

Healthify your kitchen!

**Eight simple strategies
to make any meal better
for you, straight from
top spa chefs**

Recipes

**Spice-Rubbed
Lamb Chops**

Fruit & Veggie Wraps

Baked Veggie Chips

Confetti Chopped Salad

**Seared Scallops
with Shiitakes**

Agua Fresca Fiesta

**Spicy Wilted
Winter Greens**

Quinoa-Crusted Chicken

PHOTOGRAPHY BY CHRISTOPHER TESTANI
RECIPES BY TRACEY SEAMAN • TEXT BY TULA KARRAS



Spice-Rubbed Lamb Chops

SERVES 4 **PREP** 10 MIN **COOK** 20 MIN

- 2 tbsp. sea salt
- 2 tsp. pepper
- 2 tsp. ancho chile powder
- 1 tsp. granulated dehydrated onion
- 1 tsp. sweet paprika
- EVOO, for cooking
- 4 lamb loin chops (each 1¼ inches thick)
- Lemon wedges, for serving

1. In a small bowl, combine the salt and spices.
2. Lightly coat a medium cast-iron skillet with EVOO. Place over medium heat until hot, 3 minutes.
3. Using a paper towel, pat each lamb chop dry. Sprinkle on one side with spice mixture. Place the meat, spice side down, in the skillet. Sprinkle the other side with spice mixture. Cook, turning once, until medium-rare, 8 to 10 minutes per side. Let rest for 5 minutes. Serve with the lemon wedges.



RETHINK YOUR RED MEAT

JASON HARRISON,
executive chef, *Four Seasons Resort, Vail, CO*

You can have a meaty meal without worrying about your health: Just try lamb. Many cuts of lamb (like leg, loin and shoulder) are low enough in saturated fat and cholesterol to meet the USDA definition of lean, and all American-raised lamb is hormone-free. Most is also pasture-raised, which can add good-for-you omega-3 fats. Trim the fat from the edges and you'll make the lamb even healthier.





TIP
2

MAX OUT YOUR RAW MATERIALS

CHAD LUETHJE, executive chef,
Red Mountain Resort, Ivins, UT

Raw almonds have more fiber than roasted ones; uncooked broccoli contains a cancer-fighting enzyme called myrosinase; raw garlic is packed with the bacteria-fighting compound allicin. The lesson? Skip the cooking sometimes.

Fruit & Veggie Wraps

MAKES 8 **PREP** 35 MIN (PLUS SOAKING)

- 1/2 cup raw almonds
- 1 clove garlic
- 2 1/2 tbsp. fresh lemon juice
- 1 1/2 tsp. dijon mustard
- 6 tbsp. EVOO
- Sea salt and pepper
- 1/2 cup sliced red onion
- 16 rice paper wrappers
- 5 oz. baby spinach
- 1 1/2 cups sliced cremini mushrooms
- 1 orange bell pepper, sliced lengthwise
- 3 peeled broccoli stalks, shredded on a box grater
- 1 ruby red grapefruit, cut into segments

1. Place the almonds in a bowl with 1 cup water; let stand, 3 hours. Drain; reserve soaking liquid.

2. Using a blender, chop the almonds and garlic with 1/4 cup soaking liquid, 1 1/2 tbsp. lemon juice and mustard. With the machine on, slowly pour in the EVOO. Blend 5 minutes; season. Transfer the almond mayo to a bowl.

3. Place the onion in a bowl. Add the remaining 1 tbsp. lemon juice; toss.

4. Fill a large, shallow bowl or pie plate with water. Dip 1 wrapper in the water on both sides. Place on a work surface; spread with 1/2 tbsp. almond mayo. Dip another wrapper in the water; place on top. Spread with 1 tbsp. almond mayo.

5. Place a handful of spinach in the center of the stacked wrappers. Top with onions, mushrooms, peppers, broccoli and grapefruit; roll up. Repeat with the remaining wrappers, almond mayo and toppings. Before serving, cut each wrap in half.



Using a **mandoline** is the easiest way to make superthin strips—the key to crispy baked chips.



TIP
3

SNACK SMART

JUSTIN MACY, executive chef, Miraval Resort & Spa, Tucson, AZ

Slice your way to a snack you won't regret. Start with healthful veggies and cut them superthin. By making them in your own kitchen, you'll spare yourself all the salt and oil that's in bagged chips. Experiment with zucchini, parsnips, beets—even cauliflower. If you can slice it, you can chipify it!

Equipment Check!

Grab this gear to help make healthful cooking practically automatic.



1

IMMERSION BLENDER

Make pureed soups smooth and creamy (without cream!). Plus, mix it right in the pot. (\$35, cuisinart.com)



2

SILPAT

This baking mat prevents sticking or scorching, and eliminates the need for oil or nonstick spray. (\$25, bedbathandbeyond.com)



3

SMOKER

Add intense flavor, but not fat and calories, by smoking meat and veggies. This small model fits right on your stovetop. (\$33, cameronproducts.com)



4

BAMBOO STEAMER

Cook veggies sans oil or butter—and without scratching your pans. (\$20, surlatable.com)



5

COLOR-CODED CUTTING BOARDS

To avoid cross-contamination, use different boards for meat, poultry, fish and veggies. (\$35, casabella.com)

Baked Veggie Chips

MAKES 6 TO 8 CUPS **PREP** 25 MIN **COOK** 20 MIN

- 2 large parsnips, skinny ends discarded and fat ends halved lengthwise
- 2 sweet potatoes, peeled and halved crosswise
- 1 celery root, peeled and halved crosswise
- 2 purple or golden beets, peeled and halved crosswise
- Fine sea salt
- Olive oil cooking spray

1. Using a mandoline or handheld slicer, slice the vegetables $\frac{1}{16}$ inch thick.

2. Place the vegetable slices on paper towels in a single layer; sprinkle with salt. Let stand for 15 minutes, then blot dry. Position racks in the upper and lower thirds of the oven and preheat to 375°. Lightly coat 2 baking sheets with cooking spray.

3. Working in batches, place vegetable slices in a single layer on the baking sheets. Bake until crisp, about 20 minutes; sprinkle with sea salt. Let cool on the baking sheets for 5 minutes. Transfer to a bowl. Wipe the baking sheets clean. Repeat with more cooking spray and the remaining vegetable slices.

WHY SEA SALT? SEE P. 116



WATCH ME!

See a step-by-step video of Baked Veggie Chips at RachaelRayMag.com/chips.



TIP
4

SMALLER PIECES = BIGGER FLAVOR

SCOTT UEHLEIN, corporate chef, Canyon Ranch resorts, Tuscon, AZ; Miami Beach; Lenox, MA

Slicing and dicing distribute rich ingredients (nuts, cheese), so you don't need as much of them. The mix of little tasty bits means you'll get a forkful of many flavors, making each bite more satisfying.

Confetti Chopped Salad

SERVES 4 TO 6 **PREP** 20 MIN **COOK** 5 MIN

- 1/2 oz. parmesan
- 1/2 cup walnut halves
- Ice water
- 1 bunch broccolini, trimmed
- 10 oz. radicchio, cored and chopped
- 2 cups baby arugula, chopped
- 1/4 cup dried currants
- 2 tbsp. apple cider vinegar
- 1 tbsp. EVOO
- Sea salt and pepper

- 1.** Using a food processor, finely chop the cheese; transfer to a bowl. Add the walnuts to the processor; finely chop. Add to the cheese.
- 2.** Bring a pot of salted water to a boil. Fill a bowl with ice water. Boil the broccolini for 3 minutes. Drain; add to the ice water. Drain and finely chop.
- 3.** Transfer the broccolini to a large bowl. Toss with the radicchio, arugula, currants, cheese and walnuts. Drizzle with the vinegar and EVOO; toss and season.



TIP
5

TRICK YOUR TASTEBUDS

ERIC BAUER, executive chef,
Rancho Valencia, San Diego

For ultimate flavor satisfaction, up the umami, that savory flavor in foods like aged cheeses, cured meats and—in this recipe—mushrooms and worcestershire sauce. It will keep you satisfied and help curb overeating.



Seared Scallops with Shiitakes

SERVES 4 **PREP** 10 MIN **COOK** 10 MIN

- 3 clementines, 2 peeled
- Frisée, for serving
- 1 tbsp. EVOO, plus more for the frisée
- 6 oz. shiitake mushrooms, stemmed
- 8 large sea scallops
- 2 tsp. worcestershire sauce
- Store-bought balsamic glaze

1. Cut between the membranes of 2 of the clementines, letting the segments fall into a bowl. Juice the remaining clementine. In a bowl, toss the frisée with EVOO.
2. In a skillet, heat 2 tsp. EVOO over medium-high. Add the mushrooms; cook, stirring, until browned, 5 minutes. Transfer to a plate. Add 1 tsp. EVOO to the skillet. Add the scallops; cook, turning once, until browned and firm to the touch, 5 minutes. Transfer to plates; tent with foil.
3. Lower the heat to medium; add $\frac{1}{3}$ cup water, worcestershire sauce and clementine juice. Scrape any browned bits off bottom of the pan; bring to a boil. Add mushrooms; cook 1 minute. Spoon sauce over scallops.
4. Divide the clementines and frisée among plates. Drizzle with the balsamic glaze.





TIP

6

WAKE UP YOUR WATER!

GONZALO CERDA, executive chef,
and **DIEGO WEISS**, director of food
and beverage, *Espananza, An Auberge
Resort, Cabo San Lucas, Mexico*

Instead of floating a few wan slices of cucumber in your H₂O, puree the veggie with a little water, strain it and mix in some more water. The refreshing result (known as *agua fresca*) will taste like liquid cucumber. Try it with any fruit or vegetable you love. Hydration just got a whole lot tastier!



Agua Fresca Fiesta

SERVES 8 PREP 15 MIN

- 2 cups diced cantaloupe, pineapple or english cucumber, or 2 cups whole raspberries or pomegranate seeds
- 6 cups cold filtered water
- Ice, for serving

1. Place the fruit (or vegetable) in a blender with 2 cups water. Blend on low speed until finely chopped but not pureed.

2. Pour the mixture through a fine sieve set over a bowl; press on the solids. Transfer to a pitcher; add the remaining 4 cups water. Skim and discard any foam that rises to the top. Pour the drink into ice-filled glasses.

Kitchen cleanse

Is your space sabotaging your healthful eating efforts? Shape it up with these easy tips from Brian Wansink, Ph.D., author of *Mindless Eating*.

1

FILL YOUR CABINET WITH COLOR

Use a plate that contrasts with your food—for white pasta, a red plate. You'll automatically serve yourself up to 22 percent less, research shows.

2

CHECK YOUR GLASSES

Want to keep your liquid calories in check? Buy tall, slim glasses. Adults poured almost 20 percent more juice into wide, short glasses than into tall, slender ones—even though the two glasses held the same amount.

3

JETTISON THE JUNK

People who keep junk food on the counter weigh, on average, 20 pounds more than those who don't—and those who keep fruit out in the open weigh 7.5 pounds more.

TIP
7

DON'T FEAR FAT

ROBERT CURRY.*executive chef, Auberge du Soleil Resort, Napa Valley, CA*

Fat is flavor. And if you add flavor, you're likely to eat more of what you're putting that fat on. Take the nutrient powerhouses known as winter greens. You might not love them steamed, but cook them in EVOO and garlic and they go from bland to grand. Bonus: that good-for-you EVOO allows your body to absorb more nutrients from the veggies you eat.

Spicy Wilted Winter Greens

SERVES 4 PREP 5 MIN COOK 15 MIN

- 1½ lbs. kale or mustard greens, trimmed and chopped
- 3 tbsp. EVOO
- 2 cloves garlic, very thinly sliced
- ¼ tsp. crushed red pepper
- Sea salt and pepper

1. Fill a large pot halfway with water; bring to a boil. Add the greens, cover and cook until nearly tender, about 5 minutes. Drain, rinse until cool, then drain again.
2. Wipe out the pot, then add the EVOO, garlic and crushed pepper. Cook over low heat, stirring occasionally, until the garlic is golden, 4 to 5 minutes. Add the greens and cook over medium heat, stirring occasionally, until heated through, about 3 minutes. Season with salt and pepper.

TIP
8

BUMP UP THE BREADING

STÉPHANE BEAUCAMP,*executive chef, Lake Austin Spa, Austin, TX*

You already know that baking instead of frying is an easy way to cut fat and calories, but why not make the breading better for you, too? Grind up whole wheat bread to make breadcrumbs and mix in some ground flaxseeds or wheat germ. Or swap out the bread—cooked quinoa is a surprisingly delicious stand-in for traditional breadcrumbs. The tiny seeds, which are loaded with fiber and protein, crisp up as they bake.





Quinoa-Crusted Chicken

SERVES 4 PREP 40 MIN BAKE 20 MIN

- $\frac{3}{4}$ cup cooked quinoa
- 4 skinless, boneless chicken breasts (6 oz. each)
- $\frac{1}{4}$ cup dijon mustard
- 1 tbsp. chopped fresh thyme, plus more for serving

Pepper
Olive oil cooking spray

- 1.** Position a rack in the center of the oven; preheat to 300°. Spread the quinoa on a parchment-lined baking sheet; bake until lightly toasted, 25 to 30 minutes. Let cool, then transfer to a bowl, breaking up any clumps. Discard the parchment; reserve the baking sheet.
- 2.** Increase the oven to 425°. In a large bowl, combine the chicken, mustard and thyme; season with pepper. Mix with a rubber spatula to coat. Place a rack on the reserved baking sheet. Dip the chicken in the quinoa, coating well on both sides, then place on the rack.
- 3.** Spritz the chicken with cooking spray; bake until just cooked through, 15 to 20 minutes. Sprinkle with thyme.

A Greener Cleanup

How to make sure you scrub up with the good stuff.



1

SCAN THE LABEL

Cleaning products are not required to list ingredients, though some do voluntarily. One rule: Avoid anything that contains glycol ethers, such as 2-butoxyethanol, which may cause fertility problems.

2

SMELL IT OUT

Avoid products with the word "fragrance" in the ingredient list. Most fragrances are chemically created and can include toxic substances such as phthalates, which are hormone-disrupters.

3

LOOK FOR THE GREEN SEAL

Seek out products with a little green check, the mark of the Green Seal independent certification program. It signifies that the manufacturer has avoided using toxic ingredients.



EveryDay
with Rachael Ray