November/December 2013

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TUMMY CONTROL PANEL

NO-GAP WAISTBAND

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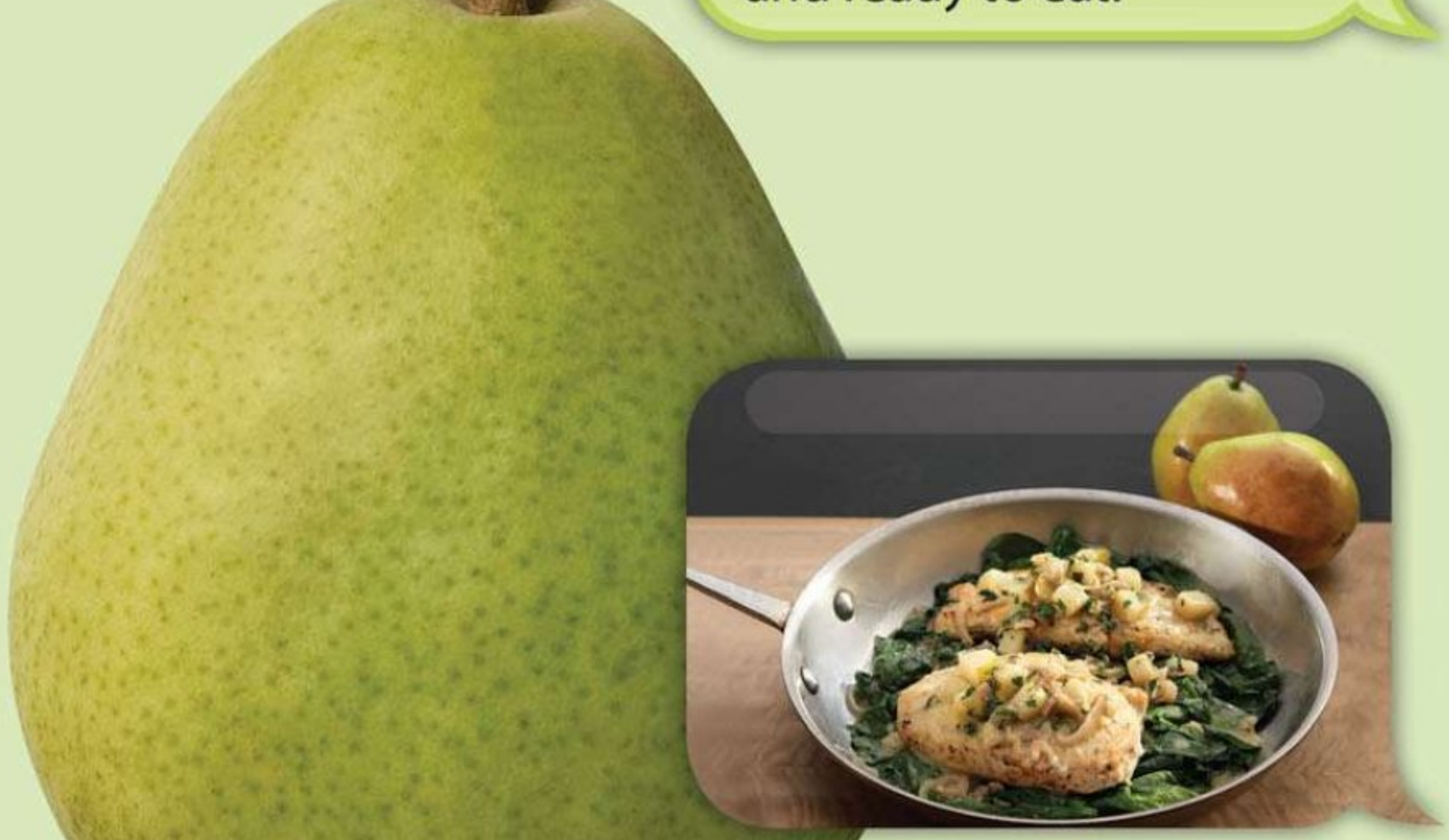
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Cook less and enjoy more by paring down your holiday menu.

"Love the giver more than the gift."

—BRIGHAM YOUNG

PHOTOGRAPHY: JOHNÉR.

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THIS ISSUE HAS TWO COVERS,
so be sure to check the date of the issue above the Weight Watchers logo before purchasing!
Which cover do you prefer? E-mail us at wwmeditor@weightwatchers.com.



1 PHOTOGRAPHY: ROMULO YANES; FOOD STYING: CARRIE PURCELL; PROP STYLING: AMY WILSON; RECIPE: FRANK P. MELODIA.



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Pomegranate juice, salad and sauce recipes!



ESSENTIAL TIP

Tipping point!
Spot this icon and rest assured that the essential tip, technique or ingredient will make your holidays easier.



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HOLIDAYS **2.0**



Like many of you, I love the holidays, especially sitting down to break bread (and the wishbone) with family and friends. Yet no matter how prepared I am or how often I say I won't overdo it, I inevitably feel like I have too much to do in too little time and I cook way too much food. So this issue was inspired to help you prioritize (and, yes, enjoy) your holiday experience while you're trying to lose weight. **We zeroed in on every challenge, big and small, you will face this season (such as well-meaning food pushers, cocktails, late nights that obliterate morning workouts, cocktails...).** The result is this special holiday issue with 59 clever ideas, and 47 fabulous recipes focused on helping you. Our mandate: Keep it simple yet still special. And I think we succeeded: It's a lean, mean issue packed with smart strategies and doable advice.

Finally, for a little (guilt-free!) icing on the cake, consider the following handling-the-holidays advice from our own experts—the fine edit team that works so hard at putting together each issue.

Wishing you all a happy, healthy and peace-filled holiday.

Nancy Gagliardi
EDITORIAL DIRECTOR

Did we hit all our holiday marks? If not, what's your top tip for handling the overload? E-mail me at *nancy@weightwatchers.com*.



Hanukkah lasts for eight nights, so I try to limit big meals to two: one that I cook and a second at a friend or relative's home.
–Michele



"For every chocolate kiss, I eat a carrot or celery stalk."
–Elleen

I always fill my dinner plate with vegetables, skip the stuffing and dinner rolls, and enjoy dessert.
–Deborah



"If I want a Christmas cookie, I will eat it with a piece of fruit."
–Carol





"Instead of staying late at the holiday party, I make an appearance and then head to the gym."
–Kat



I bypass the appetizers, which tend to be fried, and focus on catching up with family and friends.
–Amy

I'll schedule a fitness class for every social invite I accept to keep my workouts on track.
–Lisa



"Bring your own food *everywhere* (even if it's just salad)."
–Ed



PHOTOGRAPHY: JIM BASTARDO, CHRIS ECKERT, MATT FURMAN, MICHELLE HOLDEN.

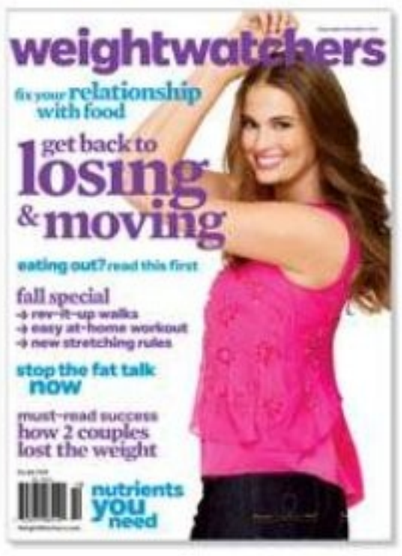
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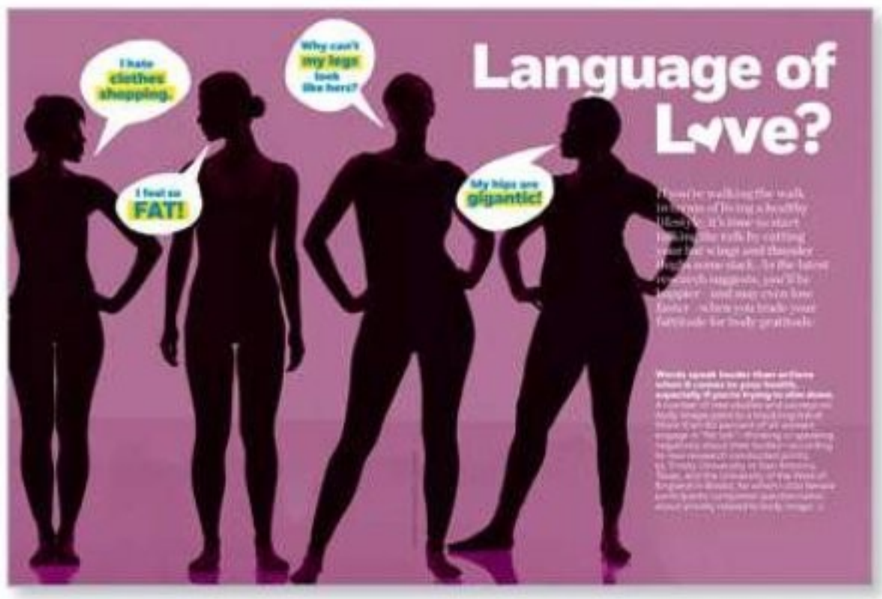
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FALL FORWARD

Judging from your letters, the **September/October 2013** issue succeeded in helping you recommit to your goals, and got you back in the swing of losing!



HOT TOPIC

Our feature on self-love and body image (Language of Love) sparked a lot of discussion! Here's what you had to say.

This article helped me view my body positively so I can stop the fat talk—for good. I will now appreciate my body for everything it can do.

—Rikki R., NY

For as long as I can remember, I always thought I had "thunder thighs," no matter what size I was. Now that I am almost 68 years old, I don't dwell on that anymore; I am thankful that I can get out of bed every morning and enjoy the day!

—Dianne W., WI

When I was losing weight, my WW Leader banned the word "fat" from her meetings. If Members used it, she would say that there is no "f" word at Weight Watchers.

—Sarah P., NJ

I think we have gotten so bombarded with "perfect" body images, anything less than that becomes unacceptable in our minds. We always think we fall short of perfection, when it doesn't really exist!

—Louise W., TN

GOT CHILLS?

I was deeply moved by **Saved by the Scale.** Debbie G. experienced a life-changing event (she was diagnosed with breast cancer) and still went on to achieve her weight-loss goal. Kudos to her!

—Rosemary F., NJ

As a breast cancer survivor diagnosed at age 29, I feel that awareness is so important for women. Thank you for featuring Debbie G.'s poignant story.

—Susanne S., NY

YES, YOU CAN

I loved **Made to Order** because it was great to see how to prepare an entire meal (appetizer, entrée, dessert) for 10 ***PointsPlus*** values!

—Jennifer N., NY



KEEP ON WALKING

My neighbor and I walk around our neighborhood every other night. **Hit It** will definitely help us get our groove back!

—Stacy L., IN

I have been thinking about buying walking poles for a while. After reading **Made for Speed,** I think it's about time I actually go purchase some.

—Kristina J., FL

YOUR ADVICE

Q How do you bounce back after making bad food choices over the weekend?

A I force myself to wake up a half hour earlier the next morning and work out first thing. I pull out my go-to kickboxing workout DVD—it's 20 minutes and gets me sweating every time. When I'm not looking for a tough workout, I pop in my yoga DVD to center myself. —Katherine W., WI

Want to continue the conversation? Go to *WWM*'s official blog, ***Off the Page,*** to get advice, tips and inspiration from the editors and let your voice be heard by commenting on our posts. Check it out at weightwatchers.com/offthepage.

Get even more social with *WWM*! "Like" Weight Watchers at **facebook.com/weightwatchers,** follow **@WeightWatchers** on Twitter, and see our boards at **pinterest.com/weightwatchers.**

LET'S CHAT

We want to hear what you have to say! E-mail your responses to wwmeditor@weightwatchers.com.

- **What was your "aha" weight-loss moment? Tell us about it!**
- **Do you have one go-to tip for staying motivated?**
- **Which holiday recipes did you try in this issue? Let us in on the results!**

WANT TO JOIN THE READER PANEL?
Turn to p. 122 to find out how you can be part of the *WWM* network of readers.

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FIRST course

Hot topic

Love hot chocolate? Go ahead and curl up with a cup, but use real cocoa powder instead of a mix. An Australian study found that **the dark chocolate in pure cocoa may slightly lower blood pressure** (thanks to flavanols, a compound that improves blood flow). Study participants consumed between ¼ and 7 tablespoons of cocoa product per day, but you can keep calories in check by following this recipe: Stir 2 tablespoons unsweetened cocoa powder, 1 tablespoon sugar and ½ teaspoon vanilla extract into 1 cup warmed fat-free milk.

Make cocoa a weekly, not daily, reward for staying on track.

PHOTOGRAPHY: CORBIS.

IN THIS SECTION:

- **Get a handle on holiday spending**
- **Stay flu-free during sniffle season**
- **The best time of day to grocery shop**



{ lab report }

SPENDING ALERT

Staying on budget when shopping for holiday gifts isn't just good for your wallet—it's good for your waistline. **A 2012 survey conducted by the Mayo Clinic and insurance company Aviva USA found a link between being cash-strapped and gaining weight.** In fact, extremely stressed men are five times more likely to experience significant weight gain than unstressed men. To keep seasonal money woes from reversing your success, employ these tried-and-true strategies.

1. CREATE A BUDGET. "Knowing how much you can spend before you shop saves you from being hit with steep credit card bills come January," says Alexa von Tobel of learnvest.com, a financial planning website.

2. MAKE A LIST. Determine who you'll buy gifts for, and allot a specific amount for each person. If you're unsure whether or not to buy someone a present, don't go overboard. Giving extravagant gifts to people who may not reciprocate can make them feel uncomfortable.

3. START SAVING. Come January 1, set aside a small amount of money weekly in a savings account to fund next year's holiday.

calm

App of the month

If you tend to eat and drink when you're not feeling so merry, this app will help get your mind in a better place with guided relaxation sessions that last 2 to 30 minutes. **Calm, $5 (free download and introductory session), itunes.com.**

Find the perfect partner

Turns out not every fitness buddy will help you up your game. Here's what to look for (and avoid).



DO find someone who's one step ahead of you in terms of fitness level. For example, if you're comfortable walking briskly, seek out a jogger. A study from Kansas State University in Manhattan, KS, found that exercising with someone who is 40 percent better than you are at the activity provides optimum incentive, since you won't want to let your partner down.

DON'T recruit an ultra-chirpy pal who says "You can do it" one too many times. The researchers found that persistent praise could be interpreted as condescending. Agree to save the compliments for *after* the workout.

PHOTOGRAPHY: GETTY IMAGES.

by SHELLEY LEVITT

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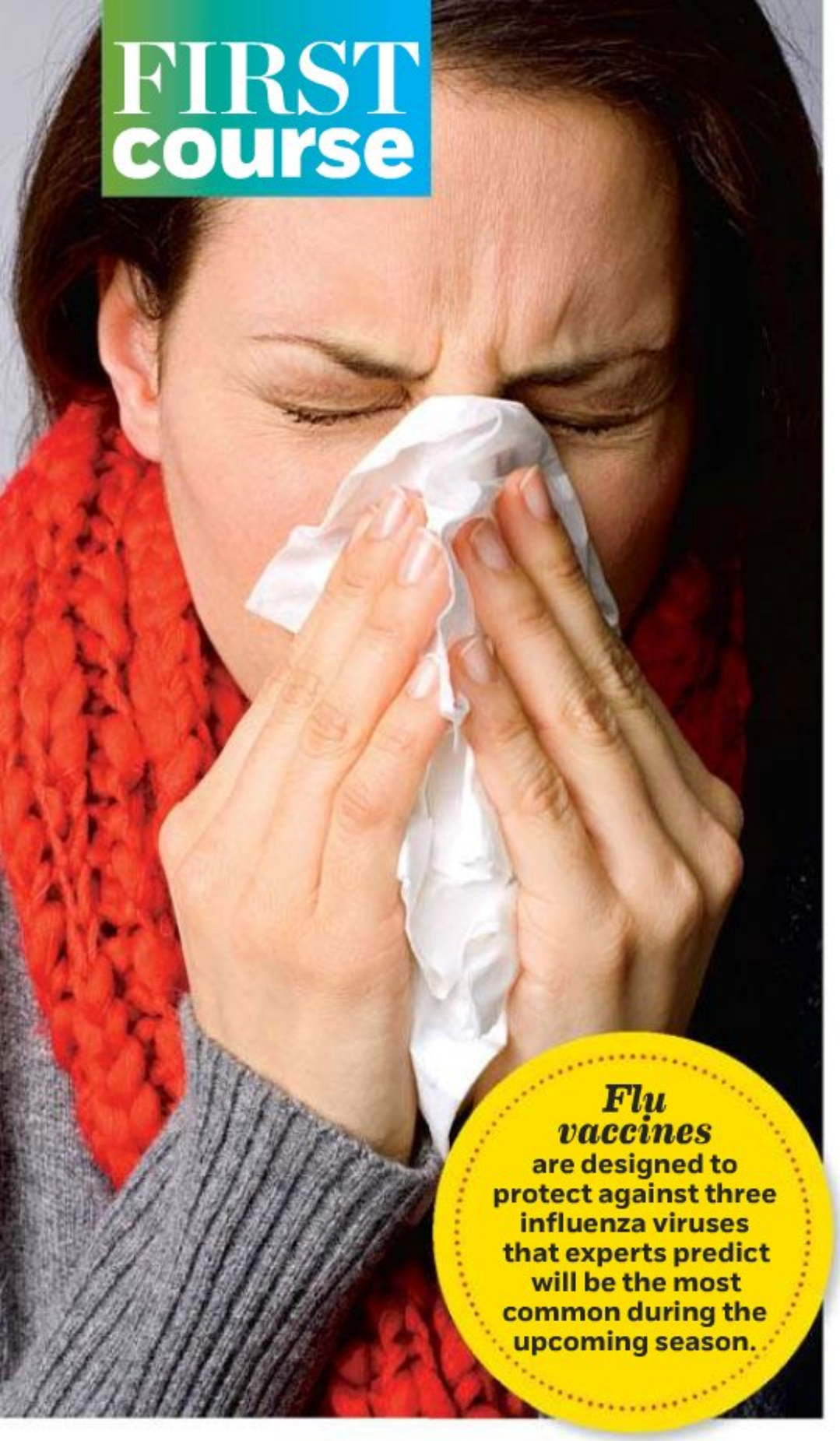
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Flu vaccines are designed to protect against three influenza viruses that experts predict will be the most common during the upcoming season.

Nothing to sneeze at

Give germs the boot at these three viral hot spots.

At work



Virus alert: MODERATE

When one person in the office is ill, every communal surface—from a coffee pot handle to copy machine buttons—becomes a potential germ magnet, says research from the University of Arizona.

Lower your risk Swiping a sanitizing wipe over shared surfaces will offer some protection, but the best defense is frequent handwashing, and keeping your winter gloves on when pushing elevator buttons.

At the gym

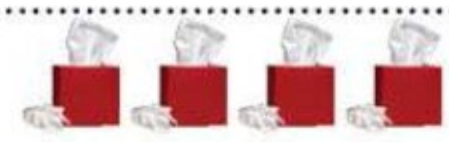


Virus alert: HIGH

A crowded fitness center is the perfect environment for cold and flu viruses, particularly on surfaces such as machines, free weights and mats.

Lower your risk A strong argument for becoming a morning exerciser: Fewer germs than later in the day. Still, wipe down mats and machines beforehand to decrease germ risk.

On the bus or train



Virus alert: VERY HIGH

If you don't already walk to work you may want to start, since buses and subways transport germs along with passengers.

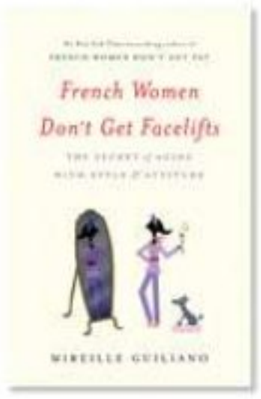
Lower your risk If you notice someone coughing or sneezing, move as far away as possible. If you must scratch your nose, use the side of your wrist, and wash your hands as soon as you get to the office.

Expert: Philip M. Tierno Jr., PhD, of Tisch Hospital in New York City.

BOOK BAG



These three books make great gifts.



REALITY CHECK

The author of *French Women Don't Get Fat* tackles the delicate subject of aging. Her take: The path to aging elegantly lies in lifestyle choices rather than Botox.

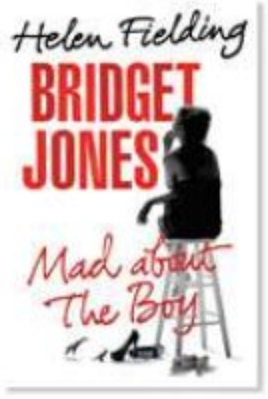
French Women Don't Get Facelifts: The Secret of Aging with Style & Attitude by Mireille Guiliano (Grand Central Life & Style, 2013), $25.



WINE AND...

Written by a certified sommelier, this down-to-earth primer on food-and-wine pairings also contains a comprehensive buying guide.

Hello, Wine: Your Guidebook to the Most Essential Things You Need to Know About Wine by Melanie Wagner (Chronicle Books, 2013), $25.



SOME GOOD LAUGHS

In the high-spirited second sequel to the 1996 bestseller *Bridget Jones's Diary*, the weight-savvy chronicler comes into her own—and also gets cozy with social media.

Mad About the Boy by Helen Fielding (Random House, 2013), $26.



HANGOVER CURE

Feeling "eh" after one too many holiday cocktails? Here's a three-step, before-bed recovery plan:

- **Have a giant glass of water.** Alcohol causes you to excrete fluid, so replenish some of what you've lost ASAP.
- **Keep it simple.** Eat a slice of bread or a few crackers—these carbs can help stabilize blood sugar levels that have gone haywire from too much alcohol.
- **Bypass medication.** Ibuprofen and aspirin can further irritate your stomach. Acetaminophen, in fact, is downright dangerous, as alcohol increases its toxicity to the liver.

PHOTOGRAPHY: JUMP FOTO (WOMAN); ISTOCK PHOTO (TISSUE BOX); MASTER FILE (ICE PACK); SHUTTERSTOCK (BOOK).



Bags of tricks

You likely learned the hard way not to shop on an empty stomach—those candy bars at the checkout didn't just call your name, they screamed it! But a new study from Cornell University suggests food shopping when hungry doesn't just lead to poor food choices in the short term. "You make less healthy shopping choices that influence your eating all week," observes study co-author Brian Wansink, PhD, author of *Slim by Design: Mindless Eating Solutions for Everyday Life* (Harper Collins, January 2014). In fact, the hungry shoppers in the Cornell lab study **tossed up to 45 percent more high-calorie items into their carts than those who ate beforehand.** If you shop just once a week, such poor decisions could definitely set you back. As for the items that hungry participants chose, they ran the gamut from candy and salty snacks to red meat.

So is there a time of day that's best to push your cart down the aisles? The researchers determined that shopping between the hours of 1 p.m. and 4 p.m.—the "after-lunch" stretch—boded well for selecting lower-calorie items. On the flip side, shoppers are most likely to buy more high-calorie items between the hours of 4 p.m. and 7 p.m.

20%

ADDITIONAL AMOUNT OF GROCERIES HUNGRY SHOPPERS TEND TO PURCHASE—SOMETHING TO KEEP IN MIND IF YOU'RE ON A BUDGET.

BOTTOM LINE Don't wait until after work to load up on groceries. Instead, reserve one weekend afternoon as your designated food-shopping trip. Make sure to eat a filling lunch, such as vegetable soup with half a hummus-filled whole-grain pita, before heading to the market.

PHOTOGRAPHY: STEVE CRAFT/MASTERFILE.



FIRST course

JUST BROWSING

This season, your polished look starts with perfectly groomed eyebrows. Here's how to pencil in a flawless shape. *by* ELIZABETH BROUS

{ STEP 1 }

Fill in sparse areas of the inner brow with a superfine-point brow pencil, applying light, feathery strokes in the direction that your brow hairs grow. Use as little pencil as possible—you can always add more as needed. **TRY:** Kimiko Super Fine Eyebrow Pencil Automatique, $24, kimikobeauty.com; Kevyn Aucoin Beauty Precision Eyebrow Pencil, $24, beautybar.com; Covergirl Brow & Eye Makers Pencil, $3, drugstores.

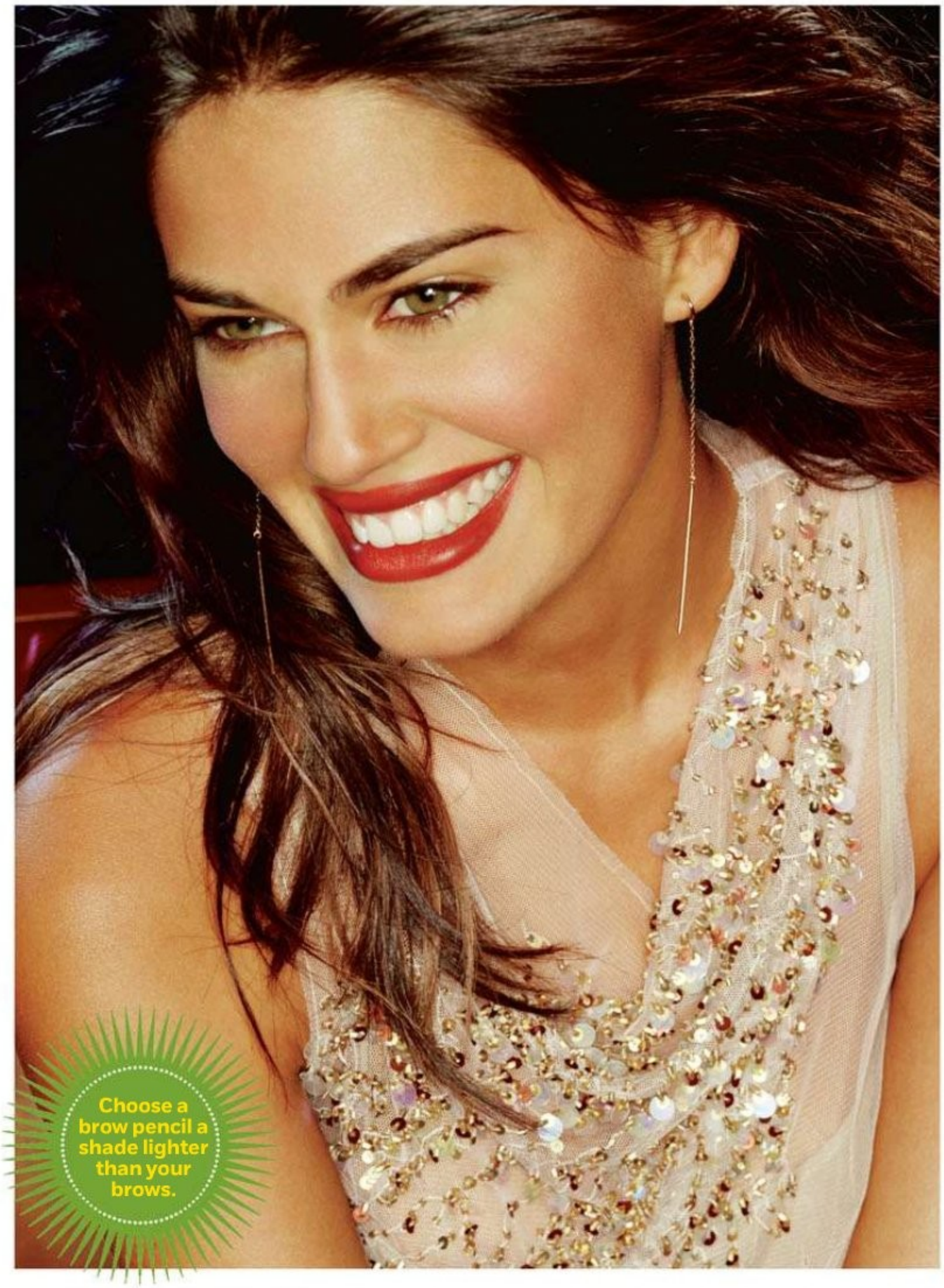
{ STEP 2 }

Determine where the tail of your brow should end by holding a pencil diagonally from the outside corner of the right nostril to the outer corner of the right eye. Repeat on the other side. Extend the outer end of the brow tail by filling in with pencil, using the same feathery stroke technique as above. Go extra light over areas where there is little to no hair.

TIP Pull the skin around brows taut and hold while using the pencil.

{ STEP 3 }

Apply a clear or slightly tinted gel to set brows in place and tame unruly hairs. Bonus: Like mascara, it thickens individual hairs, making brows appear fuller. **TRY:** Laura Mercier Brow Definer, $20, lauramercier.com.



PHOTOGRAPHY: KENNETH WILLARDT/TRUNK ARCHIVE.

Expert: Makeup artist Kristie Streicher of Kristie Streicher Beauty Bar in Los Angeles and Warren Tricomi Salon in New York City.



Double-duty eyelash growth serums work on eyebrows the same way they work on lashes, by conditioning hairs, making them less prone to break or fall out. The result: fuller-looking brows.
TRY: Grandelash-MD, $65 (3-month supply), grandelashmd.com.

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A longer jacket will flatter your shape.



BOXY

This velvet blazer's boxy cut and the distressed denim say "horrible," not "holiday."

{slimmer in seconds!}

VELVET CRUSH

BETTER

The luxe fabric is everywhere this season. Here's how to rock it—and still look svelte.

Feel the burn Don't go for head-to-toe velvet. Choose a figure-skimming top in "burnout" velvet, a textured pattern on a sheer fabric.

Go tonal Pick a burnout print with tones in the same color family. Multicolored velvet patterns are too busy.

Don't distress Wear velvet tops with sleek dark denim. Jeans with distressed washes and contrasting stitching are too distracting with textured material, and too casual for a dressier party.

Jewel rule Opt for a pretty pair of drop earrings and a chunky cocktail ring instead of a statement necklace. The latter competes for too much attention with the velvet top.

For info on where to buy the items on this page, see shopping guide, p. 122.



FRAAS colorblock scarf, $46.

MORE LUXE LOOKS

Work velvet into your daytime or nighttime wardrobe for instant richness.



Simply Vera Vera Wang velvet top, $48.



Joe Fresh velvet jeans, $29.

H&M bracelet, $20; H&M bag, $80.

PHOTOGRAPHY: KAREN PEARSON; HAIR: GEORGE ORTIZ; MAKEUP: JOY FENNELL; FASHION STYLING: ALANA KELEN; STILLS: CLAIRE BENOIST.

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BLACK BEAUTY

The **LBD** is like the MVP of your closet. But it doesn't have to be understated to be elegant. Here are three ways to go from basic to breathtaking.

Girls' night great



Pair with a tissue-thin turtleneck and your dress becomes a casual jumper. Add a posh plaid cape, cinch with a skinny belt and finish with knee-high boots.

1. Lilla P cotton turtleneck, $64, lillap.com. 2. FRAAS plaid wrap, #061055, $52, 212-575-0191. 3. Lane Bryant bracelet, $30, lanebryant.com. 4. Aerosoles Sottoman boots, $100, famousfootwear.com.

Party perfect



Kick up the glam factor by fancifying your sheath with a statement necklace plus a gold clutch and sandals. Add a metallic jacket when you want more coverage.

1. Target Necklace, $30, target.com. 2. Darling Christie crop jacket, $115, darlingclothes.com. 3. Foreign Exchange clutch, $32, feclothing.com. 4. Chinese Laundry shoes, $60, chineselaundry.com.

Career savvy



Turn your shift into a workhorse: Slip a white shirt underneath (this one has a knit body so it won't add bulk); then add a faux leather jacket and sassy suede pumps.

1. Elizabeth Daniel New York shirt, $123, elizabethdanielny.com. 2. Jack by BB Dakota jacket, $60, modcloth.com. 3. Studio S hoop earrings, $16, sears.com. 4. Franco Sarto pumps, $80, famousfootwear.com.

Our dress pick: Muse Apparel belted shift, $128, museapparel.com

PHOTOGRAPHY: CLAIRE BENOIST; FASHION STYLING: ALANA KELEN; PROP STYLING: NORINE SMITH.

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YOUR best



MILK IT Keep your head above the white stuff by tapping all available resources (from family help to cleaning services).

"I ~~hate~~ love the holidays!"

If the nuttiness of the season has taken the jingle out of your bells (and weakened your resolve), these five tips will help change your mindset.

by JEANNETTE MONINGER

Food is everywhere this time of year, and there's a good chance that seasonal stressors (crowds, traffic jams, holiday spending—you name it) have you feeling less than merry about your weight. If it's any consolation, you're not alone: Forty percent of Americans say that holiday stress drives them to overeat, according to a survey from the American Psychological Association. Put the kibosh on out-of-control eating with these five fresh ways to keep your wits—and waistline—intact.

PHOTOGRAPHY: RODERICK CHEN/CORBIS.

1 Lighten your load

If your December job description includes making sure that everyone from your kid's teacher to your second cousin has a merry Christmas, you're destined to wind up exhausted, overwhelmed and possibly even physically ill by the time the 25th rolls around. So it's time to start crossing less important tasks off your list. Remind yourself (again and again) that the season will go on, whether or not you string lights around every bush in your yard. **Try this: Jot down a list of holiday to-do's, and pick three that are a must for your family.** Is your favorite tradition to bake cookies or decorate the porch with icicle lights? Then go easy on yourself for not organizing the white elephant swap. Remember: Whatever doesn't get done won't matter come January.

REPEAT AFTER US

If someone pushes food or drinks on you this season, push back (politely) with these retorts crafted by etiquette experts.

At the family dinner

"Gram, your pie is fabulous, but I'm stuffed! Will you wrap up that piece so I can enjoy it tomorrow?"

At the holiday party

"I'd love that second glass of pinot, but I'm driving and really can't handle more than one tonight."

At work

"It's so thoughtful of you to bring home-baked treats into the office, but I've had my share. Why not put the tray away for now and leave it for the cleaning staff later on?"

2 Give your relatives a pass

Let's face it: It's often easier to deal with food than family at holiday gatherings. But this year, instead of relying on the buffet table as an emotional buffer between you and your father-in-law's political tirades, consider this: **You aren't going to be able to change your family members' opinions over one turkey dinner, no matter how well you defend your position.** So don't take the bait when your aunt prods you about your relationship status. Remember, it's not winning a war of words that matters; it's winning the war with the candied yams.

3 Do more in daylight

If nonstop sugary temptations aren't enough of a challenge during the holidays, research suggests sleep loss may contribute to overeating. So now's not the time to skimp on shut-eye. **To stay on track, turn in half an hour before your usual bedtime,** and tackle tasks early the next morning when your mind is fresh.

4 Shop with purpose

Avoid the allure of the mall's cinnamon roll kiosk and shop in a more controlled environment: your home. But don't rely on your go-to shopping sites. After all, clicking around on Amazon or Etsy might tempt you to adopt a "one for you, one for me" mind-set—doing serious damage to your wallet. **Instead, write out a strict budget and shop exclusively on charity sites** where you can give a monetary donation in a family member's or friend's name (see "Click to Give," p. 11). You'll walk away without spending more than you planned—and feeling good about the money you did shell out.

5 Start fresh

The loss of a loved one is particularly acute this time of year, when everything from religious services to a favorite holiday dish can trigger memories. If the hurt is leading you to eat more than you normally would, **consider completely changing the way you celebrate this year, so that you create new memories.** Allow someone else to host the festivities, or excuse yourself altogether this year and schedule a vacation somewhere you have always wanted to travel. Then share photos with family when you return.



PHOTOGRAPHY: ISTOCKPHOTO.

OUR EXPERT TEAM EVELYN CUCCHIARA, EFFICIENCY EXPERT AT THE HOPEFUL LIFE IN NEW JERSEY; MIKKI MEYER, PHD, LICENSED FAMILY THERAPIST IN NEW YORK CITY; TRACEY MARKS, MD, IN ATLANTA, GA; ELIZABETH SCHOMBURG, SENIOR VICE PRESIDENT OF FAMILY CREDIT MANAGEMENT SERVICES IN ROCKFORD, IL; WILLIAM DOHERTY, PHD, PROFESSOR OF FAMILY SOCIAL SCIENCE AT THE UNIVERSITY OF MINNESOTA, ST. PAUL; JODI R. R. SMITH, FOUNDER OF MANNERSMITH ETIQUETTE CONSULTING IN MARBLEHEAD, MA; MARY E. PRITCHARD, PHD, PROFESSOR OF PSYCHOLOGY AT BOISE STATE UNIVERSITY.

For more ways to fend off food pressure at family functions, go to *weightwatchers.com/holidayhelp*.

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Season's savings

If your social calendar is packed with food festivities, here's how to make every bite count.



savvy swap
Spread a croissant with 2 tsp jam instead of butter.
POINTSPLUS **VALUES**
7 (vs. 8)

At a holiday brunch
Go ahead and have a large bagel—just **scoop out the center first.**
POINTSPLUS **VALUE** **5** (vs. 8)

At an office party
The perfect deli platter partnership? **A slice of Swiss and a few slices of turkey breast.** Swiss typically weighs about 20 percent less than Cheddar or Muenster, thanks to its signature holes. And turkey breast is a leaner option than ham or roast beef.
POINTSPLUS **VALUE** **4** (vs. 6-7)

At a dinner buffet
Filling half, not all, of the serving spoon with an Italian entrée (such as lasagna with meat sauce or cheese tortellini) will net about ¼ cup of food, instead of ½ cup.
POINTSPLUS **VALUE** **1-2** (vs. 3)

At a cocktail hour
Choose salsa instead of fatty ranch dip for dunking veggies. Make a 2 Tbsp serving (about the diameter of a powder compact) last longer by dipping every other crudité, rather than all of them.
POINTSPLUS **VALUE** **0** (vs. 2)

At the dessert table
Grab a meringue cookie; it weighs a lot less than biscotti or a sugar cookie.
POINTSPLUS **VALUE**
1 (vs. 2-3)

WHAT A STEAL!

Each of these appetizers has only **2 *PointsPlus*** values. Look for them at your next party.

1 chicken-lettuce wrap	**1 tomato and mozzarella skewer**	**2 steamed veggie dumplings**	**2 prosciutto-wrapped asparagus spears**	**6 grilled shrimp**

PHOTOGRAPHY: ERIC RAPTOSH/GETTY IMAGES.

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Holiday travel snacktacular!

On the move this season? Seek out these 23 nutritious snack options at an airport near you. *by* AMY GORIN

LONG LINES. DELAYS. LAYOVERS. Flying can be overwhelming. If you're one of the estimated 65 million people who will pass through an airport this holiday season, we've done some vetting to make your life a little easier—and a lot healthier. What follows are the most nutritious food picks at six hubs ranked among the most highly trafficked by the U.S. Census Bureau. Consider this our gift to you to help you keep losing.

did you know...
you can bring liquid snacks, like applesauce and yogurt, through security if containers hold 3.4 oz or less and are placed in a quart-sized, clear zip-close plastic bag?

O'Hare International Airport, Chicago

Butternut Squash Soup (5 oz), Wolfgang Puck
POINTSPLUS VALUE: 5 Terminals 1, 3

Grilled Vegetables (4 oz), Burrito Beach
POINTSPLUS VALUE: 2 Terminal 3

great in-flight movie snack!

Air-Popped Popcorn (6 c), Garrett Popcorn
POINTSPLUS VALUE: 2 Terminals 1, 3

Detroit Metropolitan Wayne County Airport

Tabbouleh (1 c), Mediterranean Grill
POINTSPLUS VALUE: 3 McNamara Terminal

Fresco Grilled Steak Soft Taco* (4.5 oz), Taco Bell
POINTSPLUS VALUE: 4 McNamara Terminal

Cured Olives (2 oz), Vino Volo
POINTSPLUS VALUE: 3 McNamara Terminal

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5 SMART BUYS

Snack options at airport kiosks are often super-sized. Dig into these sensible choices—all 5 ***PointsPlus*** values or less.

Jack Link's Teriyaki Beef Jerky (1 oz)
POINTSPLUS VALUE: 2

Popchips Barbeque Potato (.8 oz)
POINTSPLUS VALUE: 2

Peeled Fruit Snacks Cherry-Go-Round (1.4 oz)
POINTSPLUS VALUE: 3

Pirate's Booty Aged White Cheddar (1 oz)
POINTSPLUS VALUE: 4

KIND Almond & Coconut Fruit & Nut Bar (1 bar)
POINTSPLUS VALUE: 5



McCarran International Airport, Las Vegas

Small Chili* (8 oz), Wendy's ***POINTSPLUS*** VALUE: 5 Terminal 1

Asian Vegetable Spring Roll* (1 piece without sauce), Pei Wei Asian Diner ***POINTSPLUS*** VALUE: 3 Terminals 1, 3

Fruit Salad* (16 oz), Einstein Bros Bagels won't smell up the plane
POINTSPLUS VALUE: 0 Terminal 1

George Bush Intercontinental Airport, Houston

House Salad (3 oz), **with Low-Fat Ranch Dressing*** (1½ oz), Chili's ***POINTSPLUS*** VALUE: 5 Terminals A, B

String Bean Chicken Breast, without rice* (5.6 oz), Panda Express ***POINTSPLUS*** VALUE: 4 Terminals B, E

Mashed Potatoes* (4 oz), Popeye's Chicken
POINTSPLUS VALUE: 3 Terminal C



Miami International Airport

Brie, Fruit and Crackers* (3 oz), Au Bon Pain
POINTSPLUS VALUE: 5 Terminals D, G

Black Beans (5 oz), Bongos Cuban Café
POINTSPLUS VALUE: 5 South Terminal

Fat-free Cappuccino (12 oz), Coffee Beanery better than airline coffee
POINTSPLUS VALUE: 3 Terminal D

Newark Liberty International Airport

Honey Mustard Grilled Snack Wrap* (4.1 oz), McDonald's
POINTSPLUS VALUE: 6 Terminal C

Crab Sushi (1 roll), Asian Chao ***POINTSPLUS*** VALUE: 4 Terminal C

Mango-A-Go-Go Light Smoothie* (16 oz), Jamba Juice
POINTSPLUS VALUE: 5 Terminals A, C

PACK A SNACK

Cash-strapped after buying your plane ticket? Bring one of these noshes from home. Just make sure to eat anything perishable, like cut fruit, within two hours of removing it from the fridge, to avoid risk of foodborne illness.

Grapefruit sections
POINTSPLUS VALUE: 0

Jicama slices
POINTSPLUS VALUE: 0

Dried apricots (¼ c)
POINTSPLUS VALUE: 2

Applesauce (½ c)
POINTSPLUS VALUE: 3

Graham crackers (4 pieces)
POINTSPLUS VALUE: 3

Wasabi peas (½ c)
POINTSPLUS VALUE: 3

WW Blueberry Granola Clusters (1 oz) great with breakfast!
POINTSPLUS VALUE: 3

Find more smart ways to stay on track at the airport at *weightwatchers.com/traveltips*.

*NUTRITION INFORMATION SUPPLIED BY *WEIGHT WATCHERS EAT OUT: YOUR BEST MENU CHOICES (2013, WEIGHT WATCHERS INTERNATIONAL).*
ALL REMAINING NUTRITION INFORMATION SUPPLIED BY INDIVIDUAL RESTAURANTS. ALL FEATURED ITEMS WERE AVAILABLE AS OF PRESS TIME.

Warming trend

While you're decorating for the holidays, boost the wow factor of your morning oatmeal with these mix-ins and colorful toppings.

by VANESSA VOLTOLINA

Skipping or skimping on breakfast to save up for a holiday meal may be tempting—but it's impractical, since you will likely eat more as a result. Instead, try the following:

Fill your breakfast bowl with **¼ cup uncooked quick-cooking steel-cut oats,** an amount that provides up to 21 percent of your daily fiber need. The steel-cut variety will help you stay full longer, since it's coarser than regular and takes longer to digest.

Add **a pinch of antioxidant-rich ground allspice**—a wake-up call for the senses—then microwave oats according to package instructions.

Stir in **2 tablespoons vanilla almond milk** and **1 teaspoon ground flaxseeds,** a top source of alpha-linolenic acid that's linked with lower cholesterol.

Top with **¼ cup sliced kiwifruit** and **¼ cup orange slices** for 87 percent of your daily requirement of vitamin C. The C supports immunity and enhances your body's ability to absorb plant-based iron, which is key for maintaining energy. Then sprinkle on **1 teaspoon toasted slivered almonds,** which have more satiating protein than other tree nuts. Also, in one review study, people who ate just under 2 ounces of almonds daily had a significantly lower risk of heart disease than those who didn't.

POINTSPLUS **VALUE: 6**



HEAT IT AND EAT!
This quickie breakfast takes about 5 minutes to make.

PHOTOGRAPHY: TRAVIS RATHBONE; FOOD STYLING: ROSCOE BETSILL

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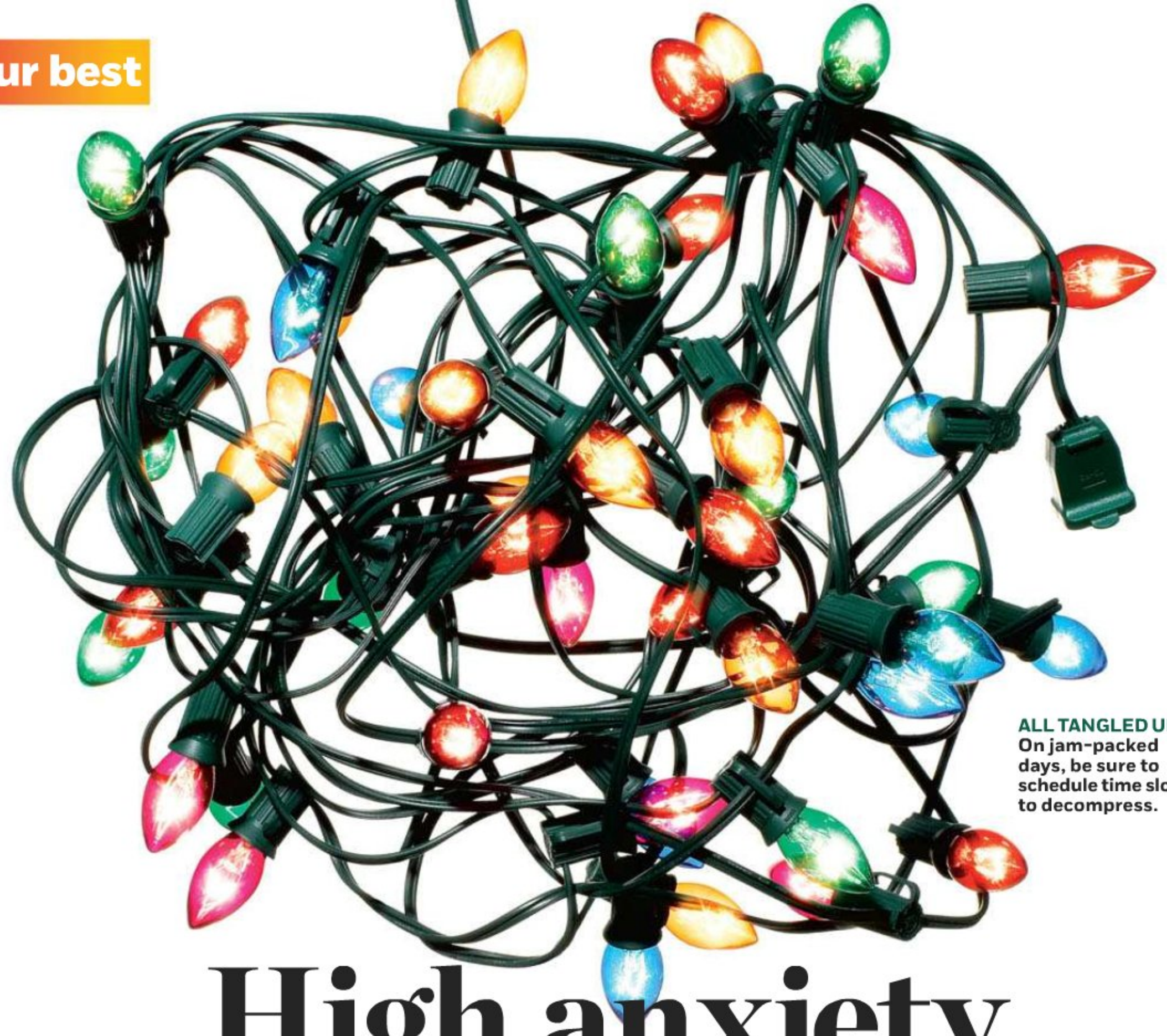
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ALL TANGLED UP? On jam-packed days, be sure to schedule time slots to decompress.

High anxiety

Feeling frazzled can drag you down during what should be an enjoyable season. Use our advice to worry less and achieve instant calm.

by ROBERT A. BARNETT

All is merry and bright this season ... or is it? **Most people—90 percent of Americans, to be exact—say they dread at least one thing about the holidays,** according to a Consumer Reports survey. Whether you're stressing about travel plans, coping with food overload or seeing a sibling you haven't talked to in ages, that sense of apprehension and fear can be chocked up to one thing: anxiety, a 21st century catchall diagnosis that is (not surprisingly) on the rise. The evidence? An uptick in the use of anti-anxiety medications (such as Xanax and Valium), which has increased a sizeable 29 percent over the last decade, according to a survey by prescription drug company Express Scripts.

If you experience any physical symptoms of anxiety (a pounding heart, sweating, hyperventilation and muscle tension, to name just a few), don't call your doctor for a prescription just yet. First, determine the type of anxiety you're experiencing: **Is it short-term, brought on by holiday stressors? Or is it long-term, an ongoing state of worry that has nagged you for the last six months or more?** (See "You Worry Too Much," below).

If your symptoms persist long after you've composted your Christmas tree, definitely consult your general practitioner. But if your anxiety is more of the seasonal variety and you want to calm down right now, consider these proven strategies. >

"YOU WORRY TOO MUCH."

Have your loved ones labeled you a worrier? You may have clinical anxiety—which is most prevalent in women. Do a self-assessment by asking yourself: "Is my anxiety getting in the way of my relationships? Is it making me really unhappy?" If the answer to either is yes, speak with your doc, who may suggest seeing a therapist.

Also, if you're trying to lose and feel anxious, know this: In a U.K. study, those with anxiety or another mental health disorder were twice as likely to become obese. One potential reason is that anxiety can lead to stress eating. When faced with a nerve-wracking situation, get outside your head by taking a walk outside.

PHOTOGRAPHY: CLAIRE BENOIST; PROP STYLING: NORINE SMITH.

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SEEKING HELP? Before making an appointment with a therapist, exchange a few e-mails to see if you click.

1. get pedaling

You already know that sweat sessions can help you burn off last night's dessert, but a new study shows they can also help you keep your cool if you're anxious. When researchers at the University of Maryland College Park asked 37 volunteers to either simply sit on a stationary bike or pedal for half an hour, both groups felt calmer afterward. But the subjects were then asked to look at a series of photos, some of which were violent; the anxiety level of those who had sat idly on their bikes significantly increased, while it remained low for those who had exercised. Use these findings to your advantage—**if you know an evening event may stir up anxious feelings, schedule exercise for that morning or afternoon.** Also key: Make a habit of working out to keep a constant cool. In a new study, scientists at the University of Southern California in Los Angeles determined that regular gymgoers were likely to keep up their exercise routine when stressed.

2. be realistic

If you're faced with an anxiety-provoking situation like hosting a party, reappraise the scenario: Say, for instance, your guests get into an argument or you run out of ice. Will your party end in disaster? Most likely not. **This simple approach can result in 35 percent less anxiety,** according to a 2013 study of 179 healthy adults at the University of Illinois at Urbana-Champaign. If you are overwhelmed about every aspect of hosting, try moving the needle on each potentially disastrous scenario from really negative (i.e., total wipeout) to a little negative (i.e., simply an awkward moment). Ask yourself, "If I do run out of food, how bad will it *really* be?"

Stressed about having too much on your plate? Accept only half the invites you get this season.

3. score some silence

For anxiety that manifests itself as a racing heartbeat or shallow breathing, there's a solution that has **worked for the last 3,000 years, since it was first practiced in China: rhythmic breathing.** If you can, shut your office or bedroom door, then close your eyes; sit up straight for three to five minutes, taking six counts each to inhale and exhale through your nose. The key to ultimate relaxation is to sit in absolute silence. In one small, preliminary study at the Kaleida Health-Millard Fillmore Suburban Hospital in Buffalo, NY, subjects were asked to practice rhythmic breathing after performing a frustrating mathematical task. Those doing so in silence normalized their blood pressure level up to 10 percent more quickly than those breathing while listening to classical music or nature sounds.

Check your meds

Is your anti-anxiety medication behind your weight gain? Maybe. Benzodiazepine medications, a class that includes Xanax, change how you taste food—making it harder to resist sweets. Newer meds may not affect weight. One anti-anxiety drug, Pristiq, a serotonin and norepinephrine reuptake inhibitor, shows promise: In nine studies, subjects did not gain weight—and a small number experienced a slight loss. Pristiq works by boosting mood-controlling hormones. If you're taking meds for anxiety, talk with your doctor about possibly switching to one without weight-gain effects.

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your best

Have a ball!

Your best option if you're trying to lose: Ring in the New Year at home. Here, two readers make the most of their big night in.

by AMY GORIN



Last New Year's Eve, 75% of Americans planned to stay in.



HARD-WORKING MOM

Kim M., 45
Florissant, MO

My resolution To fix my family a home-cooked meal that's special but not over the top.

7 A.M. BREAKFAST

6 oz low-fat strawberry yogurt • 1 large banana
***PointsPlus* value: 2**

"After a tough hour-long elliptical workout, I enjoy a light morning meal."

10 A.M. SNACK

1 medium apple • 1 c grapes ***PointsPlus* value: 0**

12:30 P.M. LUNCH
2:30 P.M. SNACK



2 c salad with 1 Tbsp fat-free salsa • 4 oz reduced-calorie chocolate pudding ***PointsPlus* value: 3**

"While watching a movie after lunch, my family snacks on buttery popcorn while I savor low-cal pudding. More *PointsPlus* value savings!"

6 P.M. DINNER

4 oz T-bone grilled steak • ¾ c steamed green beans • ½ boiled potato with 1 tsp margarine • 16 oz Starbucks Caffè Vanilla Frappuccino with whipped cream
***PointsPlus* value: 23**

"I have a steak half the size of my husband's to save room for my favorite indulgence."

12 A.M. TOAST

1 oz sparkling grape juice ***PointsPlus* value: 1**

"After a quick toast, I'm off to bed."

DAILY TARGET 26, USED 29 *PointsPlus* values

★★★★★ Cheers to Kim for starting her day with a toning workout that keeps her weight-loss priorities top of mind. She wants to spend time with her family but not blow it—which she does by eating light. (They choose the movie, *she* selects the smart snack.) Kim most wants to indulge in a blended-coffee drink—and she wisely budgets ***PointsPlus*** values for it. Bottom line: She starts 2014 with no regrets.



DO-IT-ALL HOST

Katy P., 35
Saint Michael, MN

My resolution To put on my hostess hat tonight and still make smart food choices.

8 A.M. BREAKFAST

12 oz coffee with 2 Tbsp fat-free creamer • ½ c egg substitute with 1 wedge light spreadable cheese ***PointsPlus* value: 3**

10 A.M. SNACK, 12 P.M. LUNCH

2 clementines • 1 low-carb tortilla with 2 oz roasted turkey and 2 Tbsp guacamole dip • 1 c fruit salad ***PointsPlus* value: 4**

"To short circuit any sampling while I prep for the party, I have a filling lunch beforehand."

4 P.M. SNACK

2 light string cheeses with 5 crackers ***PointsPlus* value: 3**

6:30 P.M. DINNER

6 mini-meatballs with 3 Tbsp barbecue sauce • 6 mini–hot dogs • 3 c salad with 3 Tbsp lite ranch dressing • 5 oz champagne with 2 oz sparkling water • 2 peanut butter cookies
***PointsPlus* value: 26**

"I serve lots of appetizers since I prefer grazing to a sit-down meal. To make my champagne last, I add sparkling water."



12 A.M. TOAST

5 oz champagne ***PointsPlus* value: 4**

DAILY TARGET 26, USED 40 *PointsPlus* values

★★★½ Katy's ability to plan ahead makes her a savvy reveler; she does a good job of scaling back her eating before guests arrive. However, her many trips to the buffet add up to a day's worth of ***PointsPlus*** values. Here's a trick to prevent future mishaps: Katy could refrigerate any uneaten meatballs and mini–hot dogs earlier in the evening, leaving out just the salad for late-night nibbling.

PHOTOGRAPHY: RAMIN TALAIE/CORBIS (NYE BALL); SHUTTERSTOCK (PUDDING); ISTOCKPHOTO (MEATBALLS).

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Your travel mantra: "Exercise now, order room service later."

Lighten your load

No gym? No problem! Here's how to fit in a workout while you're on the move this season—no equipment required.

Whether you are spending the night at a hotel or in your childhood bedroom, sticking to a regular exercise regimen can be a challenge when you're away from home. However, staying active on the road is important for weight loss *and* stress relief. So if you aren't among the 52 percent of travelers who exercise while on vacation, embrace these five one-minute moves no matter how much (or how little) time you have to spare.

PHOTOGRAPHY: JEFF HARRIS.

ANYWHERE, ANYTIME WORKOUT

Do these challenging moves in one-minute bursts throughout the day, or do all five consecutively to complete one full circuit.

Got 1 minute?
Do only one move.

Got 5 minutes?
Do one five-minute circuit.

Got 15 minutes?
Do three circuits.

Got 30 minutes?
Do the circuit six times.

1. **Bridge raise** Place chair against wall. Lie on back, arms at sides, knees bent at 90-degree angle and heels resting on chair seat. Push hips upward, keeping thighs in line with back. Hold. Lower hips. Repeat for 1 minute.
2. **Mountain climb** Start in plank position, resting on forearms and toes. Keeping palms and left toe anchored, bend right knee inward toward chest. Quickly return same leg to start position. Repeat for 1 minute, alternating legs.
3. **Walking lunge** Take a large step with right foot; bend right knee and bring left knee toward floor, moving into lunge. Push off with left foot to standing; move into lunge, leading with left leg. Repeat for 1 minute, alternating legs.
4. **Front kick** Stand with feet hip-width apart, arms bent and fisted hands close to face. Bring right knee up and kick leg with foot flexed. Return to start position and do move with left leg. Repeat for 1 minute, alternating legs.
5. **Explosive squat** Stand with feet wider than hip width; bend knees into low squat (no lower than 90 degrees), with chest up and hips back. Once you reach lowest point of squat, jump up to return to start position. Repeat for 1 minute.

Dear Santa,

I'm committed to walking regularly most of the year, but just can't find time during the holidays. Please tell me how to stay off your naughty list.

—Waffling Walker

Dear Waffling Walker,

You've come to the right guy, as no one is more time-crunched than I am this season. For advice on squeezing in a stroll, **I turned to the fitness researchers**, who spend more time toiling away in labs to understand the mechanics of walking than the elves spend hammering away in my workshop. Use their findings to fuel your walks, too.

Yours truly,

S. Claus



1 Prance before you party. Don't worry; sneaking in a prefête walk won't send your appetite into overdrive. A recently published review found that moderate exercise didn't lead people to eat more to make up for calories burned. And since a brisk walk puts you in a healthy mindset, you'll be more likely to pick the crudité over the cheese log come party night.

2 Walk before dessert. Lingering around the table after the main meal may be relaxing, but it usually leads to more nibbling. Start a healthy holiday tradition by building in a walk after the main course. If a family member has diabetes, it may even help her control the disease. A preliminary study from the American Diabetes Association found that a brisk, 15-minute walk after dinner is more effective at controlling glucose levels than taking a longer walk earlier in the day.

3 Put on sweats before you bake. Exercise takes a hit when you're the family cook. In fact, researchers found that a mere 10-minute increase in food-prep time was associated with a lower chance of exercising that day. Boost your workout odds by wearing your exercise clothes while you cook. It will serve as a reminder to get walking once the sugar cookies are out of the oven.

YOUR HOLIDAY WALKING PLAN

Whether you're looking to stay active or training for a New Year's Day 5K, this six-week walking plan will keep you moving.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Aim for four 15-minute walks and one 20-minute walk at an easy pace.	Take four 20-minute walks at an easy pace; one 25- to 30-minute walk at an easy to moderate pace.	Go for three 25-minute walks at a moderate to brisk pace; two 35-minute walks at an easy to moderate pace.	Do three 30-minute walks at a moderate to brisk pace; two 45-minute walks at a moderate pace.	Take three 30-minute walks at a moderate to brisk pace; one 60-minute walk at an easy to moderate pace.	Finish with two 30-minute walks at a brisk pace; one 60-minute walk at an easy to moderate pace. Stick with this plan to start 2014 on the right foot.

Expert: Judy Heller, ACE-certified personal trainer and walking coach in Portland, OR.

Get out of the house! Go to *weightwatchers.com/fitinfitness* for more ways to stay active.

PHOTOGRAPHY: MARTINA SANDKUEHLER/JUMP FOTO.

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To Your Health!

If you've started your weight loss program, you're already taking a big step for your overall health. But did you know you may also be reducing your risk of breast cancer? Here are four must-knows from Susan G. Komen® for leading a healthy lifestyle *and* lowering your risk of developing breast cancer.

1 Make healthy lifestyle choices

Healthy lifestyle choices may help lower your risk of breast cancer as well as other diseases and conditions.

- Maintain a Healthy Weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone therapy
- Breastfeed, if you can

2 Know your risk

Talk to your family to learn about your family health history. Then, talk with your health care provider about your personal risk of breast cancer.

3 Know what is normal for you

See your health care provider if you notice any changes in your breasts such as:

- Lumps inside the breast or underarm area
- Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- Dimpling of the skin
- Itchy, scaly sore or rash on the nipple
- New pain in one spot that doesn't go away

4 Get screened

You can sign up for a screening reminder at *komen.org/reminder*.

- If you're at a higher risk, talk with your health care provider about which screening tests are right for you.
- If you are at an average risk:
  - Have a mammogram every year starting at age 40
  - Have a clinical breast exam at least every three years starting at age 20, and every year starting at age 40

HELP US MAKE A DIFFERENCE For over 30 years Susan G. Komen® has been the largest non-profit source of breast cancer research funding outside of the U.S. government. We've invested over $20 million in research focused on the effects of obesity, weight and exercise on breast cancer risk and survival.

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susan g. komen.



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Dance therapy

Tracy H.
Greeley, CO
age: 53

Read how one woman recovered from a painful divorce by kicking up her heels. *by* TRACY HUME

Dancing was one of my first loves. At age 8, I began taking a variety of classes, including tap, jazz and ballet. And when I first started to gain weight as a college student, I found that time on the dance floor made me so happy that any self-consciousness melted away.

But after I married and had two kids, work and family responsibilities left no time for dance—or exercise of any kind. My weight gradually escalated and, when my relationship with my husband hit a rough patch, I reached my heaviest ever: 257 pounds. I hoped that losing weight would give me the energy I needed to handle the stress of my disintegrating marriage, so I joined WW and started eating healthier. But when my husband moved out (on Mother's Day, no less), the grief was overwhelming. How would I find happiness again? Then, serendipitously, I spotted a newspaper ad for square dancing lessons. I was unfamiliar with the dance form, but the class time worked with my busy, single-mom schedule, so I gave it a whirl. After all, what did I have to lose?

Walking into my first lesson without a partner was nerve-racking, as most of the class was already coupled up, but the warm welcome I received quickly put me at ease. The music was a surprising mix of country classics and contemporary hits. The class began and once I learned that the footwork was basically a form of brisk walking (something I *could* do, despite being out of shape), I was hooked. By the end of the class, I was sweaty, out of breath and excited to return.

Now my dance life *is* my social life: I attend square dance events almost every weekend, and look forward to seeing my friends from class. The activity has done wonders for my weight-loss effort, but the overwhelming joy I feel when I tune everything out and simply move to the music is what keeps me coming back. It's great to be in a committed relationship again: this time with dance!

DUST OFF *YOUR* DANCING SHOES

...by going to dosado.com now to find a square dance class near you. Then use our cheat sheet to learn the lingo so you are prepped and ready to swing.

DO-SI-DO
Partners face each other, then circle back to back before returning to the original position.

RED ROCK
Hug your partner! It's perfectly fine to pipe up if you'd prefer dancers don't hug you.

SQUARE
Four pairs of partners arrange themselves to face each other, forming the shape of a square.

FORWARD AND BACK
Pairs of partners face each other, taking three steps forward, then three steps back.

PHOTOGRAPHY: JASON YORK/GETTY IMAGES.

SUCCESS secrets



PHOTOGRAPHY: KAREN PEARSON; HAIR: GEORGE ORTIZ; MAKEUP: JOY FENNELL; MANICURE: YUKO; FASHION STYLING: CHRISTINE BIBBO HERR.

Kelly E.
Age: 34 Ht: 5'4"
Lost: 108 lb*
How: Meetings

* People following the Weight Watchers plan can expect to lose 1–2 lbs/wk.

KELLY LOST WEIGHT ON A PRIOR WEIGHT WATCHERS PROGRAM AND ***POINTSPLUS***.

“I love to wear tank tops that show off my awesome arms. I can do full-form pushups—balancing on my toes!”

SHORT AND SWEET

Three members received a wake-up call when they heard the word **diabetes.** Here’s how they reversed their fates and took control—no sugar-coating here.

Second chance

as told to LISA M. GERRY

I was a heavy child, and it’s no wonder. My family is Hispanic, so we ate a lot of rice, potatoes and beans. There were always cookies and chips in the house as well, and every day I would sit in front of the TV for hours and eat, eat, eat.

In college, I lost weight, but once I began job-hunting, the stress led me to gain it back. I stopped socializing completely—my best friend would call me to hang out and I would make up excuses why I couldn’t. Over the next year, I gained another 40 to 50 pounds.

When I finally went to my doctor, I learned that I had high cholesterol and I was prediabetic. After that diagnosis, it was no longer just about how I looked. My health was at risk, too. I left the office in tears; I was in my mid-twenties but felt like I was 50!

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At a loss for what to do, I decided to join my coworker (who was a WW Member) at a meeting. I sat in the back of the room and didn't say a word. Still, I liked what I heard, as members talked through many of the same issues I had. I made small changes every week, such as buying measuring cups and spoons to help me know how much I was actually eating. I also got rid of all the chips, cheese and crackers in my house, since I had a hard time eating just a little of them. Eventually, I began cooking all of my own meals.

Another major change: I no longer use food to comfort myself. If I had a bad day in the past, I would eat a whole devil's food cake when no one was around; now I call a friend or get busy with a project around my house. It feels good to channel my anger and frustration into something positive.

The changes I've made have paid off: My cholesterol and glucose levels are normal and I'm no longer prediabetic. Just a few years ago my outlook was grim, but now I make every day count.

ALL OUT THERE

Kelly blogs about her weight loss as a means of support and inspiration. Here's her story by the numbers:

1000-1500
Number of page views her blog, www.curvyfitgirl.com, gets a day.

0 The amount of **processed foods** in her house. Kelly proudly says, "Everything I put in my body is as pure and nutritious as it can be."

10 The number of **minutes Kelly started walking** on the treadmill before working up to an hour. "Now, I do a rigorous fitness boot camp class! The changes to my body have been phenomenal," she says.

TIP Go online! "Find people on social media and blogs who are facing the same challenges as you," says Kelly.

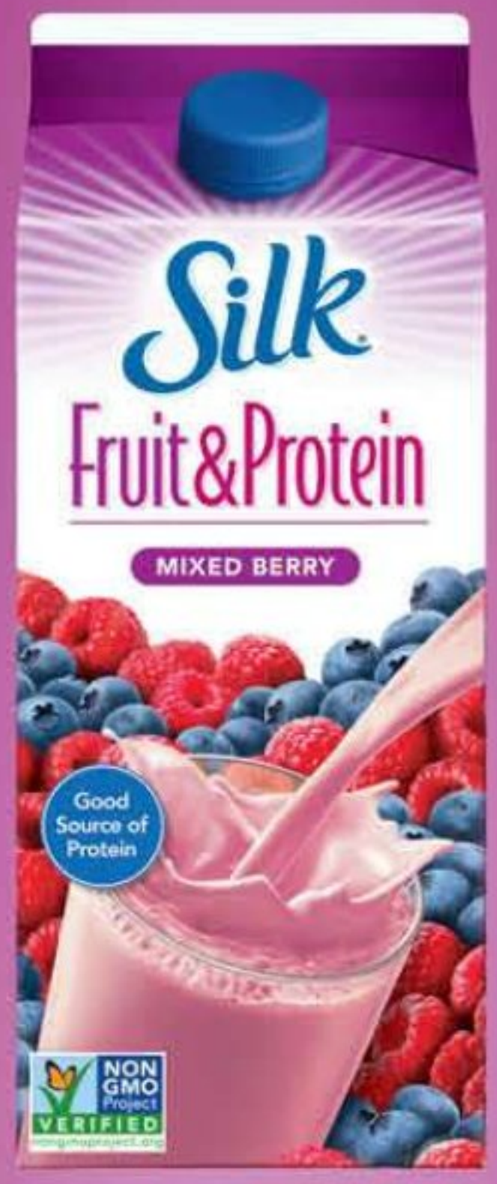
Q I was just diagnosed with prediabetes. Should I be concerned?

***A.* Yes.** Prediabetes (a condition in which fasting blood sugar levels are higher than normal) can be damaging, though not to the extent of full-blown type 2 diabetes, which raises the risk of heart and kidney disease, blindness, nerve disease and limb amputations. But a diagnosis of prediabetes shouldn't be taken lightly, since those who develop type 2 diabetes usually have prediabetes first, according to the American Diabetes Association.

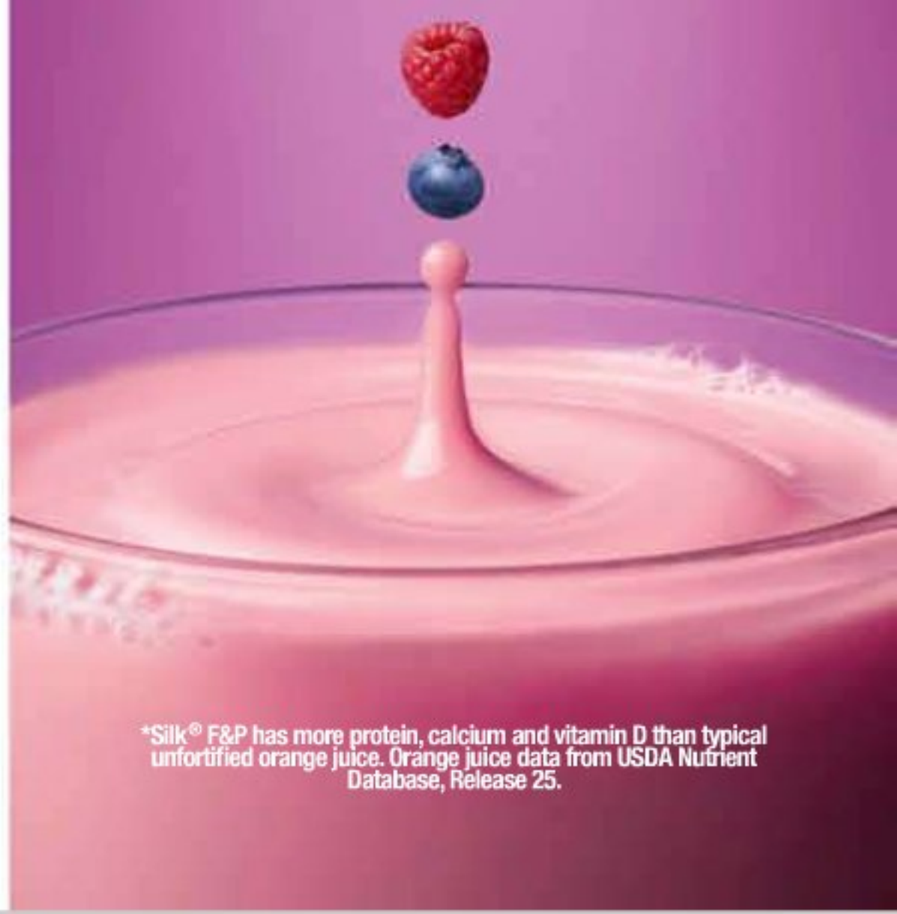
Prediabetes doesn't usually cause symptoms, **but it does increase your risk of developing type 2 diabetes, as well as heart disease and stroke.** And a recent study from Brigham and Women's Hospital in Boston suggests that insulin resistance is associated with the narrowing of the arteries in the pelvis and legs known as peripheral artery disease, which can lead to cramping, pain, risk of serious infection (like gangrene) and a 4 to 5 times higher risk of heart attack and stroke. "Every time blood sugar goes above normal, it increases inflammatory markers that can damage the cells in the heart and circulatory system. These markers, in turn, increase the risk of heart attack and stroke," explains Barrie Weinstein, MD, an assistant professor of medicine, endocrinology, diabetes and bone disease at the Icahn School of Medicine at Mount Sinai in New York City.

If you've been diagnosed with prediabetes, **have your blood sugar rechecked every one to two years.** In the meantime, losing excess weight and exercising regularly can help you reduce your odds of developing type 2 diabetes and other complications.

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BEFORE

Meg S.
Age: 49 Ht: 5'7"
Lost: 51 lb*
How: Meetings

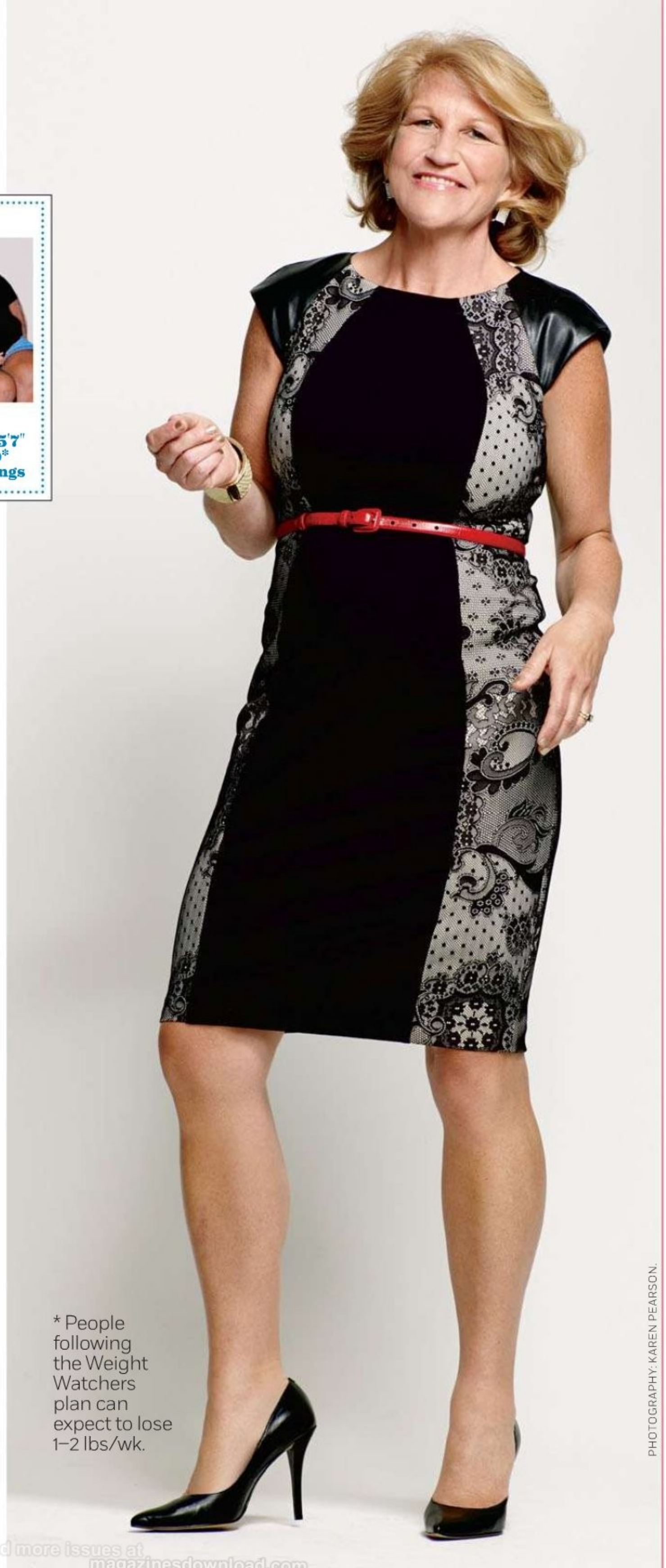
"I took diabetes medications, but I didn't notice a big improvement in my blood sugar levels until I started losing weight."

Paradise found

as told to LISA M. GERRY

In third grade, I was the biggest kid in my elementary school, so I was picked on relentlessly. As a result, I became very withdrawn. Then, when I was 13, my father died of a heart attack at age 61, and I turned to food for comfort.

I slimmed down during high school when I joined the swim team, but the pounds came back after I got married at age 20 and pregnant at 25. Then, I experienced something no mother should: My son passed away from an infection just three days after he was born. I ate to cope with the ⊙



* People following the Weight Watchers plan can expect to lose 1–2 lbs/wk.

PHOTOGRAPHY: KAREN PEARSON.

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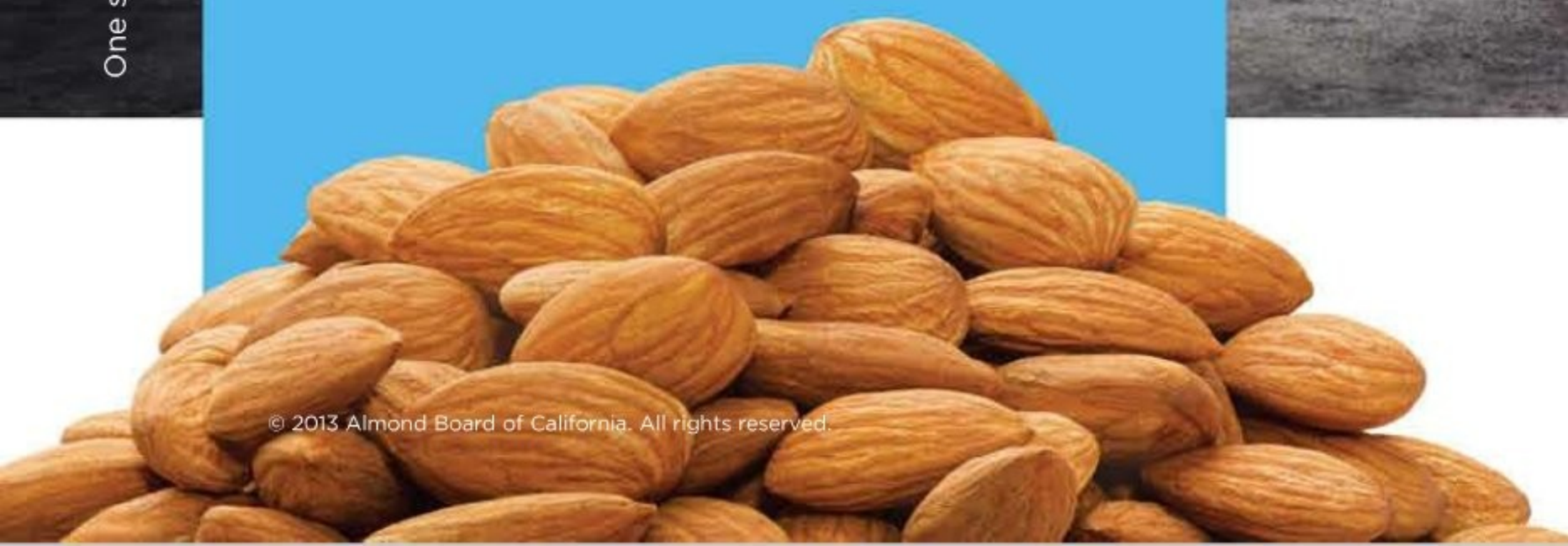
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CRUNCH ON

loss and I gained even more weight over the following year.

After experiencing such a tragedy, I was blessed with a son and a daughter. But I also gained weight during those pregnancies. Over the years, I occasionally experienced numbness in my fingers and toes, and made frequent trips to the restroom. Then, during a trip to Walt Disney World, I was so tired I had to fight the urge to fall asleep in the park. Though my husband never brought up my weight because he didn't want to hurt my feelings, he encouraged me to see a doctor.

I was diagnosed with type 2 diabetes, which was terrifying. Years of bad habits had caught up with me, and I knew the only solution was to lose weight, so I joined Weight Watchers. I was successful, but I eventually stopped going to meetings, and—you guessed it—my weight started creeping up. Two years ago, after gaining the majority of the weight back, I joined again with my daughter, Virginia, who was 16 and struggling with her weight, too. Having a WW companion gave me the boost I needed to make lasting changes.

The Program taught me that being healthy is about making smart choices when it comes to food and exercise. I no longer keep fattening foods in the house and we eat lots of fresh vegetables, fruit, lean chicken and fish. Surprisingly, I also started jogging. I always hated running and thought I couldn't do it because I was overweight. Then one day I saw my daughter training for a 10K, so I tried running myself. Now I've even set a goal to run a 5K.

During the years that I was at my heaviest, I used to cry a lot because I felt so terrible. But I've reversed that, along with my blood pressure and cholesterol numbers. Fortunately, I've been able to cut back on my diabetes medications. I know I'll stick with Weight Watchers for the rest of my life, because it definitely saved mine.

C'MON, GET HEALTHY

Meg has weaned herself off diabetes medications almost entirely, thanks to these new nonnegotiables.

4 The number of **miles she walks and jogs** (2 miles of each) with her daughter every morning. "Virginia won't let me sleep in!" says Meg.

10 The **size dress she bought** to wear to her daughter's high school graduation. "It's the first dress I've worn in 25 years," she says. "Before, I wore sweatpants and T-shirts most of the time, but now I love to shop."

12 The number of **minutes she and her daughter spend** making each other's lunches like salad with grilled chicken, low-fat cheese and black or kidney beans.

TIP Find a weight-loss confidante to help push you along. "Having a friend or family member to bounce ideas off makes all the difference," says Meg.

ARE WOMEN WORSE OFF?

Diabetes, which affects 13 million men and 12.6 million women in the U.S, does not discriminate. Despite the higher number in men, women are more likely to suffer its potential after-effects. Here are some areas in which diabetes impacts women differently than men:

HEART DISEASE Diabetes is a bigger risk factor for heart disease in women than in men. "This may be due to the effects of estrogen on blood sugar control," says Amber Taylor, MD, director of The Diabetes Center at Mercy Medical Center in Baltimore.

PREMATURE MENOPAUSE Women with diabetes are also at risk of developing premature menopause, which in turn increases the risk of heart disease, notes the American Diabetes Association.

PREMATURE DEATH In addition, women with diabetes have a higher risk of premature death than men with the disease, according to research by the Centers for Disease Control and Prevention in Atlanta.

BOTTOM LINE While it's important for both men and women to take diabetes seriously, women should recognize that they might need to treat their disease more aggressively. If you have diabetes, track your blood sugar diligently and work with your doctor to keep it in check.

Q I just went on diabetes meds. Can I eat what I want now?

***A.* No.** Though the different types of medications for type 2 diabetes, including a new class called DPP-4 inhibitors, work in different ways to lower blood sugar levels, it's important to take a three-pronged approach to treat the disease: diet, exercise and medications.

Eating less sugar and fewer starch-rich foods enables the medications to control your blood sugar more effectively. Choosing more plant-based foods and lean proteins, and exercising regularly, can often improve your blood sugar enough so that you can get by with a lower dose, which may help you avoid side effects like upset stomach and weight gain, notes Dr. Amber Taylor. Lifestyle improvements may also mean you need fewer drugs to control your blood sugar effectively.

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Joe D.
Age: 36 Ht: 6'4"
Lost: 146 lb*
How: Meetings



“Frankly, I’m relieved. By reversing my type 2 diabetes, I stopped damaging my body.”

Brave new world

as told to SHELLEY LEVITT

Growing up, my mother worked at a gas station that my grandmother owned. I’d have soda and candy while doing homework there. By junior high, I didn’t want anyone to notice how big I was, so I stopped eating lunch (I thought that would somehow make me look smaller). I was famished by the time I got home, and I’d wolf down snacks and leftovers—and have dinner an hour later. By high school, I weighed 300 pounds.

My portion sizes were huge in my 20s, and I smoked two packs of cigarettes a day. When I turned 30,

* People following the Weight Watchers plan can expect to lose 1–2 lbs/wk.

JOE LOST WEIGHT ON A PRIOR WEIGHT WATCHERS PROGRAM AND ***POINTSPLUS***.

PHOTOGRAPHY: KAREN PEARSON.

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I knew I had to get healthier since heart problems run in my family. I was able to quit smoking—losing weight was my next challenge.

In the months that followed, I was really tired, more thirsty than usual and went to the bathroom more frequently, but I ignored all these symptoms and went about my life. Then, in March 2008, while I was visiting a friend in New Jersey, I couldn't keep my eyes open—I felt like I was going to pass out—so I took myself to the emergency room. That was when I learned my glucose level was 317, which is more than three times the norm. I was floored. There was no doubt: I had type 2 diabetes. In an instant, my world turned upside down. I would have to take medication, monitor my blood sugar levels twice a day and see my doctor every four months.

I imagined what my future would look like, and I dreaded the thought of having to resort to insulin injections. So for my 32nd birthday, in June 2009, I gave myself a present: a Weight Watchers membership. When it came time to step on the scale, my heart dropped as I saw I weighed 403 pounds. But the Leader looked at me with such compassion, I gave her and the Program a chance.

Almost immediately, I cut back on the amount of food that I ate and got creative. For example, I now make a chicken salad "sandwich" by scooping out the seeds of a cucumber and creating a small boat for the chicken salad.

Six months after joining, I took advantage of the free gym membership my company offered. I was hesitant, since I was still 350 pounds, but it was winter, and I needed to continue exercising. Now I'm hooked to fitness: I take boot camp and Zumba classes every week, and exercise with a personal trainer, too.

My life couldn't be more different than it once was. My blood sugar levels are normal, without any medication. I've gone back to school to get a degree in nutrition, and after barely dating, I've been in a committed relationship for three years. It's scary to think how I played roulette with my life when I was younger. But now that I know how good it feels to be healthy, I'm here to stay.

THE BEST MEDICINE

Here's what keeps Joe motivated to eat and live well.

25 Total number of **times he has performed stand-up comedy** in front of an audience since feeling confident enough to pursue his dream.

2 Number of **tablespoons of dressing** Joe uses on his salads. And he has a trick for even more flavor: "I add juicy mandarin oranges for zest," he says.

4 Number of **chicken kebabs Joe used to have for dinner**. (He now eats two chicken and two veggie kebabs).

TIP Step out of your comfort zone. "I was able to do that when I stopped thinking, 'What will people say about me?' It's not easy, but once you do, you'll realize that you can accomplish anything," says Joe.

Q Is it possible to reverse type 2 diabetes?

***A.* A simple question—with a complicated answer.** Sometimes you can reverse the condition, and sometimes you can't— **to some extent it may depend on genetic and environmental factors,** experts say. It also hinges on how high your blood sugar is and how long you've had diabetes.

"With recently diagnosed cases of diabetes, there's a lot you can do to reverse it through lifestyle measures," says Barrie Weinstein, MD. Once someone has had type 2 diabetes for many years, it's more difficult to reverse the condition, and there's more of a risk of complications.

Especially in the early stages, **losing 5 to 10 percent of your body weight can improve your blood sugar levels,** sometimes enough to reverse diabetes. The key is to consume a higher proportion of plant-based foods, such as fruits, vegetables and whole grains, with smaller amounts of lean proteins, and to minimize starches. It also helps to exercise five days of a week for a minimum of 30 minutes at a time. "Being physically active makes your body more responsive to insulin, which improves blood sugar levels," explains Dr. Weinstein. "Even without weight loss, regular exercise can improve blood sugar levels."

HAVE YOU FOUND SUCCESS? Send your story, photos and hometown to wwmsuccess@weightwatchers.com.

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Doubly blessed

You think *you* have a lot to be thankful for! One couple credits WW with helping them weather **Superstorm Sandy's** aftermath. *by* KATERINA GKIONIS

It was business as usual

at the Weight Watchers meeting that husband-and-wife team Bruce and Rhonda attended two days before Superstorm Sandy hit in October 2012. But in addition to the "bravos" and weekly celebrations, there was a strong undercurrent of dread and fear of the days ahead. "We were all preoccupied with the storm warnings. Hurricane Irene had shredded our dock to pieces in August of 2011, so we didn't know what to expect," says Bruce.

Sandy's aftermath was even fiercer than Irene's: **Homes were ripped from their foundations;** once-tranquil marinas were a scene of jumbled boats; debris littered the streets. The storm had left a permanent mark on the Jersey Shore, including the couple's hometown of Brick, NJ.

After seeking refuge at their daughter's, Bruce and Rhonda were thankful to return to find their house standing, **though the basement was three feet deep in water.** "It was horrible," Rhonda says. "We had stored everything—photographs, family heirlooms, my college diploma, Christmas decorations—in plastic bins, but they had flipped


BEFORE

Bruce R.
age: 69 ht: 5'10"
lost: 29 lb*

Rhonda R.
age: 64 ht: 5'5"
lost: 29 lb*

Location: Brick, NJ



* People following the Weight Watchers plan can expect to lose 1–2 lbs/wk.

PHOTOGRAPHY: KAREN PEARSON; HAIR: GEORGE ORTIZ; MAKEUP: JOY FENNELL; FASHION STYLING: CHRISTINE BIBBO HERR. PHOTOGRAPHED ON LOCATION AT THE HIGH LINE, NEW YORK.

over. Our lives were literally floating past us."

What they saw in their yard was even more upsetting: The retaining wall that protected their property, which is situated on a small river off the bay, had crumbled into a pile of bricks and rubble. After the cleanup crew that Bruce hired failed to show up, Rhonda made a suggestion. **"We lost 58 pounds together on WW," she reminded her husband of 28 years.** "We bike and we lift weights—we can do this ourselves." So they immediately got to work.

The two spent the next week transporting belongings upstairs from the basement and **carrying two bricks at a time from the backyard to their front curb.** They did, however, take a break to attend their weekly WW meeting. "All the local businesses were closed, but our center was open, and it provided a sense of community at a time when we really needed it," Bruce recalls.

Once they finished with their own cleanup effort, they helped their neighbors, too. **"Pretty good for two retirees in our 60s,"** Rhonda says proudly. "If nothing else, Sandy proved how strong we all really are."



OFF THE WALL "The storm completely ruined our retaining wall, but brick by brick, we were able to rebuild it ourselves," says Bruce.

PHOTOGRAPHY: KATERINA GKIONIS (PORTRAIT).

Looks innocent.
Tastes guilty.







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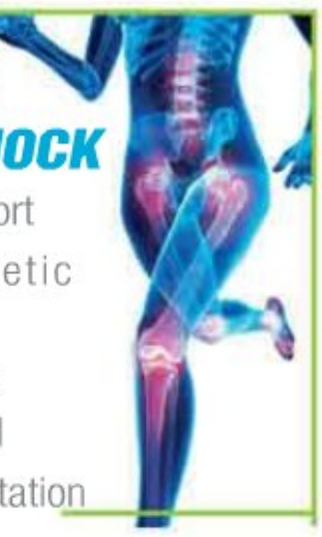
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SHOCK ABSORPTION STUDY HPW Biomechanics, 2012
*Shock absorption: Measurement of maximim pressure (KPI).
Energy return: Measurement of energy returned (Joules).

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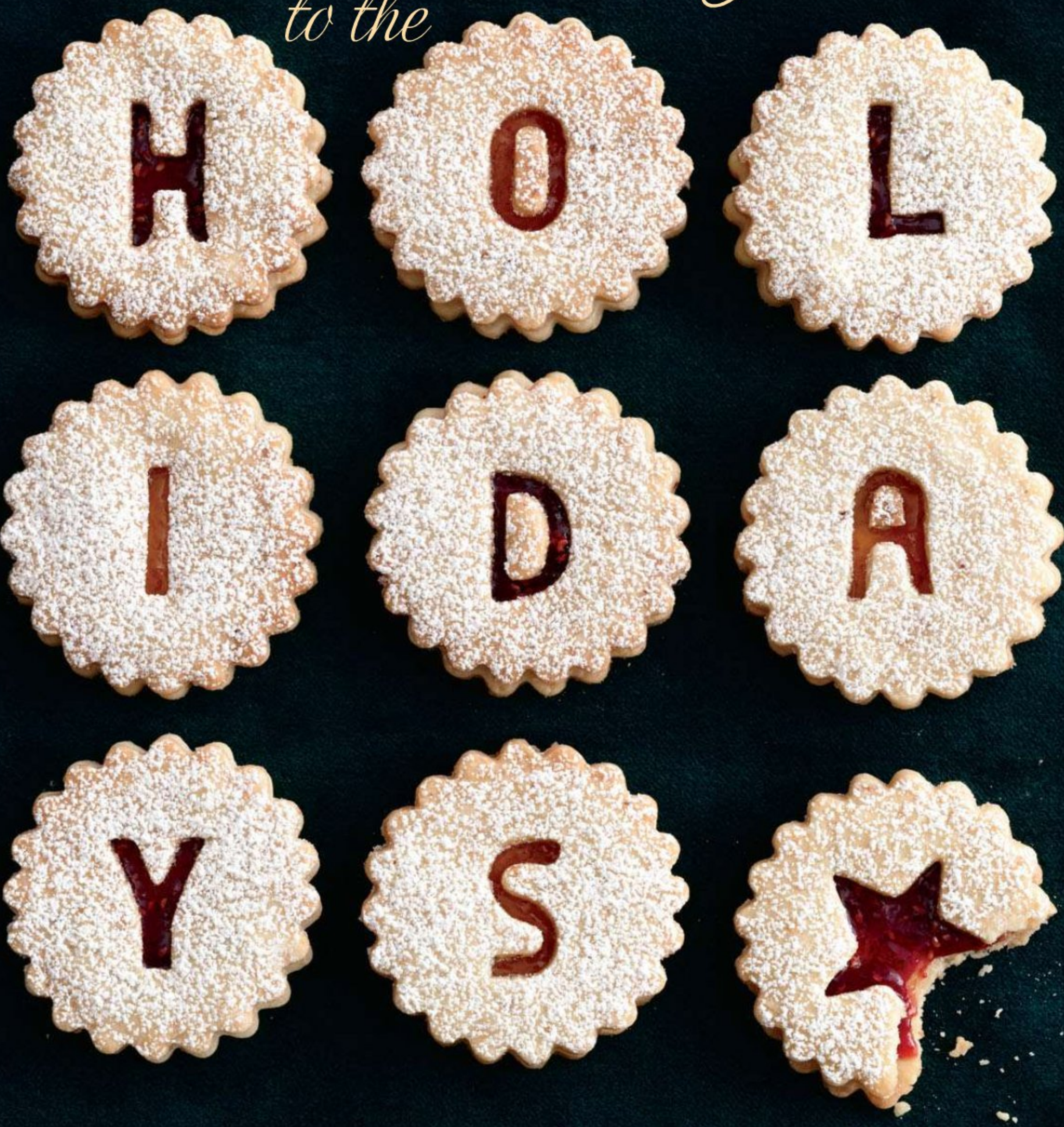


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the Essentialist Guide to the HOLIDAYS



Rejoice! No need to cook nonstop to create fabulous feasts and desserts. Here's how to have the easiest, tastiest holiday season yet.

No-fuss

FEA

ONE ICONIC TURKEY RECIPE + 4 SIDES = A COMPLETE (AND COMPLETELY

THANKSGIVING DAY FEAST FOR 10

Classic Herb-Roasted Turkey (p. 76)

⁜

Rich Turkey Gravy (p. 79)

Orange-Cranberry Sauce (p. 79)

Cornbread Stuffing with Sausage (p. 77)

Lemony Brussels Sprouts (p. 79)

Maple-Roasted Parsnips and Carrots (p. 78)

⁜

Pumpkin-Meringue Tarts (p. 114)

⁜

Borgo Magredo Pinot Grigio "Mosaic", Italy

S T

SATISFYING) THANKSGIVING FEAST. YOU'RE WELCOME.

by CAROL PRAGER | *photography by* ROMULO YANES
food styling by CARRIE PURCELL | *prop styling by* AMY WILSON

THIS YEAR'S GAME PLAN

Scale back—that means making fewer dishes, period. Then focus your efforts on the following:

STICK TO Classic Herb-Roasted Turkey
There's bound to be someone at the table who doesn't like turkey, but you're not in the restaurant business. Bypass serving a second main dish and assure that guest with confidence there will be plenty to eat.

STICK TO Cornbread Stuffing with Sausage
Holiday stuffing is made with bread, so why double up by serving a basket of rolls, too?

STICK TO Lemony Brussels Sprouts and Maple-Roasted Parsnips and Carrots
Doubling up on veggie dishes will eliminate the need for a green salad (and save you the hassle of having to break out—and wash—the salad plates).



bye bye, dry!

If your goal is to serve up a bird that's the ultimate in moist, juicy flavor, here's how to steer clear of some common problems.

Last year's turkey tasted like sandpaper. Do I need to brine my turkey this year for it to be moist? Consider buying a kosher bird. Processed according to Jewish dietary law and under rabbinical supervision, these birds are bathed in kosher salt, then rinsed multiple times in cold water. This process works to season the meat, improve texture and help retain moisture. Kosher birds are more costly, but the results won't disappoint. **TIP** To determine how much turkey to purchase, count on one pound per person—one-and-a-half if you want lots of leftovers.

Is fresh turkey more flavorful than frozen? Not always. While some cooks claim that frozen turkey is noticeably drier and not as flavorful, the difference is negligible when it comes to supermarket turkey. This is because the USDA allows turkeys labeled "fresh" to be chilled as low as 26°F—well below the freezing point of water—which allows ice crystals to form and the meat to begin drying out just as it would in a fully frozen bird. Bottom line: Fresh supermarket turkeys are usually pricier than frozen, but you won't get much more for your money.

How can I keep leftover turkey from drying out when reheated? To keep the meat moist, skip the microwave and place slices of leftover turkey in a steamer basket set in a pot of simmering water, then cover the pot with a lid and check it every few minutes. The turkey heats up quickly and stays juicy.

Should I bother with gravy and cranberry sauce? Yes! Especially if you're using our weight-friendly versions, p. 79. Both recipes makes 10 servings.

ESSENTIAL TIP

To carve turkey like a pro, use a razor-sharp knife with a thin 9- to 12-inch blade. This cuts down on friction, resulting in neat, uniform slices.

CLASSIC HERB-ROASTED TURKEY

PREP 35 MIN | ROAST 3 HR 15 MIN | SERVES 10 + LEFTOVERS | MAKE AHEAD 3 DAYS

- ½ c finely chopped mixed fresh herbs (parsley, thyme, sage and chives)
- 2 small lemons
- 2 Tbsp light stick butter, at room temperature
- 2 tsp garlic paste
- ¼ tsp black pepper
- 1 (12 to 14-lb) fresh or thawed frozen turkey
- 1 tsp kosher salt
- 1 small onion, cut into 2-inch pieces
- 1 celery stalk, cut into 2-inch pieces
- 3 c low-sodium chicken broth

1 Preheat oven to 350°F. Spray large roasting pan and rack with nonstick spray.

2 Filling: Mix herbs, grated zest and juice of 1 lemon, butter, garlic paste and pepper in small bowl. (If making ahead, cover and chill up to 3 days. Return to room temperature.)

3 Remove neck and giblets from body and neck cavities of turkey and discard. Drain juices from turkey; pat turkey dry with paper towels. Sprinkle body and neck cavities with salt. Slip your fingers under skin to create large pockets over both breast halves and legs. Spread filling onto meat under skin. Cut remaining lemon into wedges. Stuff body cavity with lemon wedges, onion and celery. Close cavities with metal skewers. Tuck wings under breast and tie legs together with kitchen string.

4 Put turkey breast-side up on rack. Add 1½ c broth to roasting pan. Roast, basting with pan juices every hour and adding enough of remaining 1½ c broth to prevent pan juices from evaporating, until instant-read thermometer inserted 2 inches into inner thigh (without touching bone) registers 165°F, 3¼–3¾ hours (if the breast browns too quickly, cover it with tented foil). Transfer turkey to cutting board. Tent with foil and let stand 20 minutes, reserving ⅓ c pan drippings for Rich Turkey Gravy (p. 79). Carve turkey; remove skin before eating. Serve with gravy.

PER SERVING (1½ [1-OUNCE] SLICES EACH SKINLESS WHITE MEAT AND SKINLESS DARK MEAT WITHOUT GRAVY): 154 cal, 5 g total fat, 1 g sat fat, 0 g trans fat, 72 mg chol, 208 mg sod, 0 g total carb, 0 g sugar, 0 g fib, 25 g prot, 20 mg calc. ***POINTSPLUS* VALUE: 4**

FYI If you're using a kosher turkey, omit the salt from this recipe.



For moist white meat, bake the stuffing separately. By the time it's fully cooked inside the bird, the breast will be overdone.

CORNBREAD STUFFING WITH SAUSAGE

PREP 35 MIN | COOK/BAKE 55 MIN
SERVES 10 | MAKE AHEAD 3 DAYS

- 2½ tsp canola oil
- 1 lb onions, diced
- 4 (1-oz) turkey breakfast sausage links, casings removed and crumbled
- 1½ c frozen corn kernels
- 4 celery stalks, diced
- 2 large Granny Smith apples, peeled and diced
- 3 Tbsp fresh sage leaves, chopped
- 5 c dry herb-seasoned cornbread stuffing mix
- 2 c low-sodium chicken broth

1. Preheat oven to 350°F. Spray large rimmed baking sheet with nonstick spray. Heat oil in large nonstick skillet over medium heat. Add onions and cook, stirring occasionally, until tender, 8 minutes. Add sausage and brown, breaking it apart with wooden spoon, 4 minutes. Add corn and celery. Cook, stirring occasionally, until celery is crisp-tender, 4 minutes. Stir in apples and sage. Cover and cook until apple is crisp-tender, 4 minutes, stirring once halfway through cooking time.
2. Transfer apple mixture to large bowl. Add stuffing mix and broth; toss gently until evenly moistened.
3. Spread stuffing on baking sheet and cover with foil. (If making ahead, cool completely. Chill up to 3 days. Return to room temperature.) Bake 20 minutes. Uncover and bake until top is golden and crisp, 15 minutes. Transfer stuffing to serving bowl.

PER SERVING (⅔ CUP): 228 cal, 4 g total fat, 1 g sat fat, 0 g trans fat, 7 mg chol, 528 mg sod, 46 g total carb, 9 g sugar, 4 g fib, 7 g prot, 50 mg calc. ***POINTSPLUS* VALUE: 6**

FYI If you prefer a meatless stuffing, or want to trim the per-serving ***POINTSPLUS*** value by **1,** prepare recipe as directed but swap in ½ pound diced portobello mushrooms for the sausage and use low-sodium vegetable broth.

ESSENTIAL TIP

The tastiest sprouts are cooked until **bright green** and firm. To test for **doneness, insert** the tip of a knife into **the stem end; it should be barely tender.**

MAPLE-ROASTED PARSNIPS AND CARROTS

PREP 20 MIN | ROAST 40 MIN | SERVES 10
MAKE AHEAD 1 DAY

- ¼ c pure maple syrup
- 1½ Tbsp olive oil
- 1 Tbsp whole-grain Dijon mustard
- 1 Tbsp cider vinegar
- 1 Tbsp fresh thyme leaves
- 2 lb parsnips, peeled and cut into ½ x 3½-inch strips
- 2 lb carrots, sliced on diagonal
- ½ tsp kosher salt
- ¼ tsp black pepper

1 Preheat oven to 425°F. Line large baking sheet with heavy-duty nonstick foil.

2 Whisk maple syrup, oil, mustard, vinegar and thyme in large bowl. Add parsnips and carrots; toss to coat. (If making ahead, cover with damp paper towel, then plastic wrap and chill up to 1 day.) Roast until liquid evaporates and vegetables are tender, 40 minutes, stirring once halfway through roasting time.

PER SERVING (⅔ CUP): 132 cal, 5 g total fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 189 mg sod, 27 g total carb, 12 g sugar, 6 g fib, 2 g prot, 65 mg calc. ***POINTSPLUS* VALUE: 4**

FYI Shop for grade B maple syrup for cooking and baking. It has fuller flavor than Grade A syrup, which is more commonly used as a topping.

PHOTOGRAPHY:

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LEMONY BRUSSELS SPROUTS

PREP 35 MIN | BAKE/COOK 30 MIN
SERVES 10 | MAKE AHEAD 1 DAY

- **1 (1-oz) slice whole-grain bread, torn into pieces**
- **4 tsp extra-virgin olive oil**
- **2 lb fresh Brussels sprouts, trimmed and halved**
- **3 Tbsp grated Parmesan cheese**
- **⅓ c fat-free sour cream**
- **1½ tsp grated lemon zest**
- **2½ Tbsp fresh lemon juice**
- **¼ tsp garlic powder**
- **¼ tsp kosher salt**
- **⅓ c water**
- **2 small red jalapeño peppers, thinly sliced**

1 Preheat oven to 350°F. Line small baking sheet with parchment paper.

2 Pulse bread in food processor until coarse crumbs form; transfer to small bowl. Add 1½ tsp oil and toss until evenly moistened. Sprinkle crumbs evenly on baking sheet. Bake, tossing every 4 minutes, until golden and crisp, 12–14 minutes. Cool. (If making ahead, store in airtight container at room temperature up to 1 day.)

3 Meanwhile, bring large saucepan of lightly salted water to boil. Add Brussels sprouts and cook until crisp-tender, 4–6 minutes. Drain and transfer to large bowl of ice water to cool. With slotted spoon, transfer Brussels sprouts to paper towels; drain well. (If making ahead, chill in zip-close plastic bag up to 1 day. Return to room temperature.)

4 Mix breadcrumbs and Parmesan in bowl. Whisk sour cream, lemon zest and juice, remaining 2½ tsp oil, garlic powder and salt in cup. Mix Brussels sprouts, water and jalapeños in large deep skillet; bring to simmer over medium heat. Cover and cook, stirring, until Brussels sprouts are hot, 2–3 minutes. Uncover and cook until liquid evaporates, 1 minute. Stir in sour cream mixture until blended; top with breadcrumb mixture.

PER SERVING (⅔ CUP): 70 cal, 3 g total fat, 1 g sat fat, 0 g trans fat, 2 mg chol, 121 mg sod, 9 g total carb, 20 g sugar, 3 g fib, 4 g prot, 70 mg calc. ***POINTSPLUS* VALUE: 2**

RECIPES: FRANK P. MELODIA.

RICH TURKEY GRAVY

Scrape **⅓ c pan drippings** from **Classic Herb-Roasted Turkey (p. 76)** into liquid measure. Let stand 5 min; skim off fat and discard. Bring skimmed drippings and **¾ c white wine** to boil in pan over medium-high heat. Cook 3–4 min. Whisk 1 c broth from **2 (14½-oz) cans low-sodium chicken broth** and **6 Tbsp quick-mixing flour** in bowl. Stir remaining broth into wine mixture; bring to simmer. Whisk in flour mixture and **½ tsp thyme.** Cook until slightly thickened. Strain through sieve into gravy boat.

PER SERVING (¼ CUP): 39 cal, 1 g total fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 136 mg sod, 5 g total carb, 0 g total sugar, 0 g fib, 2 g prot, 7 mg calc. ***POINTSPLUS* VALUE: 1**

ORANGE-CRANBERRY SAUCE

Bring **1 (12-oz) bag cranberries, ⅔ c agave, ½ c water, 2 tsp orange zest and ½ c juice** and **⅛ tsp cinnamon** in pan to boil. Reduce heat and simmer until berries pop, 5–6 min.

PER SERVING (5 TABLESPOONS): 80 cal, 0 g total fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 1 mg sod, 21 g total carb, 18 g sugar, 2 g fib, 0 g prot, 4 mg calc. ***POINTSPLUS* VALUE: 2**

TIP By swapping agave for 1 cup granulated sugar you'll save **1 *POINTSPLUS*** value per serving.

THE HOLIDAY MUST-HAVE?

Leftover turkey. And why not, since you can use it to create a variety of meals that are low in ***PointsPlus*** values—and super tasty. Here are four ways to use yours by taking **½ pound of skinned roasted turkey breast.** All recipes make 4 servings.

TURKEY SALAD ALMANDINE

Divide **6 c chopped romaine, 1 c crumbled low-fat blue cheese, ½ c sliced red onion** and **⅓ c chopped almonds** among 4 bowls. Top evenly with **sliced turkey** and **¼ c low-fat vinaigrette. PER SERVING (2 CUPS) *POINTSPLUS* VALUE: 6**

PERKY TURKEY SOUP

Heat **1 Tbsp olive oil** in pan. Add **1 sliced onion** and **1 sliced bell pepper;** cook 5 min. Add **1 tsp cumin** and **½ tsp harissa;** cook 1 min. Add **6 c low-sodium chicken broth, diced turkey, 1¼ c drained canned chickpeas** and **2 Tbsp chopped cilantro;** bring just to boil. **PER SERVING (2 CUPS) *POINTSPLUS* VALUE: 6**

MEDITERREAN-STYLE TURKEY

Heat **1 Tbsp olive oil** in skillet. Add **2 thinly sliced garlic cloves** and **2 tsp chopped thyme;** cook 1 min. Add **2 (14-oz) cans cherry tomatoes** and **pinch sugar;** cook, covered, 15 min. Add **diced turkey** and **12 pitted large green olives;** cook 5 min. **PER SERVING (1¼ CUPS) *POINTSPLUS* VALUE: 4**

CURRY TURKEY BURRITOS

Mix **⅓ c fat-free mayo, 2 Tbsp chutney** and **½ tsp curry powder** in bowl; spread evenly onto **4 (8-inch) tortillas.** Top evenly with **shredded turkey, ½ c cilantro leaves, ¼ c chopped peanuts** and **1 c coleslaw mix.** Roll up burrito-style. **PER SERVING (1 BURRITO) *POINTSPLUS* VALUE: 8**

Made too much cranberry sauce? For more ideas on reusing Thanksgiving leftovers, go to *weightwatchers.com/turkeyleftovers.*

NO HOLIDAY MEAL (OR COOKIE TIN) IS COMPLETE WITHOUT ONE SHOWSTOPPING DESSERT. WE'VE GOT ELEVEN, ALL MADE WITH LOVE—NOT GUILT.

Heavenly DELI

by CAROL PRAGER | *photography by* ROMULO YANES
food styling by CARRIE PURCELL | *prop styling by* AMY WILSON

ESSENTIAL TIP

Allow egg whites to come to room temperature about 30 minutes before making meringue. They will beat to a greater volume than ones taken directly from the fridge.



GHTS

Fear of fat is a legit concern if you want your holiday dessert to have a "wow" factor, because nothing delivers great taste quite like it. While we've swapped out some higher-fat ingredients from our dessert recipes, we recommend holding firm on the three below to create an inimitable flavor profile that will satisfy your sweet tooth (and that of any lucky recipient) in just a few bites. Here's what makes these must-have goods so special:

BUTTER Unlike shortening and oil, butter greatly enhances the flavor of other ingredients, so a little goes a long way. Light stick butter, which contains half the fat of regular butter, can be substituted in most baked goods (except for delicate cookies that rely on a prescribed amount of fat for optimal texture). As to whether to choose salted or unsalted butter, know this: The amount of salt in salted butter varies depending on the brand; it can contain from as little as ¼ teaspoon per stick to as much as ¾ teaspoon, so for the most consistent results we recommend using unsalted butter and adding the precise amount of salt in a recipe.

CHOCOLATE Logic holds that for slimmed-down baked goods, chocolate must be used sparingly (if at all). Yet chocolate's intensity can make it a strategic choice for baking. Unsweetened cocoa delivers serious chocolate taste with less than half the fat of unsweetened baking chocolate. As for providing a chocolate rush, a mere drizzle of melted bittersweet chocolate will always trump a heftier dose of fat- or sugar-free alternatives.

NUTS There's little substitute for the heavenly flavor and buttery texture of nuts. Be it almonds, pecans or walnuts, each variety offers its own unique taste. Toast nuts to intensify their flavor two-fold, so you can use them judiciously. Sprinkle nuts on top of batters, instead of stirring them in, for maximum crunch.

RECIPES: FRANK P. MELODIA.

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pastry chef's secret

Gift yourself a small offset spatula this season. This narrow tool with a thin, flat offset metal blade is a mainstay of professional pastry chefs—and for good reason. Unlike flat spatulas that can jab into batter or frosting, the slightly elevated, flexible blade provides exceptional control for icing cookies, smoothing batter and spreading fillings. You can even use it to transfer hot cookies to racks to cool.

CRANBERRY-WHITE CHOCOLATE CHEESECAKE, **p. 120.**

HAPPY HANUKKAH COOKIES, **p. 112.**

FRUITCAKE BISCOTTI, **p. 110.**

ESSENTIAL TIP

Use separate containers to store different types of cookies to prevent the transfer of flavors.

NO-BAKE PEANUT BUTTER WREATHS, **p. 118.**

COOKIE S'MORES, **p. 120.**

CLASSIC BRANDY SNAPS, p. 112.

ALMOND TUILES WITH LEMON CREAM, p. 114.

GOOEY BROWNIE BARS, p. 110.

HAZELNUT-LINZER COOKIES, p. 118.

pipe it!

If you want to dress up holiday baked goods, decorative piping is key. It's also much easier than you think (no fancy pastry bag necessary):

1 MAKE BAG Snip tiny bit from one corner of zip-close plastic bag.

2 FILL BAG Place bag upright inside tall drinking glass. Fold top edge of bag over edge of glass. Fill bag halfway with icing or filling (any more and icing can leak through the top). **TIP:** The glass also makes a good resting place for the bag while you are decorating.

3 CLOSE BAG with one hand, pushing icing with other hand to bottom of bag. Twist empty top of bag to form tight seal. To pipe, twist top of bag to push icing through opening.

cookie crib sheet

Follow these six rules to ensure perfectly baked cookies every time.

RULE 1 **Carefully read the recipe from start to finish—twice—before you start.** Many recipes require the dough to be chilled for a period of time.

RULE 2 **Spoon dry ingredients into metal or plastic measuring cups** rather than using a measuring cup as a scoop. Level ingredients with a straight edge, such as a knife.

RULE 3 **Use at least 2 large heavy-duty baking sheets.** Rimless sheets will allow proper air circulation, allowing you to slide cookies right from the sheet onto racks for cooling. Cool baking sheets completely between batches. (A hot baking sheet will cause cookies to spread and bake unevenly.)

RULE 4 **Use parchment paper so cookies won't stick to the baking sheet and cleanup is easier.** Bleached paper is preferable to unbleached as it's more flexible and won't become brittle at high temperatures.

RULE 5 **Make cookies uniform in size and thickness to ensure even baking.** For dropped and rolled cookies, arrange in neat, even rows at least one inch apart.

RULE 6 **Allow 15 minutes to preheat the oven.** Because oven temperatures vary greatly, place an oven thermometer in the center of your oven rack. Have the oven gauge adjusted if it varies more than 25 degrees from your setting.

GINGERBREAD SNOWMEN. p. 110.

Find more issues at magazinesdownload.com


COCOA-STREUSEL
MINI-CAKES, p. 118.
ESSENTIAL TIP
Sprinkle holiday cakes, cookies (even cocktails!) with gold or sliver star-shaped edible glitter, available at specialty baking stores or at wilton.com.

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Miracle MEAL

HOLIDAY DINNERS DON'T HAVE TO BE A HASSLE WITH OUR SAVVY KITCHEN SHORTCUTS.

by CAROL PRAGER | *photography by* ROMULO YANES
food styling by CARRIE PURCELL | *prop styling by* AMY WILSON

celebrate!

'Tis the season to cook your heart out, but since Christmas falls midweek this year, a little holiday magic may be in order. Done! Our menu allows you to turn convenience foods into dishes with authentic homemade taste (no kitchen elves required).

CHRISTMAS DAY DINNER FOR 8

Christmas Punch
(p. 91)

✣

Glazed Christmas Ham
(p. 90)

Shallot Mashed Spuds
(p. 91)

Very Merry Green Beans
(p. 91)

Citrusy-Walnut Salad
(p. 91)

✣

Cranberry-White Chocolate Cheesecake
(p. 120)

magazinesdownload.com

Christmas ham

Make a bone-in, ready-to-eat, spiral-cut lean ham the centerpiece of the meal. Better yet, burnish it with a crackling glaze: Heat the ham as directed, then up the oven temperature to 425°F. Brush the ham with a glaze (below) and bake until the glaze sets, 8 to 10 minutes.

PICK A GLAZE

Spicy Pineapple Glaze
Mix **⅔ c brown sugar, ⅓ c pineapple juice, 1 tsp grated ginger** and **½ tsp red pepper flakes.**

Honey-Bourbon Glaze
Mix **⅓ c honey, 2 Tbsp bourbon, 2 Tbsp molasses, 1 Tbsp orange juice** and **2 tsp Dijon mustard.**

Maple-Mustard Glaze
Mix **½ c maple syrup, ⅓ c dark agave, 2 Tbsp whole-grain mustard, ½ tsp cinnamon** and **¼ tsp allspice.**

PER SERVING
(3 [1-OUNCE] SLICES GLAZED HAM)
***POINTSPLUS* VALUE: 4**

ESSENTIAL TIP

For the best-tasting ham, avoid those labeled "water added" or "ham and water product." The percentage of water is listed on the label, so compare hams and buy the one with the lowest water content.

SIDES IN THE BAG

For holiday ham accompaniments that are ready in a snap, start with a bag of store-bought food—from mashed potatoes to walnuts—then add some tasty twists (all recipes make 8 servings).

SHALLOT MASHED SPUDS

Heat **1 (28-oz) bag frozen mashed potatoes** as directed. Meanwhile, melt **2 tsp butter** in skillet. Add **2 sliced shallots** and cook 4 min. Top potatoes with shallots, **1 Tbsp chopped parsley** and **⅛ tsp paprika.**

PER SERVING (ABOUT ⅓ CUP):
***POINTSPLUS* VALUE: 2**

VERY MERRY GREEN BEANS

Whisk **4 tsp olive oil, 4 tsp walnut oil** and **4 tsp red-wine vinegar** in bowl. Boil **2 (12-oz) bags fresh haricots verts** in large pot of boiling water 3 min. Drain. Add haricots verts, **1 thinly sliced small red onion** and **1 c fresh currants or raspberries** to dressing; toss.

PER SERVING (ABOUT ½ CUP)
***POINTSPLUS* VALUE: 2**

CITRUSY WALNUT-ENDIVE SALAD

Whisk **4 tsp olive oil, ½ tsp lime zest and 1 Tbsp juice** in bowl. Simmer **½ c tangerine juice** in pan until reduced by half; whisk into dressing. Cool. Add 4 large heads endive, separated, and **1 (2¼-oz) bag walnut halves,** toasted; toss.

PER SERVING (ABOUT 1 CUP)
***POINTSPLUS* VALUE: 3**

must have

Spread a little Christmas cheer without the fuss. This recipe is slow-cooker easy:

CHRISTMAS PUNCH

Wrap **2 strips orange peel, 2 cinnamon sticks, 1 tsp fennel seeds** and **8 whole cloves** in cheesecloth bag; tie with string. Mix spice bag, **7 c apple cider, 1 c unsweetened cherry juice,** and **2 Tbsp sugar** in 5- or 6-quart slow cooker. Cover and cook until flavors are blended, 2–3 hr on high or 4–6 hr on low. Discard spice bag; stir in **2 oz brandy.**

SERVES 8.

PER SERVING (1 CUP)
***POINTSPLUS* VALUE: 4**

Hanukkah HELPER



The first night of the Festival of Lights falls the day before Thanksgiving, which presents challenges whether you're hosting both meals or just one. To keep you from burning out before your candles burn down, we suggest doctoring three store-bought items for a first-night dinner that's festive, but not too filling.

Almost-instant brisket Add a splash of balsamic vinegar and a handful of chopped dried fruits while reheating a fully-cooked beef brisket from the supermarket.

Effortless applesauce Cook applesauce with diced ginger and slivered orange zest. Cool and serve with Parsnip-Carrot Latkes (right).

Speedy Broccoli Zap frozen cut broccoli in microwavable steamer bags; toss with sliced scallions and jarred roasted peppers.

HANUKKAH DINNER FOR 8

Parsnip-Carrot Latkes
Effortless Applesauce

⁜

Almost-Instant Brisket
Speedy Broccoli

⁜

Happy Hanukkah Cookies
(p. 112)

⁜

Woodbridge by Robert Mondavi Zinfandel, California

Wine expert: Harriet Lembeck, Certified Wine Educator, New York City.

ESSENTIAL TECHNIQUE

For lacy (versus dense) latkes with crisp edges, use the large holes of a box grater or food processor shredding disk to coarsely grate the vegetables.

lighten your latkes

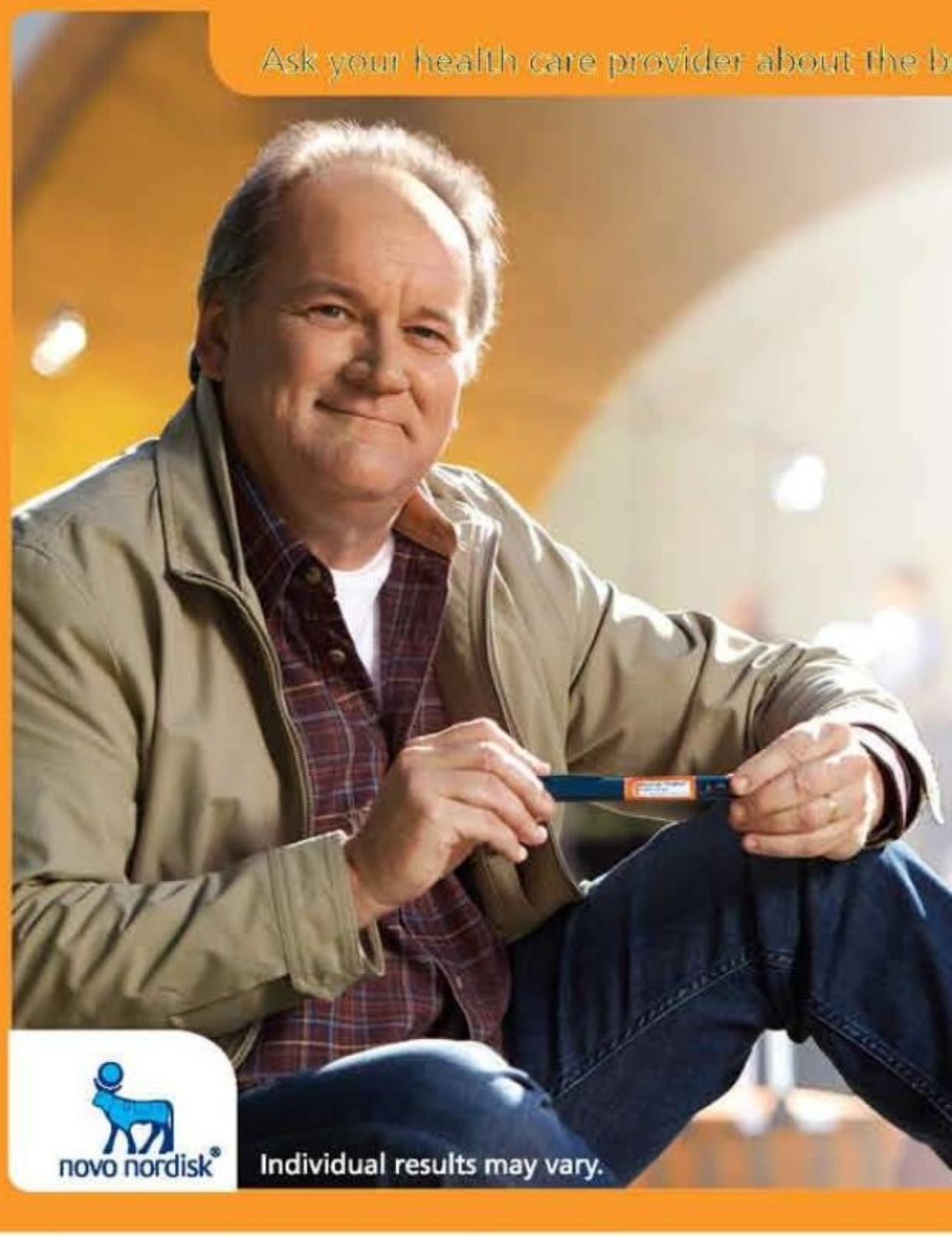
Traditional Hanukkah latkes are cooked in a a lot of oil—but not ours.

PARSNIP-CARROT LATKES

Heat large baking sheet in 200°F oven. Mix **¾ lb coarsely grated parsnips, ¾ lb coarsely grated carrots** and **1 coarsely grated small onion** in bowl. Add **⅓ c egg substitute, ¼ c flour** and **½ tsp dried thyme;** mix well. Spray large nonstick skillet with nonstick spray and set over medium heat. Drop one fourth of mixture by ¼ cupfuls into hot skillet. Press each mound into 3-inch pancake. Cook 8 min per side. Keep latkes warm in oven. Repeat to make 16 latkes. **SERVES 8. PER SERVING (2 LATKES) *POINTSPLUS* VALUE: 2**

TIP Buy extra veggies to make our Thanksgiving Maple-Roasted Parsnips and Carrots (p. 78) the following day.

Ask your health care provider about the benefits of FlexPen®.



NovoLog® FlexPen®
insulin aspart (rDNA origin) injection

"My first day with **FlexPen®** was the last day I used vial and syringe."

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Indications and Usage

What is NovoLog® (insulin aspart [rDNA origin] injection)?

- NovoLog® is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information

Who should not use NovoLog®?

- Do not use NovoLog® if your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

What should I tell my health care provider before taking NovoLog®?

- About all of your medical conditions, including liver, kidney, or heart problems.
- If you are pregnant, breastfeeding, or plan to do either.
- About all prescription and nonprescription medicines you take, including supplements, as your dose may need to change.

How should I take NovoLog®?

- Eat a meal within 5 to 10 minutes after using NovoLog®, a fast-acting insulin, to avoid low blood sugar. Do not inject NovoLog® if you do not plan to eat right after your injection or bolus pump infusion.
- Do not mix NovoLog® with any other insulin when used in a pump or with any insulin other than NPH when used with injections by syringe.
- Do not change your dose or type of insulin unless you are told to by your health care provider.
- Do not share needles, insulin pens, or syringes.
- Check your blood sugar levels as directed by your health care provider.

What should I consider while using NovoLog®?

- Alcohol, including beer and wine, may affect your blood sugar.
- Be careful when driving a car or operating machinery. You may have difficulty concentrating or reacting if you have low blood sugar. Talk to your health care provider if you often have low blood sugar or no warning signs of low blood sugar.

What are the possible side effects of NovoLog®?

- Low blood sugar, including when too much is taken. Some symptoms include sweating, shakiness, confusion, and headache. Severe low blood sugar can cause unconsciousness, seizures, and death.
- Serious allergic reactions may occur. Get medical help right away, if you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
- Other side effects include injection site reactions (like redness, swelling, and itching), skin thickening or pits at the injection site, swelling of your hands and feet, if taken with thiazolidinediones (TZDs) possible heart failure, vision changes, low potassium in your blood, and weight gain.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

Please see Brief Summary of Prescribing Information on next page.

NovoLog® is a prescription medication.

*Once in use, NovoLog® FlexPen® must be kept at room temperature below 86°F for up to 28 days.

Needles are sold separately and may require a prescription in some states.

Partnership for Prescription Assistance

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

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NovoLog® FlexPen®
insulin aspart (rDNA origin) injection

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NovoLog®

insulin aspart (rDNA origin) injection

Patient Information

NovoLog® (Nō-vō-log)
(insulin aspart [rDNA origin] Injection)

This is a BRIEF SUMMARY of important information about NovoLog®. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

Important:

Know your insulin. Do not change the type of insulin you use unless told to do so by your healthcare provider. The amount of insulin you take as well as the best time for you to take your insulin may need to change if you take a different type of insulin.

Make sure you know the type and strength of insulin prescribed for you.

What is NovoLog®?

NovoLog® is a man-made insulin that is used to control high blood sugar in adults and children with diabetes mellitus.

Who should not use NovoLog®?

Do not take NovoLog® if:

- Your blood sugar is too low (hypoglycemia).
- You are allergic to anything in NovoLog®. See the end of this leaflet for a complete list of ingredients in NovoLog®. Check with your healthcare provider if you are not sure.

Tell your healthcare provider:

- **about all of your medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog®.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. NovoLog® has not been studied in nursing women.
- **about all medicines you take**, including prescriptions and non-prescription medicines, vitamins and herbal supplements. Your NovoLog® dose may change if you take other medicines.
- **if you take any other medicines**, especially ones commonly called TZDs (thiazolidinediones).
- **if you have heart failure or other heart problems.** If you have heart failure, it may get worse while you take TZDs with NovoLog®.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers when you get a new medicine.

How should I take NovoLog®?

Only use NovoLog® if it appears clear and colorless. There may be air bubbles. This is normal. If it looks cloudy, thickened, or colored, or if it contains solid particles do not use it and call Novo Nordisk at 1-800-727-6500.

NovoLog® comes in:

- 10 mL vials (small bottles) for use with syringe
- 3 mL PenFill® cartridges for use with the Novo Nordisk 3 mL PenFill® cartridge compatible insulin delivery devices and NovoFine® disposable needles. The cartridge delivery device can be used with a NovoPen® 3 PenMate®
- 3 mL NovoLog® FlexPen®

Read the instructions for use that come with your NovoLog® product. Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® before you start taking it.

- **Take NovoLog® exactly as prescribed.** You should eat a meal within 5 to 10 minutes after using NovoLog® to avoid low blood sugar.
- **NovoLog® is a fast-acting insulin.** The effects of NovoLog® start working 10 to 20 minutes after injection or bolus pump infusion.
- **Do not inject NovoLog® if you do not plan to eat right after your injection or bolus pump infusion.**
- The greatest blood sugar lowering effect is between 1 and 3 hours after the injection or infusion. This blood sugar lowering lasts for 3 to 5 hours.
- **While using NovoLog® you may have to change** your total dose of insulin, your dose of longer-acting insulin, or the number of injections of longer-acting insulin you use. Pump users given NovoLog® may need to change the amount of total insulin given as a basal infusion.
- **Do not mix NovoLog®:**
  - with any other insulins when used in a pump
  - with any insulins other than NPH when used with injections by syringe

If your healthcare provider recommends diluting NovoLog®, follow your healthcare provider's instructions exactly so that you know:

- How to make NovoLog® more dilute (that is, a smaller number of units of NovoLog® for a given amount of liquid) and
- How to use this more dilute form of NovoLog®. **Do not use dilute insulin in a pump.**
- **Inject NovoLog® into the skin of your stomach area, upper arms, buttocks or upper legs.** NovoLog® may affect your blood sugar levels sooner if you inject it into the skin of your stomach area. **Never inject NovoLog® into a vein or into a muscle.**
- **Change (rotate) your injection site within the chosen area (for example, stomach or upper arm) with each dose. Do not inject into the exact same spot for each injection.**
- **If you take too much NovoLog®, your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (become unconscious). If you pass out you will need help from another person or emergency medical services right away, and will need treatment with a glucagon injection or treatment at a hospital. See "What are the possible side effects of NovoLog®?" for more information on low blood sugar (hypoglycemia).
- **If you forget to take your dose of NovoLog®, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like loss of consciousness (passing out), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
  - increased thirst
  - fruity smell on the breath
  - frequent urination
  - drowsiness
  - loss of appetite
  - a hard time breathing
  - high amounts of sugar and ketones in your urine
  - nausea, vomiting (throwing up) or stomach pain
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- change in diet
- stress
- other medicines you take
- change in physical activity or exercise

What should I avoid while using NovoLog®?

- **Alcohol.** Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog®.
- **Driving and operating machinery.** You may have difficulty concentrating or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright to drive if you often have:
  - low blood sugar
  - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog®?

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
  - sweating
  - blurred vision
  - trouble concentrating or confusion
  - dizziness or lightheadedness
  - hunger
  - shakiness
  - slurred speech
  - tingling of lips and tongue
  - fast heart beat
  - anxiety, irritability or mood changes
  - headache

  Severe low blood sugar can cause unconsciousness (passing out), seizures, and death. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you develop** a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider. You may need to stop using NovoLog® and use a different insulin. Do not inject insulin into skin that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Swelling of your hands and feet**
- **Heart Failure.** Taking certain diabetes pills called thiazolidinediones or "TZDs" with NovoLog® may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with NovoLog®. Your healthcare provider should monitor you closely while you are taking TZDs with NovoLog®. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:
  - **shortness of breath**
  - **sudden weight gain**
  - **swelling of your ankles or feet**

  Treatment with TZDs and NovoLog® may need to be adjusted or stopped by your healthcare provider if you have new or worse heart failure.
- **Vision changes**
- **Low potassium in your blood (hypokalemia)**
- **Weight gain**

These are not all of the possible side effects from NovoLog®. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

NovoLog® ingredients include:

- insulin aspart
- zinc
- glycerin
- phenol
- metacresol
- sodium chloride
- disodium hydrogen phosphate dihydrate
- water for injection

All NovoLog® vials, PenFill® cartridges and NovoLog® FlexPen® are latex free.

More detailed information is available upon request.

Available by prescription only

For information about NovoLog® contact:
Novo Nordisk Inc.
800 Scudders Mill Road
Plainsboro, New Jersey 08536
www.novonordisk-us.com
1-800-727-6500

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Version: 12

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NovoLog® is covered by US Patent Nos. 5,618,913; 5,866,538, and other patents pending. FlexPen® is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004, and other patents pending. PenFill® is covered by US Patent No. 5,693,027.

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Gift wrapped

The season's best appetizers have one thing in common: phyllo, that wonderfully flaky crust that's easy to find at the supermarket. Another plus: You don't need catering cred to make our fancy apps—just a few pointers on taming the temperamental dough.

Turn to p. 96 for recipes.



BLUE CHEESE, PEAR AND CRANBERRY BITES



PHYLLO-ASPARAGUS ROLL-UPS



SAVORY LAMB BUNDLES

PHOTOGRAPHY: ROMULO YANES.

BLUE CHEESE, PEAR AND CRANBERRY BITES

PREP 15 MIN | BAKE 5 MIN | SERVES 8 | MAKE AHEAD 2 DAYS

Preheat oven to 350°F. Thaw **16 frozen mini-phyllo cups** on baking sheet 10 minutes. **FILLING:** Mix **4 oz crumbled low-fat blue cheese, 2 Tbsp chopped dried cranberries** and **2 tsp fat-free milk** in bowl. Spoon filling by rounded teaspoonfuls into each phyllo cup. (If making ahead, cover with plastic wrap and chill up to 2 days; return to room temperature.) Cut **1 (¼-lb) pear lengthwise** into 8 (¼-inch) slices. Cut each slice into 4 triangles; toss with **1 tsp fresh lemon juice** in another bowl. Insert 2 pear triangles into filling in each cup. Bake just until filling softens, 5 minutes. Top evenly with **16 small fresh thyme sprigs.**

PER SERVING (2 BITES): 79 cal, 3 g total fat, 2 g sat fat, 0 g trans fat, 8 mg chol, 208 mg sod, 8 g total carb, 3 g sugar, 1 g fib, 4 g prot, 79 mg calc. ***POINTSPLUS* VALUE: 2**

ESSENTIAL TIP

Wrap phyllo well and chill up to five days for another batch of apps. Never refreeze thawed phyllo—it will become brittle and crumbly.

dough do's

Working with phyllo can be maddening: The paper-thin dough tears easily and dries out quickly, or its layers stick together. To help offset these mishaps, master our techniques.

THAW IT RIGHT Defrost phyllo in the fridge overnight versus zapping or letting it stand at room temperature, to yield whole, pliant sheets (and prevent them from sticking together).

COVER IT To keep phyllo moist while you work with it, unroll the dough on a large cutting board. Cover the stack with plastic wrap then top with a damp clean kitchen towel, which will keep the wrap flush against the phyllo. (A towel placed directly on the dough will make it sticky.) Keep the stack covered as you assemble the dish.

STAGGER THE CRACKS If phyllo sheets are cracked or torn, make sure the cracks don't line up when you stack the sheets.

TRIM STUCK EDGES For phyllo sheets that are fused at their edges, trim the fused portion with scissors and discard.

SAVORY LAMB BUNDLES

PREP 40 MIN | COOK/BAKE 20 MIN | SERVES 8 | MAKE AHEAD 2 WEEKS

FILLING: Heat **1 tsp olive oil** in large skillet over medium-high heat. Add **½ lb ground lean lamb** and **1 minced small shallot;** cook, stirring, until lamb is no longer pink, 5 minutes. Drain lamb. Wipe out skillet; add **1 seeded and diced large plum tomato, 2 tsp tomato paste, ½ tsp ground cumin, ¼ tsp cinnamon, ¼ tsp smoked paprika, ¼ tsp salt** and **⅛ tsp cayenne.** Reduce heat and cook, stirring, until flavors are blended, 2–3 minutes. Transfer to bowl and chill 15 minutes. Preheat oven to 350°F. Cover **12 (9 x 14-inch) sheets phyllo** with plastic wrap and damp clean kitchen towel. Place 1 sheet on clean dry surface; lightly spray with olive oil spray. Repeat stacking and spraying with 2 sheets phyllo. With pizza cutter, trim stack to 9 x12-inch rectangle; cut into 4 (4½ x 6-inch) rectangles. Place 1 Tbsp filling in center of each rectangle. Working with 1 rectangle at a time, gather 4 corners and twist slightly just above filling to form bundle. Transfer bundles to baking sheet. Repeat with remaining phyllo, olive oil spray and filling to make total of 16 bundles. (If making ahead, freeze in airtight container in single layer up to 2 weeks. Do not thaw.) Bake until golden brown, 12 minutes (17–20 minutes if frozen). Tie bundles with **16 (6-inch) pieces fresh chives.**

PER SERVING (2 BUNDLES): 97 cal, 3 g total fat, 1 g sat fat, 0 g trans fat, 21 mg chol, 149 mg sod, 10 g total carb, 0 g sugar, 1 g fib, 8 g prot, 8 mg calc. ***POINTSPLUS* VALUE: 3**

PHYLLO-ASPARAGUS ROLL-UPS

PREP 40 MIN | BAKE 10 MIN | SERVES 8 | MAKE AHEAD 8 HR

Preheat oven to 375°F. Line large baking sheet with parchment paper. Trim **16 medium asparagus spears** to 6-inch lengths; transfer to sheet wax paper. Place **½ c grated pecorino cheese** and **⅓ c fresh dill sprigs** in separate piles on another sheet wax paper. Lightly spray asparagus with olive oil spray; sprinkle evenly with 1 Tbsp cheese and **¼ tsp black pepper.** Cover **16 (9 x 14-inch) sheets phyllo** with plastic wrap and damp clean kitchen towel. Place 1 sheet on clean dry surface with short end facing you; lightly spray with olive oil spray. Sprinkle bottom half of sheet evenly with 1 tsp dill and 1 tsp cheese. Fold remaining phyllo over bottom half of sheet; spray with olive oil spray. Fold phyllo in half again into 4½ x 7-inch rectangle. Place 1 asparagus stalk on one long side of rectangle so that tip extends 1-inch over edge of opposite side. Fold short side of phyllo over cut end of asparagus; tightly roll up jelly-roll style. Transfer to baking sheet and spray with olive oil spray. Repeat with remaining phyllo, dill, cheese, olive oil spray and asparagus to make 16 roll-ups. (If making ahead, cover with wax paper and plastic wrap and chill up to 8 hours.) Bake until golden and crisp, 12 minutes. Serve warm or at room temperature.

PER SERVING (2 ROLL-UPS): 107 cal, 3 g total fat, 1 g sat fat, 0 g trans fat, 5 mg chol, 187 mg sod, 15 g total carb, 1 g sugar, 1 g fib, 5 g prot, 95 mg calc. ***POINTSPLUS* VALUE: 3**

We focus on quality so you can do the same.

Nothing brings out the flavor in food better than Morton Salt. That's because we make sure that through harvesting and purifying, only the best salt crystals reach your plate. So every dish you create will be as flavorful as you intend.



To learn more about our culinary salts and for recipes, visit us at www.MortonSalt.com.

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Pom perfection

If you've shied away from the most festive (not to mention nutritious) winter fruit because of the mess, our tips will have you seeing and sipping—not wearing—red.

Here's a creation myth with some bite: Many scholars contend that Eve actually indulged in a pomegranate (not an apple) while in Eden. And it's no wonder, since this deliciously sweet-tart member of the berry family is rich in antioxidants, potassium and vitamin C—plus it's a great source of fiber. With pomegranates plentiful this time of year, if you see them on sale, buy a few and make your own juice (one medium fruit yields about ½ cup juice). Here are two easy, mess-free ways to get the job done:

Method 1 Cut fruit in half as you would a grapefruit. Juice with hand-press or electric citrus juicer, taking care to omit the bitter white membrane.

Method 2 Roll fruit with palm of hand until crackling stops (which indicates all seeds are broken). Pierce skin and squeeze out juice. **HINT** Place fruit in plastic bag before rolling to catch any juice that may leak through skin.



To bypass the deseeding mess, look for containers of pomegranate arils (the edible seeds that are surrounded by outer layers of juice) in the produce section.

POM ROYALE
Mix **½ c fresh pomegranate juice** and **3 oz pomegranate liqueur** in glass measure. Divide **¼ c pomegranate arils** among 8 champagne flutes; top evenly with juice mixture and **3 c chilled prosecco. SERVES 8. PER SERVING (½ CUP) *POINTSPLUS* VALUE: 4**

PHOTOGRAPHY: ROMULO YANES.

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One box of Barilla PLUS® provides the approximate nutritional equivalent of: the fiber in 35 leaves of Swiss chard, the omega-3 in 6 ounces of walnuts and the protein in 11 eggs*. BARILLA PLUS®. IT'S PASTA, PERFECTED™.

*USDA NUTRIENT DATABASE

Barilla PLUS®

THE CHOICE OF ITALY®

NEW YEAR'S EVE DINNER FOR 8

Pom Royale (p. 98)

⁜

Phyllo-Asparagus Roll-ups (p. 96)

Beef Tenderloin with Pomegranate Sauce

⁜

Kale Salad with Pomegranate, Pear and Goat cheese

⁜

Cocoa-Streusel Mini-Cakes (p. 118)

KALE SALAD WITH POMEGRANATE, PEAR AND GOAT CHEESE

PREP 15 MIN | BAKE 5 MIN | SERVES 6 | MAKE AHEAD 1 DAY

Preheat oven to 350°F. Spread **½ c pecan halves** on small baking sheet; bake until lightly toasted, 5–6 minutes. Cool and coarsely chop. **DRESSING:** Whisk **2 Tbsp fresh pomegranate juice, 2 Tbsp white balsamic vinegar, 1 Tbsp extra-virgin olive oil, 1 minced scallion** (white and light green parts only), **1½ tsp Dijon mustard, 1½ tsp honey, ¼ tsp salt** and **¼ tsp black pepper** in large bowl. (If making ahead, cover and chill up to 1 day.) Thinly slice **½ lb Forelle or Anjou pears;** add to dressing and toss. Add **8 c lightly packed baby kale leaves, ½ c pomegranate arils,** and **¾ c crumbled low-fat goat cheese;** toss. Serve topped with pecans.

PER SERVING (GENEROUS 1½ CUPS): 193 cal, 11 g total fat, 2 g sat fat, 0 g trans fat, 5 mg chol, 231 mg sod, 21 g total carb, 10 g sugar, 4 g fib, 7 g prot, 150 mg calc. ***POINTSPLUS* VALUE: 5**

BEEF TENDERLOIN WITH POMEGRANATE SAUCE

PREP 20 MIN | ROAST/COOK 40 MIN | SERVES 8 | MAKE AHEAD 1 DAY

Mix **1½ Tbsp Dijon mustard, 1½ Tbsp chopped fresh rosemary, 3 minced garlic cloves, 2 tsp extra-virgin olive oil, 2 tsp chopped pink peppercorns or ½ tsp coarsely ground black pepper** and **¼ tsp salt** in cup; brush all over **1 (3-lb) tied center-cut beef tenderloin roast.** (If making ahead, cover and chill up to 1 day.) Place beef on rack set over heavy rimmed baking sheet. Let stand at room temperature 30 minutes (1 hour if chilled). Preheat oven to 450°F. Roast until instant-read thermometer inserted into center of beef registers 130°F, 35–40 minutes. Meanwhile, bring **1 c fresh pomegranate juice, 1 c dry red wine, 1 c low-sodium beef broth** and **1 bay leaf** to boil in medium saucepan. Reduce heat and cook until mixture is reduced to 1 c, 14–15 minutes. Discard bay leaf; transfer mixture to small saucepan and set aside. Transfer beef to cutting board, tent loosely with foil and let stand 15 minutes. (The internal temperature will increase to 135°F for medium-rare.) While beef rests, add **2 Tbsp minced shallot** to wine mixture and return to boil. Boil until mixture is reduced to ¾ c, 5 minutes. Remove pan from heat; whisk in **2 tsp cut-up chilled butter** until blended. Stir in **6 Tbsp pomegranate arils** and any accumulated juices from beef. Slice beef and serve with sauce.

PER SERVING (3 [1-OUNCE] SLICES BEEF WITH SCANT 2 TABLESPOONS SAUCE): 300 cal, 13 g total fat, 5 g sat fat, 1 g trans fat, 110 mg chol, 212 mg sod, 7 g total carb, 5 g sugar, 0 g fib, 37 g prot, 23 mg calc. ***POINTSPLUS* VALUE: 7**

ESSENTIAL TIP

Pomegranate juice has been used as a dye in many cultures. So to prevent staining, wear an apron and disposable gloves when prepping, as the juicy arils will burst when cut.

You may not think of winter as fruit season, but there are many fresh goodies to enjoy! For the best produce picks, go to *weightwatchers.com/winterfruit.*

Blood sugar control, My Way.



For people with type 2 diabetes

Once-daily Levemir® FlexPen® (insulin detemir [rDNA origin] injection) helps to lower A1C and comes in a discreet, prefilled, dial-a-dose insulin pen.

- Patients who took Levemir® FlexPen® gained less weight than those taking a different long-acting insulin
- Levemir® FlexPen® lasts up to 42 days without refrigeration once in use[a]
- Levemir® FlexPen® is the first and only long-acting, man-made insulin approved for use during pregnancy and in children with type 1 diabetes as young as 2 years

Ask your health care provider if Levemir® FlexPen® is right for you.

[a]After initial use, Levemir® FlexPen® should be kept at room temperature, below 86°F, and not refrigerated.

Available by prescription only.

Call 800-727-6500 or visit Levemir.com for more information.

Indications and Usage

What is Levemir® (insulin detemir [rDNA origin] injection)?

- Levemir® is a man-made long-acting insulin used to control high blood sugar in adults and children with diabetes mellitus.
- It is not recommended to use Levemir® to treat diabetic ketoacidosis.

Important Safety Information

Who should not use Levemir®?

- Do not use Levemir® if you are allergic to any of its ingredients.

What should I tell my health care provider before taking Levemir®?

- About all of your medical conditions, including liver, kidney, or heart problems.
- If you are pregnant, breastfeeding, or plan to do either.
- About all prescription and nonprescription medicines you take, including supplements, as your dose may need to change.

How should I take Levemir®?

- Inject Levemir® under the skin of your stomach area, upper arms, or thighs, but never into a vein or muscle.
- Do not dilute or mix Levemir® with any other insulin or injectable diabetes medicine or use in an insulin pump. Give yourself separate injections in the same body area, but not next to each other.
- Do not change your dose or type of insulin unless you are told to by your health care provider.
- Do not share needles, insulin pens, or syringes.
- Check your blood sugar levels as directed by your health care provider.

What should I consider while using Levemir®?

- Alcohol, including beer and wine, may affect your blood sugar.
- Be careful when driving a car or operating machinery. You may have difficulty concentrating or reacting if you have low blood sugar. Talk to your health care provider if you often have low blood sugar or no warning signs of low blood sugar.

What are the possible side effects of Levemir®?

- Low blood sugar (hypoglycemia), including when too much is taken. Some symptoms include sweating, shakiness, confusion, and headache. Severe low blood sugar can cause unconsciousness, seizures, and death.
- Serious allergic reactions may occur. Get medical help right away, if you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
- Other side effects include injection site reactions (like redness, swelling, and itching), skin thickening or pits at the injection site, if taken with thiazolidinediones (TZDs) possible heart failure, and weight gain.
- The weight benefits of Levemir® when used alone or with other medicines have not been established. The actual weight effects of Levemir® and these other medicines are not known.

Please see Brief Summary of Prescribing Information, including updates related to thiazolidinediones (TZDs), on next page.

Needles are sold separately and may require a prescription in some states.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Partnership for Prescription Assistance

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

novo nordisk®



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Levemir® FlexPen®
insulin detemir (rDNA origin) injection

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Levemir®

insulin detemir (rDNA origin) injection

Patient Information

LEVEMIR® (LEV–uh-mere)
(insulin detemir [rDNA origin] injection)
solution for subcutaneous injection

This is a BRIEF SUMMARY of important information about LEVEMIR®. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is LEVEMIR®?

LEVEMIR® is a man-made long-acting insulin used to control high blood sugar in adults and children with diabetes mellitus.

It is not recommended to use LEVEMIR® to treat diabetic ketoacidosis.

Who should not use LEVEMIR®?

Do not use LEVEMIR® if:

- you are allergic to any of the ingredients in LEVEMIR®. See the end of this leaflet for a complete list of ingredients in LEVEMIR®.

What should I tell my healthcare provider before using LEVEMIR®?

Before you use LEVEMIR®, tell your healthcare provider if you:

- have liver or kidney problems
- take any other medicines, especially ones commonly called TZDs (thiazolidinediones).
- have heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with LEVEMIR®.
- have any other medical conditions. Some medical conditions can affect your insulin needs and your dose of LEVEMIR®.
- are pregnant or plan to become pregnant. You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant.
- are breastfeeding or plan to breast-feed. It is not known if LEVEMIR® passes into breast milk. You and your healthcare provider should decide if you will take LEVEMIR® while you breastfeed.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. LEVEMIR® may affect the way other medicines work, and other medicines may affect how LEVEMIR® works.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare provider and pharmacist when you get a new medicine.

How should I use LEVEMIR®?

- Use LEVEMIR® exactly as your healthcare provider told you to use it.
- Your healthcare provider will tell you how much LEVEMIR® to use and when to use it.
- Do not make any changes to your dose or type of insulin unless you are told to do so by your healthcare provider.

  Know your insulin. **Make sure you know:**
  - the type and strength of insulin prescribed for you.
  - the amount of insulin you take.
  - the best time for you to take your insulin. This may change if you take a different type of insulin.
- Do not dilute or mix LEVEMIR® with any other insulin or injectable diabetes medicine. Your LEVEMIR® will not work the right way and you may lose control of your blood sugar, which can be serious. Give yourself separate injections. You may give the separate injections in the same body area (for example, your stomach area), but you should not give the injections right next to each other.
- Do not use LEVEMIR® in an insulin pump.
- Inject LEVEMIR® under your skin (subcutaneously) in your upper arm, abdomen (stomach area), or thigh. Never inject LEVEMIR® into a vein or muscle.
- Change injection sites within the area you choose with each dose. Do not inject into the exact same spot for each injection.
- **Read the instructions for use that comes with your LEVEMIR®.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject LEVEMIR® before you start taking it.
- Your healthcare provider will decide which type of LEVEMIR® to prescribe for you.

  LEVEMIR® comes in:
  - 10 mL vials (small bottles) for use with a syringe
  - 3 mL LEVEMIR® FlexPen®

Ask your healthcare provider how you should use LEVEMIR®.

- **If you use too much LEVEMIR®, your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (lose consciousness).

  If you pass out you will need help from another person or emergency medical services right away. See "What are the possible side effects of LEVEMIR®?" for more information on low blood sugar (hypoglycemia).
- **If you forget to take your dose of LEVEMIR®, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like loss of consciousness (passing out), coma or even death.

  Follow your healthcare provider's instructions for treating high blood sugar.

  Know your symptoms of high blood sugar, which may include:
  - increased thirst
  - frequent urination
  - drowsiness
  - loss of appetite
  - a hard time breathing
  - fruity smell on the breath
  - high amounts of sugar and ketones in your urine
  - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- stress
- other medicines you take
- change in diet
- change in physical activity or exercise

What should I avoid while taking LEVEMIR®?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you use LEVEMIR®.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
  - low blood sugar (hypoglycemia)
  - decreased or no warning signs of low blood sugar

What are the possible side effects of LEVEMIR®?

LEVEMIR® can cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Signs and symptoms of low blood sugar may include:
  - dizziness or lightheadedness
  - shakiness
  - hunger
  - fast heart beat
  - tingling in your hands, feet, lips or tongue
  - trouble concentrating or confusion
  - blurred vision
  - slurred speech
  - anxiety or mood changes
  - headache
  - sweating

Very low blood sugar (hypoglycemia) can cause loss of consciousness (passing out), seizures, and death. In some people their blood sugar may get so low that they need another person to help them. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking LEVEMIR®. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

If you are using LEVEMIR® with another diabetes medicine, your LEVEMIR® dose may need to be changed to reduce your chance of getting low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of LEVEMIR® may need to be changed.

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) the area where you inject your insulin to help prevent these skin changes from happening. Do not inject insulin into areas of skin that have thickening or pits.
- **Serious allergic reactions. LEVEMIR® can cause life threatening symptoms.** Get medical help right away if you have any of these symptoms of an allergic reaction:
  - a rash all over your body
  - itching
  - shortness of breath
  - trouble breathing (wheezing)
  - fast heartbeat
  - sweating
  - feel faint
- **Swelling of your hands and feet**
- **Heart Failure.** Taking certain diabetes pills called thiazolidinediones or "TZDs" with LEVEMIR® may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with LEVEMIR®. Your healthcare provider should monitor you closely while you are taking TZDs with LEVEMIR®. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:
  - shortness of breath
  - swelling of your ankles or feet
  - sudden weight gain

  Treatment with TZDs and LEVEMIR® may need to be adjusted or stopped by your healthcare provider if you have new or worse heart failure.

Common side effects of LEVEMIR® include:

- **Low blood sugar (hypoglycemia). See "What are the possible side effects of LEVEMIR®?" for more information on low blood sugar (hypoglycemia).**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious, talk to your healthcare provider.
- **Weight gain.** This can occur with any insulin therapy. Talk to your healthcare provider about how LEVEMIR® can affect your weight.

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

These are not all of the possible side effects from LEVEMIR®. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in LEVEMIR®?

Active Ingredient: Insulin detemir
Inactive Ingredients: zinc, m-cresol, glycerol, phenol, disodium phosphate dihydrate, sodium chloride and water for injection. Hydrochloric acid or sodium hydroxide may be added.

More detailed information is available upon request.

Available by prescription only.

For information about LEVEMIR® contact:
Novo Nordisk Inc.
800 Scudders Mill Road
Plainsboro, New Jersey 08536
www.novonordisk-us.com
1-800-727-6500

Revised: April 16, 2013

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LEVEMIR® is covered by US Patent Nos. 5,750,497, 5,866,538, 6,011,007, 6,869,930 and other patents pending.

FlexPen® is covered by US Patent Nos. 6,004,297, RE 43,834, RE 41,956 and other patents pending.

Manufactured by:
Novo Nordisk A/S
DK-2880 Bagsvaerd, Denmark

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0413-00015153-1 5/2013

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Some are juicy. Some are creamy.
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sensible options throughout the day. And,
yes indeed, they taste as good as they look.



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*Serving suggestion shown, 3 ***PointsPlus***® value per chicken burger does not include the bun, condiments, toppings or sides.

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Silent nights

You have no plans this evening, so slip on your sweats and whip up one of these soothing family meals.

Even during the busiest of seasons, you're entitled to a night off from playing hostess or guest. We made getting dinner on the table a no-brainer so you can relax and reconnect with family. Just serve our hearty mains with the tasty extras below.

FAMILY-TIME MENUS

Feel a cold coming on?

Red, White and Green Minestrone, p. 106

⊕

Fennel-Grape Toss

Mix thinly sliced fennel, halved red seedless grapes and low-fat balsamic vinaigrette.

⊕

Bread sticks wrapped in prosciutto.

Tired of leftover roast?

Baked Cod with Potatoes, Lemon and Capers, p. 106

⊕

Sicilian Greens Sauté

Cook sliced shallots with extra-virgin olive oil until golden. Add Swiss chard, golden raisins and pinch red pepper flakes; cook until greens are tender. Top with toasted pine nuts and shaved pecorino.

⊕

Sliced kiwi and radicchio with low-fat poppyseed dressing.

Snowed in?

Buffalo Chicken Chili, p. 108

⊕

Romaine and Orange Salad

Toss chopped romaine, blood orange sections, diced jicama, chopped scallions and creamy low-fat dressing.

⊕

Fat-free flour tortillas heated according to package directions.



Like what you see? Weight Watchers *Family Style* cookbook is available at meeting rooms nationwide.



RED, WHITE AND GREEN MINESTRONE

PHOTOGRAPHY: ANTONIS ACHILLEOS; FOOD STYLING: CARRIE PURCELL; PROP STYLING: MARINA MALCHIN.

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- A smooth strawberry flavor that melts away in seconds.
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RED, WHITE AND GREEN MINESTRONE

PREP 20 MIN | COOK 30 MIN
SERVES 4

- **2 tsp olive oil**
- **1 onion, chopped**
- **2 tsp chopped fresh rosemary**
- **1 (15-oz) can no-salt-added cannellini (white kidney) beans, rinsed and drained**
- **1 (14-oz) can no-salt-added fire-roasted diced tomatoes**
- **3 c low-sodium vegetable or chicken broth**
- **¼ tsp salt**
- **¼ tsp black pepper**
- **1 bunch kale, stems and tough ribs removed, leaves coarsely chopped**
- **3 oz spinach fettuccine, broken into 2-inch pieces (about ¾ c)**
- **2 Tbsp shaved Parmesan cheese**
- **4 tsp prepared pesto**

1 Heat oil in large saucepan over medium heat. Add onion and rosemary; cook, stirring, until onion softens, 5 minutes.

2 Add beans, tomatoes, broth, salt and pepper; bring to boil. Stir in kale and fettuccine; return to boil. Cover, reduce heat and cook, stirring occasionally, until pasta and kale are tender, 12 minutes. Serve garnished with Parmesan and pesto.

PER SERVING (1¾ CUPS SOUP WITH ½ TABLESPOON CHEESE AND 1 TEASPOON PESTO): 290 cal, 8 g total fat, 2 g sat fat, 0 g trans fat, 4 mg chol, 351 mg sod, 43 g total carb, 7 g sugar, 7 g fib, 15 g prot, 173 mg calc. ***POINTSPLUS* VALUE: 8**

BAKED COD WITH POTATOES, LEMON AND CAPERS

PREP 15 MIN | COOK/BAKE 30 MIN | SERVES 4

- **3 medium Yukon Gold potatoes, scrubbed and each cut into 4 wedges**
- **2 Tbsp chopped fresh parsley**
- **1 Tbsp capers**
- **1½ tsp olive oil**
- **½ tsp smoked paprika**
- **¾ tsp salt**
- **Zest and juice of 1 lemon**
- **2 garlic cloves, minced**
- **4 (5-oz) pieces skinless cod fillet**

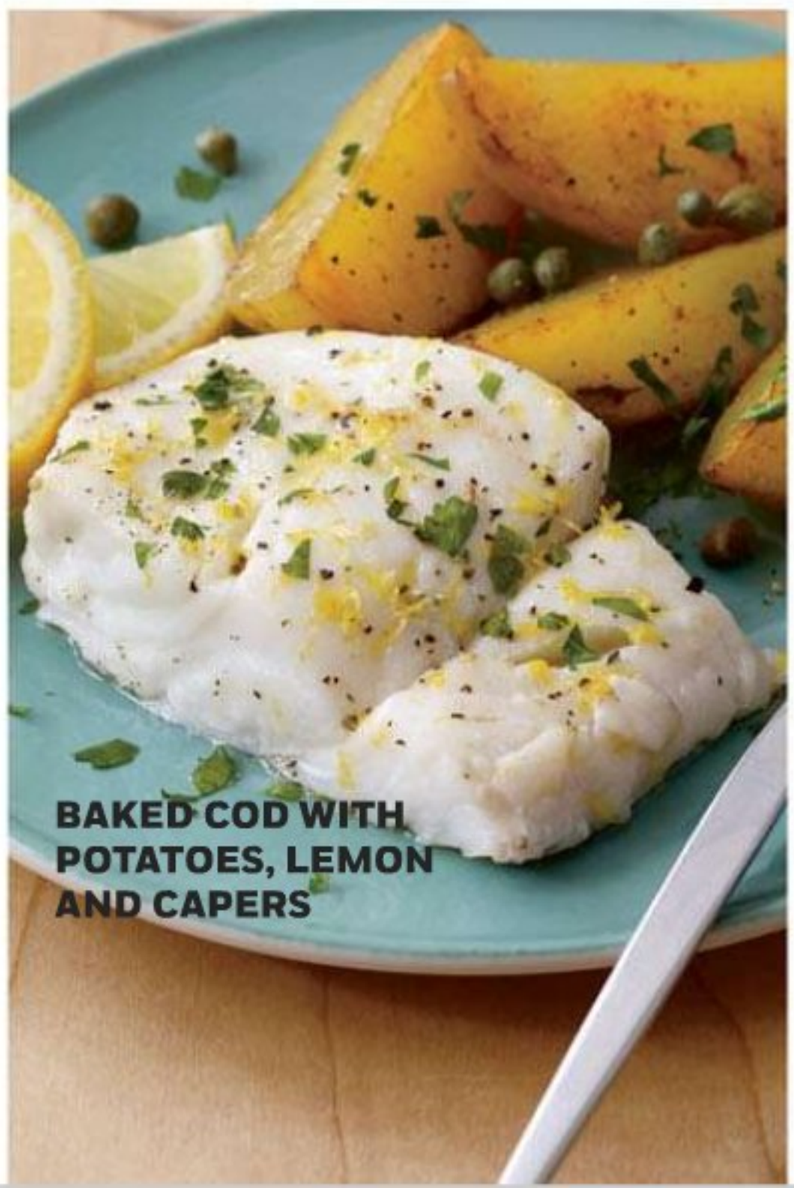
1 Preheat oven to 425°F. Spray 9 x 13-inch baking dish with nonstick spray.

2 Bring potatoes and enough water to cover by 2 inches to boil in large saucepan. Reduce heat and simmer until potatoes are translucent but centers are still firm, 10 minutes; drain. Return potatoes to saucepan and add 1 Tbsp parsley, capers, 1 tsp oil, paprika and ¼ tsp salt; toss gently to coat.

3 Mix lemon zest, garlic, remaining 1 Tbsp parsley, remaining ½ tsp oil and remaining ½ tsp salt in small bowl. Rub herb mixture on both sides of cod. Lay cod in center of baking dish. Scatter potatoes around cod; sprinkle cod and potatoes with lemon juice. Bake until fish is just opaque in center, about 12 minutes.

PER SERVING (1 COD FILLET WITH ½ CUP POTATOES): 201 cal, 3 g total fat, 0 g sat fat, 0 g trans fat, 54 mg chol, 286 mg sod, 22 g carb, 3 g sugar, 3 g fib, 26 g prot, 40 mg calc. ***POINTSPLUS* VALUE: 5**

FYI If cod is not available, substitute any thick, white, skinless fillet, such as halibut or sea bass.

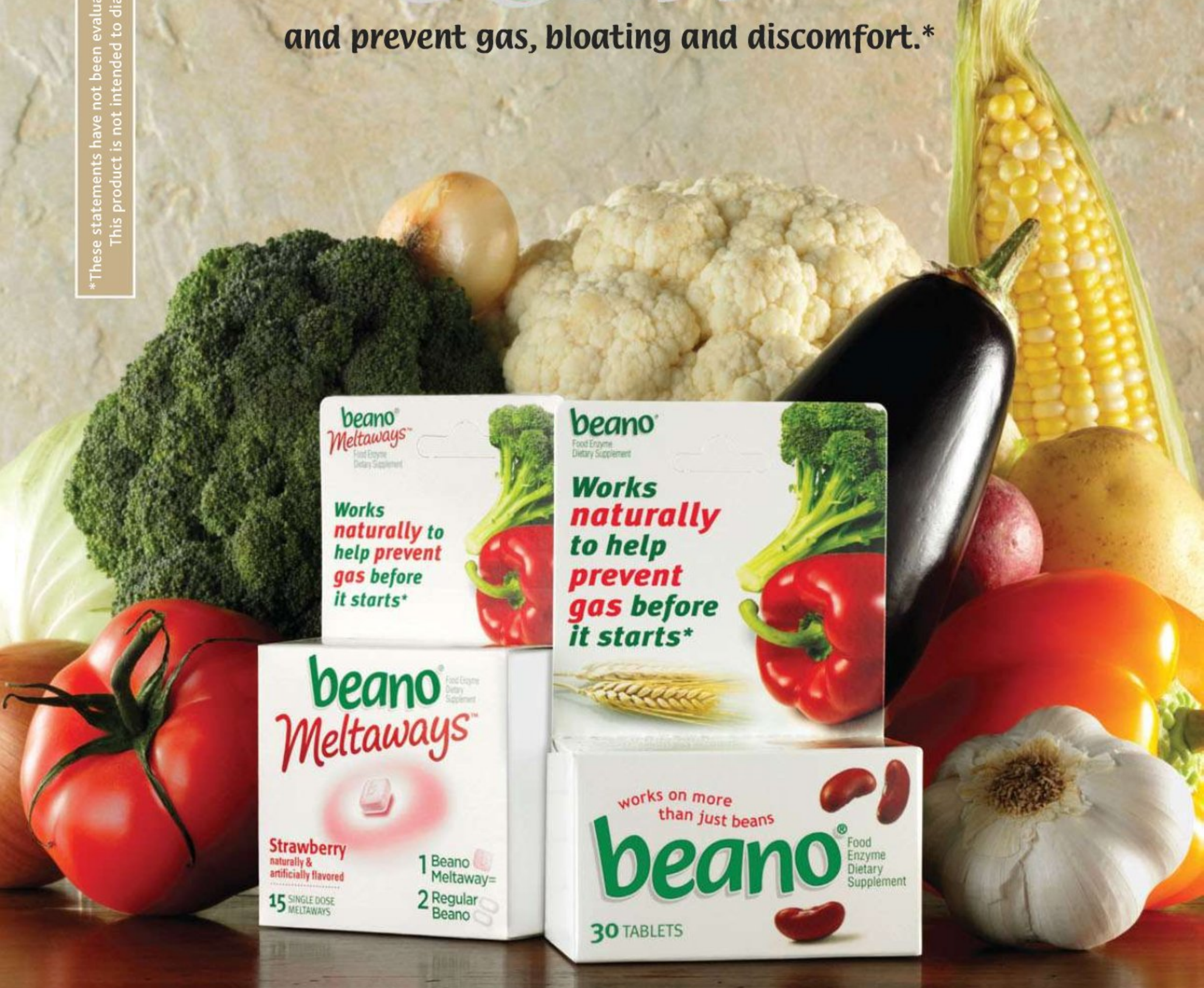


BAKED COD WITH POTATOES, LEMON AND CAPERS

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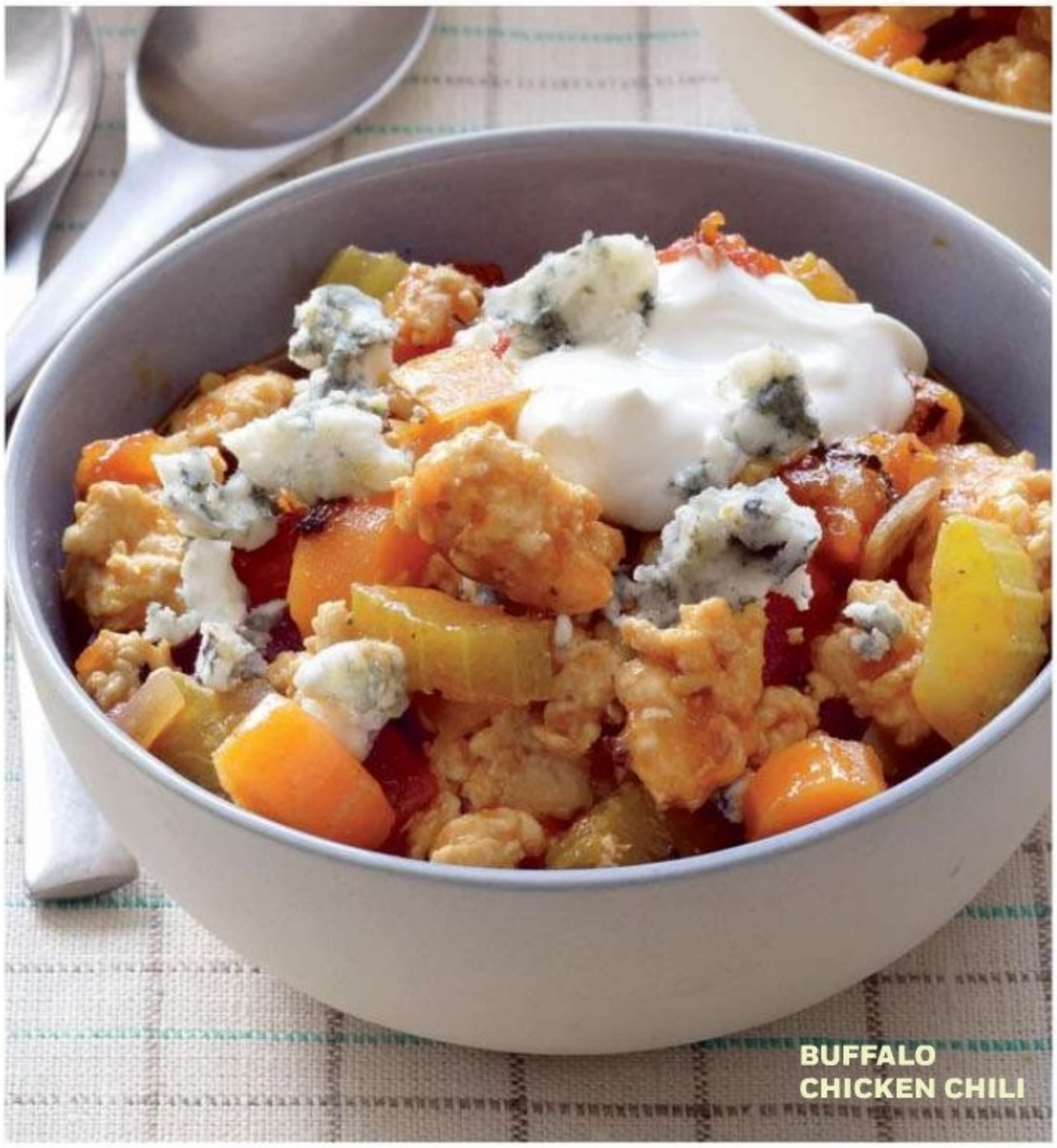


Available online at *www.betternpeanutbutter.com/mw*

Wonder Natural Foods Corp. Watermill NY 11976

ESSENTIAL TIP

An empty freezer is more expensive to operate than one that is nearly full, so make a double batch of soup or chili and freeze the extras for another no-fuss meal. Just refrain from freezing dishes that contain potatoes, as raw spuds turn mushy and cooked ones become watery when frozen.



BUFFALO CHICKEN CHILI

BUFFALO CHICKEN CHILI

PREP 15 MIN | COOK 30 MIN | SERVES 4

- **2 tsp canola oil**
- **1 lb ground skinless chicken breast**
- **1 onion, chopped**
- **2 celery stalks, sliced**
- **2 carrots, sliced**
- **1 (12-oz) bottle light beer**
- **1 c low-sodium chicken broth**
- **1 (14½-oz) can diced fire-roasted tomatoes**
- **⅓ c mild cayenne pepper sauce**
- **¼ c crumbled Gorgonzola cheese**
- **¼ c light sour cream**

1 Heat oil in large saucepan over medium heat. Add chicken and cook, stirring occasionally, until browned, 8 minutes. Add onion, celery and carrots; cook, stirring occasionally, until softened, 5 minutes.

2 Add beer, broth, tomatoes and pepper sauce; bring to boil. Reduce heat and simmer, stirring occasionally, until thickened, about 15 minutes.

3 Garnish each serving of chili with 1 Tbsp Gorgonzola and 1 Tbsp sour cream.

PER SERVING (1¾ CUPS CHILI WITH GARNISHES): 293 cal, 11 g total fat, 4 g sat fat, 0 g trans fat, 78 mg chol, 989 mg sodium, 16 g carb, 8 g sugar, 3 g fib, 29 g prot, 135 mg calc. ***POINTSPLUS* VALUE: 7**

FYI To pump up the flavor and fiber, add 1 cup rinsed, drained black beans to the chili with the tomatoes in step 2. The per-serving ***PointsPlus*** value will increase by **1.**

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RECIPE box

{ Heavenly delights } p. 80



FRUITCAKE BISCOTTI

PREP 45 MIN | BAKE 55 MIN | SERVES 24 | MAKE AHEAD 2 WEEKS

- 1 c candied red and green cherries, quartered
- 2 Tbsp brandy
- 2⅔ c all-purpose flour
- 2½ tsp baking powder
- ½ c light stick butter
- ¾ c sugar
- 2 large eggs
- 1 tsp vanilla
- ½ tsp almond extract
- ⅔ c pistachios, coarsely chopped
- ¼ c crystallized ginger, diced
- 3 oz semisweet chocolate, melted

1 Preheat oven to 325°F. Line 1 large baking sheet with parchment paper or nonstick foil. Mix cherries and brandy in small bowl; let stand 20 minutes.

2 Whisk flour and baking powder in medium bowl. With electric mixer on medium speed, beat butter, sugar and eggs in large bowl until blended, 1 minute. Beat in extracts. Reduce speed to low. Add flour mixture in thirds, beating just until blended. Stir in cherry mixture, pistachios and ginger. Chill dough until slightly firm, 15 minutes.

3 Divide dough in half; transfer pieces to prepared baking sheet. With floured hands, shape each piece into 2 x 12-inch log, spacing 4 inches apart. Bake until golden and firm when lightly pressed, 28–30 minutes. With spatula, gently loosen logs from parchment paper. Cool on baking sheet on rack, 30 minutes.

4 Reduce oven temperature to 300°F. With serrated knife, cut each log into 24 (½-inch) slices. Place slices, cut side down, on baking sheet. Bake biscotti 12 minutes, then turn over and bake until dry to touch, 13 minutes. Transfer to racks and cool completely. (If making ahead, cover and store in airtight container, with wax paper between layers, up to 2 weeks.)

5 Line large baking sheet with wax paper. Dip one end of each biscotti in chocolate; transfer to prepared sheet. Chill until chocolate sets, 30 minutes.

PER SERVING (2 BISCOTTI): 170 cal, 5 g total fat, 2 g sat fat, 0 g trans fat, 20 mg chol, 89 mg sod, 29 g total carb, 14 g sugar, 1 g fib, 3 g prot, 42 mg calc. ***POINTSPLUS* VALUE: 5**

GOOEY BROWNIE BARS

PREP 10 MIN | BAKE/MICROWAVE 15 MIN | SERVES 24 | MAKE AHEAD 1 WEEK

- 1 (10¼-oz) packet fudge brownie mix
- ⅓ c light stick butter, melted
- 1 large egg
- 2 Tbsp water
- 10 traditional caramels (such as Kraft), unwrapped
- 1½ tsp fat-free milk
- ½ c pecan halves, toasted and coarsely chopped
- ¼ c mini-semisweet chocolate chips

1 Preheat oven to 350°F. Line 8-inch square baking pan with nonstick foil, allowing foil to extend 2 inches over rim of pan.

2 Whisk brownie mix, melted butter, egg and water in medium bowl until blended (small lumps are OK). Scrape batter into prepared pan and spread evenly. Bake until toothpick inserted into center comes out with moist crumbs clinging, 15 minutes. Transfer to rack.

3 Combine caramels and milk in small microwavable bowl. Microwave on High until caramels are melted, 1 minute. Stir until smooth. Pour caramel mixture over hot brownie; spread evenly to cover. Sprinkle top evenly with chocolate chips. Let stand until chips melt, 10–12 minutes. Gently spread melted chips into caramel to marbleize. Cool completely. Lift brownies from pan using foil as handles; cut into 24 bars. Cover and chill in airtight container with wax paper between layers up to 1 week.

PER SERVING (1 BAR): 100 cal, 5 g total fat, 2 g sat fat, 0 g trans fat, 11 mg chol, 67 mg sod, 15 g total carb, 4 g sugar, 1 g fib, 1 g prot, 10 mg calc. ***POINTSPLUS* VALUE: 3**

GINGERBREAD SNOWMEN

PREP 30 MIN | BAKE 15 MIN | SERVES 36 | MAKE AHEAD 1 WEEK

- 2 c all-purpose flour
- 1½ tsp ground ginger
- 1 tsp cinnamon
- ½ tsp baking soda
- ¼ tsp ground nutmeg
- ¼ tsp salt
- ⅛ tsp ground cloves
- 6 Tbsp unsalted butter, softened
- ½ c packed brown sugar
- 3 Tbsp dark molasses
- 1 large egg

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- **2 c confectioners' sugar**
- **3 Tbsp warm water**
- **3 chocolate licorice twists**
- **2 orange licorice twists**
- **1 c shredded unsweetened coconut**
- **⅓ c coarse white sugar**

1 Whisk flour, ginger, cinnamon, baking soda, nutmeg, salt and cloves in medium bowl. With electric mixer on medium speed, beat butter and brown sugar in large bowl until creamy, 3 minutes. Beat in molasses and egg (mixture will look curdled). Reduce speed to low. Add flour mixture in thirds, beating just until blended. Divide dough in half; form each piece into disk. Wrap each disk in plastic wrap and chill until firm, at least 4 hours or overnight.

2 Preheat oven to 350°F. Line 2 large baking sheets with parchment paper or nonstick foil.

3 Working with 1 disk at a time (and keeping remaining disk chilled), roll dough on lightly floured surface to scant ¼-inch thickness. Cut into shapes using floured 3-inch snowman cutter, rerolling scraps (to make total of about 18 cookies). Place on 1 prepared baking sheet 1 inch apart. Bake until cookies are pale golden along edges, 8–9 minutes. Cool on baking sheet on rack 1 minute. Transfer to racks and cool completely. Repeat with remaining dough and baking sheet.



4 Slice licorice lengthwise into thin strips. Cut chocolate licorice into 36 hats and 72 eyes and orange licorice into 36 noses. Icing: Whisk confectioners' sugar and water in small bowl until smooth. Spread icing evenly over cookies; sprinkle evenly with coconut and coarse sugar and decorate with hats, eyes and noses. Let cookies stand on racks until icing hardens, 2 hours. Cover and store in airtight container with wax paper between layers up to 1 week.

PER SERVING (1 COOKIE): 115 cal, 4 g total fat, 3 g sat fat, 0 g trans fat, 10 mg chol, 42 mg sod, 20 g total carb, 13 g sugar, 1 g fib, 1 g prot, 10 mg calc. ***POINTSPLUS* VALUE: 3**

FYI Want to skip the icing? Make all-white snowmen. Prepare the recipe as directed, but omit the licorice. Brush the cooled cookies with a mixture of pasteurized egg whites and a splash of water, then sprinkle with the coconut and coarse sugar.

CLASSIC BRANDY SNAPS

PREP 25 MIN | COOK/BAKE 20 MIN | SERVES 20 | MAKE AHEAD 2 WEEKS

- **¼ c unsalted butter**
- **¼ c sugar**
- **2 Tbsp light corn syrup**
- **2 Tbsp mild molasses**
- **3 Tbsp brandy**
- **½ c all-purpose flour**
- **1 tsp ground ginger**
- **1 (8-oz) container light whipped topping**

1 Preheat oven to 350°F. Line 2 large baking sheets with parchment paper or nonstick foil.

2 Combine butter, sugar, corn syrup and molasses in small saucepan and set over medium-high heat. Cook until butter melts and mixture comes to simmer, 2 minutes. Remove pan from heat; whisk in brandy, flour and ginger until smooth. Place pan in larger pan halfway filled with hot water to keep warm.

3 Spoon 4 mounds of batter by rounded teaspoonfuls onto 1 prepared baking sheet 6 inches apart. With back of small spoon, spread each mound to 2½-inch circle. Bake until brown and bubbly, 7–8 minutes. Cool on baking sheet until edge of cookies can be lifted without wrinkling but are still pliable, 60–90 seconds.

4 Working with 1 cookie at a time, lift with spatula and invert onto paper towel. Immediately roll cookie around ½-inch handle of wooden spoon; press to seal edge. Transfer to rack and cool completely. (If cookies harden before rolling, return to oven to soften, about 1 minute.) Repeat with remaining batter and cookie sheet. (If making ahead, cover and store in airtight container with wax paper between layers up to 2 weeks.) Fill pastry bag fitted with ½-inch star tip with whipped topping; pipe into centers of cookies.

PER SERVING (1 COOKIE WITH 1½ TABLESPOONS FILLING): 81 cal, 4 g total fat, 3 g sat fat, 0 g trans fat, 6 mg chol, 11 mg sod, 11 g total carb, 7 g sugar, 0 g fib, 1 g prot, 14 mg calc. ***POINTSPLUS* VALUE: 2**

HAPPY HANUKKAH COOKIES

PREP 35 MIN | BAKE 30 MIN | SERVES 24 | MAKE AHEAD 3 DAYS

COOKIES

- **¼ c coarse colored sugars (blue, silver and/or gold)**
- **½ c walnut pieces**
- **¼ c confectioners' sugar, sifted**
- **½ c cold light stick butter, cut up**
- **½ tsp vanilla**
- **1 c all-purpose flour**

FILLING

- **1 Tbsp fat-free cream cheese, softened**
- **1 Tbsp confectioners' sugar**
- **⅛ tsp grated orange zest**
- **1 Tbsp chocolate-hazelnut spread**

1 Cookies: Preheat oven to 325°F. Line 2 large baking sheets with parchment paper or nonstick foil. Place colored sugars in separate cups.

2 Pulse walnuts and confectioners' sugar in food processor until finely ground. Add butter and vanilla; pulse just until blended. Add flour and pulse just until mixture forms a ball. Form dough by level teaspoonfuls into 48 (¾-inch) balls and roll in colored sugars. Place on prepared baking sheets 1 inch apart. Bake cookies, 1 sheet at a time, until firm when lightly pressed and golden

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along edges, 15–17 minutes. Cool on baking sheet 3 minutes. Transfer to racks and cool completely.

3 Filling: Mix cream cheese, confectioners' sugar and orange zest with fork in bowl until blended. Spread ⅛ tsp filling on flat side of 1 cookie; spread flat side of another cookie with ⅛ tsp hazelnut spread. Press cookies together to form sandwich. Repeat with remaining cookies, cream cheese mixture and hazelnut spread to make total of 24 sandwich cookies. Cover and chill in airtight container with wax paper between layers up to 3 days.

PER SERVING (1 SANDWICH COOKIE): 70 cal, 4 g total fat, 1 g sat fat, 0 g trans fat, 5 mg chol, 28 mg sod, 9 g total carb, 4 g sugar, 0 g fib, 1 g prot, 7 mg calc. ***POINTSPLUS* VALUE: 2**

PUMPKIN-MERINGUE TARTS

PREP 40 MIN | BAKE 35 MIN | SERVES 8 | MAKE AHEAD 3 DAYS

TART SHELLS

- **1¼ c all-purpose flour**
- **3 Tbsp confectioners' sugar**
- **¼ tsp salt**
- **5 Tbsp cold light stick butter, cut in bits**
- **1 large egg yolk**
- **2 Tbsp ice water**

FILLING

- **½ c fat-free sour cream**
- **2 large eggs**
- **½ c packed brown sugar**
- **2 tsp pumpkin pie spice**
- **1 (15-oz) can pumpkin puree**

MERINGUE

- **4 large egg whites, at room temperature**
- **½ tsp cream of tartar**
- **6 Tbsp granulated sugar**
- **½ tsp vanilla**

1 Tart shells: Spray 8 (3½-inch) individual tart pans with removable bottoms with nonstick spray. Pulse flour, confectioners' sugar and salt in food processor to mix. Add butter and pulse until mixture resembles coarse crumbs. Beat egg yolk and water in cup; pour over crumb mixture. Pulse just until dough starts to clump together; transfer to small bowl. Press 2 Tbsp dough over bottom and against side of each tart pan. Freeze shells 30 minutes.

2 Filling: Preheat oven to 400°F. Whisk sour cream, eggs, brown sugar and pie spice in 1-quart liquid measure until sugar is dissolved. Whisk in pumpkin. Place tart shells on large rimmed baking sheet. Pour filling evenly into shells (rounded ⅓ c each). Bake until filling is set and crusts are golden, 30–32 minutes. Cool tarts on rack 20 minutes. (Leave oven on.)



3 Meringue: With electric mixer on medium speed, beat egg whites and cream of tartar in large bowl until foamy. Add granulated sugar, 1 Tbsp at a time, until stiff, glossy peaks form. Beat in vanilla. Remove sides from tart pans (leave bottoms under crust). Spoon meringue by heaping ⅓ cupfuls over each tart, spreading to edge of crusts to completely enclose filling. Bake until meringue is lightly browned, 7–8 minutes. Cool completely on rack. Chill at least 1 hour. (If making ahead, chill in airtight container up to 3 days. Return to room temperature before serving.)

PER SERVING (1 TARTLET): 275 cal, 6 g total fat, 3 g sat fat, 0 g trans fat, 80 mg chol, 190 mg sod, 50 g total carb, 29 g sugar, 2 g fib, 7 g prot, 66 mg calc. ***POINTSPLUS* VALUE: 7**

ALMOND TUILES WITH LEMON CREAM

PREP 30 MIN | BAKE 50 MIN | SERVES 24 | MAKE AHEAD 5 DAYS

- **⅓ c sliced blanched almonds**
- **¼ c all-purpose flour**
- **3 large egg whites**
- **⅓ c sugar**
- **½ tsp vanilla**
- **¼ tsp almond extract**
- **3 Tbsp unsalted butter, melted**
- **3 oz bittersweet chocolate, melted**
- **⅓ c prepared lemon curd**
- **2¼ c light whipped topping**

1 Preheat oven to 350°F. Line large baking sheet with parchment paper. To make foil cone, tightly crumple 12-inch sheet of foil into 5-inch cone.

2 Pulse almonds and flour in food processor until nuts are finely ground; transfer to small bowl. Whisk egg whites, sugar and extracts in medium bowl just until blended. Whisk in half of flour mixture, then melted butter, until blended. Whisk in remaining flour mixture until smooth. (If making ahead, chill batter in airtight container up to 5 days.)

3 Spoon 4 mounds of batter by heaping teaspoonfuls onto prepared baking sheet 6 inches apart. With back of small spoon, spread each mound to 3½-inch circle. Bake until golden and lightly browned along edges, 8–9 minutes. Transfer baking sheet to rack.

4 Working with 1 hot cookie at a time, lift with spatula and invert onto cutting board. Place foil cone on top of cookie so that tip of cone is along edge. Immediately wrap cookie around cone; press firmly to seal edge. Gently pull foil cone out of cookie; cool completely on rack. Repeat with remaining batter.

5 Line large baking sheet with wax paper. Dip rounded edge of cookies into melted chocolate; transfer to prepared sheet. Chill until chocolate sets, 30 minutes. Filling: Stir lemon curd in small bowl to loosen; fold in whipped topping. Fill pastry bag fitted with ½-inch star tip with filling. Pipe filling into cookies.

PER SERVING (1 COOKIE WITH 1½ TABLESPOONS FILLING): 87 cal, 4 g total fat, 2 g sat fat, 0 g trans fat, 7 mg chol, 15 mg sod, 10 g total carb, 6 g sugar, 1 g fib, 1 g prot, 10 mg calc. ***POINTSPLUS* VALUE: 2**

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HAZELNUT-LINZER COOKIES

PREP 40 MIN | BAKE 25 MIN | SERVES 18 | MAKE AHEAD 1 WEEK

- 1¾ c all-purpose flour
- ½ c skinned hazelnuts, toasted
- ¾ c light stick butter, softened
- ¾ c + 1 Tbsp confectioners' sugar
- 1¼ tsp vanilla
- ¼ tsp salt
- 6 Tbsp low-sugar red raspberry or apricot preserves

1 Pulse ¾ c flour and hazelnuts in food processor until nuts are finely ground. Add remaining 1 c flour and pulse until mixed; transfer to bowl. With electric mixer on medium speed, beat butter, ¾ c confectioners' sugar, vanilla and salt in large bowl until creamy, 3 minutes. Reduce speed to low. Beat in flour mixture just until blended. Divide dough in half. Between 2 sheets wax paper, roll each piece of dough into ⅛-inch-thick sheet. Slide 1 sheet dough onto large baking sheet; top with remaining dough. Chill until firm, 45 minutes.

2 Preheat oven to 350°F. Line 2 large baking sheets with parchment paper or nonstick foil. Working with 1 sheet dough (keep remaining dough chilled), cut into shapes using floured 2-inch round fluted cutter. Place 1 inch apart on 1 prepared baking sheet. Repeat with remaining dough. Cut out centers of half of cookies using floured 1-inch round or star cutter. Remove centers; press together with scraps and chill. Bake until cookies are lightly golden at edges, 11–12 minutes for cookies with cut-out centers, 14 minutes for remaining cookies. Cool on baking sheets 1 minute. Transfer to racks and cool completely. Reroll scraps and repeat to make total of 36 cookies.

3 Spread preserves by generous half teaspoonfuls onto tops of cookies without centers. Dust remaining cookies with 1 Tbsp confectioners' sugar; place over jam-spread cookies to make 18 sandwiches. Cover and chill in single layers in airtight containers up to 1 week.

PER SERVING (1 SANDWICH COOKIE): 134 cal, 6 g total fat, 3 g sat fat, 0 g trans fat, 10 mg chol, 80 mg sod, 18 g total carb, 9 g sugar, 1 g fib, 2 g prot, 8 mg calc. ***POINTSPLUS* VALUE: 4**

COCOA-STREUSEL MINI-CAKES

PREP 30 MIN | COOK 20 MIN | SERVES 12 | MAKE AHEAD 3 DAYS

STREUSEL

- 3 Tbsp packed brown sugar
- 1½ Tbsp all-purpose flour
- 1 Tbsp unsweetened cocoa
- ¾ tsp cinnamon
- 1 Tbsp cold light stick butter, cut into bits

CAKE

- 1¼ c all-purpose flour
- ¾ tsp baking soda
- ¼ tsp baking powder
- ¾ c packed brown sugar
- ⅓ c egg substitute
- 6 Tbsp light stick butter, softened
- ¾ c fat-free vanilla yogurt
- 2 Tbsp mini-semisweet chocolate chips

GLAZE

- ⅔ c confectioners' sugar
- 3 Tbsp unsweetened cocoa
- 1½ Tbsp fat-free milk
- 1 tsp light corn syrup

1 Preheat oven to 350°F. Spray cavities of 1 (12-cavity) mini-fluted cake pan with baking spray.

2 Streusel: Mix brown sugar, flour, cocoa and cinnamon in small bowl. Cut in butter with fork until mixture resembles coarse crumbs.

3 Cake: Whisk flour, baking soda and baking powder in medium bowl. With electric mixer on medium speed, beat brown sugar and egg substitute in large bowl until blended. Add butter and beat until creamy, 3 minutes. Reduce speed to low. Alternately add flour mixture and yogurt, beginning and ending with flour mixture, just until blended. Divide scant ⅔ c batter by rounded tablespoonfuls into each cavity; spread each spoonful evenly with finger. Top evenly with 1 Tbsp chocolate chips and half of streusel. Repeat with half of remaining batter, remaining 1 Tbsp chocolate chips and remaining streusel. Top evenly with remaining batter. Bake until toothpick inserted near edge of each cake comes out clean, 20 minutes. Cool cakes in pan on rack 5 minutes. Unmold cakes onto rack and cool completely. (If making ahead, store in airtight container up to 3 days.)

4 Glaze: Whisk confectioners' sugar, cocoa, milk and corn syrup in bowl until smooth. Set cakes on rack over sheet wax paper. Top cakes evenly with glaze, letting it drip down sides. Let stand until glaze sets, 1 hour.

PER SERVING (1 MINI-CAKE): 201 cal, 4 g total fat, 3 g sat fat, 0 g trans fat, 9 mg chol, 158 mg sod, 39 g total carb, 27 g sugar, 1 g fib, 3 g prot, 68 mg calc. ***POINTSPLUS* VALUE: 5**

NO-BAKE PEANUT BUTTER WREATHS

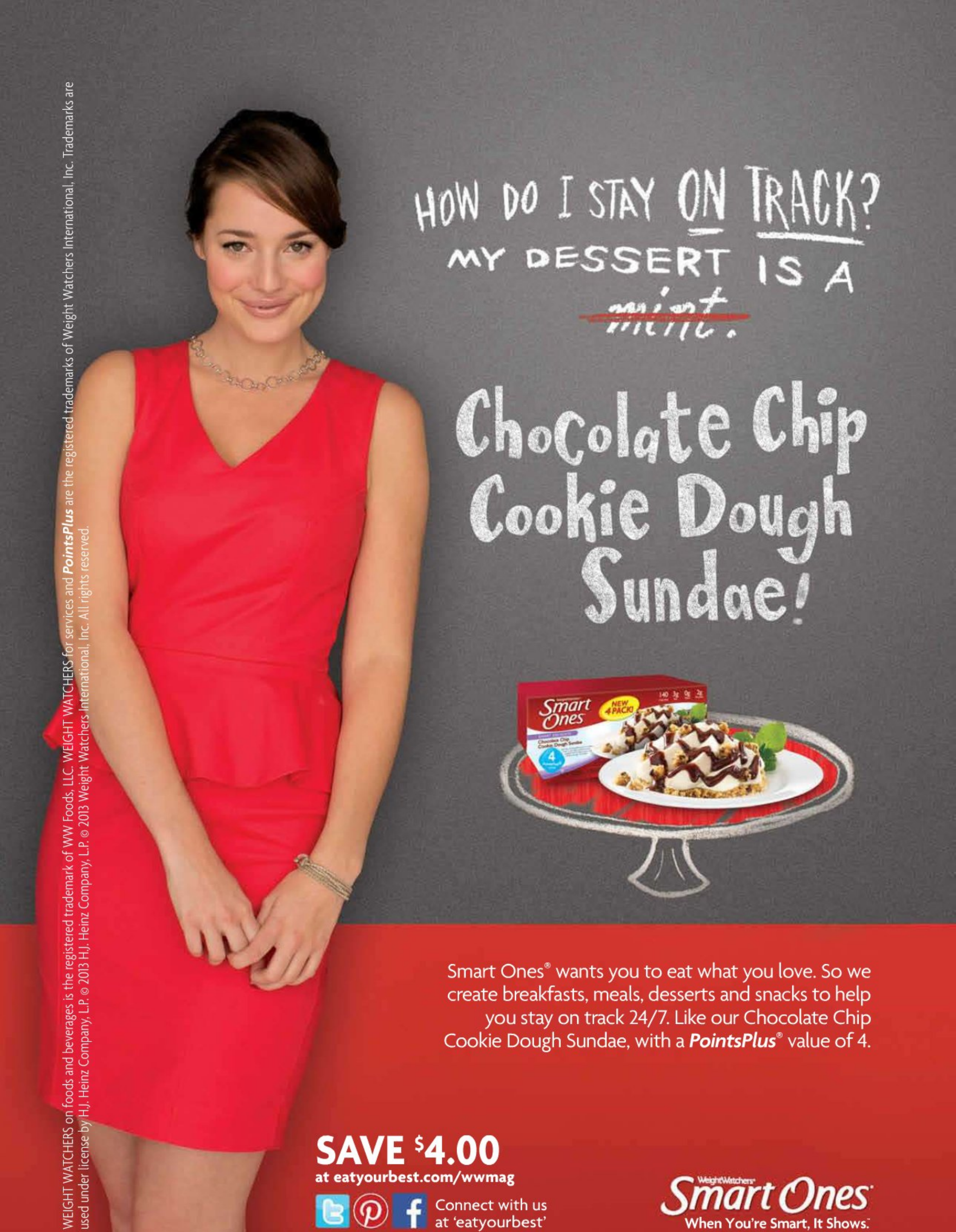
PREP 25 MIN | COOK 10 MIN | SERVES 20 | MAKE AHEAD 3 DAYS

- ½ c low-fat peanut butter
- 3 Tbsp light stick butter
- 1 Tbsp corn syrup
- ¾ tsp vanilla
- 1 (10½-oz) bag mini-marshmallows
- 5 c toasted rice cereal flakes
- 3 oz white chocolate, melted
- Green colored sugar and red nonpareils (optional)

1 Line 2 large baking sheets with parchment paper.

2 Combine peanut butter, butter, corn syrup and vanilla in small Dutch oven and set over medium-low heat. Cook, stirring occasionally with heatproof spatula, until butter melts, 2 minutes. Add marshmallows

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and cook, stirring occasionally, until mixture is smooth, 5 minutes. Remove pot from heat. Gently stir in cereal to coat.

3 Spray ¼-cup dry measure with nonstick spray. Working quickly, drop mixture by ¼ cupfuls onto prepared baking sheets 3 inches apart (to make a total of 20 mounds). Cool 5 minutes. With fingers sprayed with nonstick spray, form mounds into wreath shapes. Chill until firm, 1 hour. Brush wreaths with melted chocolate. Decorate with colored sugar and nonpareils (if using). Let stand until chocolate is firm, 1 hour. Cover and store in airtight container with wax paper between layers up to 3 days.

PER SERVING (1 COOKIE WITHOUT DECORATIONS): 155 cal, 5 g total fat, 2 g sat fat, 0 g trans fat, 3 mg chol, 121 mg sod, 25 g total carb, 14 g sugar, 1 g fib, 4 g prot, 14 mg calc. ***POINTSPLUS* VALUE: 4**

COOKIE S'MORES

PREP 20 MIN | BAKE/BROIL 20 MIN | SERVES 32 | MAKE AHEAD 5 DAYS

- **3 whole low-fat cinnamon graham crackers, broken up**
- **¼ c quick or old-fashioned (rolled) oats**
- **1 c all-purpose flour**
- **¼ tsp baking soda**
- **6 Tbsp light stick butter, softened**
- **¼ c granulated sugar**
- **¼ c packed brown sugar**
- **1 large egg**
- **½ tsp vanilla**
- **¼ c toffee candy bits**
- **Red or green colored sugar (optional)**
- **32 semisweet chocolate baking melts (Hershey's)**
- **96 mini-marshmallows (about 1 c)**

1 Preheat oven to 350°F. Line large baking sheet with parchment paper.

2 Pulse crackers and oats in food processor to make fine crumbs. Add flour and baking soda; pulse just to combine.

3 With mixer on medium speed, beat butter, granulated sugar and brown sugar in large bowl until creamy. Beat in egg and vanilla, scraping down side of bowl. Reduce speed to low. Add flour mixture just until blended. Stir in toffee bits.

4 With (1¼-inch) mini ice-cream scoop, drop dough by rounded teaspoonfuls on prepared baking sheets 1 inch apart. Lightly sprinkle with colored sugar (if using). Gently press 1 baking melt on top of each scoop. Bake cookies, 1 sheet at a time, until lightly golden, 11–13 minutes. Transfer baking sheets to racks.

5 Increase oven temperature to broil. Gently place 3 marshmallows, flat sides down, in melted chocolate on top of each cookie. Transfer one third of cookies to small baking sheet. Broil 8 inches from heat, rotating baking sheet, until marshmallows are lightly browned, 10–15 seconds. Cool cookies completely on rack. Repeat with remaining cookies. Cover and store in airtight container with wax paper between layers up to 5 days.

PER SERVING (1 COOKIE WITHOUT COLORED SUGAR): 80 cal, 3 g total fat, 2 g sat fat, 0 g trans fat, 11 mg chol, 39 mg sod, 13 g total carb, 8 g sugar, 0 g fib, 1 g prot, 6 mg calc. ***POINTSPLUS* VALUE: 2**

CRANBERRY-WHITE CHOCOLATE CHEESECAKE

PREP 30 MIN | BAKE/COOK 1 HR 10 MIN | SERVES 16 | MAKE AHEAD 3 DAYS

CRUST

- **6 whole chocolate graham crackers, broken up**
- **1 Tbsp sugar**
- **2 Tbsp cold light stick butter, cut into bits**

FILLING

- **2 (8-oz) packages light cream cheese (Neufchâtel), softened**
- **1 (8-oz) tub fat-free cream cheese, softened**
- **½ c fat-free sour cream, at room temperature**
- **¾ c sugar**
- **2 tsp vanilla**
- **3 large eggs, at room temperature**
- **4 oz white chocolate, melted**

TOPPING

- **1¼ c fresh cranberries**
- **½ c water**
- **½ c sugar**
- **1 c light whipped topping**
- **Sugared Cranberries (right)**

1 Crust: Preheat oven to 350°F. Spray bottom of 8-inch springform pan with nonstick spray. Pulse crackers and sugar in food processor to make fine crumbs. Add butter and pulse until crumbs are evenly moistened. Press crumbs onto bottom of prepared pan. Bake until set, 8 minutes. Cool completely on rack.

2 Filling: Reduce oven temperature to 325°F. Spray sides of springform with nonstick spray; wrap outside of pan with heavy-duty foil. With electric mixer on medium speed, beat cream cheeses, sour cream, sugar and vanilla in large bowl until creamy. Add eggs, one at a time, beating just until blended. Beat in melted chocolate until smooth. Pour over crust. Transfer springform pan to large roasting pan. Add enough boiling water to roasting pan to come 1 inch up side of springform pan. Bake until cheesecake is set along edge, but still jiggles slightly in center, 60–65 minutes. Turn off oven. Prop oven door open with wooden spoon and let cake sit in oven 30 minutes. Transfer cake to rack, carefully remove foil and cool completely.

3 Topping: Meanwhile, bring cranberries and water to boil in medium saucepan. Reduce heat and cook until cranberries pop, 5–6 minutes. Let mixture cool 5 minutes. Puree in blender; scrape through fine sieve and discard seeds. Rinse out pan; add puree and sugar and set over medium heat. Cook, stirring, until sugar is dissolved, 3 minutes. Cool completely. Remove side of springform pan and transfer cake to plate. Whisk topping to loosen; spread evenly over top of cake. Chill until cake is set, at least 1 hour or in airtight container up to 3 days. Garnish with whipped topping and Sugared Cranberries.

PER SERVING (1/16 OF CHEESECAKE WITH GARNISHES): 249 cal, 10 g total fat, 5 g sat fat, 0 g trans fat, 56 mg chol, 306 mg sod, 35 g total carb, 29 g sugar, 1 g fib, 7 g prot, 129 mg calc. ***POINTSPLUS* VALUE: 7**

SUGARED CRANBERRIES

Mix **¼ c sugar** and **2 Tbsp water** in small pan and set over medium heat. Cook until sugar dissolves. Increase heat and bring to boil; boil 1 min. Remove pan from heat; stir **16 fresh cranberries.** Cool 5 min. Spread **¼ c sugar** on sheet of parchment paper. Transfer cranberries with slotted spoon to parchment; toss with sugar to coat. Let stand on rack until dry, 1–2 hr. Serves 16.

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(serves 4 - about 4 cups)

- 1 cup instant dry milk
- 2 teaspoons SugarLeaf™
- 4 tablespoons unsweetened cocoa
- 1 cup milk
- 6 drops Chocolate Sweet Drops™
- 3 cups ice

83 CALORIES PER SERVING

1. Stir dry milk, SugarLeaf and unsweetened cocoa in a small bowl until completely mixed. Add ingredients to blender in the following order: milk, Chocolate Sweet Drops, dry mix. Blend for 5 seconds.

2. Add ice and blend for 30 seconds until smooth and daiquiri-like in texture. Pour into a short glass.

Add 4 drops of Peppermint Sweet Drops for a minty treat

Nutrition Facts: *Serving size: 1; Servings per recipe: 4; Amount per serving: Calories 83, Total Fat 3g, Cholesterol 10mg, Sodium 59mg, Total Carbohydrate 11g, Dietary Fiber 2g, Protein 5g (Does not include optional topping.)*

Optional: Add light whipped topping and chocolate shavings of your choice.

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SHOPPING

slimmer in seconds

p. 22 **On model** BB Dakota Serrano top, $80, blazer, $115, bbdakota.com; Yummie Tummie jeans, $98, yummielife.com; Sam Edelman shoes, similar styles available, samedelman.com; Layna Lark Deep Ocean blue jade earrings, $38, thealchemyshop.com; Berricle square gold color ring, $55, berricle.com.
More Luxe Looks FRAAS colorblock scarf, #490853, 390 Berry, $46, 212-575-0191; Simply Vera Vera Wang velvet top, $48, kohls.com; Joe Fresh velvet jeans, $29, jcp.com (available Nov. 1); H&M bracelet, $20, bag, $80, hm.com.

success secrets

p. 57 **Kelly** Burgundy brocade dress, similar styles available, hm.com; 3Q sequin cardigan, $128, whbm.com; Black gold toe suede bootie, $59, miashoes.com; Pure Bliss opaque tights, $13, haneshosiery.com; Gold metallic skinny belt, $20, lanebryant.com; Wimberly Inc. white enamel and gold cuff bracelet, $52, wimberlyinc.com; Blu Bijoux round silver druzy earrings, $18, maxandchloe.com.
p. 60 **Meg** Donna Morgan Florence dress, $148, donna-morgan.com; Venus pumps, $119, miashoes.com; Red faux croc belt, $50, talbots.com; Ivory faux python stretch cuff bracelet, $26, maxandchloe.com; Round Tuxedo earrings, $22, maxandchloe.com.
p. 64 **Joe** J.Crew cotton-cashmere V-neck sweater, $65, Slim morse print shirt, $88, Slim-straight resin crinkle wash jean, $96, Classic MacAlister suede boots, $148, jcrew.com.

doubly blessed

p. 69 **Rhonda** Donna Morgan eggplant dress, $138, donna-morgan.com; Jon Josef Navy patent pumps, $145, jonjosef.com; Black braided belt, similar styles available, hm.com; Hanes Hosiery Pure Bliss sheer tights, $13, haneshosiery.com; Blu Bijoux silver bangles, $32, maxandchloe.com; Margaret Elizabeth green onyx drops earrings, $118, margaretelizabeth.com.
Bruce Olive green trousers, similar styles available, hm.com; Grayers plaid button-down shirt, $85, nordstrom.com; Born Thayer dress shoes, $120, bornshoes.com.

PARTICIPATE IN OUR READER PANEL!

Interested in being a part of *WWM*'s reader panel? E-mail your name, city and state to wwmreaderpanel@weightwatchers.com. You may be contacted via e-mail to share your thoughts through an occasional short survey, to participate in a feature within the magazine or to just weigh in on the topics that matter most as you're trying to lose weight. By e-mailing us at wwmreaderpanel@weightwatchers.com, you are opting to receive e-mail communications from the editors of *WWM* via a carefully selected third party. Thanks for helping us continue to deliver the information and stories that are important to you!

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**PointsPlus values for these recipes were calculated by using the nutrition information for each ingredient using the online Recipe Builder.*

ABOUT OUR RECIPES

Recipes in this magazine have been developed for Weight Watchers members who are following the Weight Watchers 360° program. ***PointsPlus*** values are given for each recipe. They are assigned based on the amount of protein (grams), carbohydrates (grams), fat (grams) and fiber (grams) contained in a single serving of a recipe.

- Recipes include approximate nutritional information; they are analyzed for Calories (Cal), Total Fat, Saturated Fat (Sat Fat), Trans Fat, Cholesterol (Chol), Sodium (Sod), Total Carbohydrates (Total Carb), Total Sugar, Dietary Fiber (Fib), Protein (Prot), Alcohol and Calcium (Calc). The nutritional values are calculated by registered dietitians, using nutrition analysis software.
- Substitutions made to the ingredients will alter the per-serving nutritional information and may affect the ***PointsPlus*** value.
- Our recipes help you meet Weight Watchers Good Health Guidelines for eating lean proteins and fiber-rich whole grains and having at least five servings of vegetables and fruits and two servings of low-fat or fat-free dairy products a day while limiting your intake of saturated fat, sugar and sodium.
- Health agencies recommend limiting sodium intake. To stay in line with this recommendation, we keep sodium levels in our recipes reasonably low; to boost flavor, we often include fresh herbs or a squeeze of citrus instead of salt. If you don't have to restrict your sodium, feel free to add a touch more salt as desired.
- Learn more about the Simply Filling technique at a WW meeting.
- For information about the science behind lasting weight loss and more, please visit WeightWatchers.com/science.

PointsPlus value not what you expected?

Fruits: You might expect some of the ***PointsPlus*** values in some recipes to be lower when some of the foods they're made from, such as fruits and vegetables, have no ***PointsPlus*** values. Fruit and most veggies have no ***PointsPlus*** values when served as a snack or part of a meal, like a cup of berries with a sandwich. But if these foods are part of a recipe, their fiber and nutrient contents are incorporated into the recipe calculations. These nutrients can affect the ***PointsPlus*** values.

Alcohol: Alcohol is included in our ***PointsPlus*** calculations. Because alcohol information is generally not included on nutrition labels, it's not an option to include when using the handheld calculator or the online calculator. But since we use alcohol information that we get from our nutritionists, you might notice discrepancies between the ***PointsPlus*** values you see in our recipes and the values you get using the calculator. The ***PointsPlus*** values listed for our recipes are the most accurate values.

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Cocktail CONFIDENTIAL

Scale back on what you throw back this season with these ten tips for drinking light.

by JENNIFER L. NELSON

1
STOP AT 1 OR 2
The more alcohol you consume, the more you eat: In a study in *The American Journal of Clinical Nutrition*, women who had an average of two drinks (one drink is 5 fl oz wine, 12 fl oz beer or 1½ fl oz spirit) took in an extra 92 nonalcoholic calories during the day.

2
BE THE DESIGNATED PHOTOGRAPHER
Busy hands = fewer trips to the open bar (and less nibbling!).

3
SIP FROM A ROCKS GLASS
Forgo tall cocktail glasses, which can hold up to 12 fl oz, and request a small rocks (or whiskey) glass, which holds about 6 fl oz.

4
REMEMBER THE ICE
Instead of ordering a cocktail neat, ask for yours on the rocks—filled halfway with cubes.

5
REQUEST 80-PROOF
A shot of a 100-proof spirit (e.g., gin, rum, vodka or whiskey) has more alcohol, and thus more calories, than an 80-proof one. (The info is on the label.)

6
ASK FOR A HALF SHOT
Specifying how much alcohol to put in your mixed drink can pay off. Order a Greyhound (vodka with grapefruit juice) or a Cape Codder (vodka with cranberry juice) with a ¾ fl oz pour.

7
CHOOSE STOUT OVER REGULAR BEER
The next best choice after light beer: dark beer, such as Guinness. It boasts less carbs than other brews, like Stella Artois and Miller Genuine Draft. Request a mug that holds 12 fl oz.

8
SNACK JUDICIOUSLY
Bowls of nuts on the bar? Skip the mixed variety in favor of shelled pistachios or peanuts, which tend to be smaller. Count out a dozen and eat them slowly.

9
MIX SODA WITH... SODA
If you prefer cola to cocktails, use this trick: Combine equal parts regular and diet soda.

10
USE YOUR NOG-GIN
Egg nog is seasonal, but so is lower-cal hot apple cider: Ask for yours in an 8 fl oz mug, and make it extra-festive by adding a cinnamon stick stirrer.

fact

You're less likely to get a hangover if you drink gin or vodka, versus brandy or whiskey. Why? Clearer spirits typically have less congeners, chemical byproducts that can trigger a headache.

PHOTOGRAPHY: ROMULO YANES.

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Light Red Velvet Mini Cupcakes

1 cup all-purpose flour
1/2 cup whole wheat flour
6 tablespoons cocoa powder, unsweetened
1/2 teaspoon baking soda
1/4 teaspoon salt
1 stick margarine (60% vegetable oil, zero trans fats), softened
1/2 cup Domino® Light Sugar & Stevia Blend
2 tablespoons unsweetened applesauce
2 large eggs, room temperature
1/2 cup 1 % milk
1/2 teaspoon white vinegar
1 teaspoon vanilla extract
1 tablespoon red food coloring
1/4 cup fat-free, plain Greek Yogurt

Preheat oven to 350°F. Line 2 mini-muffin pans with 42 paper baking cups. Mix flour, cocoa, baking soda and salt in medium bowl; set aside. Beat margarine, Domino® Light and applesauce in large mixing bowl at medium speed until light and fluffy. Add eggs, one at a time, scraping down sides of bowl with each addition. In a small bowl combine milk and vinegar until curdled slightly. Add vanilla and red food coloring.

Slowly pour half flour mixture to the margarine mixture, alternating with the milk mixture in between. Blend until just combined. DO NOT OVERMIX. Fold in yogurt until combined. Fill muffin cups 2/3 full.

Bake 15 minutes. Remove from oven; cool completely in pan.

Light Vanilla Cream Cheese Frosting

(8-oz.) pkg. Neufchatel cheese, softened
1/4 cup Domino® Light Sugar & Stevia Blend
2 tablespoons fat-free, plain Greek Yogurt
1 teaspoon vanilla extract

Beat together Neufchatel cheese, Domino® Light, yogurt and vanilla until light and fluffy. Place in pastry bag with an open star tip and top 40 cupcakes with 1 1/2 teaspoons of frosting. Reserve 2 cupcakes for garnishing crumbs.

Cupcakes and frosting can be stored air-tight and frozen for up to one month.

Nutrition Information: 1 cupcake & 1 1/2 tsp frosting
Calories: 60, Calories from Fat: 30, Total Fat: 3.5 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 15 mg
Sodium: 80 mg, Total Carbohydrate: 8 g, Dietary Fiber: 0 g, Sugars: 4 g, Protein: 2 g

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Coconut CUSTARD PIE

Deliciously decadent—the perfect end to a festive meal.

SERVES 12

- **1 refrigerated pie crust (from 14.1-oz package)**
- **1 (13½-oz) can light (low-fat) coconut milk**
- **1 Tbsp cornstarch**
- **1¼ c fat-free egg substitute**
- **⅓ c sugar**
- **¼ c fat-free milk**
- **1 tsp vanilla extract**
- **1 tsp coconut extract**
- **1 tsp ground ginger**
- **¼ tsp salt**
- **½ c sweetened shredded coconut**
- **2 Tbsp minced crystallized ginger**
- **1 c thawed frozen light whipped topping**
- **2 Tbsp unsweetened coconut chips**

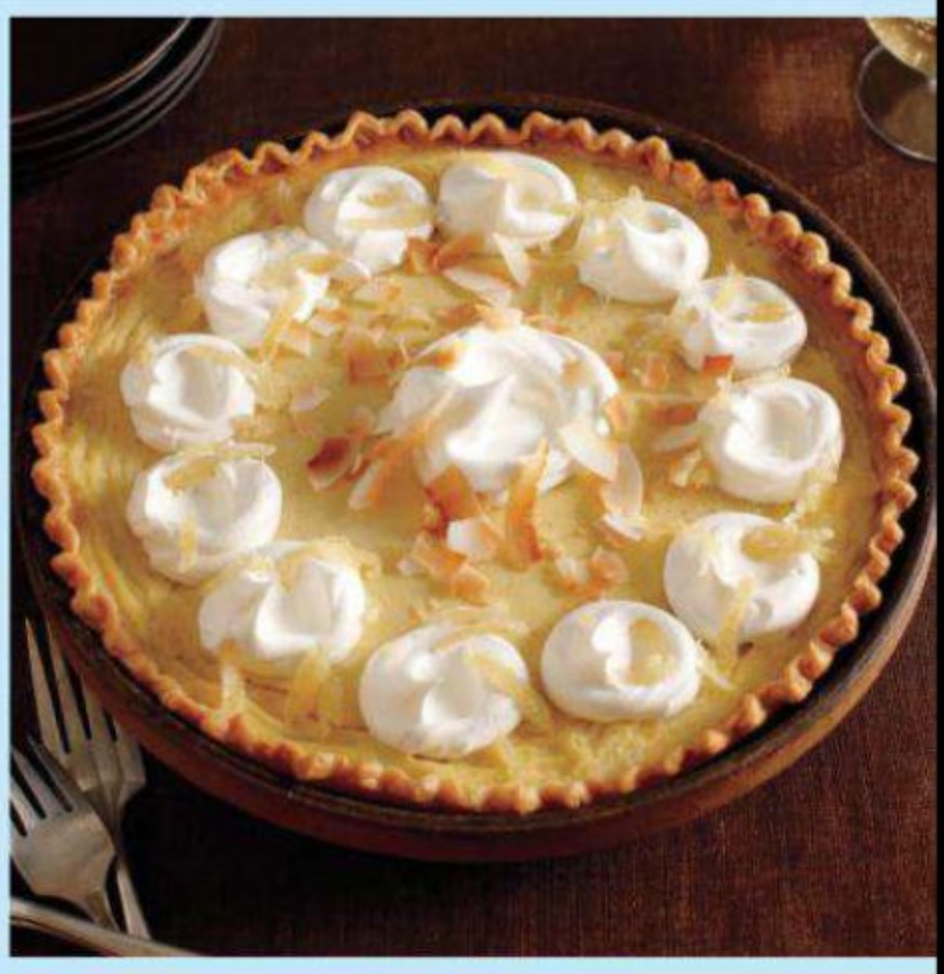
1 Preheat oven to 400°F.

2 Soften pie crust according to package directions. Ease crust into 9-inch pie plate, pressing it against side of plate. Crimp edge. Line with nonstick foil; fill with dried beans. Bake until center of crust is dry and set, about 10 minutes. Let cool completely on rack.

3 Reduce oven temperature to 350°F.

4 Pour ⅓ cup of coconut milk into small saucepan; whisk in cornstarch; stir in remaining coconut milk. Cook over medium heat, stirring constantly, until mixture begins to thicken, about 7 minutes (do not boil). Transfer custard to large bowl; whisk in egg substitute, sugar, milk, vanilla, coconut extract, ground ginger, and salt. Sprinkle shredded coconut and 1 tablespoon of crystallized ginger over crust; pour filling over.

5 Bake until small knife inserted in center comes out clean, about 40 minutes. Let cool completely on rack. Refrigerate, loosely covered with plastic wrap up to 1 day. To serve, garnish pie with whipped topping, coconut chips, and remaining 1 tablespoon crystallized ginger.



PER SERVING (1/12 of pie):
***POINTSPLUS* VALUE: 8**

baker's tip

To prevent the crystallized ginger from sticking to the knife, lightly spritz the blade with nonstick spray.

GINGERBREAD *trifle*

Ideal for an open house or buffet.

SERVES 16

CAKE

- **¾ c all-purpose flour**
- **½ c whole wheat flour**
- **½ tsp baking powder**
- **½ tsp baking soda**
- **⅛ tsp salt**
- **1½ Tbsp unsalted butter, softened**
- **¼ c packed dark brown sugar**
- **1½ tsp grated peeled fresh ginger**
- **1 tsp ground ginger**
- **⅛ tsp ground cloves**
- **½ c low-fat buttermilk**
- **¼ c light (mild) molasses**
- **2 large egg whites**
- **½ tsp vanilla extract**

FILLING

- **½ golden pineapple, peeled, cored, and diced**
- **1 (1-lb) mango, pitted, peeled, and diced**
- **2 Tbsp granulated sugar**
- **Juice of 1 lime**
- **2 kiwifruit, peeled, halved, and sliced**
- **1 pomegranate, seeded**
- **1 (16-oz) container frozen light whipped topping, thawed**

1 Preheat oven to 350°F. Lightly spray 4 ½ x 8 ½-inch loaf pan with nonstick spray.

2 For cake, whisk all-purpose flour, whole wheat flour, baking powder, baking soda, and salt in medium bowl.

3 With electric mixer on medium speed, beat butter in medium bowl until creamy. Add brown sugar, fresh ginger, ground ginger, and cloves, beating until blended well. Beat in buttermilk, molasses, egg whites, and vanilla. Reduce speed to low. Add flour mixture, beating just until blended.

4 Scrape batter into prepared pan. Bake until toothpick inserted in cake comes out clean, about 30 minutes. Let cake cool in pan on rack 10 minutes. Unmold cake and let cool completely on rack.

5 For filling, combine pineapple, mango, granulated sugar, and lime juice in medium bowl; toss until coated. Let stand 10 minutes. Toss together kiwifruit and pomegranate seeds in small bowl.

6 Cut cake into 1-inch cubes. Spread 1 cup of whipped topping in bottom of 3-quart glass trifle dish or straight-sided bowl. Arrange one half of cake cubes on top. Top with one third of pineapple mixture and then one third of kiwifruit mixture. Repeat with 2 cups whipped topping, the remaining cake cubes, half of remaining pineapple mixture, and half of remaining kiwifruit mixture. Top with remaining whipped topping, pineapple mixture, and kiwifruit mixture. Cover loosely with plastic wrap and refrigerate at least 1 hour or up to 6 hours.

PER SERVING (¾ C):
***POINTSPLUS* VALUE: 5**

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baker's tip

Select a pomegranate that is heavy for its size and without any shriveling.

CRANBERRY-ORANGE linzer tart



Enjoy with a cup of tea while catching up with family and friends.

SERVES 12

FRUIT FILLING

- **1 (12-oz) package fresh or frozen cranberries**
- **¾ c sugar**
- **¾ c orange juice**
- **¼ c seedless raspberry fruit spread**
- **2 Tbsp orange-flavored liqueur or 1 tsp orange extract**
- **1 Tbsp minced peeled fresh ginger**

PASTRY DOUGH

- **1¾ c all-purpose flour**
- **¼ c sliced almonds, preferably blanched**
- **4 Tbsp sugar**
- **1 Tbsp grated lemon zest (about 2 lemons)**
- **¾ tsp ground cinnamon**
- **½ tsp ground allspice**
- **¼ tsp salt**
- **6 Tbsp canola oil**
- **2 Tbsp cold unsalted butter, cut into pieces**
- **About 5 Tbsp ice water**
- **1 Tbsp low-fat (1%) milk**

1 Preheat oven to 400°F.

2 For fruit filling, combine filling ingredients in medium saucepan and bring to boil. Cook, stirring until liquid is almost evaporated and mixture is thickened, about 15 minutes. Remove from heat and let cool.

3 Meanwhile, for pastry dough, combine flour, almonds, 3 tablespoons of sugar, the lemon zest, cinnamon, allspice, and salt in food processor; pulse until blended. Add oil and butter; pulse until mixture resembles coarse crumbs. Pour water through feed tube, pulsing just until dough forms. Shape dough into 2 disks, one slightly larger than other. On lightly floured work surface, roll out larger disk into 12-inch round; ease into 9-inch removable bottom tart pan. Trim dough edge. Roll out remaining disk of dough into 7 x 9½-inch rectangle. Cut lengthwise into 9 (½ to ¾-inch-wide) strips.

4 Spread cranberry mixture in tart shell. Place 5 dough strips on top of filling. Place remaining 4 strips on top, at right angle to first set of strips, to form crisscross pattern, weaving strips if desired. Trim strips and press against dough to seal.

5 Brush pastry strips and dough edge with milk and sprinkle with remaining 1 tablespoon sugar. Bake until crust is golden brown and filling is slightly bubbly, 35–40 minutes. Let cool completely on rack.

PER SERVING (1/12 of tart):
***POINTSPLUS* VALUE: 7**

baker's tip

The filling can be made and refrigerated up to three days ahead.

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RETAILER: As our agent, redeem this coupon for $1.50 on the purchase of one 2 lb. bag of Domino® Light. Mail to the address below. We will then pay you $1.50 plus 8¢ handling. Limit 1 coupon to a customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. We will not honor redemption through transferees, assignees, outside agencies, brokers or others who are not retail distributors of our merchandise. Any sales tax must be paid by consumer. Void where prohibited, licensed, taxed or restricted by law. Cash value 1/20th of 1¢. Domino Foods, Inc., P.O. Box 880270, El Paso, Texas 88588-0270.

0049200-014680

MANUFACTURER'S COUPON • EXP 1/31/14

save $1.00



on ONE 40-ct. packet box of Domino® Light

RETAILER: As our agent, redeem this coupon for $1.00 on the purchase of one 40-ct. packet box of Domino® Light. Mail to the address below. We will then pay you $1.00 plus 8¢ handling. Limit 1 coupon to a customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. We will not honor redemption through transferees, assignees, outside agencies, brokers or others who are not retail distributors of our merchandise. Any sales tax must be paid by consumer. Void where prohibited, licensed, taxed or restricted by law. Cash value 1/20th of 1¢. Domino Foods, Inc., P.O. Box 880270, El Paso, Texas 88588-0270.

0049200-014679

Try the Light Way to Do Sweet Today!



Domino® Light is an all natural pure cane sugar and stevia blend with half the calories of sugar and 2 grams of carbohydrates per serving. By blending pure cane Domino® Sugar with a naturally sweet extract from the stevia plant, we have created a delicious sweetener with no artificial ingredients. Domino® Light is the ideal sweetener—a perfect sweet taste with only 2 carbs per serving (5 calories)!

Baking with Domino® Light Is Easy

✪ **REPLACE 1 CUP OF SUGAR WITH ½ CUP OF DOMINO® LIGHT** The difference is exactly half, making it simple to convert favorite recipes. For every cup of sugar you replace in a recipe with ½ cup of Domino® Light Sugar & Stevia Blend, you'll save 350 calories! Since you are baking with a sugar and stevia blend, you may notice a few minor differences in your baking. Here are some tips for the best possible results:

Color Sugar helps form a nice golden color in baked goods. Since there is less sugar in Domino® Light, the color of baked items may be lighter. Don't go by color alone when baking with Domino® Light.

Moisture and Texture Sugar adds volume and helps to retain moisture to cakes. If you are using a cake, or cake-like recipe, such as brownies, you may notice that when baked with Domino® Light, the cake will be a little denser than the original recipe. To compensate:

- ✪ **INCREASE THE SIZE OF THE BAKING PAN,** which will decrease the baking time and temperature, helping to retain moisture.
- ✪ **ADD AN ADDITIONAL EGG** to the recipe.
- ✪ **INCORPORATE NUTS** to add air into your cakes, making them lighter in texture.
- ✪ **USE OIL, MARGARINE OR VEGETABLE SHORTENING** or a combination of these, instead of butter.
- ✪ **INCREASE THE LIQUID CONTENT** of the recipe slightly.



STEAMED chocolate PUDDING

The combination of cocoa and chocolate makes this dessert super chocolaty.

SERVES 12

- **1½ c all-purpose flour**
- **¼ c unsweetened cocoa**
- **1 tsp baking powder**
- **½ tsp salt**
- **2 large eggs, at room temperature**
- **2 large egg whites, at room temperature**
- **1 c granulated sugar**
- **4 oz bittersweet chocolate, melted and cooled**
- **2 Tbsp unsalted butter, melted and cooled**
- **1 tsp vanilla extract**
- **1 c fat-free milk**
- **2 tsp confectioners' sugar**

baker's tip

Before measuring the confectioners' sugar, fluff it with a fork to aerate.

1 Preheat oven to 325°F. Spray 6-cup soufflé dish, ceramic bowl, or round pudding mold with nonstick spray. Spray sheet of foil large enough to cover soufflé dish with nonstick spray.

2 Sift flour, cocoa, baking powder, and salt.

3 With electric mixer on medium speed, beat eggs and egg whites in large bowl until frothy. Add granulated sugar, 1 tablespoon at a time, beating until pale and fluffy. Add chocolate, butter, and vanilla, beating until blended. Reduce speed. Alternately add flour mixture and milk in three additions, beginning and ending with flour mixture.

4 Pour batter into dish; cover dish with foil, sprayed side down. Secure foil with rubber band and place dish in roasting pan. Add enough hot water to pan to come 2 inches up sides of pan. Cover pan tightly with foil.

5 Bake for 1 hour 30 minutes. To test for doneness, transfer pan to stove top; carefully remove foil. Uncover dish; edge of pudding should be set and center should jiggle slightly.



6 Transfer dish to rack and let cool, about 20 minutes. Invert onto serving plate. Sift confectioners' sugar over top or decorate using stencil.

PER SERVING (SCANT ½ C):
***POINTSPLUS* VALUE: 6**

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Pumpkin CHEESECAKE

Thanksgiving's iconic ingredient gets a modern makeover.

SERVES 16

- **1¾ c low-fat honey graham cracker crumbs (about 15 whole crackers)**
- **2 Tbsp granulated sugar**
- **2 Tbsp light stick butter, melted**
- **1 Tbsp water**
- **2 (8-oz) packages fat-free cream cheese, softened**
- **1 (8-oz) package light cream cheese (Neufchâtel), softened**
- **1 c vanilla fat-free yogurt**
- **1 (15-oz) can pumpkin puree**
- **1 c packed light brown sugar**
- **⅓ c all-purpose flour**
- **2 large eggs**
- **2 large egg whites**
- **1 tsp pumpkin pie spice**

1 Preheat oven to 350°F. Spray 9-inch springform pan with nonstick spray.

2 For crust, combine 1½ cups of cracker crumbs, the granulated sugar, melted butter, and water in small bowl; stir until crumbs are evenly moistened. Firmly press mixture onto bottom and 2 inches up side of prepared pan. Bake until golden, about 10 minutes. Let cool on rack.

3 Reduce oven temperature to 325°F.

4 Combine fat-free cream cheese, light cream cheese, and yogurt in food processor; process until smooth. Add remaining ingredients and pulse just until blended.

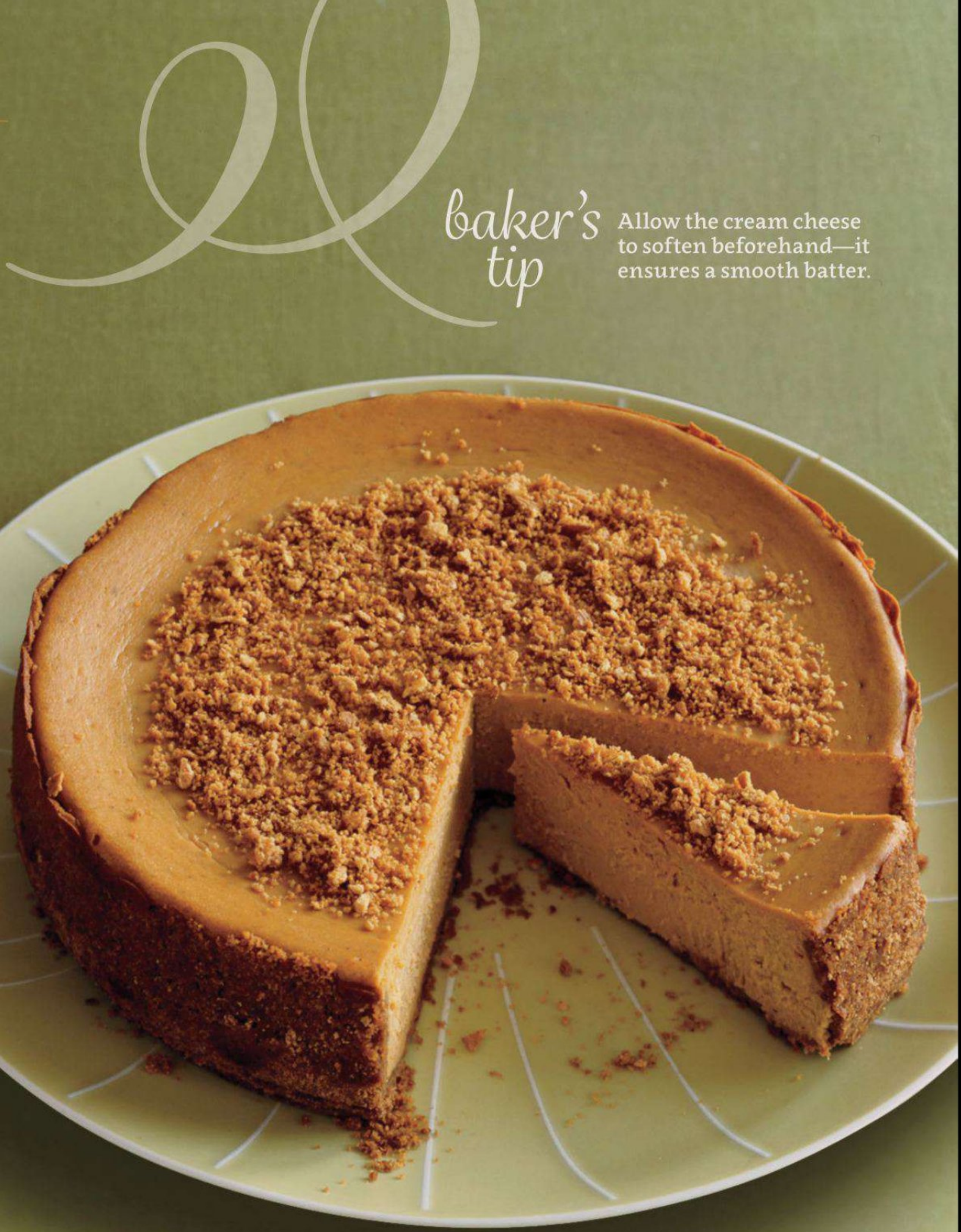
5 Pour filling over crust. Bake until edge of cake is set and center is jiggly, 55–60 minutes. Turn oven off and leave cake in oven 1 hour (do not open door). Transfer cake to rack and let cool completely. Refrigerate at least 3 hours or up to overnight.

6 For graham cracker topping, spray small nonstick skillet with nonstick spray and set over medium heat. Add remaining ¼ cup crumbs and cook, stirring, until toasted and fragrant, about 5 minutes; let cool. Just before serving, sprinkle on top of cheesecake.

PER SERVING (1/16 OF CAKE):
***POINTSPLUS* VALUE: 6**

baker's tip

Allow the cream cheese to soften beforehand—it ensures a smooth batter.



½ Calories of Sugar &
2 Grams of Carbs per Serving!

Bake Light this Holiday Season!



Domino light

all natural
sugar & stevia
blend

&





Bake favorite holiday recipes with natural ingredients and fewer calories.

Try packets for easy **Sprinkling** or to **Stir** into beverages.

the Real Way to do Sweet!™

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