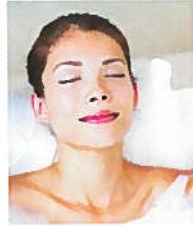


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November 2012

tasteforlife

GIVING THANKS

**THE CASE FOR
OMEGA 3s**

**WEEKDAY
SLOW
COOKING**

**REVERSE
DIABETES**

**A HEALTH-CONSCIOUS
HOLIDAY RECIPES**

**GRACEFUL
TABLE**



dinners for busy families

MAKE THEM SLOW

Wouldn't it be great to come home from a hectic day and find a warm dinner waiting for you? No, you don't need a personal chef for this to happen—just a slow cooker. Before you scoff at the thought, consider the fact that today's slow-cooker recipes are different. The old-fashioned beef stews and heavy pot roasts of yesteryear have been replaced with simpler and healthier vegetable- and bean-based dishes, designed to get you out of the kitchen while the slow cooker does the cooking. So without further delay, here are some modern meals and tasty sides for today's busy families. Let's get (slow) cooking! >>

WHITE BEAN AND KALE STEW

From *The Vegan Slow Cooker* by Kathy Hester (\$19.99, Fair Winds, 2011)

25 MINUTES PREP TIME
(PLUS SLOW COOKER TIME) ■ SERVES 6

- 1 tsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 Tbsp balsamic vinegar
- 4 c washed and chopped kale
- 1 Tbsp chopped fresh oregano or 1 tsp dried
- 5 c water
- 2 cans (14.5 oz each) white beans, drained and rinsed, or 3 c homecooked beans

1. The night before: Heat oil in a skillet over medium heat and saute onion until translucent, 3 to 5 minutes. Add garlic and a little salt and pepper and saute for 1 to 2 minutes longer. Add balsamic vinegar and stir to combine. Store sauteed onion and cut-up kale in separate airtight containers in the fridge.
2. In the morning: Combine sauteed onion, oregano, water, and beans in slow cooker. Cook on low for 6 to 8 hours.
3. About 30 minutes before serving, add kale. Cook for 30 minutes longer, and then taste and adjust seasonings before serving.

Per serving: 165 Calories, 11 g Protein, 29 g Carbohydrates, 7 g Fiber, 1 g Total fat, 32 mg Sodium, ★★★★★ Vitamin C, ★★ Vitamin A, Manganese, ★ Vitamin B1 (thiamine), B3 (niacin), B6, Folate, Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Zinc

Recipes are analyzed by Anna Kaniathra, MS, LD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Off the charts (100 percent or better), ★★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

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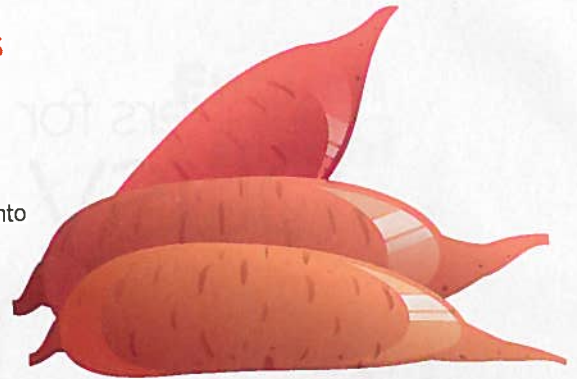
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SPICED SWEET POTATOES

From the *Taste for Life* test kitchen

10 MINUTES PREP TIME
(PLUS SLOW COOKER TIME)
■ SERVES 6

- 2¼ lb sweet potatoes, peeled and cut into 2- x ½-inch-thick pieces
- 2 Tbsp extra-virgin olive oil
- 1 tsp cumin
- 1 tsp paprika
- 1 Tbsp apple juice or cider



1. Combine sweet potatoes, oil, spices, and juice in slow cooker.
2. Cover and cook on low for approximately 2½ to 3 hours, until sweet potatoes are tender when pierced with a fork.

Per serving: 220 Calories, 3 g Protein, 42 g Carbohydrates, 5 g Fiber, 5 g Total fat (1 g sat, 4 g mono, 1 g poly), 18 mg Sodium, ★★★★★ Vitamin A, ★★★ Vitamin C, ★★ Manganese, ★ Vitamin B2 (riboflavin), B6, Folate, Copper, Phosphorus, Potassium

ROOT VEGETABLE WINTER WARMER SOUP

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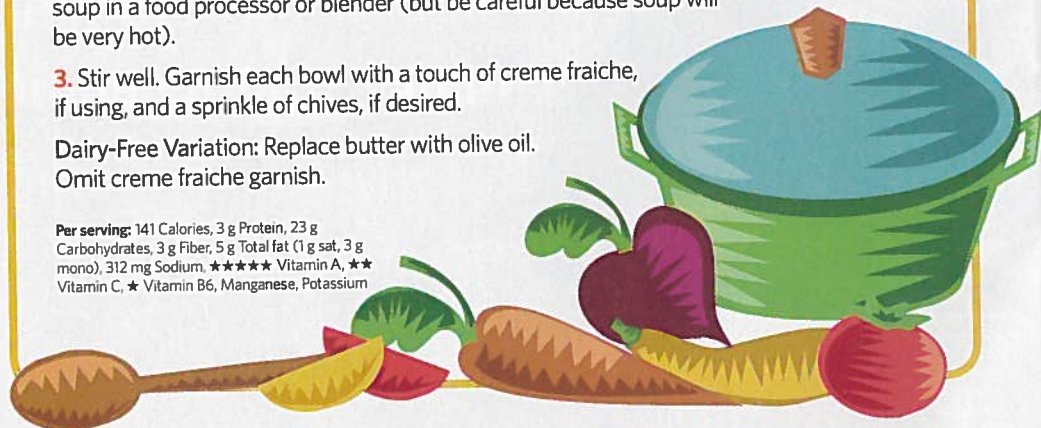
25 MINUTES PREP TIME (PLUS SLOW COOKER TIME) ■ SERVES 8 (ABOUT 1½ CUPS EACH)

- 2 (32 oz) containers low-sodium vegetable broth
- 6 carrots, peeled and sliced
- 1 sweet potato (about 1 lb), peeled and chopped
- 2 russet potatoes (about 1½ lb), peeled and chopped
- 2 celery stalks, chopped
- 3 parsnips, peeled and sliced
- 1 medium Vidalia onion, chopped
- 2 Tbsp butter or olive oil
- 2 Tbsp honey
- 2 Tbsp Bragg Liquid Aminos
- 1 Tbsp lemon juice
- ½ tsp thyme
- ¼ tsp Tabasco or more to taste
- ½ tsp Kosher salt or more to taste
- Crème fraiche (optional)
- Thinly sliced fresh chives (optional)

1. Stir together all ingredients except crème fraiche and chives in slow cooker crock. Cover and cook 8-10 hours on LOW (or 4-5 hours on HIGH).
2. Puree soup with an immersion blender until smooth. Alternatively, you can puree soup in a food processor or blender (but be careful because soup will be very hot).
3. Stir well. Garnish each bowl with a touch of crème fraiche, if using, and a sprinkle of chives, if desired.

Dairy-Free Variation: Replace butter with olive oil. Omit crème fraiche garnish.

Per serving: 141 Calories, 3 g Protein, 23 g Carbohydrates, 3 g Fiber, 5 g Total fat (1 g sat, 3 g mono), 312 mg Sodium, ★★★★★ Vitamin A, ★★ Vitamin C, ★ Vitamin B6, Manganese, Potassium

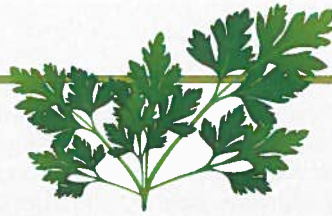


For some hearty slow-cooker morning meals and tips on slow-cooking visit

www.tasteforlife.com

turn it up

The warm setting on a slow cooker should not be used for cooking. Use it when you wish to maintain a cooked food's temperature until it's ready to be served.



SMOKED PAPRIKA SALMON WITH EDAMAME AND QUINOA SUCCOTASH

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Sterling Publishing Co., Inc.

20 MINUTES PREP TIME (PLUS SLOW COOKER TIME)

■ SERVES 4 (1 PIECE FISH AND ABOUT 1½ CUPS VEGETABLE MIXTURE EACH)

FOR THE SUCCOTASH

- ¼ c quinoa
- 1 c frozen, shelled edamame beans, thawed
- 1 celery stalk, finely chopped
- 2 scallions, thinly sliced
- 1½ tsp Italian seasoning
- 1 tsp Kosher salt, divided
- ¼ tsp ground black pepper
- 1½ c frozen corn, thawed
- ¾ c chopped roasted red peppers
- 1 (14.5 oz) can diced tomatoes
- ⅔ c bottled clam juice or low-sodium chicken broth

FOR THE FISH

- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp minced garlic
- 1 tsp smoked paprika
- 4 (6 oz) salmon fillets, skinned
Finely chopped fresh parsley, optional

1. Layer succotash ingredients into slow cooker crock, starting with quinoa on the bottom and ending with clam juice. Do not stir. Cover and cook 4 hours on LOW (or 2 hours on HIGH).
2. While succotash cooks, marinate salmon: add olive oil, lemon juice, garlic, and paprika to a gallon-sized zip-top plastic bag. Seal bag and shake to combine ingredients. Place salmon fillets into bag, reseal it, and flip to make sure marinade coats fish. Refrigerate until it's time to add fish to slow cooker.
3. Remove salmon from plastic bag and discard remaining marinade. Place salmon on top of succotash; do not stir. Cover and cook 1½–2 hours on LOW (or 45–60 minutes on HIGH).
4. Transfer fillets to a platter. Stir succotash well and divide it among 4 plates. Place one fillet on each plate and garnish with parsley, if desired.

Per serving: 552 Calories, 45 g Protein, 34 g Carbohydrates, 6 g Fiber, 27 g Total fat (5 g sat, 10 g mono, 9 g poly), 623 mg Sodium, ★★★★★ Vitamin B3 (niacin), C, ★★★★★ Vitamin B12, Selenium, ★★ Vitamin B1 (thiamine), B6, Phosphorus, ★★ Vitamin A, Folate, Pantothenic acid, Iron, Magnesium, Manganese, Potassium, ★ Vitamin B2 (riboflavin), E, Calcium, Copper, Zinc

