

PHOTOS
OF EVERY RECIPE!

FAST FAMILY MEALS

30 MIN
(OR LESS!)

TAKE A BITE OUTTA LIFE!

Every Day

with Rachael Ray

COZY UP!

129

HEARTY
DINNERS

10 Best
Chicken
Soups

HEALTHY
TWISTS ON
CLASSIC
FAVORITES

50 Super Bowl
DIPS

CELEB COOK-OFF!

RACH VS. GUY

Behind the scenes of their new show

JANUARY/FEBRUARY
RACHAELRAYMAG



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♻️ RECYCLED PAPER

NUTRITION

22 yum-o tricks to
make any meal
doubly nutritious—
and doubly delicious!

BY RACHEL MELTZER WARREN
PHOTOGRAPHY BY JAMES WOJCIK



THIS YEAR, WE'RE THINKING ABOUT FOOD IN A WHOLE NEW WAY. We're sick of "low this" and "no that." We'd rather talk about the delicious stuff we *should* be eating. It's a philosophy we call nutrition addition. To find great ways to healthy up our meals, we polled experts on their go-to food boosters—the simple, surprising ways they make their favorites even better. One consistent trend emerged: With each addition of vitamins, minerals and antioxidants comes exponential leaps in flavor, texture and color. Eating better all around? That's a resolution we can get behind.

ADDITION

MEET OUR EXPERTS

Our tips came from chefs, dietitians, food TV hosts and cookbook authors. What do they all have in common? A passion for good food that tastes good, too.

- ▶ **Nate Appleman**, chef and culinary manager at Chipotle and ShopHouse
- ▶ **Joy Bauer, MS, RD**, nutrition expert for the Today show, author of Joy Bauer's Food Cures and founder of joybauer.com
- ▶ **Chloe Coscarelli**, vegan chef and winner of Cupcake Wars
- ▶ **Ariva Goldfarb**, author and founder of thescramble.com and blogger at Kitchen Explorers
- ▶ **Ingrid Hoffmann**, host of Delicioso and Simply Delicioso
- ▶ **Ellie Krieger, MS, RD**, TV host and author of Comfort Food Fix
- ▶ **Jackie Newgent, RD**, author of the Big Green Cookbook and instructor at the Institute of Culinary Education
- ▶ **Stephanie Romine**, co-author of The SparkPeople Cookbook and editor of sparkrecipes.com
- ▶ **Tessa Stamper, RD**, executive chef for Noodles & Company
- ▶ **Rachel Meltzer Warren, MS, RD**, nutrition writer and educator (and the author of this story!)
- ▶ **Kath Younger, RD**, blogger at katheats.com



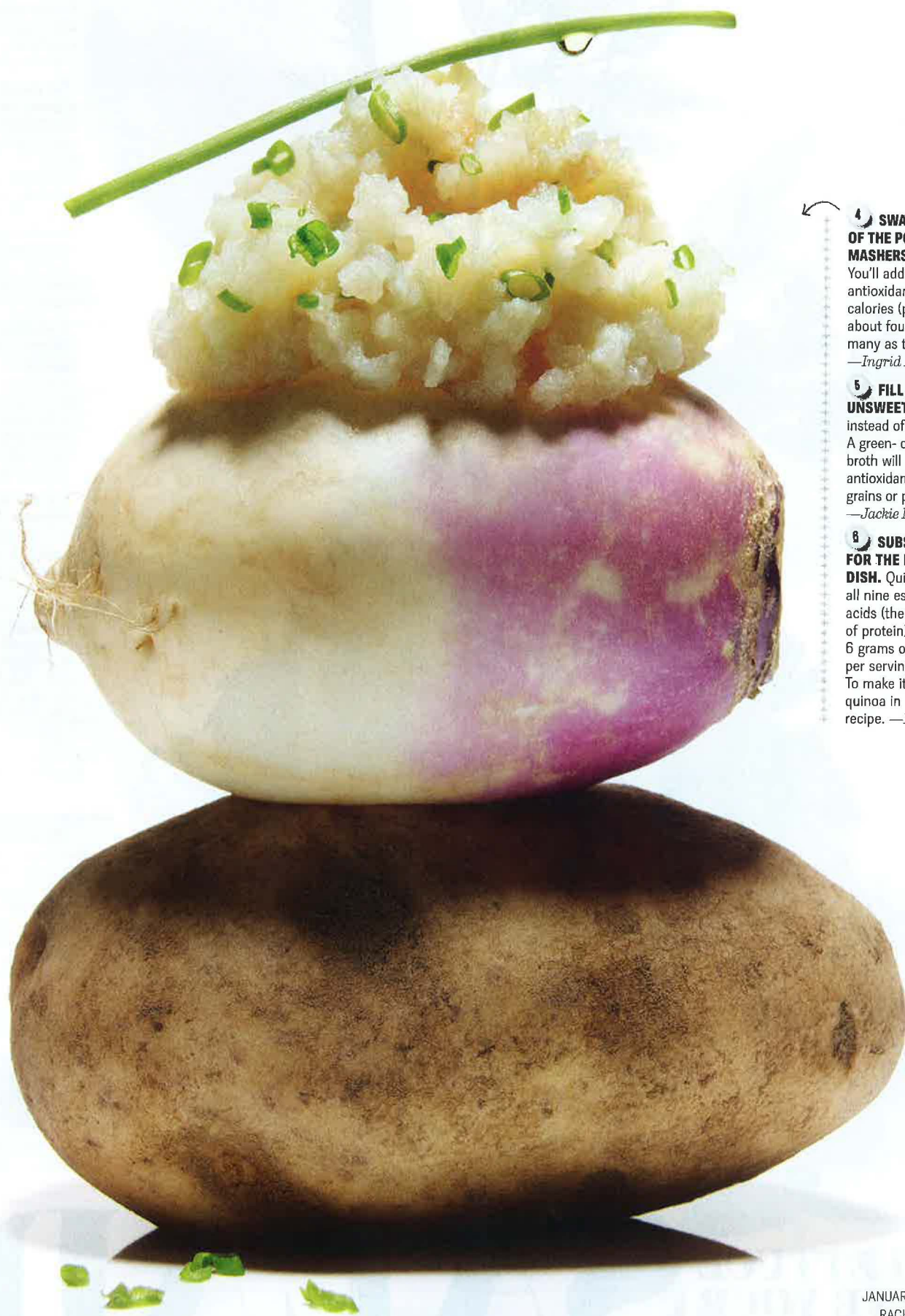
1 POUR INSTANT ALL-NATURAL OATMEAL into a smoothie for a super-satisfying breakfast mash-up. One packet of oatmeal adds 3 grams of fiber; it also contains half of your daily iron needs (for a 14- to 50-year-old woman). —Nate Appleman

2 ADD GREEK YOGURT INSTEAD OF MILK TO EGGS before scrambling them. Whisk ¼ cup of the creamy stuff into 8 eggs for a light, fluffy, even-better-for-you breakfast. Each cup of greek yogurt contains nearly half the satiating protein you need in a day, and 30 percent of the recommended intake of bone-building calcium. —Ariva Goldfarb

3 WHISK CANNED PURE PUMPKIN PUREE into your favorite pancake batter. The fluffy flapjacks will be enhanced with vision-boosting vitamin A (for each ½ cup, you add nearly three times the recommended daily need). —Kath Younger

FOOD STYLING BY BRETT KURZWEIL

WELL-BALANCED SIDES



4 SWAP OUT HALF OF THE POTATOES IN MASHERS FOR TURNIPS. You'll add vitamins and antioxidants, and decrease calories (potatoes have about four times as many as turnips). —Ingrid Hoffmann

5 FILL THAT POT WITH UNSWEETENED TEA instead of plain old water. A green- or white-tea-based broth will add flavor and antioxidants when cooking grains or poaching chicken. —Jackie Newgent

6 SUBSTITUTE QUINOA FOR THE RICE IN ANY DISH. Quinoa contains all nine essential amino acids (the building blocks of protein) and has 6 grams of dietary fiber per serving. Rice has none! To make it a meal, use quinoa in a quick paella recipe. —Hoffmann

BUMP UP BREAKFAST



LETTUCE PROVE YOUR SALADS

1 TOSS FRESH HERBS INTO YOUR GREENS.

Salads that included fresh seasonings like marjoram, sage and thyme as much as doubled the disease-fighting antioxidants of other veggies, according to a study from Italy.

—Rachel Meltzer Warren

8 TRADE LOW-FAT AND FAT-FREE SALAD DRESSINGS

for dressings made with flaxseed oil or EVOO. The added good-for-you fat will help your body fully process vitamins A, D, E and K, which are abundant in vegetables. You can also get the same result by adding a small handful of nuts to your salad. —Tessa Stamper

9 REPLACE HALF OF THE MAYO IN CREAMY DRESSINGS

with plain nonfat greek yogurt. You'll get the same volume, up the creaminess, add calcium and protein, and cut calories.

—Ellie Krieger

10 ADD HALF AN AVOCADO.

When people ate salad with the healthy-fat-rich fruit, their blood concentrations of the disease-fighting antioxidants lycopene, beta-carotene and alpha-carotene were as much as 15 times higher than when they ate it without, according to a study from Ohio State University.

—Warren

SPECIAL SAUCES

11 PUT A CALIFORNIA TWIST ON TRADITIONAL ITALIAN PESTO

by using ripe avocado instead of cheese. Avocados are loaded with anti-inflammatory nutrients like vitamin E; they also add a deliciously creamy flavor and have a beautiful, bright color. For even more goodness, trade the classic pine nuts for walnuts. For each ¼ cup, you'll add 2.5 grams of ALA, the plant-based source of heart-healthy omega-3 fatty acids. —Chloe Coscarelli

12 INSTEAD OF GRAVY, LADLE HOMEMADE OR BOXED ORGANIC SWEET POTATO SOUP

over roasted turkey or chicken. You'll not only add vision-protecting beta-carotene, but you'll also boost overall nutrient richness, eye appeal and flavor.

—Newgent

13 TAKE THE GUILT OUT OF CREAM SAUCE.

Make over your favorite recipe by using 1 cup skim milk and ½ cup pureed white beans (cannellini or great northern) instead of 1 cup heavy cream. You'll mix in more than 25 percent of your daily need for fiber (and save calories).

—Stephanie Romine

14 WILT A 6-OUNCE BAG OF SPINACH

into any bottled marinara sauce. You'll jack up the fiber and add nutrients like iron, beta-carotene and potassium. —Joy Bauer



15 PAIR CHICKEN WITH BROCCOLI.

When eaten together, these foods rich in cancer-fighting sulforaphane and the mineral selenium can be 13 times more powerful than when consumed on their own. Similar power couples to try: salmon with cauliflower and cod with brussels sprouts. —Warren

16 MINCE UP SOME MUSHROOMS AND MIX THEM INTO MEAT OR POULTRY recipes. Many 'shroom varieties are full of vitamin D, the "sunshine vitamin." Your body produces it in response to the sun, but most of us don't make enough. —Newgent

17 GRIND BLACK PEPPER OVER INDIAN CURRY. The compound that gives pepper its kick increases the availability of the cancer-fighting agent curcumin (found in turmeric) by as much as 2,000 percent. —Warren

18 SQUEEZE CITRUS INTO SIMMERING STOCK FOR BRAISES AND STEWS;

use lemon for a Greek twist, lime for Tex-Mex. A slightly acidic broth leeches calcium from the soup bones, upping the dish's calcium content by 64 percent, according to researchers at Harvard University. —Warren

19 SWAP OUT A CAN OF TUNA FOR A TIN OF SARDINES, which are packed with nutrients that most Americans are short on: vitamin D, calcium and omega-3s. Just drain off the oil and mash well. Mix things up by using sardines packed in flavored oils or sauces. —Younger



AXED-OUT MAINS

DOUBLE-DUTY

DESSERT



20 BOLSTER YOUR BAKED GOODS WITH FLAXSEEDS.

To max out the health benefits (including tons of good-for-you omega-3s), grind the seeds in a spice grinder, then stir a few tablespoons into pancake, waffle or carrot cake batter. (The nutty seeds would also be a good addition to oatmeal cookies.) For each tablespoon, you add almost a day's worth of omega-3s. —Romine

21 USE COCONUT MILK INSTEAD OF SOUR CREAM

in banana bread or other quick breads. It's high in lauric acid, which has strong antibacterial properties. It also has half the fat and calories of sour cream (and makes the bread extremely moist!). —Coscarelli

22 TRY WHOLE WHEAT PASTRY FLOUR.

Sometimes regular whole wheat flour can be too heavy to use in recipes. With whole wheat pastry flour, however, your recipe will still be light and tender, plus each cup adds 13 grams of fiber, along with minerals and antioxidants. Some recipes will work better using a 50-50 mix of regular and whole wheat pastry flour, but homey treats like pumpkin bread, cookies and pancakes can handle a one-to-one swap. —Krieger