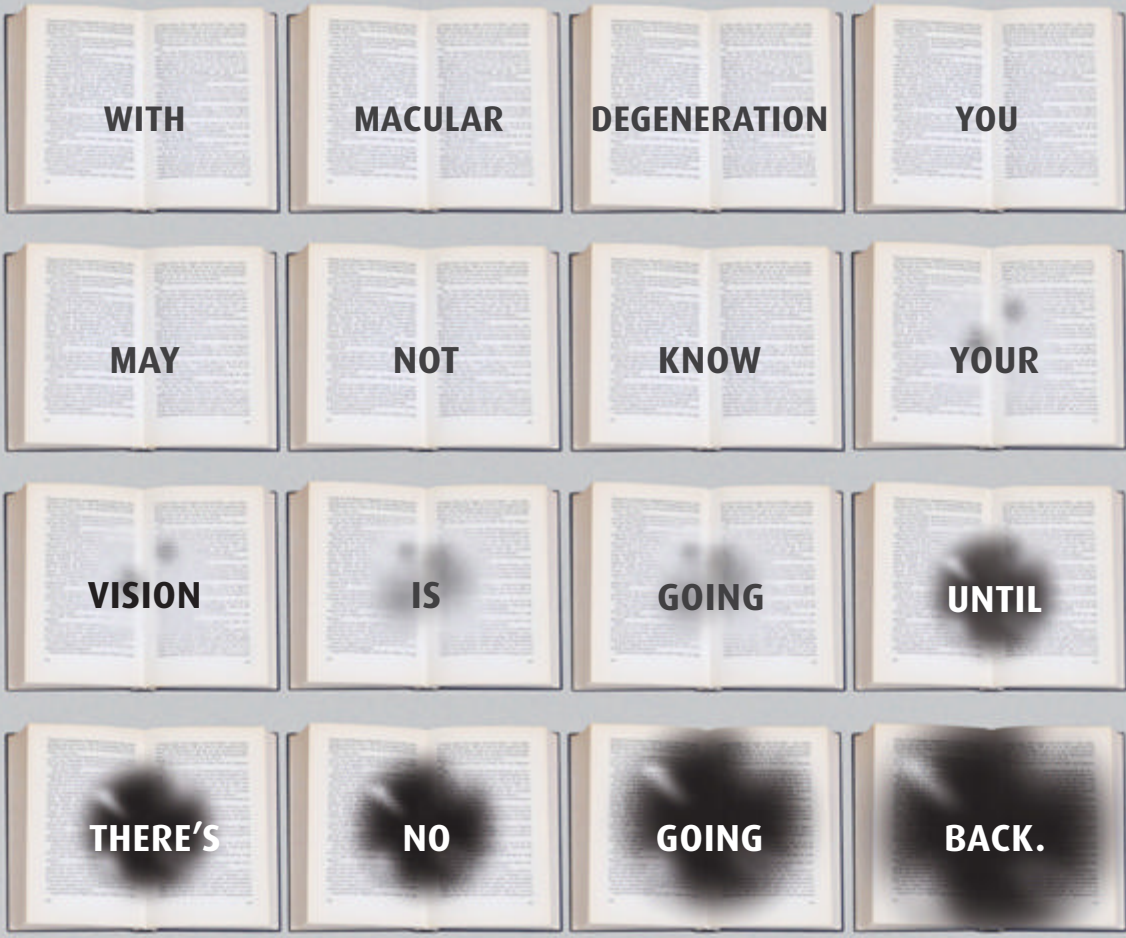
- A_ Redo your diet
- B_ Get off the couch and exercise
- C_ Scale back on your stress
- D_ Research your family history of heart disease

ANSWER: B. Even if you do nothing else, get moving. "Just being active can greatly control risk factors for heart disease and stroke," says Jennifer H. Mieres, MD, professor of cardiology and population health at Hofstra North Shore-LIJ School of Medicine in Lake Success, New York. And any activity is better than none at all. "Instead of trying to do 10,000 steps a day, start a competition with your friends, family or coworkers to be the one to take the most steps. Or if you're a couch potato, aim smaller at first and commit to 3,000 or 5,000 steps a day," says Mieres.

5/

Fill in the blank: Women are more likely to have higher levels of _____ cholesterol than men.

ANSWER: HDL. Your total cholesterol is the sum of your "healthy" HDL cholesterol, your "lousy" LDL cholesterol and 20% of your triglyceride (a type of fat in your blood) level. Estrogen may increase HDL, accounting for the higher amounts in women, says Nieca Goldberg, MD, medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York City. Having HDL lower than 50 mg/dL can put a woman at risk for heart disease because this helpful cholesterol acts like a garbage truck, hauling away LDL from your blood to protect your heart. "Women should discuss with their doctor ways to improve HDL levels, such as eating healthy fats and getting more exercise," says Goldberg.

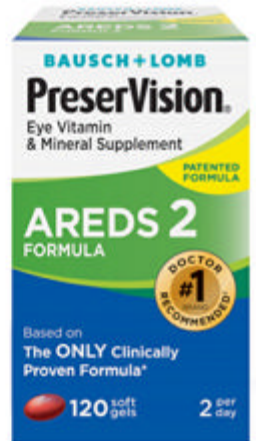


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6/ Even if it's been decades since you made a trip to the delivery room, which of these describes your current doctor's knowledge of your pregnancies?

- A_ It's been so long, I haven't thought about the specifics in years, let alone shared them with my current doctor.
- B_ My doctor knows the number of pregnancies but not about any complications I experienced.
- C_ My doctor goes over those facts at every checkup.

ANSWER: C. Pregnancy complications like gestational diabetes, hypertension or pre-eclampsia are known risk factors for heart disease 5 to 15 years after pregnancy. "Often a primary care physician treating a woman in her late 30s, her 40s or beyond wasn't monitoring her during pregnancy, so he or she isn't aware of these issues," says Gulati. Also mention if you're still carrying around baby weight you never lost. Not returning to your prepregnancy weight after giving birth raises your risk for heart disease.

7/ A woman should have her blood pressure checked at least _____ times a year.

ANSWER: Two. A new study published by the American Heart Association says people who see a doctor twice a year (perhaps one visit with your PCP and another with your ob-gyn) were 3.2 times more likely to maintain control of their blood pressure than those who only had annual checkups. That is important because high blood pressure is a risk factor for heart attack and stroke. While convenient, home monitoring devices can be inaccurate in up to 15% of patients and misread systolic pressure (the top number) by more than 10 points. To best track your BP on your own, have the monitor validated by your doctor or pharmacist at least annually.

8/ True or false: Eating fiber is a great way to lower your triglyceride level.

ANSWER: True. In fact, it also helps reduce the amount of plaque in your arteries. There are two main types of fiber: soluble, which dissolves in water, and insoluble, the bulky kind that's good for your digestive tract because it doesn't dissolve in water. Your triglyceride level should be below 150, so if you're trying to bring it down—and reduce plaque in your arteries—consume at least 30 grams of fiber a day, says Steven Masley, MD, nutritionist and American Heart Association fellow. "A good source provides at least 3 to 5 grams of fiber per 100 calories," he adds. Fiber-rich foods include vegetables (like artichokes and broccoli), beans, nuts and fruits (like raspberries and apples).

9/ Which of these women have the greatest influence on your overall heart health?

- A_ Your mother
- B_ Your mother-in-law
- C_ Your sister
- D_ Your child's basketball coach
- E_ It depends

ANSWER: E. Any woman—or man—in your life can impact your heart if they're a source of chronic stress, according to new research from Duke University. That's because tensing up can reduce blood flow to the heart. "This happened more with mental pressures than in response to physical pressures such as exercise," says Zainab Samad, MD, a cardiologist at Duke University Health System and lead author of the new study. Women's platelets, the blood cells that stop bleeding, also clumped together more than men's in response to annoyances like constantly feuding with a neighbor about a barking dog or dealing with a manipulative coworker. "We're not sure why it occurred in response to emotional stress, but clumping of platelets can lead to clot formation, which can in turn lead to heart attacks," explains Samad. Care for your heart with yoga, meditation, a good comedy show or a leisurely walk to reduce chronic tension and promote healthy platelet performance.

10/ True or false: A family history of heart disease puts you at greater risk for a heart attack.

ANSWER: It depends—so give yourself a check for either answer. While it's important, a family history of heart disease is less predictive of a person's chance of having a heart attack than previously thought, says new research presented at the 2014 American Society of Human Genetics conference. "Not all heart attacks occur because of genetics," says Gulati. Take into consideration what you eat, how active you are and how much stress you're under—these factors may all be vastly different for you than for your parents or grandparents. "If you live life right, genes might not kick in," explains Gulati. "They're just a small part of the big picture."

SCORING

0–5 The pressure is on. Better pump up your knowledge to cut your risk. **6–8 You've got a good beat.** A little fine tuning and you'll be the Queen of Hearts. **9–10 Your finger's on the pulse of heart health.** Keep taking great care of your ticker!



THE CRUNCH THAT KEEPS YOU IN THE GAME

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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PROTEIN POWER


Be it meat, plant or dairy, protein is essential to the proper functioning of your body. And now a new study shows that eating a lot of it won't increase your risk of hypertension. Researchers found that people who ate the highest amounts of protein (100 grams per day, which is what you'd find in three 3.5-ounce chicken breasts) actually had a 40% lower risk of developing high blood pressure compared with those who ate the smallest amounts. So don't feel guilty about ordering the beef—just hold the fries.

TOTAL RECALL

Turns out strength training does wonders for body and mind. According to new research from Georgia Tech, just one 20-minute bout of resistance training can enhance your memory by 10%. Stress hormones released during these exercises may stimulate the amygdala, a region of the brain that plays a role in memory, explains Lisa Weinberg, lead author of the study. So next time you're prepping for a big meeting, take a break for a round of biceps curls or squats. You'll remember to thank us later.

Q/ *Do I need an annual pelvic exam?*

No, says a new analysis from the American College of Physicians. The once-routine exam—an internal, manual check of the cervix, uterus, fallopian tubes, ovaries and (sometimes) rectum—is no longer considered helpful for healthy women who aren't pregnant. Unless you're experiencing gynecological symptoms like unusual bleeding, "the exam rarely detects important disease, does not reduce mortality, and leads to false positives and inconvenience for women," says Linda L. Humphrey, MD, co-author of the guidelines. You do, however, need a Pap smear every three years or a combo Pap/HPV test every five years—even if you're past menopause—until age 65.



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BREAKING *i*CONTACT

Thanks to long sessions on tablets, phones and computers, almost 70% of American adults experience digital eye strain. That's when two or more hours of continuous screen time leads to dry eyes, blurry vision or even neck pain. "To avoid symptoms, use the right vision correction for the device," says Mark Rosenfield, PhD, a SUNY College of Optometry professor. People hold iPhones and laptops, for example, at different distances, so one prescription may not work for both. Put your eyes at greater ease with these tips. —Alyssa Brewer



AVOID DISTRACTIONS

Reflections and smudges on screens can sidetrack your eyes, so arrange your workspace with windows next to you, not in front or behind you. Lowering the brightness and keeping screens clean also help your eyes stay comfortable.

GET SOME DISTANCE

The closer you are to the screen, the more your eye muscles will tense up. Sit an arm's length away from the computer—even if that means increasing the text size—and hold your phone or tablet at least 16 inches away.

JUST PRESS PAUSE

Every 20 minutes, look at something 20 feet away for 20 seconds. It gives your eyes much-needed relaxation time. Protectyourvision.org's reminder tool can prompt you to take regular breaks.



I'm worried because my son and his friends are experimenting with e-cigarettes. Can they cause nicotine addiction?

Absolutely. Their vapor delivers nicotine, which is a highly addictive drug. "E-cigarettes are being promoted as safer than traditional ones, but a lot of people misread that to mean they're harmless," says Stanton A. Glantz, PhD, professor of medicine and director of the Center for Tobacco Control Research and Education at the University of California, San Francisco. While the battery-charged cylinders don't burn tobacco (and therefore don't release as many carcinogens), their vapor does contain a variety of other toxic chemicals that damage the cardiovascular system and lungs. E-cigarette use is on the rise among teenagers, perhaps due to aggressive marketing and because vapor comes in hundreds of flavors, from cotton candy to raspberry lemonade. Bottom line: Warn your child about the damage e-cigarettes can do before he has a bad habit to kick.

53%

That's the percentage of adults 45 and over who were screened for diabetes within the last three years. All middle-aged adults should be screened at least every three years (more frequently if you have certain risk factors), per the American Diabetes Association. Ask your doctor to check your blood sugar levels if you haven't been tested already.

SOURCE: AMERICAN JOURNAL OF PREVENTIVE MEDICINE

**“I have osteoporosis.
I also play many roles in life,
including active grandmother.
I take Prolia® to help
strengthen my bones.”**

Blythe Danner
Award winning actress

 **Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:**

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **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, 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



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 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



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SUPER BOWLS

Turn the classic seven-layer dip into a game-day MVP with grilled avocado, queso blanco and lime-cilantro smashed beans.



In each of eight 12 oz glasses, layer 3 tbsp mashed **pink beans** tossed with **lime juice** and **cilantro**, 2 tbsp crumbled **queso blanco**, 3 tbsp sautéed **ground beef** seasoned with **chipotle chile powder**, 2 tbsp mashed **avocado** mixed with chopped **jalapeño**, 2 tbsp quartered **grape tomatoes** and 2 tbsp **sour cream**. Top with sliced **black olives** and **scallion**. Alternatively, layer ingredients in a 13 x 9-inch baking dish.



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- 175 mg cholesterol (58% DV)



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Along with superior nutrition comes superior taste: EBs deliver more of the farm-fresh, delicious flavor everyone loves.

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Better taste. Better nutrition. Better eggs.™



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DELICIOUSLY DECADENT CHOCOLATE DESSERTS

BY JULIE MILTENBERGER • PHOTOGRAPHY BY TINA RUPP



MINI CHOCOLATE
CHEESECAKES
page 104



Oreo Brownies

MAKES 9 brownies
PREP 10 minutes **COOK** 5 minutes
BAKE at 325° for 30 minutes

- ¾ **cup (1½ sticks) unsalted butter**
- 6 oz unsweetened chocolate, coarsely chopped**
- 1½ cups sifted all-purpose flour**
- ¾ **tsp baking powder**
- ½ **tsp salt**
- 4 large eggs**
- 2 cups sugar**
- 1 tsp vanilla extract**
- 1 cup coarsely chopped Oreo cookies**

■ Heat oven to 325°. Line a 9 x 9-inch baking pan with foil. Coat foil with **nonstick cooking spray**.

■ In a small heavy saucepan, heat butter and chocolate over low heat, stirring constantly, until chocolate is melted and smooth, about 5 minutes. Set

aside to cool. In a small bowl, stir flour, baking powder and salt. Set aside.

■ In a large mixing bowl, beat eggs and sugar with an electric mixer on high speed 5 minutes or until lemon-colored and fluffy, occasionally scraping sides of bowl. Add cooled chocolate mixture and vanilla. Beat on low speed until combined. Add flour mixture. Beat on low speed until combined, scraping sides of bowl. Stir in ½ cup of the Oreo pieces. Spread batter into prepared pan and scatter remaining cookie pieces on top.

■ Bake at 325° for 30 minutes or until brownie appears set. Cool in pan on a wire rack. Once cool, use foil to lift brownie from pan. Cut into 9 squares.

PER SERVING 313 **CAL**; 17 g **FAT** (9 g **SAT**); 4 g **PRO**; 41 g **CARB**; 2 g **FIBER**; 143 mg **SODIUM**; 75 mg **CHOL**

Mini Chocolate “Duffins”

Created in London by pastry chef and bakery owner Bea Vo, this treat combines the best of two favorites, a doughnut and a muffin.

MAKES 44 duffins **PREP** 20 minutes
BAKE at 350° for 14 minutes per batch
MICROWAVE 30 seconds

DUFFINS

- 2 cups cake flour (not self-rising)**
- ⅓ **cup cocoa powder**
- 1 tsp baking powder**
- ¼ **tsp baking soda**
- ¼ **tsp salt**
- 6 tbsp unsalted butter, softened**
- ⅔ **cup packed dark brown sugar**
- 1 large egg**
- ¾ **cup buttermilk**
- 1 tsp vanilla extract**

TOPPING

- 3 tbsp unsalted butter**
- ¼ **cup granulated sugar**
- 2 tsp cocoa powder**

panns with **nonstick cooking spray** (22 per batch).

■ In a medium bowl, whisk cake flour, cocoa powder, baking powder, baking soda and salt. In a large bowl, beat softened butter and brown sugar until smooth. Add egg and beat until creamy, 2 minutes. On low speed, beat in half the flour mixture, then the buttermilk, followed by remaining flour mixture. Stir in vanilla. Divide batter into prepared pans, about 1 tbsp batter per cup.

■ Bake at 350° for 12 to 14 minutes. Cool 10 minutes in pans on wire racks, then remove directly to racks to cool. Repeat with a second batch of 22.

■ **Topping.** While duffins cool, melt butter in microwave, 30 seconds. Combine granulated sugar and cocoa in a small bowl. Dip duffin tops in melted butter, followed by cocoa sugar. Serve slightly warm.

■ **Duffins.** Heat oven to 350°. Coat the cups of 2 mini muffin

PER DUFFIN 64 **CAL**; 3 g **FAT** (2 g **SAT**); 1 g **PRO**; 9 g **CARB**; 0 g **FIBER**; 37 mg **SODIUM**; 11 mg **CHOL**



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ON THE COVER
Chocolate Raspberry Trifle

MAKES 24 servings
PREP 15 minutes **BAKE** at 350° for 35 minutes **COOK** 7 minutes
REFRIGERATE at least 1 hour, then up to overnight

- 1 box (16.25 oz) chocolate cake mix
- 2 large eggs
- ½ cup vegetable oil
- 4 large egg yolks
- ½ cup plus 5 tbsp sugar
- ¼ cup (½ stick) unsalted butter, cut up
- 4 oz bittersweet chocolate, chopped
- 2½ cups heavy cream
- 1 tsp vanilla extract
- 2 pkgs (6 oz each) fresh raspberries
- Chocolate curls or cocoa powder, for garnish

■ Heat oven to 350°. Coat a 13 x 9 x 2-inch baking pan with **nonstick cooking spray**. Line bottom with wax paper; coat paper with spray. Prepare cake mix as per package directions with eggs, oil and **1¼ cups water**. Bake at 350° for 35 minutes or until cake springs back when pressed. Cool 10 minutes in pan on a wire rack; invert directly onto rack, remove paper and cool completely.

■ While cake cools, in a large metal bowl, combine egg yolks,

½ cup sugar, ¼ cup water and butter. Place bowl over a pot of simmering water. Cook, whisking constantly, until mixture is pale and thickened and registers 160° on an instant-read thermometer, about 7 minutes. Remove bowl from saucepan and whisk in chocolate until smooth. In a separate bowl, beat 1 cup of the cream with 2 tbsp of the sugar and the vanilla until medium-firm peaks form. Fold whipped cream into chocolate mixture until no white remains. Cover surface directly with plastic and refrigerate at least 1 hour.

■ Once cake has cooled, cut into 1½-inch cubes. Whip remaining 1½ cups cream with remaining 3 tbsp sugar to medium-firm peaks. Begin layering trifle: Spoon half the cake cubes into a 4-quart glass bowl or dish. Compress slightly. Spread half the chocolate mousse (about 1½ cups) over cake cubes. Top mousse with 1 pkg of the raspberries and half the whipped cream (about 1½ cups). Repeat layering and garnish with chocolate curls or cocoa powder. Serve immediately or refrigerate up to overnight until serving.

PER SERVING 292 CAL; 21 g FAT (9 g SAT); 3 g PRO; 27 g CARB; 2 g FIBER; 146 mg SODIUM; 91 mg CHOL



White Chocolate Pie

MAKES 12 servings
PREP 25 minutes **COOK** 3 minutes
REFRIGERATE at least 4 hours or up to overnight

- 18 Oreo cookies
- 3 tbsp unsalted butter, melted
- 5 tbsp sugar
- 3 tbsp cornstarch
- 1 bag (12 oz) frozen raspberries, thawed
- 1½ tsp gelatin
- ½ tsp salt
- 2 cups whole milk
- 6 oz white chocolate, finely chopped
- 1 cup whipped coconut topping (such as SoDelicious) or frozen whipped topping, thawed if frozen

■ Place cookies in food processor and pulse until finely chopped. Add melted butter and pulse until evenly blended. Press into bottom and up sides of a 9-inch pie plate. Refrigerate while making filling.

■ Combine 2 tbsp of the sugar and 1 tbsp of the cornstarch in a small saucepan. Stir in thawed raspberries and **2 tbsp water**. Bring to a boil over medium heat. Cook 3 minutes,

until dark red and thickened. Strain out seeds and cool completely.

■ Whisk remaining 3 tbsp sugar and 2 tbsp cornstarch, the gelatin and salt in a saucepan. Gradually whisk in milk until smooth. Cook over medium heat, stirring constantly with a wooden spoon or silicone spatula, until pudding thickens and begins to bubble around edges, about 5 minutes. Continue to cook, stirring, for 2 minutes. Remove from heat and stir in white chocolate. Let cool 30 minutes at room temperature, then stir in whipped topping. Pour into prepared crust, smoothing top.

■ Transfer raspberry sauce to a small piping bag. Snip off tip. Pipe dots of raspberry sauce (in a continuous spiral) all over top of pie. Starting in the center, run a thin knife or toothpick through the drops in one direction, to create hearts (alternately, you can do this after pie is chilled). Refrigerate pie for at least 4 hours or overnight, until firm. Cut into wedges and serve.

PER SERVING 264 CAL; 14 g FAT (7 g SAT); 3 g PRO; 32 g CARB; 2 g FIBER; 147 mg SODIUM; 15 mg CHOL



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Mini Chocolate Cheesecakes

MAKES 6 mini cakes
PREP 25 minutes **BAKE** at 350° for 30 minutes **MICROWAVE** 2½ minutes

CRUST

- 18 Nabisco Famous chocolate wafers, finely crushed**
- 2 tbsp unsalted butter, melted**

CHEESECAKES

- 4 oz semisweet chocolate, chopped**
- 1 large egg, separated**
- 1 large egg white**
- ½ cup plus 2 tsp sugar**
- 1½ pkg cream cheese, softened**
- ½ cup sour cream**
- 1 tbsp cornstarch**
- ½ tsp vanilla extract**

TOPPING

- 1 cup strawberries, chopped**
- ½ tsp sugar**
- ½ cup heavy cream**
- 4 oz semisweet chocolate, chopped**

■ **Crust.** Combine crushed wafers and butter in a bowl. Set aside.

■ **Cheesecakes.** Heat oven to 350°. Line 6 indents of a jumbo muffin tin with jumbo muffin liners.

■ **Microwave chocolate** 1 minute. Stir until smooth, microwaving more if there are lumps. Set aside to cool slightly. Beat egg whites with 2 tsp sugar until stiff peaks form. Set aside.

■ Beat cream cheese until smooth. Add remaining ½ cup sugar, the sour cream and cornstarch; beat until sugar is almost dissolved, 2 minutes. Beat in melted chocolate, egg yolk and vanilla until smooth and no white streaks remain, scraping sides of bowl. Fold in beaten egg whites. Divide evenly among indents in prepared muffin tin, ⅓ to ½ cup batter in each.

■ Top each cheesecake with 3 tbsp of the crumb mixture, patting slightly to adhere. Bake at 350° for 20 to 30 minutes, until puffed and set in the center. Remove from oven and cool 30 minutes in pan on a wire rack. Refrigerate at least 1 hour.

■ Once cheesecakes are cool, remove from pan, invert them and remove liners (some crumbs will fall off). Place on a wire rack set over wax paper.

■ **Topping.** Stir strawberries and sugar. Let stand to blend flavors. Microwave heavy cream 30 seconds. Pour over chopped chocolate and whisk until chocolate is melted and mixture is smooth and shiny. Refrigerate 10 minutes. Spoon over cheesecakes and spread with a small spatula. Top each cake with 1 heaping tbsp of the strawberry mixture and serve.

PER ½ MINI CAKE 339 **CAL**; 24 g **FAT** (14 g **SAT**); 4 g **PRO**; 27 g **CARB**; 2 g **FIBER**; 170 mg **SODIUM**; 73 mg **CHOL**

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**Fried Mac and
Cheese Bites**
Page 111

NOT YOUR EVERYDAY MAC

ORGANIC, GLUTEN-FREE, EVEN FRIED—5 FUN TAKES ON AN ICONIC AMERICAN DISH

BY JULIE MILTENBERGER • PHOTOGRAPHY BY CON POULOS



Slow Cooker Mac and Cheese with Bacon

MAKES 6 servings
PREP 15 minutes
SLOW COOK on LOW for 3 hours

- 12 oz (about 4 cups) uncooked radiatore pasta (or your favorite shape)**
- 8 slices bacon, cooked**
- 2 cups milk**
- 1 can (12 oz) evaporated milk**
- 2 tsp Dijon mustard**
- 1 tsp onion powder**
- ¼ tsp salt**
- ¼ tsp black pepper**
- 6 oz thinly sliced deli American cheese, cut into thin strips**
- 1 cup (4 oz) grated Gouda cheese**

■ Coat a 4- to 5-quart slow cooker bowl with **nonstick cooking spray**.

■ Bring a pot of lightly salted water to a boil and cook pasta 2 minutes less than package directions. Drain.

Crumble 6 slices of the bacon and add to slow cooker with milk, evaporated milk, mustard, onion powder, salt and pepper. Whisk until blended, then stir in pasta. Cover and cook on LOW for 2½ hours.

■ Stir in cheeses and cook an additional 30 minutes. Crumble remaining 2 slices bacon and sprinkle on top.

PER SERVING 516 CAL; 22 g FAT (14 g SAT); 26 g PRO; 52 g CARB; 3 g FIBER; 813 mg SODIUM; 66 mg CHOL

Gluten-Free Mac and Cheese

MAKES 8 servings
PREP 15 minutes **COOK** 14 minutes
BAKE at 350° for 20 minutes

- 1 pkg (16 oz) gluten-free elbow macaroni (see box)**
- 3 tbsp unsalted butter**
- 2 cups milk**
- 1 pkg (8 oz) Neufchâtel cheese, cut into pieces**
- 1 pkg (8 oz) sharp cheddar, shredded**

mozzmatochi

Triscuit starts with simple ingredients like 100% whole grain wheat.* Then we brought together ripe tomato, fresh mozzarella and chili flakes. Where you take your Triscuit is entirely up to you.

Triscuit **madeformore**

 pinterest.com/triscuit

*Triscuit crackers contain at least 22g of whole grain wheat per serving.
© Mondelez International Group

- 2 tsp cornstarch
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup frozen peas, thawed
- ⅔ cup crushed gluten-free crackers (such as Glutino)

■ Heat oven to 350°. Bring a large pot of lightly salted water to a boil. Cook pasta 2 minutes less than package directions (about 13 minutes). Drain.

■ Meanwhile, combine 2 tbsp of the butter and the milk in a medium saucepan over medium heat. Bring just to a simmer and stir in Neufchâtel. Toss cheddar with cornstarch and stir into saucepan along with salt and pepper until melted and smooth. Simmer 2 minutes, stirring frequently. Remove from heat and stir in peas and pasta.

■ Melt remaining 1 tbsp butter in a small skillet over medium-high heat. Add cracker crumbs and stir to mix. Brown 1 minute.



■ Coat 8 individual baking dishes with **nonstick cooking spray**. Divide macaroni mixture among prepared dishes. Top each with about

1 tbsp cracker crumbs. Bake at 350° for 20 minutes.

PER SERVING 499 CAL; 24 g FAT (13 g SAT); 18 g PRO; 56 g CARB; 2 g FIBER; 527 mg SODIUM; 68 mg CHOL

Gluten-Free Pasta Picks

When wheat-free pasta first appeared on health food store shelves, the cooked texture was like wet cardboard. Not anymore. Many brands now available in mainstream supermarkets stand up well to their traditional counterparts.

Three of our favorites:

Tinkyada, a blend of brown rice and rice bran, comes in 18 shapes, with elbows and spaghetti most readily available. **Ronzoni**, made from a combination of white and brown rice, corn and quinoa, is available in rotini, penne and spaghetti. For the best texture, cook until al dente and rinse afterward. **Barilla**, made from a mixture of corn flour and rice flour, is available in elbows, penne, rotini and spaghetti.

liscuit





BBQ Mac and Cheese

MAKES 6 servings **PREP** 15 minutes
COOK 6 minutes **MICROWAVE** 6 minutes
BAKE at 350° for 20 minutes

- 1 lb cavatappi pasta
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1¼ cups 2% milk
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper

- 3 cups shredded cheddar
- 1 pkg (16 oz) pulled chicken or pork

- Bring a large pot of lightly salted water to a boil. Add cavatappi and return to a boil. Cook 6 minutes; drain.
- Meanwhile, melt butter in a medium saucepan. Whisk in flour. While whisking, add milk in a thin stream. Whisk in paprika, salt and pepper. Bring to a simmer; cook 2 minutes.
- Remove from heat and whisk in 2 cups of the cheddar. Fold cheese sauce into pasta.
- Place half the macaroni and cheese in a baking dish. Microwave pulled chicken per package directions, about 6 minutes. Spoon over pasta in dish and top with remaining mac and cheese and 1 cup cheddar. Bake at 350° for 20 minutes, until melted and bubbly.

PER SERVING 678 CAL; 27 g FAT (16 g SAT); 32 g PRO; 77 g CARB; 4 g FIBER; 740 mg SODIUM; 85 mg CHOL



Organic White Mac and Cheese

MAKES 6 servings
PREP 15 minutes **COOK** 7 minutes
BAKE at 350° for 20 minutes

- 1 lb organic pipe rigate pasta (or rigatoni)
- 3 tbsp organic unsalted butter
- 3 tbsp organic whole wheat flour
- 2½ cups organic milk

- ¾ tsp sea salt
- ¼ tsp black pepper
- 1 pkg (6 oz) shredded organic mild white cheddar
- 1 pkg (6 oz) shredded organic mozzarella
- 1 pkg (4 oz) organic goat cheese
- 3 tbsp grated organic Parmesan



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Impossibly Easy Mini Chicken Pot Pie how-to at bisquick.com



■ Heat oven to 350°. Coat 6 individual oven-proof dishes with **nonstick cooking spray**. Bring a large pot of salted water to a boil. Add pasta and cook 1 minute less than package directions (7 minutes for pipe rigate). Drain.

■ Meanwhile, heat butter in a medium saucepan over medium heat. Whisk in flour until smooth and beginning to bubble (about 1 minute). While whisking, add milk in a thin stream. Stir in salt and pepper and bring to a simmer. Cook, simmering and stirring, for 2 minutes.

■ Toss ½ cup **each** of the cheddar and mozzarella in a bowl. Add remaining cheddar and mozzarella to sauce. Stir in goat cheese. Combine cheese sauce with pasta and stir to coat. Divide mac and cheese among dishes. Top each with about 2 tbsp of the cheddar-mozzarella mixture, followed by ½ tbsp of the Parmesan.

Bake at 350° for 20 minutes, until browned on top.

PER SERVING 673 CAL; 31 g FAT (18 g SAT); 32 g PRO; 66 g CARB; 4 g FIBER; 812 mg SODIUM; 89 mg CHOL

Fried Mac and Cheese Bites

MAKES 30 bites
PREP 30 minutes
COOK 7 minutes **REFRIGERATE** overnight
FRY 4 minutes per batch

- 12 oz (about 4 cups) elbow macaroni**
- 2 tbsp unsalted butter**
- 2 tbsp all-purpose flour**
- 1½ cups milk**
- ½ tsp salt**
- ¼ tsp black pepper**
- Pinch cayenne pepper**
- 2 cups shredded cheddar**
- 4 oz thinly sliced deli American cheese, cut into thin strips**
- 1 cup shredded mozzarella**
- 2 large eggs**
- 1 box (8 oz) Italian seasoned panko bread crumbs**

6 cups peanut or vegetable oil, for frying

■ Bring a large pot of lightly salted water to a boil. Add macaroni and cook 7 minutes or per package directions; drain.

■ Meanwhile, melt butter in a saucepan over medium heat. Whisk in flour, cooking until bubbly. While whisking, add 1¼ cups of the milk in a thin stream. Season with salt, black pepper and cayenne. Bring to a simmer and cook 2 minutes. Remove from heat and mix in 1 cup of the cheddar and the American cheese. Fold into macaroni in a large bowl. Let cool slightly, then stir in mozzarella and remaining 1 cup cheddar. Spread mac and cheese onto a rimmed sheet. Cover with plastic and refrigerate overnight.

■ Use a scoop to spoon out about ¼ cup of the mixture at a time and shape into 2- to 3-inch balls, compressing slightly.



■ Whisk eggs with remaining ¼ cup milk. Dip balls in egg mixture, then coat in panko.

■ Heat oil in a deep 4-quart pot to 360° on a deep-fry thermometer. Fry 6 or 7 mac and cheese bites at a time for 3 to 4 minutes per batch, until golden. Serve immediately.

PER BITE 200 CAL; 14 g FAT (5 g SAT); 6 g PRO; 13 g CARB; 0 g FIBER; 255 mg SODIUM; 31 mg CHOL



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BLACK

IS THE NEW WHITE

High-fiber, gluten-free brown rice has long been my go-to grain, but a favorite in our test kitchen is its cousin, black rice—and with good reason. Compared to white, brown and red varieties, it has the highest amount of protein and double the fiber of brown rice (and about 25 fewer calories per serving). Black rice has a roasted, nutty flavor with a bit of sweetness and a nice chewy texture, plus we love the exotic touch it adds to any dish.

—Julie Miltenberger,
Executive Food Editor

familycircle.com

Find the recipe for this black rice and mango side dish at familycircle.com/recipe/black-as-night-rice-salad.



HEAVY METAL

Go medieval...on your pots and pans, that is. I love my grandmother's well-seasoned cast-iron frying pan, but I'm not so enamored with the standard cleaning method—heating a little oil in the pan, adding salt and using the coarse paste to rub away cooked-on food. That's why I fell in love with this very *Game of Thrones*-style CM Scrubber by KnappMade (\$20). Just run some warm water in your pan, then pass this 4-inch square of stainless steel chain mail over the surface to clean it easily without damaging the finish. It's kind of like a knight in shining armor in your kitchen.

—Suzanne Rust, Lifestyle Editor

SUPERFOOD OF THE MONTH

Cuckoo for Cacao

You've no doubt heard chocolate is good for you, but if you want even more of a bang, try cacao. The raw natural source of chocolate, cacao is one of the most antioxidant-rich foods in the world and an excellent source of cocoa flavonols, which protect the body against oxidative damage and may help improve blood flow to the brain and heart. Unlike regular cocoa, cacao is minimally processed at lower temperatures to preserve its health benefits. Get this superfood into your diet by replacing your granola bar with a Two Moms In The Raw Cacao Nib Nut Bar (\$4), swapping Navitas Naturals Cacao Hemp Almonds (\$8) for chocolate chips in your trail mix, or stirring a packet of CocoaVia powder (box of 24 pouches, \$26) into your coffee or smoothie. —Regina Ragone, Food Director



The crunchy blend of nuts and cacao nibs makes this a perfect snack.



A dusting of sweet and savory cacao and hemp seasoning coats these almonds.



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1. Sesame Soba and Steak

MAKES 6 servings
PREP 10 minutes **COOK** 13 minutes
LET REST 5 minutes

- 1 pkg (12.8 oz) soba noodles (such as Roland)
- 1 tbsp olive oil
- 1 lb flank steak
- $\frac{3}{4}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 3 tbsp tahini paste
- 3 tbsp fresh lemon juice
- 2 tbsp harissa
- 2 tbsp honey
- 2 tsp sesame oil
- 1 pint grape tomatoes, halved
- $\frac{1}{2}$ English cucumber, halved and sliced
- $\frac{1}{2}$ cup fresh mint, roughly chopped
- 2 tbsp sesame seeds
- Crumbled feta (optional)

- Bring a large pot of lightly salted water to a boil. Add soba; cook 3 minutes. Drain and rinse in cold water.
- Add olive oil to a large skillet over medium-high heat. Pat steak dry and season with $\frac{1}{4}$ tsp of the salt and the pepper. Cook 5 minutes per side, until medium-rare (145°). Let rest 5 minutes, then thinly slice against the grain.
- In a large bowl, whisk $\frac{1}{2}$ cup water, tahini, lemon juice, harissa, honey, sesame oil and remaining $\frac{1}{2}$ tsp salt. Toss with cooked soba, sliced steak, tomatoes, cucumber, mint and sesame seeds. Garnish with crumbled feta, if using.

PER SERVING 457 CAL; 15 g FAT (3 g SAT); 27 g PRO; 55 g CARB; 3 g FIBER; 537 mg SODIUM; 25 mg CHOL

2. Turkey-Quinoa Meatballs with Mushroom Gravy

MAKES 4 servings
PREP 35 minutes **COOK** 25 minutes
LET STAND 5 minutes
BAKE at 400° for 15 minutes

- 1 cup uncooked red quinoa, rinsed
- $1\frac{1}{2}$ lbs baking potatoes, peeled and cut into 2-inch pieces
- $\frac{1}{2}$ cup 1% milk
- $\frac{1}{2}$ cup light sour cream
- 2 tbsp unsalted butter
- 1 tsp salt

- $\frac{1}{2}$ tsp black pepper
- 1 pkg (10 oz) cremini mushrooms
- $\frac{1}{2}$ lb ground turkey
- 1 egg, beaten
- $\frac{1}{4}$ cup shredded Parmesan
- $\frac{1}{8}$ cup parsley, chopped
- 2 tbsp gluten-free flour
- $1\frac{1}{2}$ cups unsalted beef stock

- In a small pot, add quinoa to 1 cup boiling water. Cover, reduce heat and cook 15 minutes. Let stand, covered, 5 minutes.
- Heat oven to 400°. In a sided skillet, cover potatoes with 1 inch cold water. Bring to a boil. Reduce to a simmer, cover and cook 10 minutes, until fork-tender. Drain potatoes and return to pot. Mash and stir in milk, sour cream, 1 tbsp of the butter, $\frac{1}{4}$ tsp of the salt and $\frac{1}{8}$ tsp of the pepper. Cover and set aside.
- Finely chop 1 cup of the mushrooms. Combine with cooked quinoa, turkey, egg, Parmesan, parsley, $\frac{1}{4}$ tsp plus $\frac{1}{8}$ tsp of the salt and $\frac{1}{4}$ tsp of the pepper. Form into twenty 2-inch meatballs and place on a rimmed sheet coated with nonstick cooking spray. Bake at 400° for 15 minutes, until cooked through.

- Meanwhile, slice remaining mushrooms. Add to remaining 1 tbsp butter in a saucepan over medium heat; cook 8 minutes, stirring several times. Stir in flour; cook 1 minute. Whisk in stock and bring to a boil. Reduce to a simmer; cook 3 minutes, until thickened. Season with remaining $\frac{1}{8}$ tsp salt and $\frac{1}{8}$ tsp pepper.

- Serve meatballs and gravy over mashed potatoes.

PER SERVING 545 CAL; 18 g FAT (8 g SAT); 28 g PRO; 71 g CARB; 6 g FIBER; 833 mg SODIUM; 129 mg CHOL

3. Shrimp Fried Rice

MAKES 4 servings
PREP 10 minutes **COOK** 1 hour, 3 minutes

- 1 cup brown rice
- 4 slices thick-cut bacon, diced
- 1 lb peeled and deveined shrimp
- 2 cloves garlic, chopped
- 1 head bok choy (about 1 lb), chopped

- 2 tbsp unsalted butter
- 2 eggs, beaten
- 4 scallions, sliced
- 5 tsp low-sodium tamari (gluten-free soy sauce, such as San-J)
- Sriracha (optional)

- In a medium pot, combine rice and 2 cups water. Bring to a boil. Reduce to a simmer, cover and cook 45 minutes. Set aside.

- Add bacon to a large skillet over medium heat. Sauté 10 minutes, until just crispy. Remove to a plate with a slotted spoon.

- Increase heat to medium-high. Add shrimp and garlic. Sauté 2 to 3 minutes, until shrimp is just cooked. Remove with slotted spoon to plate with bacon. Stir in bok choy; cook 2 minutes, until wilted and slightly tender. Remove to plate with slotted spoon. Pour off any liquid.

- Return pan to stove. Over medium heat, add 1 tbsp of the butter. Pour in eggs; scramble 1 minute. Add remaining 1 tbsp butter, the cooked rice and scallions. Fry 1 to 2 minutes, stirring a few times. Stir in cooked bacon, shrimp, bok choy and tamari. Serve with sriracha, if using.

PER SERVING 446 CAL; 18 g FAT (8 g SAT); 30 g PRO; 40 g CARB; 4 g FIBER; 819 mg SODIUM; 302 mg CHOL

4. Butternut Squash-Swiss Chard Frittata

MAKES 4 servings **PREP** 15 minutes
MICROWAVE 5 minutes
COOK 11 minutes **BAKE** at 400° for 10 minutes **LET REST** 5 minutes

- 12 oz butternut squash, peeled and cut into $\frac{1}{2}$ -inch cubes
- 6 large eggs
- 4 egg whites
- $\frac{3}{4}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 2 tbsp olive oil
- $\frac{1}{4}$ cup diced shallots
- 2 cloves garlic, sliced
- 8 oz Swiss chard, chopped
- 2 oz plain goat cheese

- Heat oven to 400°. Microwave squash and $\frac{1}{4}$ cup water in a dish, covered and vented, for 5 minutes. In a large bowl, whisk eggs, egg whites, salt and pepper. Heat

oil in a 10-inch cast-iron skillet over medium heat. Sauté shallots and garlic 2 minutes. Add Swiss chard. Increase heat to high; cook 5 minutes, until water is mostly absorbed. Carefully stir in cubed squash; cook 2 minutes. Pour in eggs. Reduce heat to medium. Dot cheese on top. Cook 2 minutes.

- Place skillet in oven and bake at 400° for 10 minutes, until set. Let rest 5 minutes, then loosen edges with a nonstick spatula. Slice into 4 pieces.

PER SERVING 271 CAL; 17 g FAT (5 g SAT); 18 g PRO; 13 g CARB; 3 g FIBER; 764 mg SODIUM; 324 mg CHOL

5. Chicken and Waffles

MAKES 4 servings
PREP 15 minutes **COOK** 6 minutes
BAKE at 400° for 10 minutes

- $\frac{1}{4}$ cup honey
- $\frac{1}{8}$ tsp red pepper flakes
- $\frac{1}{8}$ cup gluten-free flour
- 1 tsp salt
- $\frac{1}{8}$ tsp black pepper
- 1 egg
- $\frac{1}{2}$ cup gluten-free cornflake crumbs
- $1\frac{1}{2}$ lbs boneless, skinless chicken breasts (4 breasts)
- 2 tbsp unsalted butter
- 1 tsp vegetable oil
- 4 gluten-free waffles (such as Van's), toasted
- Broccoli slaw (optional)

- Heat oven to 400°. Combine honey and red pepper flakes; set aside.

- In a small bowl, combine flour, $\frac{3}{4}$ tsp of the salt and the black pepper. In a second bowl, beat egg. In a third bowl, combine cornflake crumbs and remaining $\frac{1}{4}$ tsp salt. Dredge chicken in flour, then egg and finally cornflakes.

- Heat butter and oil in a large saucepan over medium-high heat. Sear chicken 3 minutes per side, until golden. Transfer chicken to a baking sheet and bake at 400° for 10 minutes, until cooked through.

- Place chicken on toasted waffles. Drizzle with spicy honey and serve with broccoli slaw, if using.

PER SERVING 456 CAL; 14 g FAT (5 g SAT); 35 g PRO; 46 g CARB; 1 g FIBER; 663 mg SODIUM; 97 mg CHOL



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Fajita-Style Chicken Chili

MAKES 6 servings
PREP 15 minutes **COOK** 6 minutes
SLOW COOK on HIGH for 3 hours or LOW for 6 hours

- 1** tbsp canola oil
- 2½** lbs boneless, skinless chicken breasts, thinly sliced diagonally
- 2** large onions, cut into ¼-inch slices
- 2** large sweet red peppers, seeded and cut into ¼-inch-thick slices
- 1** can (15½ oz) pink beans, drained and rinsed
- 2** cans (14½ oz each) diced tomatoes
- 2** tbsp chili powder
- 1** tsp ground cumin
- 1** tsp dried oregano
- 1** tsp salt
- Shredded cheddar, sour cream, guacamole and flour tortillas (optional)**

■ Coat slow cooker bowl with **nonstick cooking spray**.

■ In a large nonstick skillet, heat oil over medium-high heat. Add chicken and cook 6 minutes, until lightly browned. Cook in 2 batches, if necessary.

■ In slow cooker bowl, layer onions, peppers, cooked chicken and beans. Combine tomatoes, chili powder, cumin, oregano and salt. Pour over beans.

■ Cover and cook on HIGH for 3 hours or LOW for 6 hours.

■ Serve with shredded cheddar, sour cream, guacamole and flour tortillas, if using.

PER SERVING 353 CAL; 8 g FAT (2 g SAT); 44 g PRO; 24 g CARB; 8 g FIBER; 920 mg SODIUM; 104 mg CHOL



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Caribbean Pork and Mango Chili

MAKES 6 servings PREP 20 minutes COOK 10 minutes
SLOW COOK on HIGH for 5½ hours

- 2 **tbsp canola oil**
- 2 **lbs pork shoulder, cut into 1½-inch pieces**
- 2 **cups seeded and diced plum tomatoes (about 6)**
- 1 **can (8 oz) tomato sauce**
- 1 **tbsp chili powder**
- 1 **tsp ground cumin**
- ½ **tsp salt**
- 1 **tsp smoked paprika**
- ½ **tsp cinnamon**
- ¼ **tsp allspice**
- 1 **can (15 oz) black beans, drained and rinsed**
- 1 **mango, peeled and diced**
- Lime wedges and additional diced mango, for garnish (optional)**
- Coconut Rice (optional; recipe below)**

- Coat slow cooker bowl with **nonstick cooking spray**.
- Heat oil in a large nonstick skillet over medium-high heat. Add pork and cook 10 minutes, stirring occasionally, until lightly browned. Cook in 2 batches, if necessary. Drain and add to slow cooker.
- Stir in tomatoes, tomato sauce, chili powder, cumin, salt, paprika, cinnamon and allspice.
- Cover and cook on HIGH for 5½ hours. Stir in beans and mango during last 15 minutes.
- Garnish with lime and mango, if using. Serve with Coconut Rice, if using.

PER SERVING 350 CAL; 14 g FAT (3 g SAT); 34 g PRO; 21 g CARB; 6 g FIBER; 629 mg SODIUM; 91 mg CHOL

Coconut Rice

In a medium saucepan, combine 2 cups rice, 1 can (13½ oz) coconut milk, 1½ cups water, ½ tsp sugar and ¼ tsp salt. Bring to a boil and cover. Simmer over low heat 15 minutes, until liquid is absorbed. Makes 6 cups.



Spicy Vegetable and Barley Chili

MAKES 6 servings
PREP 20 minutes SLOW COOK on HIGH for 4 hours or LOW for 6 hours

- 4 **cups low-sodium spicy vegetable juice**
- 2 **tbsp chili powder**
- 1¼ **tsp salt**
- 1 **tsp dried oregano**
- 1 **tsp ground cumin**
- 1 **large onion, chopped**
- 4 **cloves garlic, chopped**
- 4 **cups cauliflower florets (about half a head)**
- 2 **cups frozen corn, thawed**
- 1 **large zucchini, cut into 1-inch dice**
- 1 **large summer squash, cut into 1-inch dice**
- 1 **sweet orange pepper, seeded and cut into 1-inch dice**
- 2 **ribs celery, sliced**
- 1 **cup pearl barley**
- 1 **can (15 oz) kidney beans, drained and rinsed**
- 1 **pkg frozen chopped spinach, thawed**
- ¼ **cup cilantro, chopped**

- Coat slow cooker bowl with **nonstick cooking spray**.
- Stir in 3 cups of the vegetable juice, the chili powder, salt, oregano, cumin, onion and garlic. Stir in cauliflower, corn, zucchini, squash, sweet pepper, celery and barley.
- Cover and cook on HIGH for 4 hours or LOW for 6 hours. During last 30 minutes of cooking time, stir in remaining 1 cup vegetable juice, the beans and spinach. Garnish with cilantro and serve.

PER SERVING 341 CAL; 2 g FAT (0 g SAT); 15 g PRO; 72 g CARB; 19 g FIBER; 791 mg SODIUM; 0 mg CHOL



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Game Day Double Beef Chili

MAKES 12 servings **PREP** 20 minutes
COOK 18 minutes **SLOW COOK** on HIGH for 5 hours or LOW for 8 hours

- 2 **tblsp** canola oil
- 2 **lbs** ground beef
- 2 **large** onions, chopped
- 8 **cloves** garlic, roughly chopped
- 2 **lbs** beef brisket, cut into 1-inch pieces
- 2 **large** green bell peppers, seeded and diced
- 1 **can (28 oz)** fire-roasted diced tomatoes
- 2 **cans (8 oz each)** tomato sauce
- ¼ **cup** chili powder
- 1 **tblsp** sweet paprika
- 2 **tsp** ground cumin
- ½ **tsp** salt
- ¼ **tsp** cayenne pepper
- 6 **cups** cooked Texmati rice
- ½ **cups** shredded Cotija cheese
- Chopped scallion and

red onion for garnish (optional)

- Coat slow cooker bowl with **nonstick cooking spray**.
 - Heat 1 **tblsp** of the oil in a large nonstick skillet over medium-high heat. Add ground beef, onions and garlic; cook 8 minutes, stirring occasionally. Place in slow cooker. Add remaining 1 **tblsp** oil and the brisket to skillet; cook 4 to 5 minutes per side, until browned. Place in slow cooker.
 - Stir in green peppers, tomatoes, tomato sauce, chili powder, paprika, cumin, salt and cayenne.
 - Cover and cook on HIGH for 5 hours or LOW for 8 hours.
 - Serve with rice and Cotija. Garnish with scallion and onion, if using.
- PER SERVING** 451 **CAL**; 14 g **FAT** (6 g **SAT**); 41 g **PRO**; 38 g **CARB**; 4 g **FIBER**; 865 mg **SODIUM**; 92 mg **CHOL**



White Bean Chicken Chili

MAKES 6 servings
PREP 15 minutes **COOK** 10 minutes
SLOW COOK on HIGH for 3 hours or LOW for 5 hours

- 2 **tblsp** canola oil
- 2 **lbs** boneless, skinless chicken thighs, cut into 1½-inch pieces
- 1 **large** onion, chopped
- 4 **cloves** garlic, chopped
- 2 **cups** chicken broth
- 2 **Cubanelle** peppers, seeded and sliced
- 1 **jalapeño**, seeded and chopped
- 2 **tsp** ancho chile powder
- 1 **tsp** dried oregano
- 1 **tsp** ground cumin
- ½ **tsp** salt
- 2 **cans (15 oz each)** pinto beans, drained and rinsed
- 1 **can (15¼ oz)** white shoepeg corn, drained

2 **tblsp** lime juice
½ **cup** cilantro leaves
Cornbread (optional)

- Coat slow cooker bowl with **nonstick cooking spray**.
 - Heat oil in a large skillet over medium-high heat. Add chicken, onion and garlic. Cook 10 minutes, stirring occasionally, until lightly browned. Add to slow cooker.
 - Stir in broth, Cubanelle peppers, jalapeño, ancho chile powder, oregano, cumin and salt. Mash 1 can of the beans and stir in with remaining can of beans and the corn.
 - Cover and cook on HIGH for 3 hours or LOW for 5 hours.
 - Stir in lime juice and cilantro. Serve with cornbread, if using.
- PER SERVING** 440 **CAL**; 15 g **FAT** (3 g **SAT**); 40 g **PRO**; 39 g **CARB**; 11 g **FIBER**; 1,020 mg **SODIUM**; 147 mg **CHOL**

WHAT'S NEW

CHECKS, PLEASE!

PAGE 14: Blouse, **I. Madeline**, lulus.com, \$66. Jeans, **DL1961 Premium Denim**, DL1961.com, \$178. Clutch, **Shiraleah**, shiraleah.com, \$55. Necklace, **Elizabeth Stone**, elizabethstonejewelry.com, \$36. Bangles, **Cynthia Rybakoff**, cynthiarybakoff.com, \$124/set of 3.

FAIR AND SQUARE

PAGE 20: Poverty Flats, povertyflatsbyrian.com, \$98. **Pink Cosmo**, shoppinkcosmo.com, \$79. **Marshalls**, marshallsonline.com, \$80. **Brahmin**, brahmin.com, \$255. **Nine West**, ninewest.com, \$109. **Sole Society**, solesociety.com, \$45.

PUCKER UP

PAGE 20: **Estée Lauder** Pure Color High Intensity Lip Lacquer in Hot Cherry, esteelauder.com, \$25. **Marc Jacobs Beauty** Lust for Lacquer Lip Vinyl in 202 Paint It, sephora.com, \$28.

STYLE

Products not listed are available at mass retailers.

SPLASH DANCE

PAGES 25-26: **Jurlique** Herbal Recovery Antioxidant Cleansing Mousse, Sephora, \$34. **Foreo Luna**, Sephora, \$199. **Boscia** Tsubaki Oil-Infused Exfoliating Powder, Sephora, \$36.

WORK IT

PAGE 29: *Monday:* Jacket, **Cabi**, cabionline.com, \$168. Dress, **Michael Stars**, michaelstars.com, \$158. Necklace, **Golden Thread**, goldenthreadshop.com, \$40. Bangles, **R.J. Graziano**, rjgraziano.com, \$45/set of 10. Earrings, **Stella & Dot**, stelladot.com, \$39. **PAGE 30:** *Tuesday:* Top, **Athleta**, athleta.com, \$79. Skirt, **Vince Camuto**, vincecamuto.com, \$79. Necklace, **Cocoa Jewelry**, cocoajewelry.com, \$68. Silver Bangles, **Satya Jewelry**, satyajewelry.com, \$39 each. Gold Bangles, **The K & R Collection for Silpada**, mysilpada.com, \$59/set of 3. **PAGE 31:** *Wednesday:* Top, **Riders By**

Lee, ridersbylee.com, \$20. Jeans, **James Jeans**, jamesjeans.us, \$185. Belt, **Chadwicks of BostonSkinny**, chadwicks.com, \$15. Pumps, **Franco Sarto**, macys.com, \$89. Bag, **Studio S**, Sears, \$65. Necklace, **Dogearred**, dogearred.com, \$72. Watch, **Timex**, timex.com, \$84. Earrings, **Moon & Lola**, moonandlola.com, \$42. **PAGE 32:** *Thursday:* Blazer, **The Limited**, thelimited.com, \$128. Top, **a.n.a.**, jcpenny.com, \$36. Leggings, **Solow**, shoppobop.com, \$98. Shoes, **Ava & Aiden** exclusively for Gilt, gilt.com, \$99. Necklace, **Cookie Lee**, cookielee.com, \$36. Bag, **Sorial**, shopsorial.com, \$145. Watch, **Vince Camuto**, vincecamuto.com, \$150. Rings, **Dogearred**, dogearred.com, \$92/set of 3. **PAGE 33:** *Friday:* Top, **Croft & Barrow**, kohls.com, \$16. Pants, **Lisette L**, lisette-l.com, \$123. Scarf, **Vince Camuto**, vincecamuto.com, \$48. Ring, **Satya**, satyajewelry.com, \$89. Earrings, **Silpada**, mysilpada.com, \$46.

THE FULL STORY

PAGE 36: **Bosley** Professional Strength Hair Thickening Fibers, bosleypro.com, \$30. **Cerafill** Texture Effect Hair & Scalp Refresher, redken.com, \$18. **Alterna** Caviar Repair Lengthening Hair & Scalp Elixir, Sephora, \$38.

HOME

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

MIX MASTER

PAGES 46-47: *Kitchen:* **Ikea** Akurum cabinets, Sofielund doors (bases), Rubrik glass doors (uppers) and drawer fronts (island), and quartz countertop, ikea.com. **PAGES 48-49:** *Living room:* **Restoration Hardware** Capiz Shell Pendant, restorationhardware.com. **Benjamin Moore** Leisure Green (2035-60) wall paint, benjaminmoore.com. **PAGE 50:** *Family room:* **Benjamin Moore** Blue Danube (2062-30) wall paint, benjaminmoore.com. **Selamat Designs** Regeant 4 Season Arm Chair in White Lacquer, selamatdesigns.com. **PAGE 51:** *Master bedroom:* **Benjamin Moore** Stuart Gold (HC-10), benjaminmoore.com.

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The Georgetown Cupcake Sisters

Happy memories of baking with their grandmother inspired Sophie Kallinis LaMontagne (left) and Katherine Kallinis Berman to ditch careers in finance and fashion to open Georgetown Cupcake in Washington, DC. With two best-selling cookbooks, a TLC reality show and five more locations around the country, life is even sweeter. Spread the love and elevate your next batch of cupcakes with their 5-minute frosting—a nod to their grandma's favorite flavor.

Georgetown Cupcake Strawberry Buttercream

1 cup (2 sticks) unsalted butter

4 cups sifted confectioners' sugar

1 tsp whole milk

1 tsp pure vanilla extract

¼ tsp salt

½ cup diced fresh strawberries

■ Combine ingredients in a mixer and whip at high speed until light and airy, about 3 to 5 minutes.

■ Transfer frosting to a large piping bag fitted with a large round tip and frost your cupcakes with a swirl of buttercream.

Makes enough frosting for one dozen cupcakes.



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[^]Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

^{**}P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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