

[GO!
GUIDE]EAT TO BEAT
BELLY FAT!

Flatten Your Belly This Fall!

Lose up to 15 pounds in 32 days on the breakthrough eating plan that blasts fat with your favorite foods

Putting on a few extra pounds in the fall is as easy as taking a second slice of holiday pie. But what if the foods you ate actually helped you lose weight? The Flat Belly Diet makes it possible. This plan uses the power of MUFAs (*MOO-fahs*)—aka monounsaturated fatty acids—to melt away excess pounds. Studies show that diets high in MUFAs may help reduce the risk of type 2 diabetes, breast cancer, and cognitive decline, help you live longer—and may even prevent the accumulation of belly fat. This Go! Guide on the Flat Belly Diet will show you how. Find more info on the five categories of MUFAs at far right, and turn to page 2 for a step-by-step guide to creating a Flat Belly Diet meal. On pages 3 through 9, you'll find 21 delicious MUFA-rich recipes perfect for the season. But first, the three rules to eating the Flat Belly Diet way:

RULE #1**Stick to 400 calories per meal**

MUFA-rich foods aren't exactly low-cal choices. They're the foods that you're usually told to avoid when you're trying to lose weight. That's why it is essential to exercise calorie control when you're creating meals. All Flat Belly Diet meals and snacks provide a MUFA-rich food and total about 400 calories; you're required to eat three meals and one snack daily. Add it all up, and your total daily intake is about 1,600 calories—that's how much it takes for a woman of average height, frame size, and activity level to get to and stay at her ideal body weight (for customized plans, go to flatbellydiet.com). Experts say that 1,600 calories is enough to keep up your energy and support your immune system. (continued, page 2)

MORE on MUFAs

There are five main categories of MUFA-rich foods:

1 OILS: The health benefits of the Flat Belly Diet-recommended oils (canola, safflower, sesame, soybean, walnut, flaxseed, sunflower, olive, and peanut) differ depending on the nut, seed, or fruit they were pressed from. Flaxseed and walnut oil are both rich sources of alpha-linolenic acid, which your body converts into omega-3 fatty acids. In addition, olive oil contains phytochemicals called polyphenols, which help prevent cardiovascular disease and cancer and reduce inflammation in the body.

2 OLIVES: In addition to their MUFAs, olives are a good source of iron, vitamin E, copper (a mineral that protects your nerves, thyroid, and connective tissue), and fiber.

3 NUTS AND SEEDS: The benefits of the Flat Belly Diet-recommended nuts and seeds are numerous and varied. For example, sunflower seeds supply linoleic acid. In a recent study, women who had the highest intakes of this nutrient had a 23% lower risk of heart disease, compared with those who had the lowest intakes. Most nuts and seeds are good sources of a variety of must-have nutrients, like vitamin E, protein, fiber, iron, and zinc.

4 AVOCADOS: These are packed with lutein, which may help maintain healthy eyes, as well as beta-sitosterol, a natural plant sterol that may help keep cholesterol down.

5 DARK CHOCOLATE: Dark chocolate is rich in flavanols and proanthocyanins, both of which boost good HDL cholesterol levels. It also contains natural substances that help control insulin levels and relax blood vessels, lowering blood pressure.

EAT TO BEAT BELLY FAT!

RULE #2

Never go more than 4 hours without eating

Waiting too long to eat can cause you to become so hungry (and irritable) that it's hard to think through the healthiest meal choice, let alone prepare one. You'll probably want to tear into the first thing you see, and reach for seconds. That's why you must eat every four hours while following this plan. The Flat Belly Diet is comprised of three meals, plus a snack (a fourth meal) that you can eat in the afternoon, morning, or evening—whenever it's most convenient for you. But by mandating a meal (or snack) every 4 hours, you ensure your hunger never gets the best of you.

RULE #3

Eat a MUFA at every meal

As you know, *MUFA* stands for *mono-unsaturated fatty acid*, a type of heart healthy, disease-fighting, "good" fat found in foods like almonds, peanut butter, olive oil, avocados, even chocolate. You can substitute one MUFA for another as long as the calorie counts are nearly equivalent. For example, you can exchange almond butter (200 calories) for semisweet chocolate chips (207). For precise MUFA serving amounts, consult the chart at right. Better yet, copy this chart and post it on the inside door of your pantry. ■



Create a Flat Belly Diet Meal

Nuts & Oils

FOOD/SERVING SIZE	CALORIES	DIRECTIONS
Almond butter, 2 Tbsp	200	1. PICK YOUR MUFA FROM LEFT 2. ADD 3 ounces lean protein (about the size of a deck of cards) 3. ADD 2 cups raw or steamed vegetables (about 2 baseballs' worth) 4. ADD ½ cup cooked whole grain, such as brown rice or wild rice, OR 1 whole grain bread serving (such as ½ whole grain pita) OR 1 cup fruit (about baseball size)
Cashew or sunflower seed butter, 2 Tbsp	190	
Natural peanut butter, 2 Tbsp	188	
Tahini (sesame seed paste), 2 Tbsp	178	
Pumpkin seeds, 2 Tbsp	148	
Canola oil, 1 Tbsp	124	
Flaxseed oil (cold-pressed organic); high-oleic safflower or sunflower oil; soybean, walnut, or sesame oil, 1 Tbsp	120	
Macadamia nuts, 2 Tbsp	120	
Olive or peanut oil, 1 Tbsp	119	
Pine nuts, 2 Tbsp	113	
Brazil nuts, hazelnuts or peanuts, 2 Tbsp	110	
Almonds, 2 Tbsp	109	
Cashews, 2 Tbsp	100	
Pecans or sunflower seeds, 2 Tbsp	90	
Pistachios, 2 Tbsp	88	
Walnuts, 2 Tbsp	82	
Pesto sauce, 1 Tbsp	80	

Avocados & Olives

FOOD/SERVING SIZE	CALORIES	DIRECTIONS
Avocado, California (Hass), ¼ cup	96	1. PICK YOUR MUFA FROM LEFT 2. ADD 3 ounces lean protein (about the size of a deck of cards) OR 2 ounces lean protein plus 1 serving dairy 3. ADD 2 cups raw or steamed vegetables (about 2 baseballs' worth) 4. ADD 1 cup starchy vegetables (beans, corn, peas, potatoes) OR 1 cup cooked whole grain, such as brown or wild rice, OR 2 whole grain bread servings (such as a full whole wheat pita, wrap, or English muffin)
Black olive tapenade, 2 Tbsp	88	
Avocado, Florida, ¼ cup	69	
Green or black olives, 10 large	50	

Dark Chocolate

FOOD/SERVING SIZE	CALORIES	DIRECTIONS
Semisweet chocolate chips, ¼ cup	207	1. ADD 1 cup fruit plus 1 cup dairy such as fat-free milk, yogurt, or cottage cheese OR whole grain such as oatmeal OR whole grain waffle

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Breakfast



Cranberry-Pecan Scones

TIME: 40 MINUTES / SERVES: 8

- 2 c whole wheat pastry flour
- 1 c pecans, chopped
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 c low-fat vanilla yogurt
- 2 Tbsp canola oil
- 1 tsp freshly grated orange zest
- 2/3 c dried sweetened cranberries

1. Preheat the oven to 400°F. Lightly coat a 9" round baking pan with cooking spray.
2. Whisk together the flour, pecans, baking powder, baking soda, and salt in a large bowl.
3. Whisk together the yogurt, oil, and orange zest in a small bowl.
4. Make a well in the center of the flour mixture and add the yogurt mixture and cranberries. Stir just until blended.
5. Press into the prepared pan. Score the dough with a knife to form 8 triangles. Bake for 20 to 25 minutes or until lightly browned and a wooden toothpick inserted in the center comes out clean.

■ **CALORIES:** 308 per scone

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1 cup fat-free milk (80) and 1/2 cup canned mandarin oranges (80). Total calories: 370 calories



Banana Pancakes

TIME: 20 MINUTES / SERVES: 4

- PANCAKES**
- 1 1/3 c pancake mix, trans-fat free
 - 1/4 tsp ground cinnamon
 - 1 c low-fat buttermilk
 - 1/4 c water
 - 1 egg
 - 1 Tbsp canola oil
 - 1 tsp vanilla extract
 - 1 large banana, halved lengthwise and cut thin slices
 - 1/2 c fresh raspberries

- WALNUT HONEY**
- 1/2 c walnuts, chopped
 - 1/3 c honey
 - 1 Tbsp water

1. To prepare the pancakes: Combine the pancake mix and cinnamon in a large bowl. Combine the buttermilk, water, egg, oil, and vanilla extract in a separate bowl. Whisk into the pancake mix and stir until smooth. Fold in the banana. Set aside.
2. To prepare the walnut honey: Combine the walnuts, honey, and water in a small bowl.
3. Coat a large nonstick skillet with cooking spray and set over medium heat. Add the pancake batter in scant 1/4 cupfuls and cook, in batches, for about 2 minutes or until the pancakes have puffed and the undersides are lightly browned. Turn the pancakes and cook for about 2 minutes longer or until lightly browned. Serve with the walnut honey and raspberries.

■ **CALORIES:** 425 per 3 pancakes



Fruity-Nutty Oatmeal

TIME: 18 MINUTES / SERVES: 4

- 1 c water
- 2 1/2 c fat-free milk, divided
- 1 1/4 c old-fashioned rolled oats
- Pinch of salt (optional)
- 1 lg pear or med Granny Smith apple, cored and cut into 1/4" pieces (about 1 1/2 c)
- 1/2 c dried sweetened cranberries
- 1/4 c dark or golden raisins
- 1/2 c chopped walnuts
- 2 tsp brown sugar

1. Bring water and 1 1/2 cup of the milk to a boil in large, heavy saucepan over high heat. Stir in oats and salt (if using). Reduce heat to medium-low and simmer 3 minutes, stirring often, until oats start to soften.
2. Stir in pear. Cover and simmer about 3 minutes more or until it is tender but still a bit crisp. Stir in cranberries and raisins. Remove from heat, cover, and let stand 1 minute to soften.
3. Divide evenly among 4 warm bowls. Sprinkle each with 2 Tbsp of the walnuts and 1/2 teaspoons of the sugar. Top each bowl with 1/4 cup of the remaining milk.

■ **CALORIES:** 353

EAT TO BEAT BELLY FAT!

Sandwiches, Soups & Salads



Roasted Butternut and Spinach Salad

TIME: 45 MINUTES + COOLING TIME / SERVES: 4

- ¾ lb precut butternut squash cubes (¾")
- 1 lg red bell pepper, cut into ¾" pieces
- 2 Tbsp extra virgin olive oil, divided
- 1 tsp chopped fresh thyme or ½ tsp dried thyme
- ½ tsp salt, divided ¼ tsp freshly ground black pepper, divided
- 2 Tbsp freshly squeezed lemon juice (about 1 lemon)
- 2 tsp honey
- ¼ sm red onion, chopped (about ¼ c)
- 4 c loosely packed baby spinach (4 oz)
- 1 sm Gala or Golden Delicious apple, cored and thinly sliced
- 1 c thinly sliced radicchio
- ½ c unsalted sunflower seed kernels

1. Preheat oven to 425°F. Coat rimmed baking sheet with olive oil spray.
2. Toss squash and bell pepper with 2 teaspoons of the oil, thyme, ¼ teaspoon of the salt, and ⅛ teaspoon of the black pepper in medium bowl. Arrange in single layer on prepared baking sheet. Roast 25 to 30 minutes, stirring occasionally to prevent sticking, until tender and lightly browned. Let cool 10 minutes.
3. Whisk lemon juice, honey, and remaining 4 teaspoons oil, ¼ teaspoon salt, and ⅛ teaspoon black pepper in large salad bowl while squash roasts. Stir in onion. Add spinach, apple, radicchio, sunflower seeds, and squash mixture and toss to combine.

■ **CALORIES:** 238



Pumpkin Bisque

TIME: 40 MINUTES / SERVES: 4

- 2 tsp olive oil
- 2 onions, chopped
- 1 large red bell pepper, chopped
- 1 potato, peeled and diced
- 1 Tbsp minced garlic
- 1 Tbsp oregano
- 4 c reduced-sodium vegetable broth
- 1 can (15 oz) pumpkin
- ½ tsp salt
- ½ tsp freshly ground black pepper
- ½ c chopped roasted unsalted pumpkin seeds
- 2 tsp balsamic vinegar

1. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onions, bell pepper, potato, garlic, and oregano. Cook, stirring occasionally, for 5 minutes or until the onion is softened. Add the broth, pumpkin, salt, and pepper. Simmer for 10 minutes or until the potato is very tender.
2. Transfer the soup to a food processor fitted with a metal blade or a blender (in batches, if necessary). Process until smooth.
3. Return the soup to the pot. If necessary, add water to thin to desired consistency. Reheat if needed.
4. Ladle into 4 bowls and top each with 2 tablespoons of pumpkin seeds. Drizzle lightly with the balsamic vinegar.

■ **CALORIES:** 210

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1 cup red pepper slices (40) and ¼ cup hummus for dipping (100), with 1 cup grapes (60). Total calories: 410



Spicy Olive and Turkey Pita Sandwich

TIME: 10 MINUTES / SERVES: 2

- 10 pitted green pimiento-stuffed olives, chopped
- 10 pitted black olives, chopped
- 1 tsp balsamic vinegar
- 1 tsp extra virgin olive oil
- ⅛ tsp red-pepper flakes
- 1 whole wheat (6" diameter) pita, halved crosswise
- 4 oz deli-sliced lower-sodium turkey breast
- ½ c mixed greens

1. Combine the green and black olives, vinegar, oil, and red-pepper flakes in a small bowl.
2. Fill each pita half with 2 oz turkey breast, ¼ cup greens, and half of the olive mixture.

■ **CALORIES:** 242

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1 cup pitted cherries (100) and a salad made from ½ cup cucumber, sliced (12), tossed with 1 cup grape tomatoes (30) and 2 tablespoons minced red onion (12). Total calories: 396

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Sandwiches, Soups & Salads



Hearty Country Vegetable Soup

TIME: 2 HOURS 30 MINUTES / SERVES: 8

- 1/2 c olive oil, divided
- 1/2 lg onion, chopped
- 3 ribs celery, chopped
- 1 sm head green cabbage, chopped
- 2 carrots, chopped
- 2 cloves garlic, minced
- 1/2 c dried white beans
- 3 cans (14.5 oz each) low-sodium vegetable broth
- 1/2 tsp chopped fresh thyme, or 1/2 teaspoon dried
- 1/2 tsp chopped fresh savory or sage, or 1/2 teaspoon dried
- 1/2 pound green beans, cut into 1" pieces
- 1 zucchini, halved lengthwise and sliced

1. Heat 1/4 cup oil in a soup pot over medium-low heat. Stir in the onion, celery, cabbage, carrots, and garlic. Cover and cook for 12 to 15 minutes, stirring occasionally. Add the beans and 5 cups of the broth. Bring the mixture to a boil. Reduce the heat to medium-low and stir in the thyme and savory. Cover and cook for 1 to 1 1/2 hours, or until the beans are almost tender, adding some of the remaining broth if the soup becomes too thick.
2. Stir in the green beans and zucchini. Partially cover and cook for 20 to 30 minutes, or until the green beans are tender. Divide among 8 bowls. Drizzle 1/2 tablespoon of the remaining oil in each bowl.

■ CALORIES: 237

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve Almond Biscotti (page 9) for dessert. Total calories: 418



Roast Beef Panini with Avocado, Tomato, and Dijon

TIME: 10 MINUTES / SERVES: 1

- 2 slices reduced-calorie multigrain bread
 - 2 oz store-roasted, deli-sliced lean roast beef
 - 2 beefsteak tomato slices
 - 1/4 avocado, sliced
 - 1/8 cup baby arugula
 - 1 tsp Dijon mustard
 - 1/4 tsp extra virgin olive oil
1. Place 1 slice of the bread on a work surface. Top with the roast beef, tomato slices, avocado slices, and arugula. Spread the remaining bread with mustard and set, mustard side down, on the arugula.
 2. Heat a ridged nonstick grill pan over medium heat until hot. Lightly brush the outsides of the sandwich with the oil and place on the pan. Set a heavy-bottomed skillet on top of the sandwich and cook for 1 to 2 minutes per side or until toasted and warm in the center.

■ CALORIES: 270

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 4 oz broiled shrimp for an additional 120 calories. Total calories: 390



Slow Cooker Chili

TIME: 4 TO 6 HOURS / SERVES: 4

- 1 can (28 oz) salt-free whole tomatoes
- 1 med red bell pepper, seeded and chopped
- 1 can (14 oz) chili beans, rinsed and drained
- 1/2 pkg (12 oz) fat free soy crumbles
- Chili powder
- 1 Tbsp minced onion
- 1 Tbsp olive oil
- 1 cup chopped avocado

1. In a 4 quart slow cooker, combine the whole tomatoes, pepper, beans, soy crumbles, chili powder to taste, onion, and oil. Cover and cook on high setting for 4 to 6 hours or on medium setting for 8 hours, or until thick. Garnish each serving with 1/4 cup of the avocado.

■ CALORIES: 358

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Entrées



Turkey Sliders

TIME: 20 MINUTES / SERVES: 4

- 1 egg white, beaten
- 1/2 sm red onion, minced
- 1/4 c minced fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1 lb extra-lean ground turkey breast (99% fat-free)
- 8 whole wheat dinner rolls, cut in half
- 4 leaves lettuce, halved
- 2 plum tomatoes, each cut into 4 slices
- 1 avocado, sliced

1. Whisk together the egg white, onion, cilantro, cumin, and salt in a medium bowl. Add the turkey and mix just until blended. Shape into 8 burgers, about 3" each.
2. Heat a skillet coated with cooking spray over medium heat. Cook the burgers, turning once, for 6 minutes or until well browned and a thermometer inserted in the thickest portion registers 165°F.
3. Place the bottoms of 2 dinner rolls on 4 plates. Top with 1 piece of lettuce and 1 tomato slice. Place 1 burger on each and top with the avocado and the top of the roll.

■ **CALORIES:** 348

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1 tablespoon crumbled feta (40). Total calories: 388



Baked Chicken Parmesan

TIME: 30 MINUTES / SERVES: 4

- 1 egg
- 1 Tbsp water
- 1/2 c pine nuts, finely chopped
- 1/4 c whole wheat bread crumbs
- 1/2 tsp Italian seasoning
- 4 chicken cutlets (about 3 oz each)
- 2 c prepared marinara sauce
- 1/4 c shredded part-skim mozzarella cheese (about 2 oz)

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
2. Whisk the egg with the water in a shallow dish. Combine pine nuts, bread crumbs, and seasoning in another shallow dish. Dip the chicken into the egg and then the nut mixture. Arrange on the prepared baking sheet and coat with cooking spray.
3. Bake for 10 minutes. Turn over the breasts and top each with 1/2 cup of the marinara sauce and some of the cheese. Bake for 5 to 10 minutes longer or until the cheese has melted and the chicken is cooked through.

■ **CALORIES:** 327 per serving

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 2 cups steamed spaghetti squash. Total calories: 411



Tex-Mex Stuffed Acorn Squash

TIME: 1 HOUR 5 MINUTES / SERVES: 4

- 2 med acorn squash (about 1 1/4 lb each), halved and seeded
- 2 tsp olive oil
- 1/2 tsp freshly ground black pepper, divided
- 1 c canned black beans, rinsed and drained
- 1/2 c pine nuts, toasted
- 1 lg tomato (6 oz), coarsely chopped
- 2 scallions, thinly sliced
- 1 tsp ground cumin
- 2 oz reduced-fat Monterey Jack cheese, shredded (about 1/2 c)

1. Preheat oven to 425°F. Coat rimmed baking sheet with olive oil spray.
2. Brush cut sides and cavity of squash with oil. Sprinkle with 1/4 teaspoon of the pepper. Place cut-side down on prepared baking sheet. Bake 30 to 40 minutes until tender (don't pierce with fork). Turn cut-side up.
3. Mix beans, pine nuts, tomato, scallions, cumin, and remaining 1/4 teaspoon pepper in medium bowl. Spoon heaping 1/2 cup of bean mixture into each squash half, pressing down gently to get all filling in. Sprinkle evenly with cheese.
4. Bake 10 to 15 minutes, until cheese is melted and golden brown.

■ **CALORIES:** 324 per serving

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1 medium orange (70). Total calories: 394

EAT TO BEAT BELLY FAT!

Entrées



Seville-Style Grilled Pork Chops

TIME: 25 MINUTES / SERVES: 4

- 2 oranges
 - 40 green olives, quartered lengthwise (about 1⅓ c)
 - ½ sm red onion, thinly sliced
 - ½ tsp cracked black pepper
 - ½ tsp smoked paprika
 - 4 boneless pork chops (about 4 oz each)
1. Coat a grill rack or rack in a broiler pan with cooking spray. Preheat the grill or broiler.
 2. Cut the peel and white pith from the oranges. Holding the oranges over a medium bowl to catch the juice, cut between the membranes to release the segments, allowing them to drop into the bowl. Squeeze the membranes to release any juices into the bowl. Add the olives, onion, and pepper to the bowl. Toss to combine.
 3. Rub the paprika onto both sides of the chops. Grill or broil, turning once, for 6 to 10 minutes or until a thermometer inserted in the center of a chop registers 155°F. Serve the chops topped with the orange mixture.

■ **CALORIES:** 245

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with ¼ cup steamed wild rice (75), 1 cup sliced red bell pepper (40), and 2 tablespoons hummus (50). Total calories: 410



Chickpea Curry with Cashews

TIME: 20 MINUTES / SERVES: 4

- 1 Tbsp cornstarch
 - 1 c low-sodium vegetable broth, divided
 - 2 tsp canola oil
 - ½ onion, chopped
 - 2 tsp curry powder
 - ¼ tsp salt
 - ¼ tsp freshly ground black pepper
 - 1 can (15 oz) no-salt-added chickpeas, rinsed and drained
 - ½ c unsalted cashews, coarsely chopped
 - ¼ c chopped fresh cilantro
 - Tbsp fat-free Greek-style yogurt
1. Whisk the cornstarch in a small bowl with enough of the broth to dissolve. Set aside.
 2. Combine the oil, onion, curry powder, salt, and pepper in a large skillet over medium heat. Cover and cook, stirring occasionally, for 5 minutes or until the onion is softened.
 3. Add the remaining broth to the pan along with the reserved cornstarch mixture. Cook, whisking constantly, until thickened. Add the chickpeas and cashews. Simmer for 5 minutes for the flavors to blend. Stir in the cilantro. Serve with a dollop of the yogurt.

■ **CALORIES:** 236

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with ¼ cup steamed wild rice (75), 1 cup sliced red bell pepper (40), and 2 tablespoons hummus (50). Total calories: 401



Penne with Mushrooms and Artichokes

TIME: 20 MINUTES / SERVES: 4

- 6 oz multigrain penne pasta
 - 1 Tbsp extra virgin olive oil
 - 8 oz sliced white mushrooms
 - 1 onion, chopped
 - 3 cloves garlic, minced
 - 1 pint cherry tomatoes
 - 1 (14-oz) can artichoke hearts, drained and chopped
 - ¼ cup pesto
 - 4 tsp grated Romano cheese
1. Bring a large pot of lightly salted water to a boil. Add the penne and cook per the package directions. Drain.
 2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the mushrooms and onion and cook, stirring occasionally, for 7 to 8 minutes or until the mushrooms have released their liquid and start to brown slightly. Add the garlic and cook for 1 minute longer. Stir in the tomatoes and artichokes and cook for another 1 to 3 minutes or until the tomatoes just begin to soften.
 3. Add the pasta and toss to combine. Remove from the heat and stir in the pesto.
 4. Divide among 4 bowls and top each with 1 teaspoon of the cheese.

■ **CALORIES:** 370

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with ½ medium pear. Total calories: 422

EAT TO BEAT BELLY FAT!

Holiday Dishes



Savory Fruit and Nut Stuffing

TIME: 1 HOUR 10 MINUTES / SERVES: 6

- 6 slices whole-wheat bread, cut into 1/2" cubes
- 1 Tbsp olive oil
- 1 lg onion, chopped
- 2 lg ribs celery, coarsely chopped
- 1 1/2 tsp dried sage
- 1/2 tsp freshly ground black pepper
- 1/4 tsp salt
- 1 can (14.5 oz) reduced-sodium, fat-free chicken broth
- 3/4 c chopped hazelnuts
- 1/3 c snipped unsweetened dried apricot halves
- 1/3 c unsweetened dried cherries

1. Preheat oven to 425°F. Coat 8" x 8" or 9" x 9" baking dish with cooking spray.
2. Place bread cubes in 11" x 7" baking pan. Bake, stirring often, until golden and lightly crisp, 10 to 12 minutes. Set aside to cool in pan. Reduce heat to 375°F.
3. Warm oil in medium nonstick skillet over medium heat. Add onion, celery, sage, pepper, and salt and cook, stirring often, until tender, 8 to 10 minutes, adding broth, 1 tablespoon at a time, if pan gets dry.
4. Put onion mixture in large bowl. Add bread cubes, hazelnuts, apricots, cherries, and remaining broth. Mix well and transfer to prepared baking dish. Cover with foil. 5. Bake 15 minutes until heated through. Uncover and bake 20 to 25 minutes more, until crisp and browned. Cube and toast bread and cut up onion, celery, and fruit the day before.

■ CALORIES: 241



Roasted Potatoes with Blue Cheese-Walnut "Butter"

TIME: 45 MINUTES / SERVES: 4

- 1 lb thin-skinned baby potatoes, halved
- 1 1/2 tsp olive oil
- 1/4 sp freshly ground black pepper
- 1/8 tsp salt
- 1/2 cup coarsely chopped walnuts
- 2 oz crumbled blue cheese
- 2 scallions, thinly sliced

1. Preheat the oven to 425°F. Coat a 9" by 9" baking dish with cooking spray or line with parchment paper. Place the potatoes in the prepared dish and toss with the oil, pepper, and salt. Turn cut side down in the pan. Roast for 30 to 35 minutes or until very tender and lightly golden on the underside.
2. Meanwhile, put the walnuts in a small baking pan or skillet and place in the oven to toast for 6 to 8 minutes. Tip into a bowl and let cool. Add the blue cheese and scallions and crumble with your fingers.
3. When the potatoes are done, turn them over and sprinkle evenly with the walnut mixture. Bake for 5 minutes longer or until the cheese is melted.

■ CALORIES: 242



Sweet Potatoes with Brown Sugar-Pecan Topping

TIME: 2 HOURS 10 MINUTES / SERVES: 6

- 2 1/2 lb sweet potatoes, scrubbed
- 3/4 c chopped pecans
- 3 Tbsp brown sugar 1/4 tsp ground cinnamon

1. Preheat oven to 375°F.
2. Place potatoes on rimmed baking sheet. Bake 1 to 1 1/2 hours, depending on size, until soft when squeezed with a gloved hand. Let cool slightly and then halve. Scoop insides into medium bowl (discard skin). Mash with potato masher until smooth. Add salt and freshly ground black pepper to taste, if desired. Coat 9" glass pie plate with cooking spray. Transfer mashed sweet potatoes to prepared pie plate. Smooth the surface.
3. Mix pecans, sugar, and cinnamon in small bowl. Sprinkle evenly over sweet potatoes.
4. Cover with foil and bake 20 to 25 minutes, until heated through. Uncover and bake 10 minutes longer, until pecans are lightly browned and top is crusty. Bake sweet potatoes and assemble the dish earlier in the day; cover and refrigerate. Let stand a few minutes on counter before placing in oven about 45 minutes before dinnertime.

■ CALORIES: 232

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Desserts



The Best-For-Last Chocolate Mousse

TIME: 10 MINUTES / SERVES: 4

- 12 oz soft silken tofu, drained
- 2 tsp vanilla extract
- 1/8 tsp almond extract
- 1 c semisweet chocolate chips, melted
- 1/2 c fat-free Greek-style yogurt

1. Place the tofu, vanilla extract, and almond extract in a food processor and blend until smooth. Add the chocolate and blend for 1 minute. Scrape the sides with a rubber spatula and blend for 1 minute longer or until incorporated. Pour into a large bowl.
2. Fold in the yogurt just until blended. Refrigerate until ready to serve.
3. Turn this humble dessert into a restaurant-worthy confection with a garnish of pretty chocolate curls. Making them is as easy as drawing a vegetable peeler along the edge of a bar of chocolate. Use the short wide edge to make small tubular curls; use the longer, narrower edge for thinner, longer shavings.

■ **CALORIES:** 271

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 1/2 cup fresh raspberries (30) and 8 ounces cappuccino made with 1% milk (73). Total calories: 374



Almond Biscotti

TIME: 65 MINUTES / SERVES: 12

- 1 1/4 c whole wheat pastry flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1/4 c canola oil
- 1/4 c granulated sugar
- 3 Tbsp packed dark brown sugar
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- 1 1/2 c chopped almonds

1. Preheat the oven to 325°F. Line a large baking sheet with parchment paper.
2. Mix the flour, baking powder, and salt in a medium bowl. Whisk the egg, oil, granulated sugar, brown sugar, vanilla extract, and almond extract in a small bowl. Stir in the almonds. Pour over the dry ingredients and stir to mix well (the mixture will feel crumbly).
3. Shape into a 1"-thick loaf on the prepared baking sheet. Bake for 30 to 45 minutes or until golden and firm. Let cool for 10 minutes or until golden and firm. Let cool for 10 minutes. Remove from the baking sheet and slice diagonally into 1"-thick pieces. Arrange cut side up on the baking sheet. Bake for 5 minutes longer or until lightly browned. Transfer to a rack to cool completely.

■ **CALORIES:** 181

■ **MAKE IT A FLAT BELLY DIET MEAL:** Serve with 8 ounces cappuccino made with 1% milk (73) and 1 cup sliced strawberries (53) mixed with 1 small banana, sliced. Total calories: 397



Pumpkin Gingerbread

TIME: 1 HOUR / SERVES: 8

- 1 3/4 c whole wheat pastry flour
- 2 1/2 tsp ground cinnamon
- 2 1/2 tsp ground ginger
- 2 tsp baking powder
- 3/4 tsp freshly grated nutmeg
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/3 c chopped crystallized ginger
- 2 lg eggs
- 1 lg egg white
- 1/2 c canola oil
- 1/2 c molasses
- 1/3 c packed brown sugar
- 1 c canned pure pumpkin

1. Preheat oven to 350°F. Coat 9" x 9" baking pan with cooking spray.
2. Combine flour, cinnamon, ground ginger, baking powder, nutmeg, baking soda, and salt in large bowl. Stir in crystallized ginger.
3. Whisk eggs, egg white, oil, molasses, and sugar in medium bowl. Whisk in pumpkin. Fold into dry ingredients until just combined. Pour into prepared pan.
4. Bake 35 to 40 minutes until gingerbread starts to pull away from pan sides and wooden pick inserted in center comes out clean. Remove from oven and cool on rack (may also be served warm). Garnish with sliced crystallized ginger if desired.

■ **CALORIES:** 353