

# easy LIV

SAVORING THE SMALL PLEASURES OF LIFE

Have It Your Way / Healthy C



# WINNING

Choices / Small Changes for the New Year / Game On! / How to Feel Like a Champion



HAVE IT YOUR WAY

## The Bird Is the Word

**JEN CAFFERTY** deconstructs a warm grain salad, complete with her allergen-free options. Plus, her foolproof tips for recipe success.

### LOOKS MATTER

If you're just not that into quinoa, use short brown rice instead.

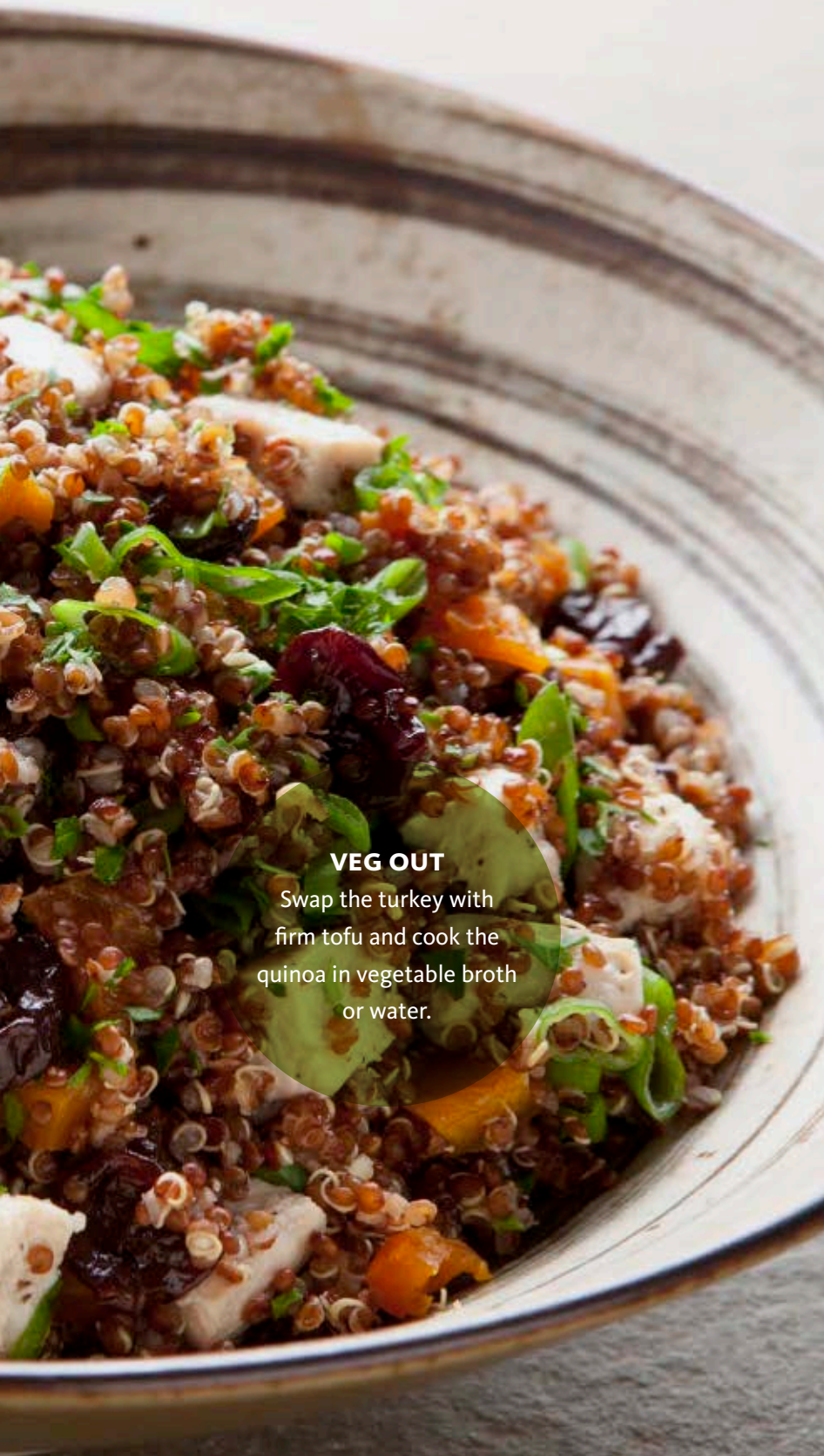
### TIMESAVER

Serve cold or at room temperature. Make the dish ahead of time and refrigerate for up to 3 days.

### GO NUTS

Toss in a handful of chopped pecans or pistachios for extra crunch.





### VEG OUT

Swap the turkey with firm tofu and cook the quinoa in vegetable broth or water.

## Turkey and Dried Fruit Quinoa

**SERVES** 4

**PREP TIME** 10 min

**COOK TIME** 15 min

1 cup red quinoa  
 2 cups gluten-free chicken broth  
 ¼ pound turkey breast, cut into ½ inch pieces  
 ½ cup dried cherries or cranberries  
 ½ cup chopped dried apricots  
 ¼ cup sliced green onions  
 ½ cup fresh parsley, finely chopped  
 Juice and zest of 1 orange  
 Salt and pepper

**1** In a large saucepan over medium-high heat, combine the quinoa and broth and bring to a boil. Reduce the heat to low, cover the pan and simmer until the quinoa is cooked, about 12 minutes. Remove from the heat and let cool.

**2** Transfer the quinoa to a large bowl and add the remaining ingredients; toss. Serve warm, chilled or at room temperature.



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FOR  
RECIPE

## Cream of the Crop

You can still eat your favorite comfort foods without blowing your New Year's resolutions. We've cut calories, fat and cholesterol down to size without giving up on deliciousness. Now you can indulge *and* eat healthier. —**AMY GREEN**



## THE CHOICE IS YOURS

Make these fast food swaps and you'll be making changes for good.

### For the Creamless Broccoli-Leek Cream Soup:

| INSTEAD OF  | USE                            |
|-------------|--------------------------------|
| heavy cream | gluten-free quick cooking oats |

### For the Healthier Honey Mustard Dressing:

| INSTEAD OF | USE            |
|------------|----------------|
| olive oil  | low-fat yogurt |

# Creamless Broccoli-Leek Cream Soup

**SERVES** 4 to 6    **PREP TIME** 5 min    **COOK TIME** 20 min

2 tablespoons olive oil  
2 leeks, sliced, white and light green parts only  
2 cloves garlic, finely grated  
4 cups broccoli florets  
1 teaspoon dried tarragon  
Salt and pepper  
1/3 cup gluten-free quick cooking oats

**1** In a large stockpot over medium-low heat, heat the oil and add the leeks. Cook, stirring occasionally, until tender, 5 to 8 minutes. Stir in the garlic and cook until fragrant, about 1 minute. Add the broccoli, 4 cups water and tarragon. Season with salt and pepper. Increase the heat to medium-high and bring to a boil, then reduce the heat again and simmer until the broccoli is very tender.

**2** While the soup is simmering, in a small saucepan over medium-high heat, bring 2/3 cup water to a boil. Stir in the oats. Reduce the heat to medium-low, cover and cook until the water is absorbed, about 5 minutes. Stir the oats into the broccoli. Using an immersion blender, puree until smooth. Return the soup to the stockpot over low heat. Adjust the seasoning as necessary and serve warm.

CLICK FOR RECIPE



# 2011

## SMALL CHANGES

FOR THE

## NEW YEAR

BY KERI GANS

# 2012

As the holidays come and go and New Year's Day approaches, most people start gearing up for their annual resolutions. Needless to say, as a registered dietitian, this has always bothered me—big time. Why can't we make healthy changes at any time during the year? Why do we wait for that one special day and subsequent month to say, "Now is the time," only to forget that we even made resolutions a month later?

Unfortunately, this cycle continues year after year. Give yourself a fresh start with a healthy new strategy. Instead of compiling a long list of resolutions to accomplish in January, why not make a list of 12 small changes—one for each month of the year—that are easily achievable? Yes, you've heard some of the following ideas before, but were you listening? Believe me, you'll feel healthier long before another year passes you by.



## 01 JANUARY

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### EAT BREAKFAST

Without breakfast you'll definitely wind up overeating later in the day. Plus, you'll get tired and cranky because you're not fueling your body properly. For starters, make sure you're eating something—healthy or not. Anything is better than nothing. Once you've tackled the actual eating of breakfast, then try to make it healthier. A few ideas: scrambled egg whites, tomato and two slices of gluten-free bread; low-fat greek yogurt with berries and a sprinkling of nuts; a bowl of quinoa with banana, flax seeds and cinnamon.

## 02 FEBRUARY

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### START DINNER WITH A SALAD

Sounds simple, but so many people don't do this. If you start dinner with a salad you're less likely to overeat your dinner, plus it's an opportunity to get in one to two servings of veggies that you most likely would have omitted. Just take it easy on the salad dressing: Stick to 2 tablespoons of low-fat dressing or you'll turn your healthy choice into an unhealthy one.

## 03 MARCH

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### ADD 1 PIECE OF FRUIT TO YOUR DAY

The reason to add “one” is because if you're like most people, you aren't eating any. Fruit seems to be forgotten about, especially in the winter and early spring months. The benefit of eating fruit is definitely its nutritional benefits, but it also helps reduce sweets cravings at meal times. Try eating a piece of fruit as dessert, and you might realize that you don't miss that cookie at all.

## 04 APRIL



### HAVE A MIDDAY SNACK

An afternoon snack is as important, if not more so, than regular meals. Anytime you wait more than five hours to eat, you're letting yourself become ravenous and more likely to overeat at your next meal, or to grab a not-so-healthy choice from the office vending machine. To avoid this routine, bring a healthy snack, like low-fat greek yogurt, brown rice crackers with almond butter or a piece of fruit and a mini Babybel cheese, with you to the office. Planning ahead is always the key to success.

## 05 MAY



### DRINK MORE WATER

Drinking water (48 ounces a day on average) has many health benefits, not to mention that it can help fill you up without adding any calories to your day. If you don't like the taste of water, flavor it with fresh lemon, lime or cucumber. If that doesn't work, drink flavored seltzer. Don't wait until you're thirsty to drink up, either—by then you're probably already on your way to being dehydrated and just might confuse thirst for hunger.

## 06 JUNE



### PACK A LUNCH

So many people complain that there's nothing healthy to eat near work, their co-workers have poor eating habits and they tend to follow suit, or they're too busy at work to even think about making healthy choices. Obviously, a way to make sure you eat a healthy lunch every day is to pack it yourself. Take leftovers from the night before, or make a simple turkey or peanut butter sandwich with a piece of fruit. Your lunch doesn't have to be a gourmet meal. It just needs to get you through the day and keep you on track.

**07 JULY****GO TO SLEEP EARLIER**

“Go to bed” are not just words your parents used, but words to live by. Many people who stay up late are nighttime eaters. They eat out of stress and boredom, not because they’re really hungry, and end up consuming more calories for the day than necessary. Also, many who stay up late still need to get up early and have a harder time making healthy choices when they’re overtired. So do yourself a favor and get under the covers sooner rather than later. Start by going to sleep an hour earlier than normal. Ideally, you’d hit the pillow no later than 11 p.m.

**08 AUGUST****SWAP HIGH-FAT SAUCES AND CONDIMENTS**

Sometimes the smallest of changes can yield the biggest results. Start slimming down your condiments and sauces and you’ll find that you don’t miss the taste or the extra weight on your body. Choose low-fat mayo and low-fat salad dressings over the whole-fat choices (and remember that no one said you have to choose fat-free). Try hummus and low-fat plain greek yogurt instead of mayo on sandwiches and salads. Skip cream sauces and opt for olive oil and veggie-based choices.

**09 SEPTEMBER****STEP IT UP**

Plain and simple, the more active you are, the more calories you burn. But being active doesn’t mean you need to join a gym or take a yoga class (both great options). Simply walking more—parking your car further away in the lot, taking the stairs, getting off a bus stop or subway stop earlier—can make a huge difference. Also, find something that you love to do, like dancing, playing ping pong or going ice skating. Start by doing an activity three days a week, and you just might find that exercise is something you look forward to doing even more often.

## 10 OCTOBER



### CURB YOUR SWEET TOOTH

There's nothing wrong with enjoying a cookie, piece of candy or slice of pie. But if you find yourself indulging daily, then you might need to rethink your strategy. Start food journaling and figure out when the craving for something sweet usually strikes. For most people, midday is common. Here are two successful tips: 1. Have a piece of fruit or a small square of chocolate with lunch to pre-empt your sweet tooth. 2. Make sure that you have a healthy midday snack in reach before you go for that cookie. Chocolate milk, low-fat yogurt and fruit, or an ounce of nuts will satisfy you.

## 11 NOVEMBER



### ENJOY THE HOLIDAYS WITHOUT GUILT

Instead of making the holidays all about the food this year, why not make it more about catching up with family, friends and colleagues. Sure you can eat your holiday food favorites, but keep it to three days only: Thanksgiving, Christmas and New Year's Eve. Think of the holidays as one day, not five weeks. When it isn't the actual day, resume your normal healthy eating and exercising routine. You might not lose weight at this time of year, but there's no reason to gain any either.

## 12 DECEMBER



### DON'T MAKE ANY RESOLUTIONS

Use this last month of the year to reflect on all the small changes you've made throughout the past 11 months. Stay focused and bring the new habits with you into the new year. If some changes were harder to keep than others, don't despair, but keep at them. Whatever you do, please don't make any resolutions again this year. Remember, positive change can happen any day.



# GAME



# ON!

Win over your Super Bowl crowd with these hearty, touchdown-worthy eats. Plus, gluten-free beer to go with the big game.

BY AMY HOWARD

# Mini Corndogs with Honey Mustard Dipping Sauce

**MAKES** 16

**PREP TIME** 10 min

**COOK TIME** 30 min

1 cup gluten-free all-purpose flour blend  
1 cup cornmeal  
¼ cup cornstarch  
¾ teaspoon baking powder  
1 teaspoon salt  
1 tablespoon honey  
1 cup whole milk or dairy-free alternative  
1 egg  
2 quarts vegetable oil  
8 gluten-free hot dogs, such as Sabrett Skinless Beef Franks,  
patted dry and halved  
Honey Mustard Dipping Sauce or ketchup, for serving

**1** In a large bowl, whisk together the flour blend, cornmeal, cornstarch, baking powder and salt. In a small bowl, whisk together the honey, milk and egg. Add the wet ingredients to the dry ingredients; whisk until combined.

**2** In a medium pot over medium heat, heat the oil. Slide the hot dogs lengthwise onto wooden skewers and dip each into the batter until completely covered. Working in batches, fry the hot dogs about 2 at a time, in the hot oil, until golden brown, about 4 minutes. Serve with the Honey Mustard Dipping Sauce or ketchup.



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**Garlic Buffalo Wings  
with Cheddar Wing Dip**

CLICK FOR RECIPE



# Touchdown Nachos with Super Bowl Chili



[CLICK  
FOR  
RECIPE](#)



# Bacon Jalapeño Popper Meatballs

**MAKES** 16

**PREP TIME** 10 min

**COOK TIME** 15 min

- 1 pound ground beef
- 1 pound ground pork
- 1 sweet onion, finely chopped
- ½ cup gluten-free breadcrumbs or cracker crumbs
- 1 egg
- 6 slices cooked bacon, crumbled
- Salt and pepper
- One 8-ounce package cream cheese, softened
- 1 cup shredded cheddar cheese
- 1 large jalapeño chile — stemmed, seeded and finely chopped

- 1 In a large bowl, combine the beef, pork, onion, crumbs, egg and crumbled bacon. Season with salt and pepper. Divide into 32 portions.
- 2 In a small bowl, mix the cream cheese, cheddar and jalapeño. Form sixteen 1-inch balls.
- 3 Shape 2 portions of the meat mixture loosely around 1 cheese ball. Repeat with the remaining meat and cheese mixtures.
- 4 In a skillet over medium-high heat and working in batches of about 4, fry the meatballs until golden all over. Keep warm in the oven until ready to serve.



# Bring It

Score big this year with our roundup of gluten-free beer that deliver on flavor and finish.



## LEMON PALE ALE

The Strange Brewing Company Lemon Pale Ale was created when a co-founder's wife was diagnosed with celiac disease. It's light bodied with a crisp, dry finish. It was the gold medal winner at the Great American Beer Festival in 2011. The only caveat — for now, you can only get this beer in Denver. (\$13 for a 6-pack; [strangebrewingco.com](http://strangebrewingco.com) for stores)

## ESTRELLA DAMM DAURA

Made by Barcelona brewer Estrella Damm, this imported golden lager-style beer was named best gluten-free beer at the World Beer Awards. Similar to the gluten-full Stella, Daura is crisp and refreshing. (\$7.99 for a 4-pack; [gleesongroup.ie](http://gleesongroup.ie) for stores)

## NEW PLANET

Pedro Gonzalez, who has celiac, founded New Planet in 2009 in Boulder, Colorado. He offers three gluten-free beer varieties: a deep amber ale with spicy hop flavor; a bright, light-bodied pale ale and a fruity raspberry-orange ale. (\$9.99 for a 6-pack; [newplanetbeer.com](http://newplanetbeer.com) for stores)

## NEW GRIST

This beer took home a silver medal at the 2011 Great American Beer Festival. Made with sorghum and rice, this Milwaukee brew isn't as sweet as other gluten-free beer and has a full, hoppy body. (\$8.99 for a 6-pack; [lakefrontbrewery.com](http://lakefrontbrewery.com) for stores)

## BARD'S

This beer is “the world's first craft-brewed gluten-free beer” and one of the most popular brands on the market. Crafted from 100 percent malted sorghum, this beer gives off a molasses aroma and has a slight sweetness. (\$9.99 for a 6-pack; [bardsbeer.com](http://bardsbeer.com) for stores)

## REDBRIDGE

This well-balanced beer by Anheuser-Busch tastes like a pilsner and has little to no aftertaste. Made from sorghum, it has a rich, slightly hoppy flavor. (\$8.99 for a 6-pack; [redbridgebeer.com](http://redbridgebeer.com) for stores)

# HOW TO FEEL LIKE A CHAMPION

Think you could never be an endurance athlete? Think again.

Ultra-marathoner **PETER BRONSKI** shows you  
how to take your fitness to the next level.

Plus, a quiz to test your diet and exercise IQ.

When I tell people in the gluten-free community that I run ultramarathons, they're often surprised, even impressed. Especially since—at 5'6" and 150 pounds—I don't necessarily look the part of an endurance athlete. A typical race for me might involve running almost exclusively on trails, covering 50 or so miles, with 10,000 vertical feet of elevation gain thrown in for good measure. That's roughly the equivalent of running back-to-back off-road marathons while climbing to the top of the Empire State Building more than eight times. People's reactions are often along the lines of, "I could never do that."

But you know what? Once upon a time — and not all that long ago — neither could I. In the years before I went gluten-free in January 2007, I was sick constantly, weak and fatigued. It was a challenge just to run down my block to a stop sign and back. The route was 1.5 miles round trip.

That was then, and this is now. I feel like a champion, and you can, too. Take lessons from the some of the world's best gluten-free athletes and apply them to your life. No, let me rephrase that: Take lessons from some of the world's best athletes, period. Because a wide range of gluten-free athletes across all sports, all age groups and both sexes are performing at the highest levels of sport.

No single athlete has made more such waves than tennis star Novak Djokovic. He feels like a champion because he literally is one. He went on an almost unheard of 43-match winning streak, won three of the Grand Slam events in 2011 and became the No. 1 ranked tennis player in the world. Plenty of factors contributed to his success, but he hasn't been shy about giving credit to his gluten-free diet.

Here's everything you need to know to bring your body into harmonious balance and feel like a champion.



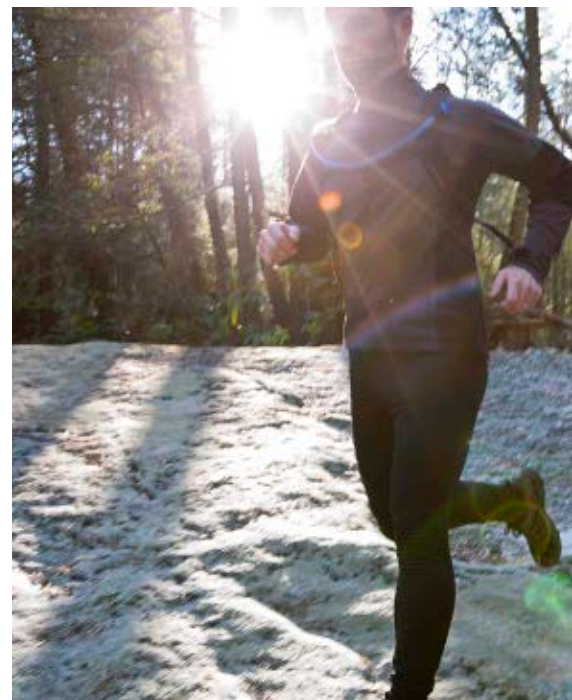




## 1. BALANCE YOUR DINNER PLATE

Low-carb diets, high-protein diets, low-fat diets, reduced-salt diets, carb-heavy diets. There's no shortage of philosophies for how to choose what you do and don't put on your dinner plate. But as with many things in life, it's all about balance. Your body needs protein to rebuild strong

muscles. It needs carbohydrates and fats for energy. And it needs some salt and other electrolytes to keep your body's system running smoothly. So keep things balanced for breakfast, lunch and dinner, with a variety of well-rounded foods.





## 2. KEEP IT NATURAL AND NUTRIENT DENSE

“There’s such popularity now with prepackaged foods—the power bars and energy gels that athletes think they need to be eating when racing or training,” says Allen Lim, sports science director for the Team RadioShack pro cycling team and former physiologist for the largely gluten-free Team Garmin-Cervelo. “You don’t have to eat something that comes out of a wrapper.” Focus on foods predominantly comprising fresh, whole ingredients. Whole gluten-free grains such as brown rice, sorghum, millet and quinoa. Fresh fruits and vegetables, and plenty of them. Lean meats such as chicken, turkey and bison, and in smaller quantities, pork and beef. Beans. Nuts and seeds. Fish. Eggs. Dairy.

## 3. BEWARE OF THE EMPTY CALORIE TRAP

It used to be that if you went gluten free, you were pretty much forced to adhere to #2 above, making meals from scratch at home. That’s not necessarily true anymore. The explosion of gluten-free products in the market means that you can now find cakes, cookies, bagels, pizzas, doughnuts, crackers, frozen TV dinners and much more. In some respects, that’s a blessing to the gluten-free community. But, it’s also a bit of a curse. The more heavily processed gluten-free products made from refined starches mean that if you want to eat gluten-free junk food, you can. And while that may be nice for an occasional treat, making that the core of your diet won’t exactly have you feeling like a champion. If you opt for store-bought gluten-free foods, look for ones made with whole grain brown rice, sorghum, quinoa or almond, coconut and bean flours.



## 4. STRONG BONES, RICH BLOOD

It's fairly common in the gluten-free world, especially among those diagnosed with celiac disease, to have problems with calcium malabsorption and iron deficiency. Unchecked, those conditions can leave you feeling fatigued or worse. Just ask Amy Yoder Begley, six-time U.S. national champion distance runner and U.S. Olympian. She suffered with undiagnosed celiac disease and as a result developed osteopenia and became severely anemic. "At 26 years old, I was getting stress fractures in

my legs and had the bone density of someone in their 50s," Yoder Begley says. "It was really concerning. I couldn't live like that, let alone run like that." Make sure your diet includes naturally iron- and calcium-rich foods, such as spinach, broccoli, bison or beef, yogurt (regular yogurt is slightly higher in calcium, but I love Greek yogurt for its much higher protein content) and almonds. Not convinced your diet is giving you the iron and calcium you need? Consider taking supplements.





## 5. CONSIDER YOUR CALORIES

Whether good calories or bad calories, another piece of the puzzle is how many calories you're consuming. Admittedly, I'm not a big fan of counting calories. I prefer to just make smart dietary choices. But maintaining a healthy body weight and appropriate amounts of body fat ultimately boils down to a simple ratio of calories consumed vs. calories burned. You can adjust the ratio in two basic ways: watching how many calories you consume (eating the right foods in appropriate portions) and watching how many calories you burn (with your active lifestyle and exercise choices). Just don't fall into the trap of thinking that, since

you've worked out, you can now grab a double venti latte topped with a hot fudge sundae. That'd be a quick way to negate the work you just put in. In fact, if you have celiac disease, you may need to decrease your calorie consumption on a gluten-free diet, since — as Yoder Begley found — once your intestines heal, your body will start absorbing nutrients and calories it wasn't before.

## 6. START EARLY

If possible, plan to do your exercise routine first thing in the morning, before you've even eaten breakfast. Why? For one, you'll make sure it's a part of your day and doesn't get squeezed out of your schedule

later. Second, it'll kick start your metabolism, so that you'll burn fuel more efficiently throughout the rest of the day. And lastly, if weight loss is your goal, it'll help your body shift into fat-burning mode more quickly. In general, your body starts burning fat once you've used up the energy already stored in your muscles. Your muscle energy storage is typically lowest first thing in the morning, so doing a workout then, before you've replenished your energy stores with breakfast, can help shed excess pounds and body fat.

## 7. MIX IT UP

Your chosen sport and personal fitness goals will help dictate the type of exercise that's best for you. The routines of celiac and record-setting power lifter Ginger Vieira and gluten-free world champion mountain biker Brian Lopes look very different, as they should. Cardio is great for heart health and endurance. Strength training builds stronger muscles. Practicing yoga can improve

flexibility and balance while improving core strength. And high impact exercises, such as running, can preserve or improve bone density. For most of us, mixing it up is the way to go. Variety keeps workouts interesting and helps to avoid fitness plateaus, where your body feels "stuck" at a certain level. Crossfit programs are popular right now for these reasons.





## 8. KEEP IT FUN

Unless you're training for the upcoming 2012 Olympics, don't take your workouts too seriously. In fact, it might be better to think about them as "fun-outs." Set goals to keep yourself motivated and driven, but don't beat yourself up if you don't reach them as quickly as you'd like. If you're a runner, cyclist or swimmer, sign up for a race. If you play team sports, join a recreational league in your community. If you're into the outdoors, tag along with an outing club for a group hike. It doesn't really matter what you do or how you do it. Just stay active. It's easiest to keep with it if you're having fun.

## 9. GO HIGH TECH

I'm not a high tech sort of guy when it comes to my fitness and training. I don't have a GPS-enabled smart phone to map my runs. I've never trained with a heart-rate monitor. I even competed in the 2009 Xterra off-road triathlon U.S. national championships with a basic used mountain bike I bought off Craigslist for less than \$300, and at the moment, I can't remember the last time I weighed myself on the bathroom scale. These days, as an ultramarathoner, I wear a basic stopwatch on my wrist. But technology can be a great way to boost your fitness. A variety of smart phone apps and websites stand ready to track your progress, and Facebook and other social media sites are a fun way to share that progress with friends, family and like-minded

people living an active gluten-free life. That kind of public accountability and encouragement might be just the boost you need to take your fitness to the next level.

## 10. LIVE A LITTLE

Okay. You've just survived the busy holiday season. You probably enjoyed more than a few hearty meals. But don't have a post-holiday knee jerk reaction and switch into diet and exercise austerity mode. Live a little! Enjoy a glass of wine, a bite of dark chocolate, a bottle of gluten-free beer, a favorite baked treat. In moderation, many of these so-called indulgences can actually be good for your body. They can also be good for your mind and that's not to be taken lightly. Plus, enjoying a bit in moderation from time to time will help prevent an all-out binge if you've been denying yourself for too long. As gluten-free professional freeskiier Pip Hunt says, "I try to follow the 80/20 principle. If 80% of what I eat is really good, I'm okay with the other 20% and I'm not going to get frustrated with myself."

## CHECK YOURSELF

*Take this quiz to test your diet and fitness IQ.*

**Q. Which of the following is not a symptom of gluten consumption that may negatively impact your athletic performance?**

**Inflammation, delayed recovery, mental fog, gastrointestinal distress or headaches?**

**A.** They are all possible symptoms of exposure to gluten, and any or all of them could seriously impact your fitness. If you do face a setback because of unintentional gluten cross-contamination, don't get discouraged. The effect is temporary. You'll get back on track soon. And remember, all athletes face challenges and setbacks, whether for illness, injury, whatever. The gluten-induced problems, too, shall pass, and you'll be back to feeling like a champion again.

**Q. Per gram, which gives your body the most caloric energy — carbs, protein or fat?**

**A.** Fat. With 9 calories per gram, compared to 4 calories per gram of carbohydrate or protein, fat can be an excellent fuel source. However, it's normally more difficult to recruit. Carbs burn more readily. With the right training, though, you can teach your body to use fat more efficiently.

**Q. True or false? Taking time off from a fitness routine can actually make you stronger.**

**A.** True. Your body needs time to recover. Too much training with too little rest breaks down your body.

It's about balance. Incorporate a lighter exercise week into a more intense training schedule every month. Your body will thank you.

**Q. Which one of the following is the name for carbohydrate-based energy storage in your body's muscles and liver? Glucose, glycine, glycol or glycogen?**

**A.** Glycogen. Glycol is an organic compound in the alcohol family. As ethylene glycol, it's found in antifreeze. As propylene glycol, it's found in food, cosmetic and pharmaceutical applications. Glycine is an amino acid. Glucose is a form of sugar. And glycogen is how your body stores energy in the muscles and liver. Glycogen is broken down into glucose, which is further broken down to fuel athletic activity.

**Q. Okay, so you decide you want to carb-load with a big bowl of spaghetti for dinner the night before a big race or game. Compared to an equally-sized bowl of wheat pasta, does your gluten-free bowl of pasta contain more, fewer or the same number of calories?**

**A.** It depends. A 2-ounce serving of wheat spaghetti contains about 190 calories. The same portion size of whole-grain brown rice pasta contains about 210 calories. Corn-and-rice pastas contain about 200 calories. And quinoa pastas contain 180 calories.





## Chicken Tikka Masala

**SERVES** 4

**PREP TIME** 10 min

**COOK TIME** 45 min

3 boneless, skinless chicken breasts, cubed  
Salt

3 tablespoons olive oil

1 tablespoon butter

1 medium onion, sliced

1 large clove garlic, finely chopped

1 tablespoon fresh ginger, finely chopped

½ teaspoon cayenne pepper (optional)

2 teaspoons ground cumin

2 teaspoons paprika

1 teaspoon garam masala

One 15-ounce can no-salt-added diced  
tomatoes (about 1 ½ cups)

1 cup heavy cream

½ cup gluten-free chicken broth

⅓ cup chopped cilantro

Cooked rice, for serving

**1** Season the chicken with salt. In a large, deep skillet over medium-high heat, heat 2 tablespoons olive oil. Add the chicken and cook until browned and transfer to a plate.

**2** In the same skillet, over medium heat, melt the butter and the remaining 1 tablespoon olive oil. Add the onion, garlic and ginger and cook until softened, about 10 minutes. Add the cayenne (if using), cumin, paprika and garam masala; stir to combine. Cook for 1 minute more.

**3** Add the tomatoes, heavy cream and broth. Using an immersion blender, puree until smooth. Let simmer uncovered for 10 minutes. Add the chicken, and cook for 10 to 20 minutes more. To serve, stir in the cilantro and spoon over rice.

