

Super Foods for a Super Body p.108

# fitness

Mind, Body + Spirit

FAST **NEW** PLAN

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- Look 2x as toned
- Pull-out walking guide

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(and **never** get fat!)

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A close-up photograph of a person's hands holding a single, ripe red apple with a green leaf. The hands are positioned in the center, with fingers gently cupping the apple. The background is a dense pile of various other apples, some red and some yellow-green, creating a rich, textured backdrop. The lighting is soft and natural, highlighting the textures of the skin and the fruit.

# Eat Clean, Be Healthy

GREEN-LIFESTYLE EXPERT SARA SNOW SHOWS YOU HOW TO SHOP THE FARMERS' MARKET—AND TURN THE SEASON'S BEST INGREDIENTS INTO SIMPLE, DELICIOUS DISHES.

**Tip:** For the best flavor, pick apples that are firm and medium-size.

BY SARA WELLS • PHOTOGRAPHS BY SARAH KEHOE

Sara Snow was born to be eco. The host of *Get Fresh With Sara Snow* for the Discovery Network was raised in a solar-energy-heated house in Michigan eating fresh, locally grown produce (much of it from her family's organic vegetable garden) way before it became trendy to do so. "My father was one of the pioneers of the natural-foods movement, so eating healthy, clean food was a way of life growing up," says Sara, 32. Which explains why she is now a huge advocate of shopping at the local farmers' market. "Chances are, a tomato at your supermarket was picked long before it was ripe so it wouldn't turn to mush during the 1,500-mile trip from the farm to the store," she explains. A tomato at a farm stand was likely picked that morning. "The food you get there tastes better, and you can talk to the person who grew it," Sara says. A few questions to ask: "Do you spray chemicals on your crops?"



The stir-fry on the next page includes a variety of different-colored veggies so you can "eat the rainbow" all in one meal.

(Many farms don't apply for organic certification by the U.S. Department of Agriculture because of the amount of red tape involved. But if they avoid pesticides, their produce is basically organically grown.) "Is your beef grass-fed, or do you feed your cows a grain mix?" (Research suggests that meat from grass-fed cows is higher in good-for-you omega-3 fats than that from corn-fed cows.) "As you get to know your local farmers, there will be a few whose food you appreciate and enjoy," Sara says. "Once you've found them, buy all that you can!"



**Tip:** When buying sweet potatoes, skip those with dry, leathery skin and soft spots. Choose potatoes that are all about the same size so they'll cook evenly.

**Tip:** Pick radishes that are bright red. Try them diced or shredded in potato salads and coleslaw. They also make an excellent snack dipped in hummus.

**Tip:** The cut ends of asparagus should always be slightly moist to keep the stalks fresh, which is why bunches are often sold standing up in a tray of water. Touch the tips to be sure they're firm and not mushy.

## NO-STRESS PASTA

Makes: 7 servings

- 1 pound whole-wheat pasta
- 4 garlic cloves, diced
- 2 tablespoons olive oil
- 4 tomatoes, chopped
- 1 cup Greek olives, pitted and sliced
- 2 tablespoons capers
- 2 tablespoons chopped fresh oregano
- ¼ cup chopped fresh basil
- 1 pound fresh spinach
- Salt and pepper or crushed red pepper, to taste

Cook pasta according to package directions. Drain, but don't rinse. Sauté garlic in olive oil. Add tomatoes, olives, capers, oregano and basil; simmer for 5 minutes, stirring frequently. Toss in spinach at the last minute so that it wilts but doesn't cook through. Transfer pasta to a large bowl and toss with sauce. Season with salt and pepper or crushed red pepper. Serve.

**Nutrition facts per serving:** 340 calories, 12 g protein, 56 g carbohydrate, 10 g fat (1 g saturated), 8 g fiber.



## MARKET-FRESH STIR-FRY

Makes: 7 servings

- 2 tablespoons olive oil
- 3 boneless, skinless chicken breasts, cut into strips
- 1 large onion, chopped
- 3 garlic cloves, chopped
- ½ teaspoon salt
- 4 carrots, chopped
- ½ pound mushrooms, quartered
- 3 small zucchini, chopped
- 1 yellow pepper, chopped
- 1 small head broccoli, chopped
- 1 small head bok choy, cut into strips
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon freshly grated ginger
- ½ teaspoon black pepper
- Whole-grain brown rice (optional)

Heat oil in a large pan. Add chicken; cook through. Remove from pan and set aside. Add onion, garlic and salt. Cook until onion is tender. Add veggies, soy sauce, ginger and pepper; cook, stirring frequently, until slightly softened. Add chicken; cook for 2 minutes. Serve over a bed of whole-grain rice (if using).

**Nutrition facts per serving:** 184 calories, 22 g protein, 14 g carbohydrate, 5 g fat (1 g saturated), 5 g fiber.

## POTATO AND CHICKPEA SALAD

Makes: 6 servings

- 1½ pounds baby or new potatoes
- ½ cup dry white wine
- 1 tablespoon olive oil

- 3 tablespoons whole-grain mustard
- 1 teaspoon salt
- 1 tablespoon fresh thyme, minced
- 1 15-ounce can chickpeas, rinsed and drained
- 2 scallions, minced
- 1 small red pepper, diced

Cut potatoes into quarters and cook in salted, boiling water until softened. Drain and set aside. In a small bowl, whisk together wine, olive oil, mustard, salt and thyme. Transfer cooked potatoes to a large bowl. Add chickpeas and pour dressing over the top. Toss to coat. Stir in scallions and red pepper.

**Nutrition facts per serving:** 190 calories, 5 g protein, 31 g carbohydrate, 4 g fat (<1 g saturated), 5 g fiber.

## LEMON CAKE

Makes: 12 servings

- 3 eggs
- 2 cups sugar
- 1 cup extra-virgin olive oil
- 1½ cups milk
- Juice of 1 lemon
- 1 tablespoon fresh lemon zest
- 2 cups whole-wheat flour
- ½ teaspoon nutmeg
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt

Preheat oven to 350°F and grease a 9- to 10-inch round springform pan. In a medium bowl, beat together eggs and sugar. Add oil, milk and lemon juice and zest; beat until smooth. In a separate bowl, mix together flour, nutmeg, baking powder, baking soda and salt. Add dry mixture to wet and beat until just combined; pour into pan and bake for 50 minutes. Allow to cool in pan for 20 minutes. Remove cake and let cool completely.

**Nutrition facts per serving:** 405 calories, 5 g protein, 50 g carbohydrate, 21 g fat (4 g saturated), 3 g fiber.



buy local,  
EAT FRESH

● **Shop a farmers' market:** To find one near you, go to [nrdc.org/health/food\\_miles](http://nrdc.org/health/food_miles). Plug in your state and the time of year, and the site will also tell you which fruits and veggies are currently in season.

## SOUTHWEST POLENTA AND VEGETABLES

Makes: 7 servings

- 1 medium onion
- ½ pound button mushrooms
- 3 small zucchini
- 1 red pepper
- 1 tablespoon extra-virgin olive oil
- 4 garlic cloves, diced
- 1½ teaspoons salt
- 2 cups corn (frozen or fresh)
- 1 14-ounce can black beans, drained and rinsed
- 1 14-ounce can diced tomatoes
- 1 teaspoon fresh thyme
- ½ teaspoon chile powder
- 1 teaspoon cumin
- ½ teaspoon black pepper
- 1 18-ounce packaged polenta "log"
- 2 cups shredded Romano cheese
- Cooked spinach (optional)

### STEP-BY-STEP



**1** Chop onion, mushrooms, zucchini and pepper. Preheat oven to 350°F. Heat oil in a large pan.



**2** Sauté onion and garlic with ½ teaspoon salt for about 2 minutes, or until just soft. Add mushrooms, zucchini and red pepper; sauté for 3 minutes.



**3** Add corn, black beans, tomatoes, thyme, chile powder, cumin, pepper and remaining salt; simmer for 5 minutes, stirring frequently. While the vegetables cook, lightly oil the bottom of a casserole dish.



**4** Slice polenta into ½-inch rounds and arrange across the bottom of the dish. When vegetables are cooked but not soft, spoon across top of polenta.



**5** Top with cheese and bake, uncovered, for 15 minutes.



**6** Serve plain or on a bed of spinach.

Nutrition facts per serving: 342 calories, 23 g protein, 38 g carbohydrate, 13 g fat (7 g saturated), 7 g fiber.

● **Become a member of a food co-op:** Co-op members pool their resources to purchase produce and other natural products at a lower price. To find a co-op in your area, go to [localharvest.org](http://localharvest.org).

● **Connect with farmers:** Go to [attra.ncat.org/attra-pub/localfood\\_dir.php](http://attra.ncat.org/attra-pub/localfood_dir.php) and click on your state, and this site will pull up a list of local farms, farm stands, orchards and even wineries.



**Tip:** Help cut down on the use of plastic bags by bringing your own eco-friendly basket to the farmers' market. Go to [ecobags.com](http://ecobags.com) to find fun and stylish ones like Sara's.

## shopping LIST

### Fresh:

- Basil
- Carrots
- Onion
- Mushrooms
- Ginger
- Zucchini
- Thyme
- Scallions
- Bok choy
- Broccoli
- Tomatoes
- Spinach
- Baby potatoes
- Boneless, skinless chicken breasts
- Yellow pepper
- Red pepper

### Packaged:

- Brown rice
- Frozen corn
- Capers
- Greek olives
- Black beans
- Polenta "log"
- Romano cheese
- Whole-wheat flour
- Whole-wheat pasta
- Chickpeas
- Canned diced tomatoes

### Staples:

- Garlic
- Pepper
- Lemon
- Eggs
- Salt
- Sugar
- Milk
- Nutmeg
- Oregano
- Cumin
- White wine
- Baking soda
- Extra-virgin olive oil
- Crushed red pepper
- Low-sodium soy sauce
- Whole-grain mustard
- Baking powder
- Chile powder