



SPECIAL WELLNESS ISSUE

People

Wellness 2015

LIVING
YOUR BEST
LIFE!

MOLLY
SIMS
SHOWS
YOU
HOW

Plus!
RECIPES,
WORKOUTS,
STRESS BUSTERS,
STYLE & More!

MENU MAKEOVER

These deliciously satisfying dishes are packed with flavor—not fat and calories!



GREG
FREY JR.

DRINK

Lemon Verbena & Mint Tea

THE EXECUTIVE CHEF OF GOLDEN DOOR SPA IN ESCONDIDO, CALIFORNIA, SHARES A 'CALMING AND SOOTHING' RECIPE

6 stems (5-in.) lemon verbena (or lemon grass)
1 bunch fresh spearmint leaves
2 tsp. loose green tea

1. Wash lemon verbena and mint well under cold running water.
2. Steep green tea in a pot filled with $4\frac{1}{2}$ cups simmering water for 2 to 3 minutes. Add mint and lemon verbena, and steep for an additional 2 to 3 minutes. Sweeten to taste, if desired.
Serves: 4 **Prep time:** 2 minutes **Cook time:** 12 minutes **Per serving:** 0 calories



MARCO
BORGES

BREAKFAST

Homemade Granola with Fruit

THE AUTHOR OF *THE 22-DAY REVOLUTION*—AND BEYONCÉ'S VEGAN GURU—SUGGESTS A HEALTHY START TO THE DAY

2 cups gluten-free oats
 $\frac{1}{4}$ cup chopped cashews, almonds and sunflower seeds
 $\frac{1}{2}$ tsp. sea salt
 $\frac{1}{2}$ cup maple syrup
 $\frac{1}{4}$ cup dried fruit (cranberries, blueberries and chopped apricots)

1. Preheat oven to 325°. Line a rimmed baking sheet with parchment paper.

2. In a medium bowl, combine the oats, chopped nuts and sea salt with a wooden spoon. Slowly stir in the maple syrup, and mix until combined.

3. Spread the granola evenly onto the baking sheet, and bake for 10 minutes. Stir in the dried fruit, and bake for another 10 minutes. Let cool at room temperature before storing in an airtight container.

Serves: 4 **Prep time:** 5 minutes

Cook time: 20 minutes

Per serving: 346 calories, 7g fat, 6g fiber, 60g carbs, 28g sugar, 7g protein



HEALTH BOOST

'Oats are loaded with fiber and provide a good amount of protein,' says Borges. 'Top the granola with fruit for a kick of antioxidants and a boost of energy.'

FOOD STYLIST: ERIN MEHAR; PROP STYLIST: BUFFY HARGETT MILLER; INSET, LEFT: JESSICA SAMPLE; INSET, RIGHT: BORIS PERAZA



LUNCH

Bacon & Kale Pizza

'WITH FRESH, REAL INGREDIENTS, THIS IS DEFINITELY A FEEL-GOOD PIZZA WITH ZERO GUILT,' SAYS THE AUTHOR OF *CLEAN GREEN EATS*

- 1 lb. store-bought pizza dough
- 3 slices organic bacon, cut into 1-in. pieces
- ½ yellow onion, finely diced
- 2 cups chopped kale, tough ribs and stems removed
- All-purpose flour, for dusting
- Cornmeal, for dusting
- 2 tsp. extra-virgin olive oil
- ¼ tsp. salt, plus more as desired
- ⅓ cup organic marinara sauce
- 4 oz. mozzarella cheese

1. Preheat the oven to 400°. Set the pizza dough out at room temperature for about 20 minutes.
 2. In a large skillet over medium heat, cook the bacon until crisp, about 5 minutes. Set the bacon aside on paper towels, and reserve the bacon fat in the skillet. Add the onions to the skillet, and cook over medium heat, stirring occasionally until softened, about 8 minutes. Add the kale and cook until wilted, about 2 minutes. Set aside.
 3. On a clean work surface dusted with a touch of flour, roll out the pizza dough into a 10- to 12-in. round. Place the dough on a cornmeal-dusted baking sheet, brush with olive oil, and sprinkle with sea salt.
 4. Prebake the crust in the oven for about 10 minutes, until slightly puffed. Remove from the oven and top with marinara sauce, mozzarella, kale-onion mixture and bacon. Bake for about 15 minutes, until cheese melts. Remove from the oven, and sprinkle with the additional sea salt to finish, if desired.
- Serves:** 4 **Prep time:** 12 minutes **Cook time:** 40 minutes
Per serving: 446 calories, 14g fat, 2g fiber, 57g carbs, 4g sugar, 21g protein



CANDICE KUMAI

INSET, LEFT: ANDREW LIPOVSKY; INSET, RIGHT: JANNAH ELIANIE SZEIBERT



HEALTH BOOST

'This snack hits all the salty-smoky notes of bacon bits while providing healthy fats and proteins the body needs'

SNACK

Smoky Almonds

THE AUTHOR OF *ROBERTO'S NEW VEGAN COOKING*—AND ELLEN DeGENERES' PERSONAL CHEF—MAKES A 'SUPEREASY' GRAB-AND-GO TREAT

- 1 cup sliced raw almonds
- 1 tsp. extra-virgin olive oil
- 1 tsp. liquid smoke
- ½ tsp. kosher salt

1. Place the almonds in a dry skillet, and toast them over medium heat, shaking constantly until lightly browned, about 5 minutes. Remove the almonds from the heat.
 2. In a small bowl, mix the olive oil and liquid smoke; add to the nuts and toss. Mix in the kosher salt.
 3. Return the almonds to the heat and cook, stirring constantly, for 2 to 3 minutes or until they appear dry and a deep golden brown. Remove from the heat, and continue tossing until the pan cools off, about 5 minutes.
 4. Transfer the almonds to a plate to cool completely. Store the nuts in an airtight container.
- Serves:** 4
Prep time: 5 minutes
Cook time: 15 minutes
Per serving: 146 calories, 12g fat, 3g fiber, 5g carbs, 1g sugar, 5g protein

ROBERTO MARTIN





DENISE
ROA

DINNER

Grilled Rosemary Shrimp & Red Bell Pepper Skewers

THE EXECUTIVE CHEF AT MEXICO'S RANCHO LA PUERTA RESORT SERVES UP A LIGHT, SEASONAL SPECIALTY

- 18 sprigs fresh rosemary (about 4-in. long)
- 18 large shrimp, peeled and deveined
- 2 tbsp. olive oil
- 1/2 medium shallot, chopped
- 2 cloves garlic, peeled and minced
- 2 sprigs fresh oregano, chopped
- 8 large basil leaves, chopped
- 2 sprigs fresh thyme leaves, chopped
- Zest of 1 lemon
- 1/2 tsp. sea salt
- 1/2 tsp. freshly ground black pepper
- 1 (6-oz.) package long-grain brown rice
- 1 red bell pepper, seeded and cut into 1-in. pieces
- 1 1/2 tsp. paprika

1. Strip the rosemary leaves from the sprigs, leaving 1 in. on top with leaves. Soak the stems in cold water for about 1 minute so they won't burn on the grill.
2. Pat the shrimp dry with a paper towel. In a bowl, combine the oil, shallots and next 7 ingredients. Add the shrimp, and toss thoroughly with the marinade. Cover and refrigerate for at least 30 minutes. Cook rice according to package directions and keep warm.
3. Carefully thread a red pepper square onto each rosemary skewer, and follow with a shrimp. Finish with another piece of red pepper. (If you're having trouble, use a bamboo skewer to make the holes, then slide onto the rosemary sprigs.) Sprinkle the skewers lightly with paprika.
4. Preheat a grill or grill pan over medium heat for 5 minutes. Lightly oil the grates, and cook the skewers for about 2 minutes on each side, or until the shrimp are opaque but still springy to the touch. Serve with brown rice.

Serves: 4 **Prep time:** 15 minutes
Cook time: 30 minutes, plus chilling
Per serving: 165 calories, 8g fat, 3g fiber, 15g carbs, 2g sugar, 9g protein

Recipe adapted from *Cooking with the Seasons at Rancho La Puerta* by Deborah Szekely and Deborah M. Schneider

INSET, LEFT: COURTESY RANCHO LA PUERTA; INSET, RIGHT: CANDIDA BOODINGTON



DESSERT

Baked Apples with Vanilla Coconut Cream

SAM SMITH'S NUTRITIONIST AND THE AUTHOR OF *EAT. NOURISH. GLOW.* WHIPS UP A TREAT TO CURE THE CRAVINGS

- 4 organic apples, peeled and chopped into bite-size pieces
- 1 tsp. ground cinnamon
- 2 (14-oz.) cans coconut milk, cooled in the fridge
- 1 tsp. vanilla extract

1. Preheat the oven to 300°. Place the apples in a heavy-bottom, ovenproof dish, and sprinkle with cinnamon and a little water. Bake for 45 minutes until apple pieces are soft.
 2. With a spoon, skim off the top creamy layers of coconut milk from the cans, and place in a bowl. (The remaining milk can be stored in the fridge and saved for another use.) Add the vanilla, and whisk until smooth and creamy. Spoon over the baked apples, or keep in the fridge until ready to serve.
- Serves:** 4 **Prep time:** 10 minutes **Cook time:** 45 minutes
Per serving: 94 calories, 2g fat, 6g fiber, 20g carbs, 15g sugar



AMELIA
FREER