

EVERYDAY INGREDIENTS. CALORIE BARGAINS.

Hungry Girl

Hungry-Girl.com

**SO EASY!
SO SMART!**

*fresh ideas
for summer
cooking*

70+

DELICIOUS
RECIPES
**UNDER 350
CALORIES!**

**FAST &
FOOLPROOF
MEALS**

**YES!
IT'S
HEALTHY**



**MONEY-
SAVING
GROCERY
TIPS**
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**HONEY BBQ
CHICKEN
IN 35
MINUTES!**
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plus! 25 EASY WAYS TO BURN 100 CALORIES *p. 90*



SO LONG, SPAGHETTI

THERE'S A NEW NOODLE IN TOWN.
100% VEGETABLE SPIRALS



Introducing Green Giant Veggie Spirals™, an exciting new twist on noodles. Spiralized from fresh carrots, zucchini, beets and butternut squash, they're made from 100% vegetables and are gluten-free, with no sauce or seasoning added. A family-friendly alternative to pasta!

For recipes featuring Green Giant Veggie Spirals,
please visit GreenGiant.com.





hey there!

Lisa here. Super excited to tell you all about the summer issue of *Hungry Girl!* We've been insanely busy at Hungryland whipping up dozens and dozens of new recipes for you to try. I've decided that my Instant Pot cooker is absolutely my new best friend, so there's a whole section featuring brand-new recipes you can make in one. They're crazy easy and extremely yummy! In addition to the IP recipes you'll find starting on page 38, I'm throwing in a bonus recipe right here and now... just because I love you guys (and my Instant Pot cooker!). Over the years, I've been asked dozens of times by dozens of people how to make PERFECT hard-boiled eggs. This is the way to go. You can find my super-simple steps to hard-cooked egg perfection right on this page.

With over 70 recipes in this issue, there's a TON to see and enjoy. And while I am personally THRILLED to bring you new recipes—that's definitely the kind of thing you've come to expect from me (I'm pretty predictable!)—I'm also eager for you to read all the awesome non-recipe content we've crammed into this issue. Of course, there's lots of Lolly love, along with some pet product finds (page 92). Some of the other cool features are "25 No-Brainer Ways to Burn 100 Calories" (who wouldn't want that?! see page 90), "The Skinny on Gluten and Weight" (page 88), and a super-useful piece that will help you decipher confusing food labels (page 82). And I couldn't be prouder of the incredible women featured in this issue's Success Stories (page 78). They lost a combined 324 pounds!

I know you're anxious to dig in, so I'm going to leave you and your new mag alone to enjoy each other. But not before telling you that you can find the world's most embarrassing photo of me and my BFF Will Smith in this issue's The Last Thing (page 96). Okay, we aren't *really* best friends, but we did meet once in the early '90s and probably SHOULD have bonded, if for no other reason than we were both sporting pretty AWFUL fashion DON'Ts that day. (YIKES!)

Don't be a stranger! Drop me an email at magazine@hungry-girl.com to let me know what you loved (or didn't enjoy so much!) about this issue. All feedback and comments welcome! Have a super-fun summer. 'Til next time... CHEW THE RIGHT THING!!!

xoxo,
Lisa :)

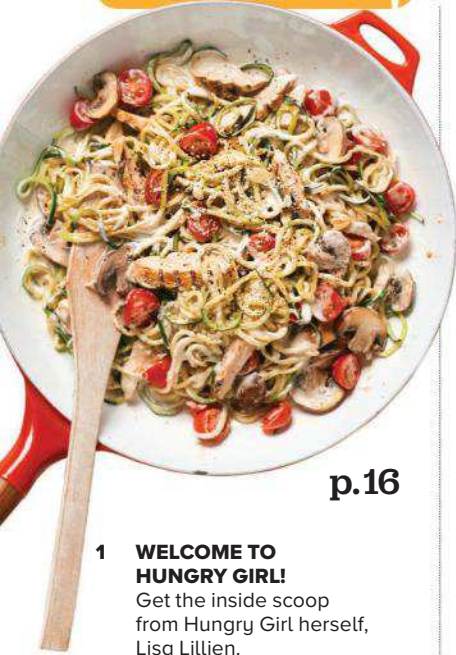


ez-peel hard-cooked eggs

Add ¾ cup water to Instant Pot cooker. Place a stainless-steel steamer basket inside the pot. Add 12 large eggs, and seal with lid. Press Manual, and set for 7 minutes. Once cooked, press Keep Warm/Cancel. Vent to release steam. Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes. Gently crack eggs on rim of bowl, and easily peel off shells. **1 EGG:** 72 calories, 4.5g total fat



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Guilt-free eating in the real world!



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PHOTO
Blaine Moats
FOOD STYLING
Charles Worthington
ART DIRECTION
Nikki Sanders



DESSERT
JUST GOT
COOLER...
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your summer 2018 guilt-free recipe guide

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The Weight Watchers *SmartPoints*® values for these recipes can be found at hungry-girl.com/magazine.



*The *SmartPoints*® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or developer by Weight Watchers International Inc., the owner of the *SmartPoints*® registered trademark.

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75 ●●●●●
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RECIPE SYMBOLS 101

Keep an eye out for these icons!



30 MINUTES OR LESS

Each of these recipes will take you half an hour max from start to finish!



5 INGREDIENTS OR LESS

These recipes have no more than FIVE main ingredients. (Basic seasonings and sweeteners don't count!)



GLUTEN-FREE

Heads up: Even naturally gluten-free foods may contain a hint of gluten due to cross-contamination or added ingredients. Check those labels!



VEGETARIAN

These recipes are lacto-ovo vegetarian: no red meat, poultry, seafood, or ingredients made with those foods (like chicken broth).

WHAT'S YOUR FAVORITE SONG ABOUT FOOD?

Hungry Girl

"Eat It" by Weird Al Yankovic. I still laugh when I think of the silly video!

"Milk and Cereal" by G. Love and Special Sauce. Bonus points for a food reference in the band's name!

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"I Am the Walrus" by The Beatles. It has references to an egg man, a cornflake, and custard all in one song!

"Maximum Consumption" by The Kinks. It's weird and hilarious!

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"Lollipop" by the Chordettes. It has my name in it!

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bitty bites!

Check out these fascinating facts about some of the subjects we tackle in this issue of *Hungry Girl!*

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PUT YOUR MONEY WHERE YOUR MOUTH IS

A 2016 study published in the *Journal of Consumer Research* found that people assume pricey foods are healthier than inexpensive options. Nay! The overpriced greasy onion rings served at steak houses prove that point quite nicely. Eat smart on a budget, thanks to our money-saving grocery tips.



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LET THEM EAT [BOXED] CAKE

Cake mixes were developed by P. Duff and Sons in the 1930s as an answer to a molasses surplus. The company eventually tweaked its recipe to call for fresh eggs, as home bakers tended to prefer them. Two of the early flavors, devil's food and spice cake, are included in our "2-Ingredient Cake—5 Ways!"

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INSTANT CLASSIC

The Instant Pot cooker has become a viral sensation. In fact, it was one of Amazon's top 5 products sold on Black Friday! It's no wonder... This multipurpose pot is a miracle worker. We love it so much that we created five new recipes!



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ICE CREAM THRONE

Legend has it that the ice cream cone became popular after the 1904 St. Louis World's Fair, when an ice cream vendor ran out of dishes. Ernest Hamwi was making a wafer-like dessert nearby and saved the day by rolling his treat into cones. We honor his genius with the best of the ice cream aisle.



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GRAIN CHECK

According to a 2016 study, gluten-free eating in America has tripled in recent years, despite the fact that gluten intolerance itself hasn't risen that much. But is this trend your key to weight loss?

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'ATTA GRILL!

In 1952, George Stephen invented the Weber grill. He was working at Weber Brothers Metal Works when the idea hit him... a rounded grill with a lid to seal in flavor and protect the food. Raise a spatula in salute, and check out our grilled foil-pack recipes.



Dear Hungry Girl,

Some people have a sweet tooth... Well, I have a salty tooth! I'd like to cut down my sodium intake, but how can I do it without giving up the foods I love?

— Salty Sister

Hi Salty Sister,

If you've been told that reducing your sodium means settling for a bland and boring diet, take that feedback with a grain of salt. (Pun intended!) It's possible to lower your salt consumption without sacrificing flavor. Here are my top tips.

CANNED GOODS: RINSE & REPEAT

When it comes to vegetables, fresh ones are best, but that's not always practical. And I don't know about you, but I'm not likely to prepare beans from scratch anytime soon. Well, get this: Rinsing canned veggies and beans reduces their sodium by about 30%! And if you start with reduced-sodium options, you can really lower that salt intake. The no-salt-added kinds, while boasting excellent stats, might lack flavor. I much prefer the rinsing trick!

DIY! SAUCES, SPICE MIXES & MORE

Sauces, spice mixes, and salad dressings are typically super high in sodium. Don't eliminate... Substitute! Make your own marinara or pizza sauces with canned crushed tomatoes and spices. Instead of packaged taco seasoning, mix cayenne pepper, cumin, garlic powder, and onion powder.

Whip up your own salsa with chopped tomatoes, onions, jalapeños, lime juice, and herbs.

And skip salad dressing in favor of oil and vinegar, a splash of citrus, or some of that homemade salsa!

THE MEAT SWAPS

Processed meats are sodium stockpiles. Even raw chicken breast is often injected with salt water for enhanced taste. Look for reduced-salt turkey slices and low-sodium bacon. Both are surprisingly flavorful! And I love StarKist low-sodium tuna pouches. When it comes to chicken, read labels carefully, and avoid the salt-added offerings.

MENU MODIFICATIONS

Most restaurant meals are loaded with salt, but that doesn't mean you can never dine out. Make savvy substitutions, and you'll be set! Request sauces and dressings on the side, and use them sparingly. Leave off salty ingredients, like pickles and cheese. And to save calories, carbs, and sodium, request sandwiches on a bed of lettuce or a "lettuce bun." (Yes, even bread is often loaded with sodium.)

You got this... HAPPY CHEWING!

Lisa :)

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SEND ME YOUR QUESTIONS!
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FOR THE FULL
RECIPE!




SODIUM SHOCKER

While many of these foods don't taste salty, they're surprisingly high on the sodium scale. Knowledge is power, people!

		
pancakes 350 mg EACH	veggie burger patties 350 mg EACH	flour tortillas 450 mg EACH
		
bagels 500 mg EACH	tomato juice 650 mg PER CUP	cottage cheese 800 mg PER CUP

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ALL-TIME CLASSIC

BEST PORTION-CONTROLLED TREAT

MOST LIKELY TO REMIND US OF OUR CHILDHOOD

STANDOUT FRUITY FIND

MOST EXOTIC

BEST ICE CREAM NOVELTY

BEST "EAT THE PINT" ICE CREAM

ice cream aisle heroes

The weather is heating up, and so is the competition in the ice cream aisle! We've tested pints, pops, and more... Here are the reigning champs!



BEST "EAT THE PINT" ICE CREAM

Enlightened The Good-for-You Ice Cream

1/2 cup:
60-100 calories, 1.5-6g fat

1 pint:
240-400 calories, 6-24g fat

This trend continues to dominate! But which super-low-calorie ice cream is the most impressive? Enlightened creams the competition! The texture is unbelievably smooth, and the taste is rich with just the right amount of sweetness. It's packed with indulgent mix-ins like brownie bits, silky caramel, and cookie clusters. Plus, it's loaded with protein and surprisingly low in sugar. For a treat on the go, check out the brand's ice cream bars!



ALL-TIME CLASSIC

Edy's/Dreyer's Slow Churned Light Ice Cream

1/2 cup:
90-160 calories, 1.5-6g fat

Nothing screams "scoop me!" like this timeless lineup. These ice creams have one-third of the calories and half the fat of regular ice cream, plus creamy homemade taste. (No need to crank your own ice cream maker!) In addition to assorted classic flavors, we're crazy about the rich Caramel Delight and limited-edition options like Peanut Butter Cookie Dough. There are even no-sugar-added varieties. Find your flavor, and dig in!



BEST PORTION-CONTROLLED TREAT

Yasso Frozen Greek Yogurt Bars

1 bar:
80-130 calories, 0-6g fat

Don't feel like scooping or can't be trusted around a multiserving tub? Lasso one of these Yasso Greek Yogurt Bars! Creamy taste + high protein (5-6g!) = guilt-free deliciousness. With 15 flavors, no craving will go unmet. (We hear you, Chocolate Chip Cookie Dough!) These aren't scrawny bars either... They're large and in charge! And the Peanut Butter Cup is dipped in chocolate.



STANDOUT FRUITY FIND

Outshine Fruit Bars

1 full-size bar:
50-120 calories, 0-3g fat

Craving something light and refreshing? These shine brighter than any other fruit bar out there! They're made with REAL fruit and NO artificial colors or flavors, high-fructose corn syrup, or GMOs. There are a dozen bars in the lineup. Mango and Watermelon are our favorites! FYI: Most flavors have 50-80 calories and no fat; only the Creamy Coconut is higher. For even fewer calories, try the smaller variety-pack bars: 25-45 calories a pop!



BEST ICE CREAM NOVELTY

Skinny Cow Ice Cream Sandwiches

1 sandwich:
150-190 calories, 2-10g fat

These tasty ice cream sammies have been around for years, but the company recently cleaned up its ingredients, making them even better! The Dynamic Duo: Vanilla & Chocolate is delicious, but you'll really be wowed by the Cinnamontastic Snickerdoodle and Completely Crush-worthy Cookies 'n Cream. And chocolate lovers: The decadent chocolate-covered sandwiches are a must-try!



MOST LIKELY TO REMIND US OF OUR CHILDHOOD

Creamsicle The Original Cream Bars

1 bar:
100 calories, 1.5g fat

Nostalgia alert: The dreamy combination of icy orange and creamy vanilla is still on shelves, and we can't get enough. (There's a reason we've developed several recipes inspired by the tasty treats... Check out hungry-girl.com for proof!) There have been several variations over the years, but these 100-calorie ice cream bars are here to stay, and we couldn't be happier. Thank you, Popsicle peeps!

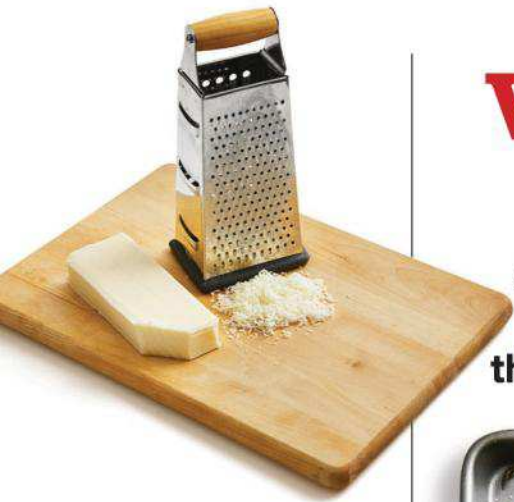


MOST EXOTIC

My/Mo Mochi Ice Cream

1 piece:
110 calories, 3-3.5g fat

Mochi ice cream is basically a ball of rich, delicious ice cream wrapped in chewy dough. So tasty and fun to eat... It's like an ice cream bonbon! My/Mo Mochi takes things up a notch with fun flavors like Cookies & Cream and Mint Chocolate Chip. Ice cream should be fun to eat and pretty to look at, and My/Mo Mochi delivers in spades... Make that spherus!



MAKE GRATING CHEESE EASIER AND LESS MESSY

When you need to grate a soft cheese like mozzarella (our choice is part-skim), just **pop it into the freezer** for up to 30 minutes before you run it over your grater. No crumbly mess!



FREEZE GRAPES FOR A FRUITY, FANCY SPIN ON ICE CUBES

Keep your drink chilled without watering it down. Evenly place rinsed grapes on a parchment-lined plate, and **freeze until solid**. Bonus: These look beautiful in a party pitcher, and they double as a freezy-good stand-alone snack!

what the hack?!

Save time, money, effort, and even calories with these genius kitchen hacks!



PREHEAT YOUR BAKING SHEET FOR BETTER ROASTED VEGGIES

When you turn on your oven, **pop in an empty baking sheet sprayed with nonstick spray**. Once the oven is preheated, add your veggies to the sheet, and they'll start browning immediately. Just be careful when you load up your baking sheet—it will be **HOT!**



USE NONSTICK SPRAY WHEN MEASURING STICKY INGREDIENTS

What's the point of carefully measuring honey if half of it stays in the measuring spoon? Instead of guessing, **spray your measuring cup or spoon with nonstick spray**. Your sticky ingredient will slide right out!

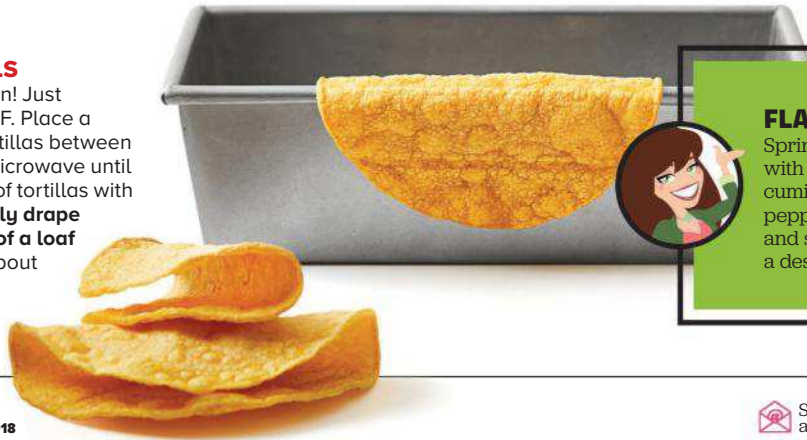


ADD LOW-SUGAR SWEETNESS TO YOUR SUMMER SIPS

It's cocktail season, but who needs all that added sugar around the rim? Instead, **finely crush 1 Tbsp. freeze-dried strawberries**, and mix with one packet of no-calorie sweetener. Squeeze lime juice into one rimmed dish, and place the strawberry mixture in another. Dip the rim of a glass into the lime juice and then into the mix. Pretty *and* tasty!

BAKE YOUR OWN CRISPY TACO SHELLS

DIY taco shells for the win! Just preheat the oven to 425°F. Place a couple of 6-inch corn tortillas between two paper towels, and microwave until warm. Spray both sides of tortillas with cooking spray, and **evenly drape each one over one side of a loaf pan**. Bake until crispy, about 7 minutes. Let cool for maximum crispiness!



FLAVOR TIP

Sprinkle your tortillas with seasonings like cumin and cayenne pepper. Try cinnamon and sweetener for a dessert-y taco shell!

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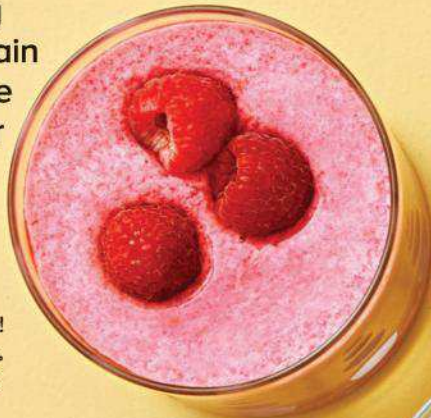
“healthy” foods that aren’t

Truth time: Nutritious (and seemingly nutritious) foods can cause weight gain if you eat too much of them. Here are six foods to look out for, plus smarter options to reach for instead...

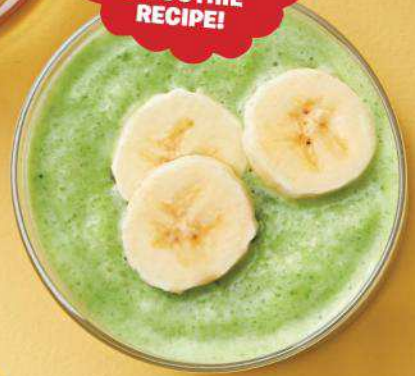
1 DRIED FRUIT

Did you know that dehydrated fruit packs in around four times more calories and sugar than fresh? It’s true! Fresh apricot halves contain a slim 75 calories per cup, but the same amount of *dried* apricots has a whopping 315 calories. To make things worse, dried fruit often contains added sugar. And since the water content is next to nothing, it’s less filling than fresh fruit.

SMART SWAP! If you’re craving something snacky and similar to dried fruit, reach for *freeze-dried* fruit. Unlike traditional dried fruit, it isn’t shriveled down to a tiny serving; it’s simply zapped of moisture while retaining its size. How great is that?



FLIP TO PAGE 20 FOR OUR HAWAIIAN GREEN SMOOTHIE RECIPE!



2 GRANOLA

Sure, oats and nuts are good for you, but most granola is loaded with added sugar and oil. Even low-fat granola has around 400 calories per cup! The biggest issue here is that granola is meant to be consumed in teeny-tiny portions, but many people eat it like cereal.

SMART SWAP! If it’s a big bowl of breakfast cereal you’re after, try a mix of bran cereal (for filling fiber), puffed cereal (for volume), and freeze-dried fruit (for flavor). And if you crave classic granola, sprinkle a small amount (about ¼ cup) over light yogurt with fresh fruit. Problem solved!





3 GROUND TURKEY

Ground turkey has been lauded as a calorie-conscious alternative to ground beef, but know the facts: Unless it's a truly lean mix made mostly with skinless breast meat, it can be just as high in calories as its red-meat counterpart. For several mainstream brands, a 4-oz. portion of 85% fat-free ground turkey contains 230 calories and a whopping 17 grams of fat.



SMART SWAP! Reach for 93% fat-free ground turkey instead, which has around 160 calories and 8 grams of fat per 4-oz. serving, earning its place in our healthy hall of fame. Or opt for extra-lean ground beef (around 96% fat-free), which has similar stats to the 93% fat-free turkey!

4 SMOOTHIES

They may be refreshing, but most blended fruit beverages are more like meal replacements than simple sippers or snacks. A store-bought smoothie can easily contain 400 calories and 80+ grams of sugar. High-calorie culprits include nut butters, fruit in sugary syrup, whole milk, honey, and full-fat yogurt.



SMART SWAP! A better bet? DIY with fat-free yogurt, fresh or frozen fruit (no sugar added), unsweetened vanilla almond milk (or your light milk of choice), powdered peanut butter, and a little protein powder.

6 SANDWICH WRAPS

It's a common misconception that tortilla-based wraps are a diet-friendly alternative to standard sandwiches. This one is WAY wrong. That tortilla itself is often enormous and crazy high in calories: Believe it or not, there are over 300 calories in the average 12" flour tortilla! That's before you factor in all the food crammed inside of it. A single tablespoon of mayo adds close to 100 calories; a double scoop of tuna salad can pack in around 400 calories.



SMART SWAP! Our advice? Start with a low-carb/high-fiber tortilla with around 100 calories; La Tortilla Factory makes some great ones. Then load it up with lean deli meat, fresh veggies, and your favorite mustard for a flavorful zing!

5 NUTS

These guys are tricky. Nuts are high in heart-healthy fats, protein, and fiber; however, half a cup of mixed nuts clocks in at about 400 calories. That's basically just a big handful! If you snack straight from a bag or a bowl, it's way too easy to go overboard.



SMART SWAP! Stick to 100-calorie snack packs like the ones from Emerald and Blue Diamond. For a budget-friendly option, divvy up a big bag into mini snack bags... Now you've saved calories AND dollars! Another tip? When snacking on nuts, pair them with something less calorie-dense, like a piece of fruit or a stick of light string cheese.



spiral (out of control!)

With a spiralizer, creating healthy noodles from vegetables is as easy as the turn of a handle! Here are three reasons you need one in your life.

1 SPIRALIZED VEGGIES SAVE PASTA LOVERS CALORIES AND CARBS.

We'll admit it... Pasta is basically heaven in a bowl, but a single cup of cooked noodles has around 200 calories and 40 grams of carbs. And who can stop at a single cup? You can eat 2 cups of cooked zucchini noodles for about 70 calories and 14 grams of carbs, plus 4 grams of filling fiber! And once dressed with marinara or a light cream sauce, the taste and texture are very similar to traditional pasta.

2 YOU CAN SPIRALIZE JUST ABOUT ANYTHING.

With a basic handheld spiralizer, you can make fettuccine- or spaghetti-like noodles out of zucchini, cucumbers, carrots, and yellow squash. And with a tabletop spiralizer, you can turn jicama, apples, pears, turnips, and beets into noodles as well. Getting your daily dose of fruits and veggies just got easier, more fun, and more delicious!

3 THE PRICE IS RIGHT.

A standard handheld spiral veggie cutter will only set you back about 10 bucks. As for the tabletop gadget—which lets you customize your noodle size—you can get one for as little as \$20. Not bad for a miracle gadget that turns boring veggies into nom-nom noodles!

HG'S TOP PICKS



VEGETTI



VEGETTI PRO

OXO HANDHELD



HG TIP

Customize this recipe with your **favorite protein and extra veggies**. We added chicken, cherry tomatoes, and mushrooms!

z'paghetti hungry girlfredo

Spiralize 14 oz. (about 2 medium) **zucchini** into noodles. (Roughly chop to shorten.) Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add noodles; cook and stir until hot and slightly soft, about 3 minutes. Thoroughly drain in a strainer. Respray skillet, and bring to medium-low heat. Return noodles, and add 1½ Tbsp. **light/reduced-fat cream cheese**, 1½ tsp. **light whipped butter/light buttery spread**, 1 tsp. grated **Parmesan cheese**, ¾ tsp. chopped **garlic**, ½ tsp. **onion powder**, and ⅛ tsp. each **salt** and **black pepper**. Cook and stir until melted and well mixed, about 2 minutes.

ENTIRE RECIPE: 162 calories, 9g total fat



FLIP TO
PAGE 66
FOR MORE
SPIRALIZED
RECIPES!



veggie chips

Shocker! Store-bought vegetable chips are typically fried in oil and can be as high in fat and calories as potato chips. Luckily, it's easy to bake your own low-calorie veggie crisps at home. No fancy dehydrator or splattering oil needed!



step-by-step instructions

STEP 1 Preheat oven to 250°F. Spray a baking sheet (or two) with olive oil nonstick spray.

STEP 2 Using a mandoline slicer (A), cut your veggie into 1/8-inch-thick rounds.

STEP 3 Evenly arrange veggie rounds on the baking sheet(s). Lightly cover with olive oil spray, and sprinkle with salt (B).

STEP 4 Bake until dry and firm to the touch. During the last 30 minutes, check

on chips often, and remove those that are done.

STEP 5 Let cool completely on a cooling rack (C) before you crunch!



HG TIP
Visit hungry-girl.com/veggiechips for a video demo!

PICK YOUR 100-CALORIE PORTION



BEET CHIPS

you'll need: 7 oz. (1–2) beets and 1 baking sheet

cook time: 1 hour 30 minutes



PARSNIP CHIPS

you'll need: 4 oz. (about 1/4 of a large) parsnip and 1 baking sheet

cook time: 1 hour 30 minutes



ZUCCHINI CHIPS

you'll need: 1 lb. (about 2 medium) zucchini and 2 baking sheets

cook time: 1 hour 45 minutes, rotating the baking sheets halfway through





Hit the snooze button or eat a healthy breakfast? You can do **BOTH** with these speedy **10-minute** morning meals.

PUT THE **FAST** IN BREAKFAST



hawaiian green smoothie

ENTIRE RECIPE (ABOUT 18 OZ.):

261 calories, 2.5g total fat (2g sat. fat), 79mg sodium, 49.5g carbs, 5g fiber, 35.5g sugars, 11.5g protein



- 1 cup spinach leaves
- $\frac{3}{4}$ cup frozen pineapple chunks (no sugar added), slightly thawed
- $\frac{1}{2}$ cup sliced banana
- $\frac{1}{2}$ cup unsweetened vanilla coconut milk beverage
- $\frac{1}{2}$ cup fat-free vanilla Greek yogurt
- $\frac{1}{2}$ tsp. coconut extract
- $\frac{3}{4}$ cup crushed ice (about 6 ice cubes)

1. Place all ingredients in a blender, and blend at high speed until smooth.

MAKES 1 SERVING





avocado toast supreme




ENTIRE RECIPE: 204 calories, 10.5g total fat (2.5g sat. fat), 484mg sodium, 16.5g carbs, 4.5g fiber, 2.5g sugars, 12.5g protein **30** **51**

- 1.** slice whole grain bread with 60–80 calories
 - 1 oz. (about 2 Tbsp.)** mashed avocado
 - Dash each salt and black pepper, or more** for topping
 - 1 ½-oz. slice Canadian bacon**
 - 1 large egg**
 - Optional topping: hot sauce**
- 1.** Toast bread. Meanwhile, mix mashed avocado with salt and pepper.
 - 2.** Evenly spread avocado onto toast.
 - 3.** Bring a skillet sprayed with nonstick spray to medium heat. Cook Canadian bacon until lightly browned, about 1 minute per side. Transfer to the avocado toast.
 - 4.** Remove skillet from heat; clean, if needed. Respray and bring to medium heat. Cook egg sunny-side up or over-easy, 1-2 minutes. Top toast with egg.

MAKES 1 SERVING



fork 'n knife egg sandwich

ENTIRE RECIPE: 224 calories, 7.5g total fat (3.5g sat. fat), 756mg sodium, 8.5g carbs, 1.5g fiber, 2.5g sugars, 26.5g protein   

- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1/2 cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
- Dash each salt and black pepper, or more for topping
- 1 slice reduced-fat provolone cheese, halved
- 1 Tbsp. bagged sun-dried tomatoes (not packed in oil), chopped
- 1/4 cup spinach leaves

1. Prepare sausage on a microwave-safe plate in the microwave. (Refer to package for cook time.)

2. Spray a wide microwave-safe mug with nonstick spray. (The bottom of the mug

should be about the size of the sausage patty.)

3. To make the bun halves, add 1/4 cup egg whites/substitute to the mug. Microwave for 45 seconds, or until set. Transfer to a microwave-safe plate. This will be the bottom bun half.

4. Repeat with remaining 1/4 cup egg whites/substitute to make the top bun half. Evenly sprinkle bun halves with salt and pepper.

5. Place halved cheese on bottom bun half followed by sun-dried tomatoes, spinach, and sausage patty. Top with the remaining bun half.

6. Microwave for 45 seconds, or until spinach has slightly wilted and cheese has melted.




MAKES 1 SERVING



**BeTcha
DiDn't Know**

It may contain wholesome fruit, but a standard slice of apple pie has 450 calories. That's more than the average brownie!

apple pie parfait

ENTIRE RECIPE: 167 calories, 0.5g total fat (0g sat. fat), 227mg sodium, 28g carbs, 2g fiber, 17g sugars, 12.5g protein   

- 2 tsp. cornstarch
- 1 cup peeled and chopped Fuji or Gala apples
- 1 packet natural no-calorie sweetener
- ¼ tsp. cinnamon
- ⅛ tsp. vanilla extract
- Dash salt
- ½ cup fat-free plain Greek yogurt
- 1 graham cracker (¼ sheet), finely crushed

1. In a medium microwave-safe bowl, dissolve cornstarch in 1 Tbsp. water. Add apples, half of sweetener packet, ⅛ tsp. cinnamon, vanilla extract, and salt. Mix well. Cover and microwave until thickened, about 1½ minutes.

2. In a small bowl, mix yogurt with remaining half of sweetener packet and ⅛ tsp. cinnamon.




3. Spoon half of the yogurt into a glass. Top with half of the apple mixture. Repeat with remaining yogurt and apple mixture.

4. Sprinkle with crushed graham cracker.

MAKES 1 SERVING



all-american breakfast tacos

ENTIRE RECIPE: 288 calories, 10g total fat (4.5g sat. fat), 690mg sodium, 20.5g carbs, 2g fiber, 0.5g sugars, 27.5g protein   

- ¾ cup egg whites (about 6 large eggs' worth) or fat-free liquid egg substitute
- ⅛ tsp. garlic powder
- ⅛ tsp. onion powder
- 2 corn taco shells (flat-bottomed, if available)
- 2 Tbsp. shredded reduced-fat cheddar cheese
- 1 Tbsp. precooked crumbled bacon
- Optional topping:** chopped scallions


1. In a large microwave-safe mug sprayed with nonstick spray, mix egg whites/ substitute with seasonings. Microwave for 1 minute. Stir and microwave for 1 minute more, or until set.

2. Divide egg scramble between taco shells. Top with cheese and bacon.

MAKES 1 SERVING



neapolitan waffle stack

ENTIRE RECIPE: 309 calories, 4g total fat (1.5g sat. fat), 410mg sodium, 55g carbs, 6.5g fiber, 23g sugars, 15g protein 

- 2 frozen waffles with 3g fat or less each
- ½ cup fat-free vanilla Greek yogurt
- ⅔ cup sliced strawberries
- 1 tsp. mini semisweet chocolate chips


1. Toast waffles. Plate one waffle, and top with half of the yogurt and half of the strawberries.

2. Place another waffle on top, followed by remaining yogurt and strawberries.

3. Top with chocolate chips.

MAKES 1 SERVING

cherry-almond chia pudding

ENTIRE RECIPE: 332 calories, 14g total fat (1.5g sat. fat), 264mg sodium, 40g carbs, 14g fiber, 15.5g sugars, 16g protein 

- ½ cup unsweetened vanilla almond milk
- 2 Tbsp. old-fashioned oats
- 2 Tbsp. chia seeds
- 2 Tbsp. vanilla protein powder with about 100 calories per serving
- 2 packets natural no-calorie sweetener
- ¼ tsp. cinnamon
- ⅛ tsp. almond extract
- Dash salt
- ¾ cup pitted dark sweet cherries (fresh or thawed from frozen and drained), halved
- ¼ oz. (about 1 Tbsp.) sliced almonds

1. In a medium bowl or jar, combine all ingredients except cherries and almonds. Mix until mostly uniform.

2. Cover and refrigerate for at least 8 hours, or until chia has expanded, oats are soft, and most of the liquid has been absorbed.

3. Stir well. Top with cherries and almonds.

MAKES 1 SERVING




HG ALERT

This recipe can be assembled in 10 minutes or less, but it needs **8 hours to chill**, so prep it at night!



tropical breakfast wrap

ENTIRE RECIPE: 285 calories, 8g total fat (4g sat. fat), 477mg sodium, 46g carbs, 7.5g fiber, 20g sugars, 15g protein 

- 1/3 cup fat-free vanilla Greek yogurt
- 2 Tbsp. light/reduced-fat cream cheese
- 1/8 tsp. coconut extract
- 1 medium-large high-fiber tortilla with 110 calories or less
- 1/4 cup chopped mango
- 1/4 cup chopped pineapple
- Optional topping:**
shredded sweetened coconut

1. In a small bowl, combine yogurt, cream cheese, and coconut extract. Mix until uniform.

2. Microwave tortilla on a microwave-safe plate for 10 seconds, or until warm. Spread yogurt mixture down the center of the tortilla. Top with fruit.

3. Wrap up tortilla by first folding one side in (to keep filling from escaping), and then rolling it up from the bottom.

MAKES 1 SERVING



Switch up the fruits for a different flavor spin!



GRILL POWER!

FOIL PACKS

Don't be intimidated by your BBQ grill! Seal your food in a foil pack, and it'll cook up perfectly.





MAHI MEXICALI
recipe page 33





HG TIP
For all these recipes,
cut packet to release
steam before opening
entirely... **That steam
will be hot!**



spicy bbq salmon & veggies

PREP 10 MINUTES | **COOK** 15 MINUTES

ENTIRE RECIPE: 303 calories, 12g total fat (2.5g sat. fat), 616mg sodium, 22.5g carbs, 4g fiber, 13g sugars, 26.5g protein  

2 Tbsp. BBQ sauce with 45 calories or less per 2-Tbsp. serving

1 tsp. sriracha sauce

1 cup broccoli florets

½ cup chopped yellow squash

½ cup chopped zucchini

1 4-oz. raw skinless salmon fillet

Optional seasonings: salt and black pepper

1. Preheat grill to medium-high heat.

2. In a small bowl, mix BBQ sauce with sriracha sauce until uniform.

3. Lay veggies on the center of a large piece of foil. Top with salmon, and drizzle with sauce mixture. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.


4. With the grill cover down, grill packet for 14 minutes, or until salmon is cooked through and veggies are tender.

MAKES 1 SERVING



shrimp boil on the grill


PREP 10 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE (ABOUT 1¾ CUPS): 289 calories, 8.5g total fat (2.5g sat. fat), 814mg sodium, 20g carbs, 2.5g fiber, 7.5g sugars, 32.5g protein 

- | | |
|---|--|
| <p>6 oz. (about 12) raw large shrimp, peeled, tails removed, deveined</p> <p>2 tsp. lemon juice</p> <p>1½ tsp. chopped garlic</p> <p>⅛ tsp. black pepper</p> <p>6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving</p> <p>1 cup cherry tomatoes, halved</p> <p>1 cup zucchini cut into half-moon slices</p> <p>¾ cup frozen sweet corn kernels</p> <p>1 Tbsp. chopped fresh cilantro</p> <p>½ tsp. Cajun seasoning</p> <p>Optional seasoning: additional Cajun seasoning</p> | <p>1. Preheat grill to medium-high heat.</p> <p>2. In a large bowl, combine shrimp, lemon juice, garlic, and pepper. Toss to coat.</p> <p>3. Slice sausage into coins, and add to the bowl. Add all remaining ingredients, and mix well.</p> <p>4. Place mixture on the center of a large piece of foil. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.</p> <p>5. With the grill cover down, grill packet for 14 minutes, or until the shrimp are cooked through and the veggies are tender.</p> <p>MAKES 2 SERVINGS</p> |
|---|--|

aloha chicken

PREP 10 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE: 277 calories, 4g total fat (0.5g sat. fat), 684mg sodium, 25g carbs, 2g fiber, 18.5g sugars, 33g protein 

2 5-oz. raw boneless skinless chicken breast cutlets

⅛ tsp. garlic powder

⅛ tsp. onion powder

¾ cup canned crushed pineapple packed in juice, lightly drained

3 Tbsp. thick teriyaki sauce or marinade

1½ tsp. chopped garlic

1 cup sliced red bell pepper





2 Tbsp. chopped scallions

1. Preheat grill to medium-high heat.
2. Pound chicken to an even thickness. Sprinkle with seasonings.
3. In a medium bowl, combine lightly drained pineapple, teriyaki sauce or marinade, and chopped garlic. Mix until uniform.
4. Lay bell pepper slices on the center of a large piece of heavy-duty foil. Top with chicken and the pineapple mixture. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.
5. With the grill cover down, grill packet for 7 minutes.
6. Carefully flip packet. With the grill cover down, grill for 7 minutes more, or until bell pepper is tender and chicken is cooked through.
7. Serve topped with scallions.

MAKES 2 SERVINGS

great garlic corn on the cob

PREP 5 MINUTES | **COOK** 20 MINUTES

½ OF RECIPE (1 EAR): 138 calories, 5.5g total fat (2g sat. fat), 272mg sodium, 20.5g carbs, 2g fiber, 7g sugars, 5g protein    

1 Tbsp. light/reduced-fat cream cheese

2 tsp. light whipped butter or light buttery spread

1½ tsp. chopped garlic

¼ tsp. onion powder

⅛ tsp. each salt and black pepper

2 medium ears fresh corn, husks removed

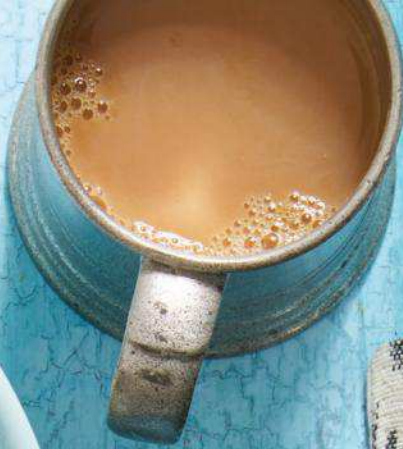
2 tsp. grated Parmesan cheese

1. Preheat grill to medium-high heat.
2. In a small microwave-safe bowl, mix cream cheese with butter until smooth. Microwave at 50 percent power for 20 seconds, or until melted. Add garlic and seasonings. Mix well.
3. Place mixture on the center of a large piece of foil. Rotate corn ears to evenly coat. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.
4. Grill packet for 10 minutes with the grill cover down.
5. Carefully flip packet. With the grill cover down, grill for 10 minutes more, or until corn is tender.
6. Serve topped with Parmesan.

MAKES 2 SERVINGS



Sweet & savory deliciousness!



so good topped with light vanilla ice cream!



OVEN ALTERNATIVE!

No grill? No problem...

GRILL TEMP	OVEN TEMP
medium	375°
medium-high	400°
high	425°

bursting with blueberry cobbler

PREP 5 MINUTES | **COOK** 10 MINUTES

½ OF RECIPE: 199 calories, 4g total fat (1g sat. fat), 124mg sodium, 40.5g carbs, 6g fiber, 18.5g sugars, 3g protein **30m** **BI** **V**

- 2½ cups blueberries (fresh or thawed from frozen)
- 1 Tbsp. cornstarch
- ¼ tsp. cinnamon
- 1 packet natural no-calorie sweetener
- ¼ cup old-fashioned oats
- 1 Tbsp. whole wheat flour
- 1 Tbsp. light whipped butter or light buttery spread
- Dash salt

1. Preheat grill to medium-high heat.
2. Spray a large piece of heavy-duty foil with nonstick spray.
3. In a medium-large bowl, sprinkle blueberries with cornstarch, ½ tsp. cinnamon, and half a packet of sweetener. Stir until coated.
4. In a medium bowl, combine oats, flour, butter, and salt. Add remaining ¼ tsp. cinnamon and remaining half packet of sweetener. Stir until well mixed and crumbly.
5. Distribute blueberry mixture onto the center of the foil. Evenly top with oat mixture. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.
6. With the grill cover down, grill packet for 10 minutes, or until topping has lightly browned.

MAKES 2 SERVINGS

mahi mexicali

Pictured on page 27

PREP 10 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE: 297 calories, 8.5g total fat (1g sat. fat), 521mg sodium, 25g carbs, 3.5g fiber, 9.5g sugars, 29.5g protein **30m** **GF**

- 1 Tbsp. olive oil
- 2 tsp. lime juice
- ¼ tsp. chili powder
- ¼ tsp. ground cumin
- ¼ tsp. each salt and black pepper
- 1 cup frozen sweet corn kernels
- 1 cup red bell pepper cut into 1-inch chunks
- ½ cup chopped red onion
- 1 Tbsp. chopped fresh cilantro, or more for topping
- 2 5-oz. raw skinless mahi-mahi fillets
- ¼ cup salsa

1. Preheat grill to medium-high heat.
2. In a medium-large bowl, combine oil, lime juice, chili powder, cumin, and ¼ tsp. each salt and black pepper. Mix well. Add veggies and cilantro, and toss to coat.
3. Place veggie mixture on the center of a large piece of foil. Top with fish, and sprinkle with remaining ¼ tsp. each salt and black pepper. Cover with another large piece of foil. Fold together and seal all four edges, forming a well-sealed packet.
4. With the grill cover down, grill packet for 12 minutes, or until fish is cooked through and veggies are tender.
5. Top with salsa, or serve it on the side.

MAKES 2 SERVINGS

FOIL PACK 101

Cooking food in a packet of foil reduces cleanup and seals in flavor! Assembling your foil pack is easy as 1, 2, 3...

1. Lay a large piece of heavy-duty foil on a flat surface. (The heavy-duty kind is a must!) Evenly distribute food in the center.




2. Place another large foil piece on top of your food, aligning the edges with the bottom piece of foil.



3. Fold to tightly seal together all four sides of the two foil pieces. Leave a little room above the food for steaming to take place.



Now get cookin'!



There are lots of smart finds in the ice cream aisle (our top picks are on page 10), but nothing in your local market is as creative as these recipes!

DIY frozen treats

MANGO 'N
CREAM POPS
recipe page 37





banana split'wiches

PREP 10 MINUTES
FREEZE 1½ HOURS

¼ OF RECIPE (1 SANDWICH): 118 calories, 3.5g total fat (1g sat. fat), 79mg sodium, 20.5g carbs, 1.5g fiber, 9g sugars, 2.5g protein

- 1 Tbsp. vanilla protein powder with about 100 calories per serving
- ½ cup frozen banana slices (about ½ large banana), partially thawed
- ½ cup frozen strawberries (no sugar added), partially thawed
- 4 sheets cinnamon graham crackers, broken into 8 squares
- 1 Tbsp. mini semisweet chocolate chips
- ¼ oz. (about 1 Tbsp.) chopped peanuts

1. In a small blender or food processor, combine protein powder, fruit, and ¼ cup water. Pulse until smooth and uniform, stopping to stir as needed.

2. Evenly distribute among 4 graham cracker squares. Top with chocolate chips and peanuts, lightly pressing into the filling to adhere. Top with remaining graham cracker squares.

3. Freeze until firm, at least 1½ hours.

MAKES 4 SERVINGS

freezy s'mores

PREP 5 MINUTES
COOK 5 MINUTES OR LESS
FREEZE 1½ HOURS

⅛ OF RECIPE (1 SANDWICH): 117 calories, 3.5g total fat (1.5g sat. fat), 87mg sodium, 21g carbs, 1g fiber, 11g sugars, 1g protein

- 8 sheets honey graham crackers, broken into 16 squares
- 1 cup mini marshmallows
- ¼ cup mini semisweet chocolate chips
- 2 Tbsp. unsweetened vanilla almond milk

1. Set oven to broil. Spray a baking sheet with nonstick spray.

2. Place 8 graham cracker squares on the baking sheet. Evenly top with marshmallows.

3. Cook until marshmallows have melted and are lightly browned, about 1 minute.

4. In a small bowl, combine chocolate chips with milk. Microwave at 50 percent power for 30 seconds; stir and repeat until chips have melted.

5. Stir chocolate until smooth and uniform, and drizzle over marshmallows.

6. Top with remaining 8 graham cracker squares, pressing lightly to form sandwiches.

7. Freeze until chocolate has hardened and marshmallows are firm, at least 1½ hours.


MAKES 8 SERVINGS

**BeTChA
DiDn'T kNoW**

87% of Americans have reportedly tried s'mores...
Smart humans!

upside-down freezy mint chip pie

PREP 10 MINUTES | FREEZE 3 HOURS

1/8 OF PIE: 129 calories, 6g total fat (4g sat. fat), 127mg sodium, 16.5g carbs, 0.5g fiber, 9g sugars, 6g protein 

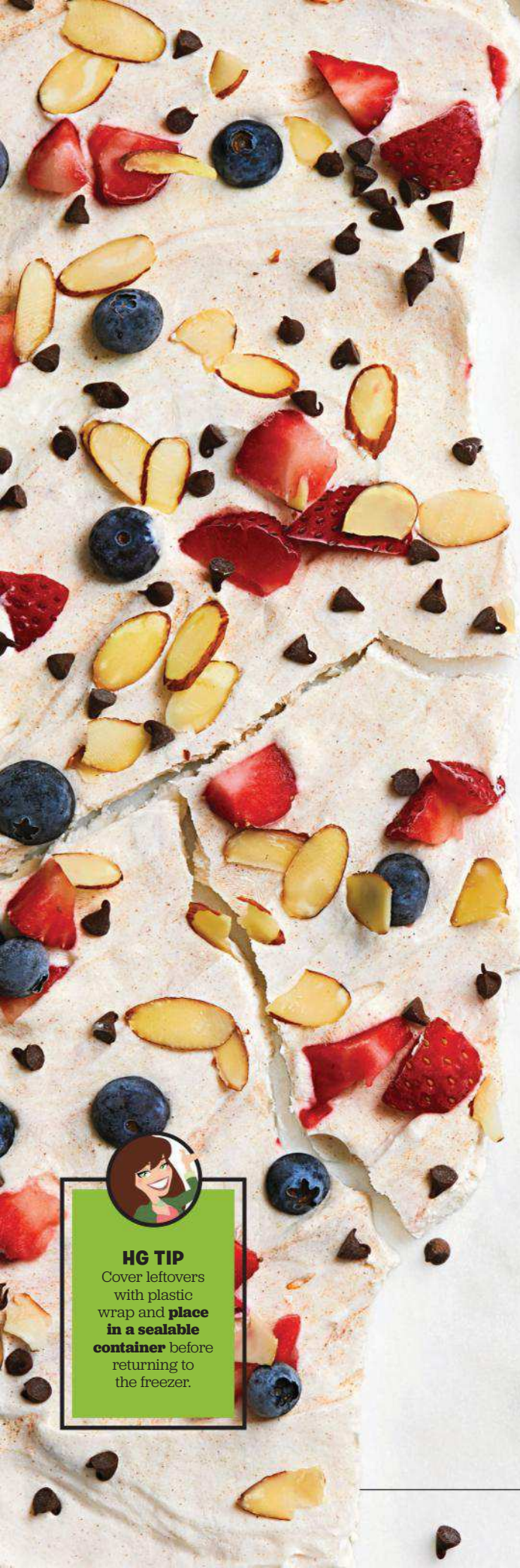
- 1/2 cups fat-free plain Greek yogurt
- 1 cup natural light whipped topping
- 1/2 cup light/reduced-fat cream cheese, room temperature
- 2 Tbsp. Truvia spoonable no-calorie sweetener (or another no-calorie granulated sweetener about twice as sweet as sugar)
- 1/2 tsp. vanilla extract
- 1/8 tsp. peppermint extract
- 1/8 tsp. green food coloring
- Dash salt
- 3 Tbsp. mini semisweet chocolate chips
- 2 sheets chocolate graham crackers, crushed
- Optional topping: light chocolate syrup

1. In a large bowl, combine all ingredients except chocolate chips and graham crackers. Mix until smooth and uniform.

2. Fold in chocolate chips. Transfer to a pie pan, and smooth out the top. Sprinkle with crushed graham crackers. Cover and freeze until firm, at least 3 hours.

MAKES 8 SERVINGS





frozen yogurt bark

PREP 10 MINUTES | **FREEZE** 2 HOURS

1/2 OF RECIPE: 106 calories, 3.5g total fat (2g sat. fat), 76mg sodium, 13g carbs, 1g fiber, 9g sugars, 6.5g protein

GF **V**

- 1/2 cups fat-free plain Greek yogurt**
- 1 cup natural light whipped topping**
- 3 packets natural no-calorie sweetener**
- 1 tsp. cinnamon**
- 1 tsp. vanilla extract**
- 1/8 tsp. salt**
- 1/2 cup blueberries**
- 1/3 cup chopped strawberries**
- 1/2 oz. (about 2 Tbsp.) sliced almonds**
- 1 Tbsp. mini semisweet chocolate chips**

- 1.** Line a baking sheet with parchment paper.
- 2.** In a medium-large bowl, combine yogurt, whipped topping, sweetener, cinnamon, vanilla extract, and salt. Mix until smooth and uniform.
- 3.** Spread mixture onto the baking sheet in a thin layer, about 1/4 inch thick.
- 4.** Top with remaining ingredients, and lightly press to adhere.
- 5.** Lightly cover with foil and freeze until firm, at least 2 hours.
- 6.** Slice or break into 6 pieces.

MAKES 6 SERVINGS

mango 'n cream pops

Pictured on page 34

PREP 10 MINUTES | **FREEZE** 3 HOURS

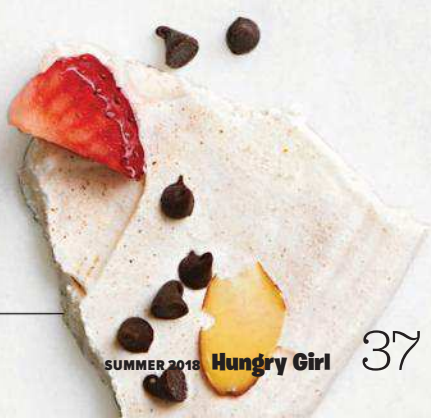
1/6 OF RECIPE (1 POP): 52 calories, <0.5g total fat (0g sat. fat), 17mg sodium, 11.5g carbs, 1g fiber, 10g sugars, 1.5g protein

GF **V**

- 2 cups chopped mango (fresh or thawed from frozen)**
- 1 packet natural no-calorie sweetener**
- 3/4 cup fat-free vanilla yogurt**

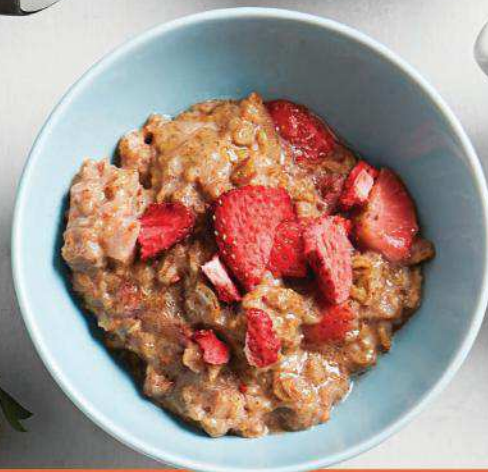
- 1.** Place mango, sweetener, and 2 tablespoons water in a food processor or blender. Blend until completely smooth and uniform, stopping to stir as needed.
- 2.** Evenly distribute half of the mixture into a 6-piece ice pop mold set, followed by all the yogurt.
- 3.** Top with remaining mango mixture, leaving about 1/2 inch of space at the top. (Pops will expand as they freeze.)
- 4.** Insert ice pop handles. If your ice pop mold doesn't have handles, cover with foil and slide ice pop sticks through foil and into the pops before freezing. Freeze until solid, at least 3 hours.

MAKES 6 SERVINGS



HG TIP

Cover leftovers with plastic wrap and **place in a sealable container** before returning to the freezer.



STRAWBERRY
CRUNCH
OATMEAL
recipe page 42

NOW TRENDING

food in an instant... pot

The Instant Pot cooker is a major time-saver and flavor-infuser. Just LOOK at all the guilt-free deliciousness this thing can churn out!



**FLUFFY DENVER
EGG BAKE**
recipe page 42





turkey teriyaki meatballs

PREP 20 MINUTES

COOK 20 MINUTES

COOL 10 MINUTES

1/5 OF RECIPE (4 MEATBALLS WITH

SAUCE): 208 calories, 6.5g total fat (2g sat. fat), 754mg sodium, 17g carbs, 1g fiber, 10.5g sugars, 20.5g protein

- 3/4** cup canned crushed pineapple packed in juice (not drained)
- 1/2** cup thick teriyaki marinade or sauce
- 1** lb. raw lean ground turkey (7% fat or less)
- 1/3** cup chopped scallions
- 1/4** cup egg whites (about 2 large eggs' worth) or fat-free liquid egg substitute
- 1/4** cup whole wheat panko bread crumbs
- 1** tsp. chopped garlic
- 1/2** tsp. onion powder
- Optional topping:**
sesame seeds

1. Thoroughly drain juice from the pineapple into an Instant Pot cooker sprayed with nonstick spray. Add teriyaki sauce, and mix until uniform.

2. Place drained pineapple in a large bowl. Add all remaining ingredients. Mix until uniform.

3. Firmly and evenly form turkey mixture into 20 meatballs, and place in the pot. Seal with lid. Press Manual, and set for 5 minutes.

4. Once cooked, press Keep Warm/Cancel. Let sit 10 minutes. Vent to release steam. Gently stir to coat meatballs.

MAKES 5 SERVINGS





Pair with a whole grain bun and some veg! For a DIY topper, toss broccoli slaw with light ranch.



oh honey bbq chicken

PREP 10 MINUTES | **COOK** 20 MINUTES | **COOL** 5 MINUTES

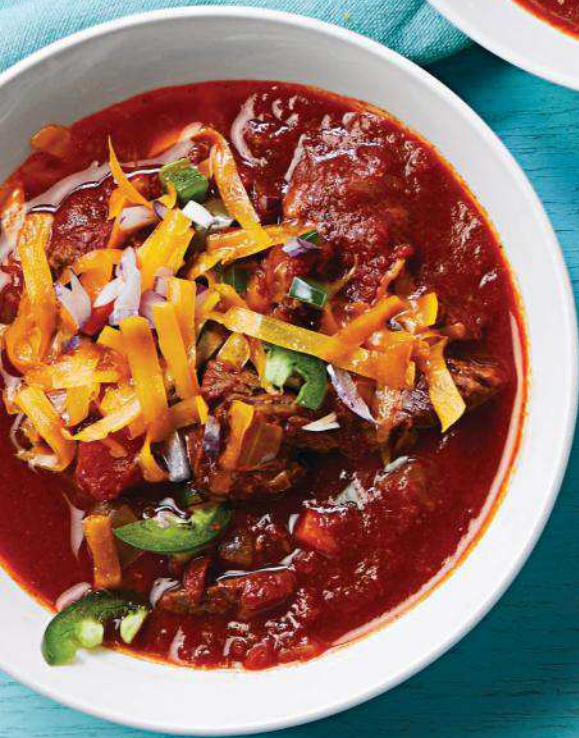
1/6 OF RECIPE (ABOUT 2/3 CUP): 236 calories, 3g total fat (0.5g sat. fat), 490mg sodium, 25g carbs, 0.5g fiber, 20.5g sugars, 26g protein **BSI** **GF**

- 3/4 cup BBQ sauce with about 45 calories per 2-Tbsp. serving
- 1/4 cup honey
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 1/2 lb. raw boneless skinless chicken breast
- 1/4 tsp. each salt and black pepper
- 1 cup chopped red onion

- 1.** Spray an Instant Pot cooker with nonstick spray. Add BBQ sauce, honey, garlic powder, onion powder, and 1/4 cup water. Stir until uniform.
- 2.** Season chicken with salt and pepper, and add to the pot. Top with onion.
- 3.** Seal with lid. Press Poultry, and set for 6 minutes.

- 4.** Once cooked, press Keep Warm/Cancel. Let sit for 5 minutes.
- 5.** Vent to release steam.
- 6.** Transfer chicken to a bowl, and shred with two forks.
- 7.** Return shredded chicken to the pot, and mix well.

MAKES 6 SERVINGS



strawberry crunch oatmeal

Pictured on page 38

PREP 10 MINUTES
COOK 25 MINUTES
COOL 5 MINUTES

¼ OF RECIPE (ABOUT 1¼ CUPS):

225 calories, 4.5g total fat (0.5g sat. fat), 236mg sodium, 40g carbs, 7g fiber, 7.5g sugars, 6.5g protein



- 2 cups chopped strawberries (fresh or thawed from frozen)
- 2 cups old-fashioned oats
- 2 cups unsweetened vanilla almond milk
- 5 packets natural no-calorie sweetener
- 1 Tbsp. vanilla extract
- 2 tsp. cinnamon
- ¼ tsp. salt
- ½ cup chopped freeze-dried strawberries

1. Spray an Instant Pot cooker with nonstick spray. Add 1½ cups water and all ingredients except freeze-dried strawberries. Mix well.
2. Seal with lid. Press Multigrain, and set for 6 minutes.
3. Once cooked, press Keep Warm/Cancel. Let sit 5 minutes. Vent to release steam.
4. Gently stir, and sprinkle each serving with about 2 Tbsp. freeze-dried strawberries.

MAKES 4 SERVINGS



HG TIP

Find freeze-dried fruit in the produce or snack section. It has far fewer calories than traditional dried fruit!

fluffy denver egg bake

Pictured on page 39

PREP 10 MINUTES
COOK 30 MINUTES
COOL 5 MINUTES

¼ OF RECIPE: 206 calories, 6.5g total fat (3.5g sat. fat), 603mg sodium, 10g carbs, 1.5g fiber, 4g sugars, 25g protein

- 1 cup chopped onion
 - 1 cup chopped green bell pepper
 - ¼ cup light/reduced-fat cream cheese
 - ½ tsp. onion powder
 - ½ tsp. garlic powder
 - 3 oz. reduced-sodium 97% fat-free ham (about 6 slices), chopped
 - 2½ cups egg whites (about 20 large eggs' worth) or fat-free liquid egg substitute
 - ½ cup shredded reduced-fat cheddar cheese
- Optional toppings:** chopped scallions, light sour cream, tomato slices

1. Spray an Instant Pot cooker with nonstick spray. Press Sauté, and add onion and bell pepper. Cook and stir until mostly softened, about 5 minutes.
2. Press Keep Warm/Cancel to turn off the cooker.
3. Transfer veggies to a medium bowl. Add cream cheese and seasonings, and stir until evenly coated.
4. Generously respray pot. Layer ham, veggie mixture, and egg whites/substitute in pot. Sprinkle with cheddar. Seal with lid, press Manual, and set for 15 minutes.
5. Once cooked, press Keep Warm/Cancel. Let sit 5 minutes.

MAKES 4 SERVINGS

beefy no-bean chili

PREP 15 MINUTES
COOK 40 MINUTES
COOL 10 MINUTES

1/6 OF RECIPE (ABOUT 1 1/3 CUPS):

241 calories, 7g total fat (3g sat. fat),
590mg sodium, 17.5g carbs, 4.5g
fiber, 9g sugars, 27g protein **GF**

- 1 1/2 lb. raw boneless chuck
beef roast (trimmed
of excess fat), cut into
large chunks
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 15-oz. can crushed
tomatoes
- 1 14.5-oz. can diced
tomatoes (not drained)
- 2 cups chopped bell pepper
- 1 cup chopped onion
- 1 cup chopped carrots
- 2 Tbsp. tomato paste
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. chopped garlic
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1/2 tsp. smoked paprika
- 1/2 tsp. dried oregano
- 1/8 tsp. cayenne pepper
- Optional toppings:**
shredded reduced-fat
cheddar cheese, sliced
jalapeño peppers, finely
chopped red onion

1. Spray an Instant Pot cooker with nonstick spray. Press Sauté, and add beef, salt, and black pepper. Cook and rotate until evenly browned, about 5 minutes.

2. Press Keep Warm/Cancel to turn off the cooker. Add remaining ingredients, and mix well. Seal with lid. Press Manual, and set for 20 minutes.

3. Once cooked, press Keep Warm/Cancel. Let sit 10 minutes. Vent to release steam.

4. Transfer beef to a cutting board, and cut into bite-size pieces.

5. Return beef to the pot, and mix well.

MAKES 6 SERVINGS



INSTANT POT HOT TIPS!

1 CHOOSE AN INSTANT POT COOKER WITH MULTIGRAIN AND POULTRY FUNCTIONS.

There are a few varieties out there, but not all have these features. We love our IP-LUX50 V2 (5 Quart).

2 ALLOW TIME FOR PREHEATING.

The Instant Pot cooker preheats *after* food is added. That's why 5-minute meatballs take closer to 20 minutes. Still speedy! (Preheating is included in the cook time at the top of these recipes.)

3 WATCH OUT FOR HOT STEAM.

This cooker produces powerful bursts of steam when vented. Use a towel to turn the knob, and step away!

4 NO INSTANT POT COOKER? NO PROBLEM.

While you won't get the built-in sauté feature, a pressure cooker or slow cooker will do the trick. To slow cook, set for 3 to 4 hours on high or 7 to 8 hours on low. Sautéing can be done in a skillet on the stove.



waldorf chicken lettuce wraps
recipe page 47

italian-style cucumber subs
recipe page 47





mojito fruit salad recipe page 48

beta & sun-dried tomato tuna salad recipe page 47


**No stove
or oven
required for
these super
summertime
dishes! You'll
stay cool
while your
food routine
is heatin' up.**

SIMMER DOWN FOR SUMMER:

NO-COOK RECIPES

crabby cowgirl slaw

PREP 10 MINUTES | CHILL 1 HOUR

1/8 OF RECIPE (ABOUT 1 CUP): 143 calories, 2g total fat (<0.5g sat. fat), 438mg sodium, 20.5g carbs, 5g fiber, 2.5g sugars, 11.5g protein 



HG TIP

Not a fan of crabmeat? No problem! Try this with **ready-to-eat bay (small) shrimp**, or leave out the seafood altogether.

- 1/3 cup apple cider vinegar
- 2 packets natural no-calorie sweetener
- 2 tsp. extra virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- Dash chili powder
- 3 cups bagged coleslaw mix
- 1 15-oz. can black-eyed peas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 8 oz. ready-to-eat crabmeat, thoroughly drained
- 3/4 cup frozen sweet corn kernels
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped sweet onion

1. In a large bowl, combine vinegar, sweetener, oil, and seasonings. Whisk until sweetener has dissolved and mixture is uniform.

2. Add remaining ingredients, and stir well.

3. Cover and refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS



italian-style cucumber subs

Pictured on page 44

PREP 20 MINUTES

1/8 OF RECIPE (1 SUB): 121 calories, 5g total fat (2.5g sat. fat), 391mg sodium, 8g carbs, 1.5g fiber, 4g sugars, 12.5g protein **30m** **GF**

- 8 small cucumbers (about 5 oz. each)
- 8 slices reduced-fat provolone cheese
- 2½ Tbsp. light Italian dressing
- 4 oz. (about 8 slices) reduced-sodium turkey breast
- 4 oz. (about 8 slices) reduced-sodium 97% fat-free ham
- 24 small slices Roma tomato

1. Slice off and discard cucumber stem ends. Halve cucumbers lengthwise. Gently scoop out and discard the cucumber flesh, leaving about ¼ inch inside each half. Thoroughly pat dry.
2. Cut each slice of cheese into 4 pieces.
3. Evenly top 8 cucumber halves with dressing, turkey, ham, cheese, and tomato.
4. Top with remaining 8 cucumber halves, and secure with toothpicks (if needed).

MAKES 8 SERVINGS

waldorf chicken lettuce wraps

PREP 10 MINUTES

1/4 OF RECIPE (2 LETTUCE WRAPS): 272 calories, 10g total fat (0.5g sat. fat), 632mg sodium, 16.5g carbs, 2g fiber, 11.5g sugars, 28.5g protein **30m** **GF**

- ½ cup fat-free plain Greek yogurt
- 2 Tbsp. light mayonnaise
- 2 tsp. Dijon mustard
- 1 tsp. lemon juice
- 1 20-oz. can 98%-fat-free chunk white chicken breast in water, drained and flaked
- 1 cup seedless red or green grapes, halved
- 1 cup chopped Fuji or Gala apple
- ¼ cup finely chopped celery
- 1 oz. (about ¼ cup) chopped walnuts
- 8 large iceberg or butter lettuce leaves

1. In a large bowl, mix yogurt, mayo, mustard, and lemon juice. Add chicken, and stir to coat.
2. Stir in all remaining ingredients except lettuce.
3. Evenly distribute mixture among lettuce leaves, about ⅔ cup each.

MAKES 4 SERVINGS

feta & sun-dried tomato tuna salad

PREP 10 MINUTES

1/4 OF RECIPE (ABOUT 1/2 CUP): 169 calories, 6.5g total fat (1.5g sat. fat), 481mg sodium, 9.5g carbs, 1.5g fiber, 4.5g sugars, 16g protein **30m** **GF**

- ¼ cup light mayonnaise
- 2 Tbsp. fat-free plain Greek yogurt
- 1 Tbsp. Dijon mustard
- ½ tsp. lemon juice
- ½ tsp. garlic powder
- 2 5-oz. cans albacore tuna in water, drained and flaked
- ½ cup finely chopped red onion
- ⅓ cup bagged sun-dried tomatoes, chopped
- ¼ cup crumbled reduced-fat feta cheese
- 2 Tbsp. sliced black olives, chopped

1. In a medium-large bowl, thoroughly mix mayo, yogurt, mustard, lemon juice, and garlic powder. Add tuna, and stir to coat.
2. Add remaining ingredients, and mix well.

MAKES 4 SERVINGS







mojito fruit salad

PREP 20 MINUTES | CHILL 1 HOUR

1/8 OF RECIPE (ABOUT 1 CUP):

70 calories, <0.5g total fat (0g sat. fat), 2mg sodium, 17.5g carbs, 2g fiber, 12.5g sugars, 1g protein  

- 4 cups cubed watermelon
- 2 cups pineapple chunks
- 2 cups sliced strawberries
- 3/4 cup blueberries
- 1/3 cup chopped fresh mint
- 1/3 cup fresh lime juice
- 3 packets natural no-calorie sweetener
- 1 tsp. lime zest


1. In a large bowl, combine all fruit.
2. In a small bowl, muddle (mash) the remaining ingredients.
3. Transfer mixture to the large bowl with fruit. Gently toss to coat.
4. Cover and refrigerate for 1 hour to allow flavors to develop.

MAKES 8 SERVINGS



scoopable strawberry cheesecake

PREP 15 MINUTES | CHILL 1 HOUR

1/8 OF RECIPE: 165 calories, 8.5g total fat (6.5g sat. fat), 164mg sodium, 19g carbs, 0.5g fiber, 11.5g sugars, 4g protein 

- 3 cups natural light whipped topping
- 3/4 cup fat-free plain Greek yogurt
- 3/4 cup light/reduced-fat cream cheese, room temperature
- 5 packets natural no-calorie sweetener
- 1 1/2 Tbsp. vanilla extract
- 1/8 tsp. salt
- 1 1/2 cups sliced strawberries
- 1 sheet (4 crackers) graham crackers, crushed

1. In a medium bowl, combine all ingredients except strawberries and graham crackers.
2. Mix until smooth and uniform.
3. Transfer to a 9" pie pan, and smooth into an even layer.
4. Top with strawberries and crushed graham crackers. Cover and refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS



HG TIP

No pie pan?
No problem! Use a
basic baking pan
or **casserole dish.**





RECIPE MASH- UPS

What do you get when you combine two totally unrelated food obsessions? These surprisingly healthy and completely delicious recipe mash-ups!

PIZZA WAFFLES
recipe page 54

dessert sushi

PREP 10 MINUTES

ENTIRE RECIPE: 186 calories, 2g total fat (0.5g sat. fat), 35mg sodium, 39.5g carbs, 5g fiber, 23g sugars, 5.5g protein



- 1/4 cup crushed freeze-dried strawberries
- 2 Tbsp. fat-free vanilla yogurt
- 1 Tbsp. powdered peanut butter
- 1 medium banana, peeled
- 1/2 tsp. mini semisweet chocolate chips

1. Spread freeze-dried strawberries onto a large plate.

2. In a small bowl, combine yogurt, powdered peanut butter, and 1 Tbsp. water. Stir until smooth and uniform. Evenly spread over the banana with a spoon or pastry brush.

3. Evenly coat banana with freeze-dried strawberries by gently rolling it on the plate and then topping it with any remaining strawberries.

4. Sprinkle with chocolate chips. Slice into sushi-size pieces, about 3/4 inch thick.

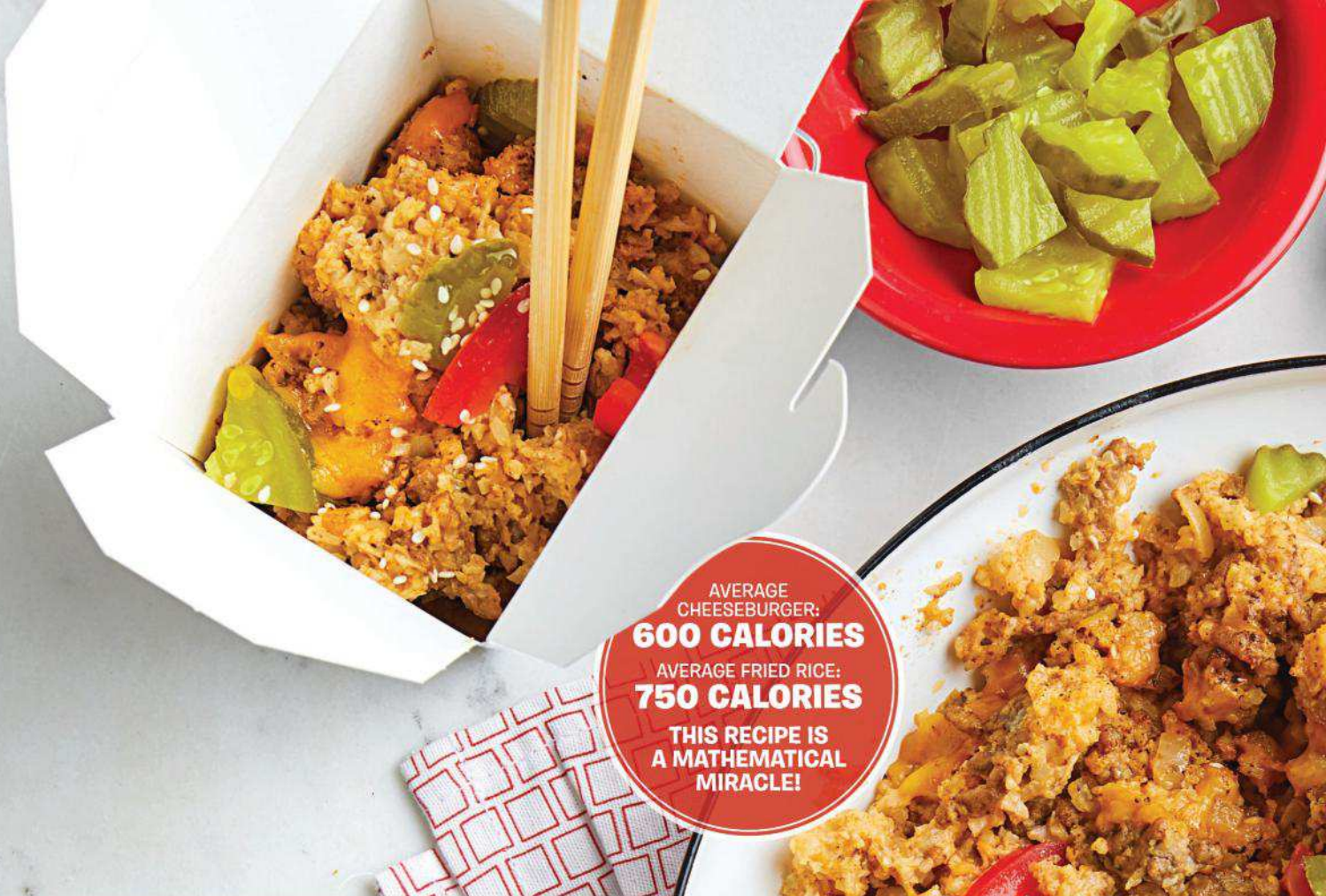
MAKES 1 SERVING



HG TIP

Powdered PB contains HALF the calories of regular peanut butter. Find it in the supermarket near the traditional nut butters, and visit hungry-girl.com/powderedPB for more info!





AVERAGE
CHEESEBURGER:
600 CALORIES

AVERAGE FRIED RICE:
750 CALORIES

**THIS RECIPE IS
A MATHEMATICAL
MIRACLE!**

cheeseburger fried rice

PREP 20 MINUTES | **COOK** 15 MINUTES

¼ OF RECIPE (ABOUT 1½ CUPS): 297 calories, 11g total fat (6g sat. fat), 702mg sodium, 19g carbs, 4g fiber, 10g sugars, 31g protein **GF**

- 5 cups roughly chopped cauliflower or 3¾ cups cauliflower rice
- 1 lb. raw extra-lean ground beef (4% fat or less)
- 1 cup chopped onion
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ¼ tsp. each salt and black pepper
- ⅓ cup light/reduced-fat cream cheese
- ⅓ cup shredded reduced-fat cheddar cheese
- 3 Tbsp. ketchup
- 1 Tbsp. yellow mustard
- 1 cup chopped tomatoes
- ¼ cup chopped dill pickle chips
- Optional topping:** sesame seeds

1. If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-size pieces, working in batches as needed.

2. Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower rice, beef, onion, and seasonings. Cook and crumble until veggies have mostly softened and beef is cooked through, 8-10 minutes.


3. Reduce heat to medium-low. Add cream cheese, cheddar, ketchup, and mustard. Cook and stir until cheeses have melted and entire dish is hot and well mixed, about 2 minutes.

4. Top with tomatoes and pickles.

MAKES 4 SERVINGS

chicken nugget nachos

PREP 10 MINUTES | COOK 20 MINUTES

½ OF RECIPE (5 LOADED NUGGETS): 288 calories, 10g total fat (4.5g sat. fat), 691mg sodium, 12.5g carbs, 1g fiber, 4g sugars, 35.5g protein 


- ¼ cup whole wheat panko bread crumbs
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
- 2 Tbsp. egg white (about 1 large egg's worth) or fat-free liquid egg substitute
- ½ cup shredded reduced-fat Mexican-blend cheese
- ¼ cup salsa
- 2 Tbsp. light sour cream
- 2 Tbsp. chopped scallions

1. Preheat oven to 375°F. Spray a baking sheet with nonstick spray.
2. In a wide bowl, mix bread crumbs with seasonings. In a 2nd wide bowl, coat chicken with egg white/substitute.
3. Shake chicken to remove excess egg, and coat with seasoned crumbs. Lay on baking sheet; top with remaining crumbs.
4. Bake for 8 minutes. Flip chicken. Bake until slightly browned and crispy, about 8 more minutes.
5. Move chicken to the center of the sheet. Sprinkle with cheese, and bake until melted, about 3 minutes.
6. Top with salsa and sour cream, or serve on the side. Top with scallions.

MAKES 2 SERVINGS

rise 'n shine shepherd's pie

PREP 25 MINUTES | COOK 1 HOUR 15 MINUTES

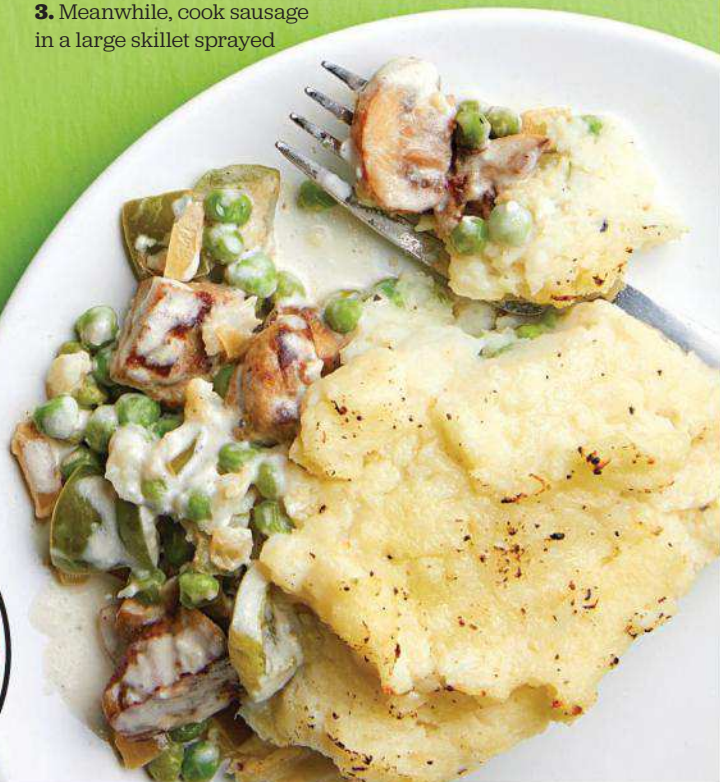
¼ OF PIE: 278 calories, 7.5g total fat (3.5g sat. fat), 663mg sodium, 37g carbs, 6.5g fiber, 9.5g sugars, 15.5g protein 

- 3 cups cauliflower florets
- 12 oz. (about 1 medium) russet potato, peeled and cubed
- 4 frozen meatless or turkey sausage patties with 80 calories or less
- 3 Tbsp. light sour cream
- ¾ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 cups chopped fresh mushrooms
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup frozen peas
- ¼ cup light/reduced-fat cream cheese

1. Preheat oven to 375°F. Spray an 8" x 8" baking pan with nonstick spray.
2. Bring a medium pot of water to a boil. Add cauliflower and cubed potato. Once returned to a boil, reduce heat to medium. Cook until very tender, 15-20 minutes.
3. Meanwhile, cook sausage in a large skillet sprayed

- with nonstick spray. (See package for temp and cook time.) Chop or crumble.
4. Drain cauliflower and potato. Transfer to a large bowl. Add sour cream, onion powder, garlic powder, ¼ tsp. salt, and ⅛ tsp. black pepper. Thoroughly mash and mix.
 5. Clean skillet, if needed. Respray, and bring to medium-high heat. Add remaining fresh veggies, ¼ tsp. salt, and ⅛ tsp. black pepper. Cook and stir until mostly softened and lightly browned, 6-8 minutes.
 6. Reduce heat to low. Add peas. Cook and stir until hot, about 1 minute. Remove from heat, and stir in cream cheese. Fold in sausage.
 7. Transfer to the baking pan, and smooth out the top.
 8. Top with cauliflower mixture, and smooth out top. Bake until bubbly and slightly browned, about 35 minutes.

MAKES 4 SERVINGS



Slash time by using healthy frozen chicken or veggie nuggets, like the kinds by Applegate & Morningstar Farms.



pizza waffles

Pictured on page 50

PREP 10 MINUTES | **COOK** 25 MINUTES

¼ OF RECIPE (1 WAFFLE WITH ABOUT 2 TBSP. SAUCE): 132 calories, 4g total fat (2g sat. fat), 507mg sodium, 13g carbs, 2.5g fiber, 3g sugars, 11g protein

- 1 cup roughly chopped cauliflower or $\frac{3}{4}$ cup cauliflower rice
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{2}$ cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
- $\frac{1}{2}$ cup shredded part-skim mozzarella cheese
- $\frac{1}{4}$ cup whole wheat flour
- 1 Tbsp. grated Parmesan cheese, or more for topping
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{4}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ oz. (about 8 pieces) turkey pepperoni, roughly chopped
- $\frac{1}{2}$ cup canned crushed tomatoes

1. If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-size pieces.

2. Place cauliflower rice in a medium-large bowl. Add onion, egg whites/substitute, mozzarella, flour, Parmesan, $\frac{1}{2}$ tsp. Italian seasoning, $\frac{1}{2}$ tsp. garlic powder, the onion powder, baking powder, and salt. Mix until uniform. (Batter will be thick!) Fold in chopped pepperoni.

3. Spray a round waffle maker with nonstick spray, and set heat to medium. Once hot, spread $\frac{1}{4}$ of the batter (about $\frac{1}{3}$ cup) into the center of the waffle maker. Close and cook for 5 minutes, or until golden brown and crispy. Repeat to make 3 more waffles, respraying between waffles if needed.



4. In a medium microwave-safe bowl, mix tomatoes with remaining $\frac{1}{2}$ tsp. Italian seasoning and $\frac{1}{2}$ tsp. garlic powder. Microwave for 30 seconds, or until hot. Serve with waffles for dipping.

MAKES 4 SERVINGS



cheesecake grilled cheese

PREP 5 MINUTES | **COOK** 5 MINUTES

ENTIRE RECIPE: 271 calories, 12.5g total fat (5g sat. fat), 441mg sodium, 32g carbs, 5.5g fiber, 6g sugars, 10.5g protein  

- 1 Tbsp. light whipped butter or light buttery spread
- 1 packet natural no-calorie sweetener
- $\frac{1}{4}$ tsp. cinnamon
- 2 Tbsp. light/low-fat ricotta cheese
- $1\frac{1}{2}$ Tbsp. light/reduced-fat cream cheese, room temperature
- $\frac{1}{8}$ tsp. vanilla extract
- 2 drops lemon juice
- 2 slices whole grain bread with 60–80 calories per slice
- Optional topping:** powdered sugar

1. In a small bowl, mix butter with half of sweetener packet and $\frac{1}{8}$ tsp. cinnamon.

2. In a medium bowl, thoroughly mix ricotta, cream cheese, vanilla, lemon juice, remaining half of sweetener packet, and remaining $\frac{1}{8}$ tsp. cinnamon.

3. Spread ricotta mixture over 1 slice of bread, and top with remaining bread slice. Spread the top of the sandwich with half of the cinnamon butter.

4. Bring a skillet sprayed with nonstick spray to medium heat. Place sandwich in the skillet, buttered side down.

5. Spread the top with remaining cinnamon butter. Cook until bread is golden brown and filling is hot, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING





way-good watermelon pizza

PREP 15 MINUTES

1/4 OF RECIPE (1/2 OF PIZZA):

103 calories, 1g total fat (1g sat. fat), 54mg sodium, 21g carbs, 1.5g fiber, 16g sugars, 4g protein



- 1/2 cup fat-free plain Greek yogurt
- 1/3 cup natural light whipped topping
- 1 packet natural no-calorie sweetener
- 1/2 tsp. vanilla extract
- Dash salt
- 2 1-inch-thick round seedless watermelon slices (cut from the center of a large watermelon)
- 3/4 cup sliced strawberries
- 1/3 cup blueberries
- Optional garnish:**
fresh mint

1. In a medium bowl, mix yogurt, whipped topping, sweetener, vanilla, and salt.

2. Spread mixture over watermelon slices, leaving 1/2-inch borders.

3. Top with strawberries and blueberries. Slice into wedges.

MAKES 4 SERVINGS

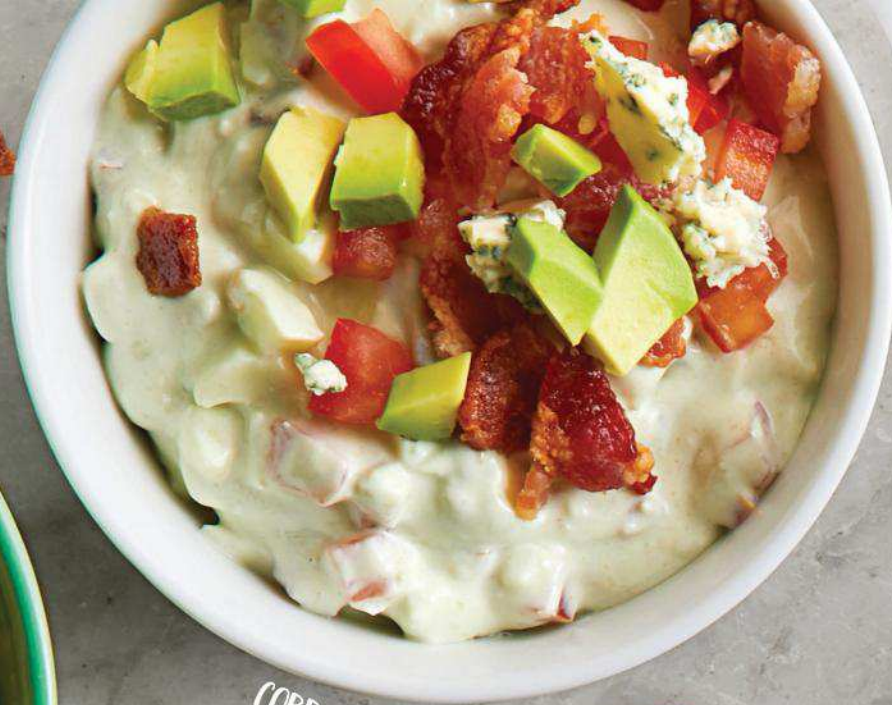


WHIPPED CREAM WONDER

Good news! These days, there are several all-natural options for light whipped topping. Check out Skinny Truwhip and So Delicious Dairy Free CocoWhip! Light. Both are completely delicious and low in calories and sugar.



PB & CHOCOLATE CHIP COOKIE DOUGH DIP



COBB SALAD DIP



COOKIES N' CREAM DIP



PEANUT BUTTER CUP DIP



TEX-MEX CORN DIP



DON'T BE CHICKEN BUFFALO DIP



DIP IT GOOD

These sweet and savory creations are perfect for parties... or anytime, really!






~ SAVORY ~



tex-mex corn dip

PREP 10 MINUTES

1/2 OF RECIPE (ABOUT 3 TBSP.): 65 calories, 3.5g total fat (1g sat. fat), 146mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 2g protein   

- 1/3 cup light sour cream
- 1/3 cup light mayonnaise
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 2 cups frozen sweet corn kernels, thawed
- 1/4 cup chopped fresh cilantro, or more for topping
- 1 Tbsp. seeded and finely chopped jalapeño pepper
- 1/2 cup shredded reduced-fat Mexican-blend cheese



1. In a large bowl, combine sour cream, mayo, and seasonings. Mix well.
2. Fold in all remaining ingredients except cheese. Mix until uniform.
3. Sprinkle with cheese. Enjoy at room temp, warm, or chilled.

MAKES 12 SERVINGS



cobb salad dip

PREP 15 MINUTES

1/8 OF RECIPE (ABOUT 1/3 CUP): 84 calories, 5.5g total fat (2.5g sat. fat), 291mg sodium, 3.5g carbs, 1g fiber, 2.5g sugars, 5g protein  

- 1/2 cup light sour cream
- 1/4 cup light/reduced-fat cream cheese
- 2 oz. (about 1/4 cup) chopped avocado
- 1/4 cup crumbled blue cheese
- 1/4 tsp. salt
- 3 large hard-boiled egg whites, chopped
- 1 cup chopped tomatoes
- 1/4 cup precooked crumbled bacon




1. In a small food processor or blender, combine sour cream, cream cheese, 1 oz. (about 2 Tbsp.) avocado, 2 Tbsp. blue cheese, and salt. Pulse until just blended.
2. Transfer to a medium bowl. Gently stir in egg whites. Top with all remaining ingredients, including remaining 1 oz. avocado and 2 Tbsp. blue cheese.

MAKES 8 SERVINGS



don't be chicken buffalo dip

PREP 10 MINUTES | COOK 10 MINUTES

1/2 OF RECIPE (ABOUT 1/4 CUP): 81 calories, 6g total fat (3g sat. fat), 557mg sodium, 3.5g carbs, 0.5g fiber, 2g sugars, 3.5g protein   

- 3 cups roughly chopped cauliflower or 2 1/4 cups cauliflower rice
- 8 oz. light/reduced-fat cream cheese, room temperature
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup light ranch dressing
- 1/4 cup fat-free plain Greek yogurt
- Optional topping:** cayenne pepper

1. If starting with chopped cauliflower, pulse in a blender until reduced to rice-size pieces.
2. Place cauliflower rice in a large microwave-safe bowl; cover and microwave for 2 1/2 minutes, or until hot and soft.
3. In a large microwave-safe bowl, stir cream cheese until smooth. Thoroughly mix in remaining ingredients except cauliflower.
4. Stir in cauliflower. Microwave for 2 minutes. Stir and microwave for 1 minute, or until hot.

MAKES 12 SERVINGS

~ SWEET ~



pb & chocolate chip cookie dough dip

PREP 10 MINUTES | CHILL 1 HOUR

1/2 OF RECIPE (ABOUT 3 TBSP.): 80 calories, 3g total fat (1g sat. fat), 118mg sodium, 12.5g carbs, 2.5g fiber, 2g sugars, 4g protein



- 3 Tbsp. old-fashioned oats
- 1 15-oz. can chickpeas (garbanzo beans), drained and rinsed
- 1/3 cup powdered peanut butter
- 3 Tbsp. Truvia spoonable no-calorie sweetener (or another no-calorie granulated sweetener about twice as sweet as sugar)
- 2 Tbsp. unsweetened vanilla almond milk
- 2 Tbsp. creamy peanut butter
- 2 Tbsp. canned pure pumpkin
- 1/2 Tbsp. vanilla extract
- 1/4 tsp. salt
- 1/3 cup natural light whipped topping
- 1 Tbsp. mini semisweet chocolate chips

1. Pulse oats in a food processor until reduced to the consistency of coarse flour.
2. Add all remaining ingredients except whipped topping and chocolate chips. Puree until completely smooth and uniform.
3. Fold in whipped topping and chocolate chips. Transfer to a medium bowl.
4. Cover and refrigerate until chilled, at least 1 hour. (The longer it chills, the better it tastes!)

MAKES 12 SERVINGS



peanut butter cup dip

PREP 10 MINUTES

1/6 OF RECIPE (ABOUT 1/4 CUP): 100 calories, 6g total fat (2.5g sat. fat), 77mg sodium, 9g carbs, 1g fiber, 5.5g sugars, 3g protein



- 3/4 cup natural light whipped topping
- 1/3 cup fat-free vanilla yogurt
- 2 Tbsp. light/reduced-fat cream cheese, room temperature
- 2 Tbsp. creamy peanut butter
- 2 Tbsp. powdered peanut butter
- 1 packet natural no-calorie sweetener
- 1 tsp. vanilla extract
- Dash salt
- 1 Tbsp. mini semisweet chocolate chips

1. In a medium bowl, combine all ingredients except chocolate chips. Mix until smooth and uniform.
2. Stir in 1/2 Tbsp. chocolate chips. Top with remaining 1/2 Tbsp. chocolate chips.

MAKES 6 SERVINGS



cookies 'n cream dip

PREP 5 MINUTES

1/6 OF RECIPE (ABOUT 1/4 CUP): 53 calories, 1.5g total fat (1.5g sat. fat), 48mg sodium, 8.5g carbs, 0g fiber, 5.5g sugars, 0.5g protein



- 1 cup natural light whipped topping
- 1/2 cup fat-free vanilla yogurt
- 1 tsp. vanilla extract
- Dash salt
- 2 chocolate graham crackers (1/2 sheet), finely crushed

1. In a medium bowl, combine all ingredients except graham crackers. Mix until smooth and uniform.

2. Fold in crushed graham crackers.

MAKES 6 SERVINGS



Cooking for one? These easy recipes should quickly make their way into regular rotation.



single
&
loving it

berry-good cannoli cone

PREP 5 MINUTES

ENTIRE RECIPE: 157 calories, 5g total fat (3g sat. fat), 118mg sodium, 21.5g carbs, 1g fiber, 12.5g sugars, 7g protein

- 1/4 cup light/low-fat ricotta cheese
- 1 packet natural no-calorie sweetener
- 1/8 tsp. vanilla extract
- 1/2 Tbsp. chopped freeze-dried strawberries
- 1/2 tsp. mini semisweet chocolate chips
- 1 sugar cone

1. Mix ricotta, sweetener, and vanilla extract until uniform. Stir in 1 Tbsp. freeze-dried strawberries and 1 tsp. chocolate chips.

2. Spoon mixture into the cone, and top with remaining 1/2 Tbsp. freeze-dried strawberries and 1/2 tsp. chocolate chips.

MAKES 1 SERVING

greek grilled cheese

PREP 5 MINUTES | COOK 5 MINUTES

ENTIRE RECIPE: 307 calories, 10g total fat (4g sat. fat), 664mg sodium, 39.5g carbs, 8g fiber, 11g sugars, 15.5g protein

- 1 cup chopped spinach leaves
- 3 Tbsp. light/low-fat ricotta cheese
- 2 Tbsp. crumbled reduced-fat feta cheese
- 2 Tbsp. bagged sun-dried tomatoes, chopped
- 1 Tbsp. sliced black or Kalamata olives
- 1/8 tsp. garlic powder
- 2 slices whole grain bread with 60–80 calories per slice
- 2 tsp. light whipped butter or light buttery spread

1. In a microwave-safe bowl, microwave spinach for 45 seconds, or until wilted. Pat dry. Add all remaining ingredients except bread and butter. Mix until uniform.

2. Spread mixture onto one bread slice. Top with remaining bread slice. Spread the top of the sandwich with 1 tsp. butter.

3. Bring a skillet sprayed with nonstick spray to medium heat. Add sandwich, buttered side down.

4. Spread the top with remaining 1 tsp. butter. Cook until bread is golden brown and cheese is hot, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING





veggie egg roll in a bowl

PREP 10 MINUTES
COOK 15 MINUTES

ENTIRE RECIPE: 271 calories,
5.5g total fat (0.5g sat. fat), 784mg
sodium, 46g carbs, 14g fiber, 24g
sugars, 16.5g protein **30m** **V**

- 1 Tbsp. reduced-sodium soy sauce
- 1 packet natural no-calorie sweetener
- 1 tsp. sesame oil
- ½ tsp. crushed garlic
- ½ tsp. ground ginger
- Dash each salt and black pepper
- 4 cups bagged coleslaw mix
- 2 cups bean sprouts
- 1 cup sliced mushrooms
- 1 cup chopped sugar snap peas
- ½ cup chopped scallions
- ¼ cup canned sliced water chestnuts, drained and chopped

1. In a small bowl, combine soy sauce, sweetener, oil, garlic, ginger, salt, and pepper. Mix until uniform.

2. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add coleslaw mix, bean sprouts, mushrooms, sugar snap peas, and ¼ cup water. Cover and cook for 8 minutes, or until soft.

3. Uncover and, if needed, cook and stir until water has evaporated, 1-2 minutes.

4. Add sauce mixture, scallions, and water chestnuts. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 1 SERVING

breakfast stuffed sweet potato

PREP 10 MINUTES
COOK 25 MINUTES

ENTIRE RECIPE: 217 calories,
4.5g total fat (2.5g sat. fat), 606mg
sodium, 28g carbs, 4.5g fiber,
8.5g sugars, 15.5g protein **GF**

- 1 8-oz. sweet potato
- 3 Tbsp. finely chopped spinach
- ¼ cup egg whites (about 2 large eggs' worth) or fat-free liquid egg substitute
- Dash each salt and black pepper
- 2 Tbsp. shredded reduced-fat cheddar cheese
- 1 Tbsp. precooked crumbled bacon
- 1 Tbsp. chopped scallions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.

2. Pierce potato several times with a fork. On a microwave-safe plate, microwave for 4 minutes, or until soft.

3. Slice potato in half lengthwise. Carefully scoop out the insides, leaving about ¼ inch inside the skin. Reserve potato pulp for another use.

4. Place potato shells on the baking sheet. Fill with spinach and egg whites/substitute. Sprinkle with salt and pepper.

5. Bake for 15 minutes.

6. Top with cheese. Bake until egg has set and cheese has melted, about 5 minutes.

7. Top with bacon and scallions.

MAKES 1 SERVING



HG TIP

Try a **white sweet potato** if you're looking for a little less sweetness.



bruschetta salmon z'paghetti

PREP 15 MINUTES
COOK 15 MINUTES

ENTIRE RECIPE: 326 calories,
15g total fat (3.5g sat. fat), 693mg
sodium, 20.5g carbs, 5g fiber,
14g sugars, 29g protein **30m** **GF**

- ½ cup chopped tomatoes
- 2 Tbsp. chopped fresh basil,
or more for topping
- ½ Tbsp. balsamic vinegar
- 2 tsp. chopped garlic
- 1 tsp. olive oil
- ¼ tsp. Italian seasoning
- ¼ tsp. each salt and
black pepper
- 12 oz. (about 1 large) zucchini
- 1 4-oz. raw skinless
salmon fillet
- ⅛ tsp. garlic powder
- ⅛ tsp. onion powder

1. In a medium-large bowl,
mix tomatoes, basil, vinegar,
chopped garlic, oil, Italian
seasoning, salt, and pepper.

2. Using a spiral veggie slicer,
cut zucchini into spaghetti-
like noodles. (If you don't
have a spiral slicer, peel into
thin strips, rotating it after
each strip.) Roughly chop for
shorter noodles.

3. Bring a large skillet
sprayed with nonstick spray
to medium heat. Season
salmon with garlic powder
and onion powder. Cook for
4 minutes per side, or until
cooked through.

4. Plate salmon, and cover to
keep warm.

5. Remove skillet from
heat. Respray and bring to
medium-high heat. Cook
and stir zucchini until hot
and slightly softened, about
2 minutes.

6. Add tomato mixture. Cook
and stir until hot and well
mixed, 2-3 minutes.

7. Transfer to a strainer,
and thoroughly drain
excess liquid.

8. Place in a medium-large
bowl, and top with salmon.

MAKES 1 SERVING

**MORE
SPIRALIZED
RECIPES
AWAIT...
CHECK OUT
PAGE 66!**



PIECE OF

CAKE

Pay no attention to the back of the box. We've got better things to stir into cake mix than eggs and oil! These hacks will seriously lighten up your cakes... and your grocery list!



HG FYI

Your cake is done when a toothpick or knife inserted into the center comes out clean!



2-ingredient cake — 5 ways!

These recipes require a 15.25- to 18.25-oz. of cake mix. Feel free to switch up the combinations outlined below! (By the way, water doesn't count as an ingredient.)



cake mix
+
applesauce





Preheat oven to 350°F. Spray a 9"×13" pan with nonstick spray. In a large bowl, combine 1 box **yellow cake mix** with 1 cup **unsweetened applesauce**. Mix thoroughly. (Batter will be THICK.) Transfer to the baking pan, and smooth out the top. Bake for 25–30 minutes. **1/12 OF CAKE (1 PIECE):** 151 calories, 1.5g total fat  



cake mix
+
egg whites





Preheat oven to 350°F. Spray a 9"×13" pan with nonstick spray. In a large bowl, combine 1 box **confetti/rainbow cake mix** with 1 cup **egg whites (about 8 large eggs' worth) or fat-free liquid egg substitute**. Add 1 cup **water**, and whisk thoroughly. Transfer to the baking pan. Bake for 25–30 minutes. **1/12 OF CAKE (1 PIECE):** 144 calories, 1.5g total fat  



cake mix
+
greek yogurt





Preheat oven to 350°F. Spray a 9"×13" pan with nonstick spray. In a large bowl, combine 1 box **carrot cake mix** with 1 cup **fat-free plain Greek yogurt**. Add ½ cup **water**, and mix thoroughly. Transfer to the baking pan, and smooth out the top. Bake for 35–40 minutes. **1/12 OF CAKE (1 PIECE):** 144 calories, 1g total fat  



cake mix
+
canned pumpkin





Preheat oven to 350°F. Spray a 9"×13" pan with nonstick spray. In a large bowl, combine 1 box **devil's food cake mix** with one 15-oz. can **pure pumpkin**. Mix thoroughly. (Batter will be THICK.) Transfer to the baking pan, and smooth out the top. Bake for 25–30 minutes. **1/12 OF CAKE (1 PIECE):** 152 calories, 2g total fat  



cake mix
+
club soda



Preheat oven to 350°F. Spray a 9"×13" pan with nonstick spray. In a large bowl, combine 1 box **red velvet cake mix** with 1 cup **club soda**. Whisk thoroughly. Transfer to the baking pan, and smooth out the top. Bake for 25–30 minutes. **1/12 OF CAKE (1 PIECE):** 157 calories, 2.5g total fat  



Spiralized

SURPRISE!

These aren't your grandma's zoodles. These unique recipes will change the way you spiralize... Take 'em out for a spin!

**SPIRALIZED SHRIMP
SUNOMONO SALAD**
recipe page 69



think pink beet-noodle salad

PREP 15 MINUTES

1/6 OF RECIPE (ABOUT 1 1/2 CUPS):

149 calories, 5.5g total fat (1g sat. fat), 285mg sodium, 22g carbs, 6.5g fiber, 12.5g sugars, 5g protein



- 1 lb. (about 1 medium) jicama
- 1 lb. (about 3–4) beets
- 1 11-oz. can mandarin orange segments packed in juice, drained
- 1/2 cup reduced-fat crumbled feta cheese
- 1 oz. (about 1/4 cup) chopped walnuts
- 1/4 cup light balsamic vinaigrette dressing

1. Peel jicama. Using a thin-style blade on a tabletop spiral veggie slicer, cut jicama and beets into spaghetti-like noodles. (If you don't have a tabletop slicer, cut into matchstick-size strips.) Roughly chop for shorter noodles. Finely chop any remaining veggies.

2. Place in an extra-large bowl. Add all remaining ingredients except dressing. Stir to mix.

3. Top with dressing, and toss to coat.

MAKES 6 SERVINGS

HG FYI



Flip to page 16 for a **spiralizer primer**, a classic recipe, and our top gadget picks! And don't miss the **Bruschetta Salmon Z'paghetti** on page 63.



zucchini noodle pancakes

PREP 10 MINUTES | **COOK** 25 MINUTES

¼ OF RECIPE (2 PANCAKES):

103 calories, 3g total fat (1.5g sat. fat), 451mg sodium, 12g carbs, 2g fiber, 3g sugars, 8g protein  

- ⅓ cup old-fashioned oats
 - 8 oz. (about 1 medium) zucchini**
 - ½ cup frozen sweet corn kernels
 - ½ cup chopped scallions, or more for topping
 - ½ cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
 - ⅓ cup shredded reduced-fat cheddar cheese
 - ½ tsp. garlic powder
 - ½ tsp. onion powder
 - ½ tsp. salt
 - ½ tsp. black pepper
 - ¼ tsp. baking powder
- Optional toppings:** light sour cream, chopped scallions

- 1.** In a small blender or food processor, pulse oats until reduced to the consistency of coarse flour. Transfer to a medium-large bowl.
- 2.** Using a spiral veggie slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral slicer, peel into thin strips, rotating zucchini after each strip.) Roughly chop for shorter noodles.
- 3.** Add zucchini and remaining ingredients to the bowl. Mix until uniform.
- 4.** Bring a large skillet sprayed with nonstick spray to medium heat. Add ¼ of the batter to form 2 medium pancakes (about ⅓ cup each). Cook until solid enough to flip, about 3 minutes.
- 5.** Gently flip, and cook until golden brown and cooked through, 2-3 minutes.
- 6.** Plate pancakes. Remove skillet from heat, respray, and return to medium heat. Repeat with remaining batter to make 6 more pancakes.

MAKES 4 SERVINGS





spiralized shrimp sunomono salad

Pictured on page 66

PREP 10 MINUTES
CHILL 15 MINUTES

¼ OF RECIPE (ABOUT 1¼ CUPS): 109 calories, 1.5g total fat (<0.5g sat. fat), 467mg sodium, 9.5g carbs, 1g fiber, 6g sugars, 14.5g protein **30m** **BI** **GF**

- 1¼ lb. (about 2 large or 5 small) seedless cucumbers
- 3 Tbsp. seasoned rice vinegar
- 1 tsp. reduced-sodium soy sauce
- ½ packet natural no-calorie sweetener
- 8 oz. ready-to-eat bay (small) shrimp
- 2 tsp. sesame seeds

1. Using a spiral veggie slicer, cut cucumbers into spaghetti-like noodles. (If you don't have a spiral slicer, peel into thin strips, rotating cucumber after each strip.) Roughly chop for shorter noodles.
2. Transfer noodles to a strainer, and pat dry.
3. In a large bowl, combine rice vinegar, soy sauce, and sweetener. Mix well.
4. Add cucumber noodles and shrimp. Gently toss to mix. Cover and refrigerate for at least 15 minutes.
5. Sprinkle with sesame seeds.

MAKES 4 SERVINGS



spiralized apple pie

PREP 5 MINUTES | **COOK** 5 MINUTES

½ OF RECIPE (ABOUT ⅔ CUP): 101 calories, 0g total fat, 78mg sodium, 26g carbs, 2.5g fiber, 17.5g sugars, 0.5g protein **30m** **BI** **GF** **V**

- 12 oz. (about 2 medium) Fuji or Gala apples
- 1 Tbsp. cornstarch
- 1 packet natural no-calorie sweetener
- ¼ tsp. cinnamon, or more for topping
- ¼ tsp. vanilla extract
- Dash salt
- Optional topping: natural light whipped topping

1. Peel apples. Using a thin-style blade on a tabletop spiral veggie slicer, cut apples into spaghetti-like noodles. (If you don't

have a tabletop slicer, cut into matchstick-size strips.) Roughly chop for shorter noodles.

2. In a medium bowl, dissolve cornstarch in ¼ cup cold water. Add sweetener, cinnamon, vanilla extract, and salt. Stir until uniform. Add apple noodles, and toss to coat.

3. Bring a skillet sprayed with nonstick spray to medium heat. Add apple mixture, and cook and stir until thick and gooey, 3-4 minutes.

MAKES 2 SERVINGS

turnip noodles & chicken sausage

PREP 10 MINUTES | COOK 20 MINUTES

½ OF RECIPE (ABOUT 1½ CUPS): 270 calories, 10.5g total fat (4g sat. fat), 831mg sodium, 24g carbs, 5.5g fiber, 12g sugars, 19g protein  

- 1 lb. (about 1 large) turnip
- 1 cup sliced onion
- 6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving, sliced into coins
- 2 Tbsp. light/reduced-fat cream cheese
- 2 tsp. Dijon mustard
- 1½ tsp. chopped garlic
- ⅛ tsp. ground thyme
- ⅛ tsp. black pepper, or more for topping
- Optional seasoning: salt
- Optional topping: chopped fresh parsley

1. Peel and halve turnip. Using a thin-style blade on a tabletop spiral veggie slicer, cut turnip into spaghetti-like noodles. (If you don't have a tabletop slicer, cut into matchstick-size strips.)
2. Bring an extra-large skillet sprayed

with nonstick spray to medium-high heat. Add turnip noodles and ¼ cup water. Cover and cook about 7 minutes, uncovering occasionally to stir, until noodles have mostly softened and water has evaporated.

3. Transfer noodles to a bowl. Remove skillet from heat; respray, and return to medium-high heat. Cook and stir onion until slightly softened and lightly browned, about 4 minutes.

4. Add sausage coins to the skillet. Cook and stir until onion has mostly softened and sausage has browned, about 3 minutes.

5. Reduce heat to medium-low. Return noodles to the skillet, and add all remaining ingredients. Cook and stir until cream cheese has melted and coated the noodles, and entire dish is hot, about 2 minutes.

MAKES 2 SERVINGS





cup o' zoodles with beef

PREP 10 MINUTES | **COOK** 20 MINUTES

ENTIRE RECIPE: 247 calories, 7g total fat (2.5g sat. fat), 764mg sodium, 15.5g carbs, 4.5g fiber, 8g sugars, 29.5g protein **90%** **GF**

- 4 oz. thinly sliced raw flank steak**
Dash salt and black pepper
- 4 oz. (about ½ medium) zucchini**
- ½ cube (about 1 tsp.) beef bouillon**
- ½ cup frozen peas and carrots**
- ½ cup thinly sliced white mushrooms**
- ¼ cup chopped scallions**
- ½ tsp. garlic powder**
- ¼ tsp. onion powder**

1. Bring a skillet sprayed with nonstick spray to medium heat. Season beef with salt and pepper. Cook and stir for 3 minutes, or until cooked through.

2. Using a spiral veggie slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral slicer, peel into thin strips, rotating zucchini after each strip.) Roughly chop for shorter noodles.

3. In a wide-mouth, quart-size Mason jar, gently break apart bouillon cube and top with beef. Add zucchini noodles and remaining ingredients. Seal and refrigerate (if not eating immediately).

4. Once ready to eat, add 2 cups boiling water. Gently stir, reseal, and let sit for 15 minutes. Or add 2 cups water, gently stir, and microwave for 6 minutes. Either way, wait until zucchini has slightly softened and bouillon has dissolved. Stir to mix.

MAKES 1 SERVING



HG TIP

Freeze your flank steak slightly before cutting it. Freezing the beef will make it easier to thinly slice.




for the love of

chocolate

Satisfy your sweet tooth with these no-guilt, cocoa-rich recipes!

chocolate chocolate cake pops

PREP 25 MINUTES | **COOK** 20 MINUTES
COOL 1 HOUR 10 MINUTES

1/8 OF RECIPE (1 CAKE POP): 103 calories, 3g total fat (2g sat. fat), 133mg sodium, 18.5g carbs, 1.5g fiber, 11.5g sugars, 1g protein  

- 1 3/4 cups moist-style devil's food cake mix (about 1/2 box)**
1 cup canned pure pumpkin
1/2 cup plus 2 Tbsp. mini semisweet chocolate chips

1. Preheat oven to 400°F. Spray an 8"×8" baking pan with nonstick spray.
2. In a large bowl, mix cake mix with pumpkin until smooth and uniform. (Batter will be thick!)
3. Fold in 2 Tbsp. chocolate chips. Spread batter into the baking pan. Bake until a toothpick inserted into the center comes out clean, about 18 minutes.
4. Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.
5. Line a baking sheet with wax or parchment paper.
6. In a large bowl, crumble cake into very small pieces.

Thoroughly knead to form a ball. On a dry surface, shape into an even log, about 9" long. Cut into 18 evenly sized pieces, and form each piece into a ball.

7. Place remaining 1/2 cup chocolate chips in a medium microwave-safe bowl, and microwave at 50 percent power for 1 minute.
8. Vigorously stir, and microwave at 50 percent power for 30 seconds. Repeat, as needed, until chocolate is completely melted.
9. Insert a lollipop stick into the top of each ball, dip in the chocolate, and rotate to coat top half. Place on wax or parchment paper, chocolate side down. Repeat with remaining cake balls, reheating chocolate at 50 percent power and vigorously stirring, as needed.
10. Let cool until chocolate has hardened, about 10 minutes.

MAKES 18 SERVINGS



HG TIP



Refrigerate pops and the chocolate will harden faster. **They taste great chilled!**



Get nutty!
Instead of
extra chips,
try topping
with
chopped
walnuts.

choco 'nana blender muffins

PREP 15 MINUTES | COOK 20 MINUTES



1/2 OF RECIPE (1 MUFFIN): 108 calories, 2.5g total fat (1g sat. fat), 205mg sodium, 21g carbs, 3g fiber, 6g sugars, 5g protein  

- 1 3/4 cups old-fashioned oats**
 - 1 cup mashed very ripe bananas (about 3 medium bananas)**
 - 3/4 cup fat-free plain Greek yogurt**
 - 1/2 cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute**
 - 1/2 cup unsweetened dark cocoa powder**
 - 1/4 cup unsweetened vanilla almond milk**
 - 3 1/2 Tbsp. Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)**
 - 1 1/4 tsp. baking powder**
 - 1 tsp. vanilla extract**
 - 1/2 tsp. baking soda**
 - 1/4 tsp. salt**
 - 1/4 cup mini semisweet chocolate chips**
- 1.** Preheat oven to 400°F. Line a 12-cup muffin pan with foil baking cups, or spray with nonstick spray.
 - 2.** Pulse oats in a blender until reduced to the consistency of coarse flour.
 - 3.** Add all remaining ingredients except chocolate chips. Blend at high speed until completely smooth and uniform, stopping to stir as needed.
 - 4.** Fold in 2 Tbsp. chocolate chips. Evenly fill muffin pan with batter, and smooth out the tops. (Cups will be full)
 - 5.** Sprinkle with remaining 2 Tbsp. chocolate chips, and lightly press to adhere. Bake until a toothpick inserted into the center of a muffin comes out clean, 16-18 minutes.

MAKES 12 SERVINGS

salted caramel flourless chocolate cupcakes

PREP 10 MINUTES | COOK 40 MINUTES | COOL 1 HOUR

1/2 OF RECIPE (1 CUPCAKE): 131 calories, 2g total fat (1g sat. fat), 474mg sodium, 30g carbs, 5g fiber, 9.5g sugars, 6g protein  

- 1** 15-oz. can black beans, drained and rinsed
 - 1/2** cup unsweetened cocoa powder
 - 1/2** cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
 - 1/3** cup unsweetened applesauce
 - 1/3** cup canned pure pumpkin
 - 1/4** cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
 - 1 1/2** tsp. baking powder
 - 1** tsp. vanilla extract
 - 1/4** tsp. salt
 - 2** Tbsp. mini semisweet chocolate chips
 - 1/3** cup fat-free, low-fat, or light caramel dip
 - 1/2** tsp. coarse sea salt
- 1.** Preheat oven to 350°F. Generously spray 8 cups of a 12-cup muffin pan with nonstick spray.
 - 2.** Place all ingredients except chocolate chips, caramel dip, and sea salt in a food processor. Puree until completely smooth and uniform.
 - 3.** Fold in chocolate chips. Evenly distribute batter into the 8 cups of the muffin pan, and smooth out the tops.
 - 4.** Bake until a toothpick inserted into the centers comes out mostly clean, 35–40 minutes.
 - 5.** Let cool completely, about 1 hour.
 - 6.** Just before serving, drizzle cupcakes with caramel dip, and sprinkle with sea salt.

MAKES 8 SERVINGS





HG TIP

If needed, microwave caramel in a microwave-safe bowl at 50 percent power for 20 seconds, or until easy to drizzle.



double chocolate fillo shells

PREP 5 MINUTES | **COOK** 5 MINUTES

1/5 OF RECIPE (3 SHELLS): 155 calories, 6.5g total fat (4.5g sat. fat), 61mg sodium, 23.5g carbs, 1g fiber, 12.5g sugars, 3g protein  

- 15** frozen mini fillo shells
- 1/4** cup mini semisweet chocolate chips
- 1** tsp. vanilla extract
- 1/2** cup fat-free vanilla yogurt
- 2** Tbsp. unsweetened dark cocoa powder
- 1** packet natural no-calorie sweetener
- 1** cup natural light whipped topping

1. Preheat oven to 350°F. Place shells on a baking sheet.

2. Bake until lightly browned, about 5 minutes.

3. Meanwhile, in a large microwave-safe bowl, combine 3 Tbsp. chocolate chips, vanilla extract, and 1 1/2 tsp. water. Microwave at 50 percent power for 35 seconds, or until melted. Stir well.

4. Add yogurt, cocoa powder, and sweetener. Mix until uniform, and fold in whipped topping.

5. Spoon filling evenly into fillo cups (see HG Tip, *right*), and sprinkle tops with remaining 1 Tbsp. chocolate chips. (Cups will be full!)

MAKES 5 SERVINGS





HG TIP

Make a **DIY piping bag!** Just transfer the filling to a plastic bag, and snip off a corner with scissors, creating a small hole for piping.



black forest fudge

PREP 25 MINUTES | **COOK** 35 MINUTES | **COOL** 1 HOUR | **CHILL** 2 HOURS

1/20 OF PAN: 55 calories, 1g total fat (0.5g sat. fat), 135mg sodium, 11.5g carbs, 2.5g fiber, 4.5g sugars, 2g protein  

FUDGE

- 1/4 cup pitted dried dates
- 1 15-oz. can black beans, drained and rinsed
- 1/2 cup unsweetened dark cocoa powder
- 1/3 cup canned pure pumpkin
- 1/4 cup unsweetened applesauce
- 1/4 cup egg whites (about 2 large eggs' worth) or fat-free liquid egg substitute
- 2 Tbsp. coconut flour
- 2 Tbsp. Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- 1/4 tsp. salt
- 3 Tbsp. mini semisweet chocolate chips

TOPPING

- 1 Tbsp. cornstarch
- 1 1/2 cups frozen pitted dark sweet cherries (no sugar added), thawed, drained, and chopped
- 1 Tbsp. Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
- 1/8 tsp. vanilla extract
- Dash salt

1. Preheat oven to 350°F. Spray an 8"×8" baking pan with nonstick spray.
2. Place dates in a small bowl with 1/2 cup warm water. Soak until softened, 5-10 minutes. Drain excess liquid.
3. In a food processor, combine dates with all remaining fudge ingredients except chocolate chips. Puree until completely smooth and uniform.
4. Fold in chocolate chips. Transfer mixture to baking pan. Bake until a toothpick inserted into the center comes out mostly clean, 30-35 minutes.
5. Meanwhile, make the topping. In a medium nonstick pot, combine cornstarch with 1/3 cup water. Stir to dissolve.
6. Add remaining ingredients. Mix well. Set heat to medium. Stirring frequently, cook until thick and gooey, 5-7 minutes. Transfer the topping to a medium bowl. Once cool, cover and refrigerate.
7. Let fudge cool completely, about 1 hour.
8. Evenly top fudge with topping. Cover and refrigerate until completely chilled, at least 2 hours.

MAKES 20 SERVINGS



HG TIP

This fudge tastes best when **chilled overnight**. It's even good slightly frozen!



GET THE RECIPE AT HUNGRY-GIRL.COM/CHOCOLATECAKE

Mindi and Robin both called out this Fudgy Flourless Chocolate Cake as a favorite Hungry Girl recipe!

Making good choices...

Hungry Girl for the win!

When they reached a moment of truth in their weight loss journeys, these women found long-term success with Hungry Girl!





PHOTO: DIGITAL DREAMS PHOTOGRAPHY



Heidi Gnat

BEFORE WEIGHT: 190 LB. | AFTER WEIGHT: 130 LB. ✨

AGE 45 | BATTLE CREEK, NEBRASKA

Heidi Gnat has experienced more than a physical transformation; her entire outlook toward food has changed. The gal who never ate breakfast (but tore into chips to stave off hunger pangs) now starts each day with Hungry Girl's overnight oats. Instead of wings and beer on a night out, she sticks with fish or chicken—"never anything fried," she says. For easy home-cooked meals, she reaches for her Hungry Girl cookbooks!

With the help of Hungry Girl, these hearty breakfasts, sensible dinners, and smarter food choices led to weight loss and an unexpected benefit. "I'm a morning person now!" Heidi says. "I have all this energy. I wondered what to do with it." The awesome answer: She's taken up running! All fueled by good food and hard-won self-esteem.

What keeps you motivated?

I am definitely not naturally disciplined, but I learned discipline through this process. I keep Before and After pictures on the treadmill and on the fridge to remind myself that I don't ever want to go back. I also keep my triglycerides count from January 2015 and from January 2016. I went from 222 in 2015 to 86 in 2016. Huge difference!

What other benefits have you noticed?

Before, I was on four medications for my blood pressure and cholesterol levels. Since I dropped the weight, my doctor took me off everything. The more I dove into healthy eating, the more I craved healthy things. I don't miss sweets. I even woke up one night at midnight craving a tomato. It was the strangest thing because I never liked tomatoes!

How do you approach cooking at home?

I love to cook—always have—and I love the HG cookbooks! I love the photos. My first supper was a recipe I tried on my husband, and he went back for seconds! We like to explore and try different tastes and foods.



BEFORE

Mindi Gartner

BEFORE WEIGHT: 190 LB. | AFTER WEIGHT: 122 LB. ✦

AGE 53 | TAMPA, FLORIDA

At age 50, the happy memories of Mindi Gartner's surprise birthday trip were clouded with gloom. "Looking at those pictures, I was happy but my eyes were still sad," she says. "I was embarrassed about how big I had gotten. Two days later I decided to make a change, and I never looked back!"

Mindi went from a top weight of 190 pounds to her current 122 pounds.

"The best part is, now that I am a personal trainer, I have so many clients who were me just two years ago," she says.

"I give them pointers and tips that I have learned from Hungry Girl."

What was your approach to losing weight?

I started my journey with a combination of Weight Watchers and a gym. My key success came from working out five to six days each week. I also tracked my food and water intake. I keep myself accountable for all my actions.

How has Hungry Girl influenced you?

I have been a follower for more years than I can remember. I purchase cookbooks, and I read each email. I use HG recipes for our family meals. I love everything Hungry Girl!

How did your journey progress?

I started by changing my eating patterns and tracking everything I ate. I started exercising slowly by walking around my neighborhood. After I took off the first 10 pounds, I had my first gym assessment. The trainer had to hold my hands to help me do a squat. I knew I had a long journey ahead but was so determined. I redesigned all my favorite recipes to make them healthy and tasty—as well as used many Hungry Girl recipes. I continued working hard with a trainer. Now, I am in front of the camera feeling proud and smiling with my eyes!



PHOTO: SHERRI KELLY PHOTOGRAPHY



BEFORE

Robin Chlebowski

BEFORE WEIGHT: 367 LB. | AFTER WEIGHT: 171 LB. ✦

AGE 43 | TOLEDO, OHIO

Robin Chlebowski has come a long way thanks to Hungry Girl. At her heaviest, Robin stepped on a scale, “and it flashed 367 at me, and then it went dead,” she says. “I decided that was it. I had to find a solution for my weight that would work—and stick.”

Robin had been up and down on the scale most of her life, only to fall into old habits. “I needed to maintain my weight loss without feeling like I was denying myself,” she says.

Hungry Girl’s real-world strategies and solutions stepped in. The recipes, product alerts, and healthy substitutions were just what Robin needed. She’s lost nearly 200 pounds! “If I can do it, anyone can,” she says.

What were your favorite food surprises?

Hungry Girl got me excited about trying new things and cooking. I don’t really enjoy cooking. I like the really simple recipes. I’m a vegetarian, but HG cookbooks always remember us. I’m also realizing I can eat higher-fat foods, like avocados and cheese. That was a new world—they’re not taboo!

What are your go-to tricks?

A VitaTops muffin every day for two years was just the sweet treat to keep me on track. I also make Hungry Girl’s swap for pumpkin spice lattes when I have people over—everybody always wants more! (Go to hungry-girl.com/pumpkinlatte for the recipe!)

What about Hungry Girl is so motivating?

It’s exciting for people like me, who have been following HG for years, to see all the fresh, new things that are coming out! Cookbooks, book tours, Facebook Live streams, and now this magazine—it feels like I’m part of an experience. I believe in what worked for me! I want other people to be successful, too.

read food labels like a pro!

Between the enticing front-of-package claims, number-heavy nutrition panels, and wordy ingredients lists, **the information on food packages can be hard to understand.** It's easy to get swayed by marketing claims or caught up in the ingredients, but stick to the FACTS—the Nutrition Facts panel, that is! Here's what you need to know...

1**3****4****7****9**

Nutrition

Serving Size 3 oz. (85g)
Serving Per Container 2

Amount Per Serving

Calories 200 Calori

Total Fat 15g

Saturated Fat 5g

Trans Fat 3g

Cholesterol 30mg

Sodium 650mg

Carbohydrate 30g

Total 3g

Dietary Fiber 5g

Sugars 5g

Protein 5g

Vitamin A 5% •

Calcium 15% •

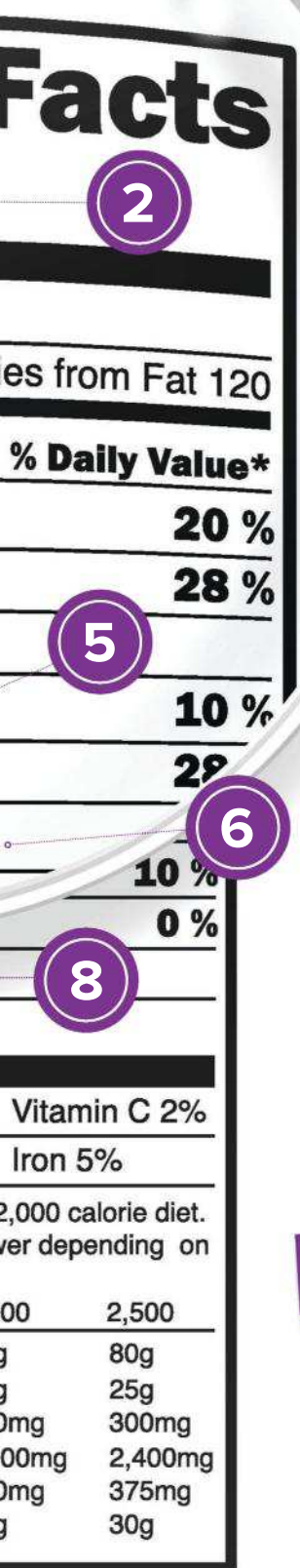
*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g

THE INGREDIENTS LIST

Ingredients are **listed in order by weight from greatest to smallest amount.** So if a food contains a questionable ingredient, but it's way at the bottom of a long list, chances are it has only a limited amount of that ingredient. It's up to you to determine if the product is right for you based on the big picture.





1. SERVING SIZE

This information is critical! It'll tell you how much of that food or drink you can have for the stats listed on the panel. And here's a little-known fact: The most accurate measurement is often given by weight. For a perfect portion, toss it on a food scale!

2. SERVINGS PER CONTAINER

People often overlook this one, but it's crucial to accurate calorie counting. The number of calories—as well as the amount of fat, carbs, etc.—is only accurate if you stick to one portion. And many snack-size packages appear to be a single serving but actually contain two or three servings. Check out this number, and then do the math.

3. CALORIES

This is arguably the most important number on the panel, especially when it comes to losing weight. The number of calories listed is the sum of calories from fat, carbs, and protein, aka the big three macronutrients. Don't worry about adding all that up... The label does it for you! But you still need to decide whether a food is worth the calories...

4. TOTAL FAT

This number includes saturated, trans, monounsaturated, and polyunsaturated fats. To know how much healthy fat you're getting, subtract the saturated and trans grams from the total fat. Genius!

5. SODIUM

According to the FDA, your daily sodium intake should stay under 2,300mg. Amounts vary among

seemingly identical products, so shop and compare. And be on the lookout for sneaky sources of sodium... More on that on page 8!

6. TOTAL CARBOHYDRATE

If you're watching carbs, you should know how to count 'em! Let's break it down. The total number is the sum of sugar, sugar alcohols, starch, and fiber. If you subtract sugar, sugar alcohols (if listed), and fiber, you'll get an idea of how many grams of starchy carbs the food contains.

7. DIETARY FIBER

This number is the combination of soluble (digestible) and insoluble (not digestible) fibers. Soluble fiber makes you feel full, and the rest keeps things moving through your system. Most people don't get enough fiber in a day, so choose whole grains and high-fiber foods whenever you can.

8. SUGARS

Prepare to be shocked at how much sugar a seemingly innocent food contains once you start checking labels. The sugars tally includes the naturally occurring kind (in fruit or milk) plus any sugars added during processing. And here's some great news: A new FDA rule will soon require brands to list how much of that sugar is "Added Sugars."

9. PROTEIN

We love the long-lasting energy you get from a protein-packed meal or snack! And more protein means fewer calories are coming from fat and carbs. (Remember, the total calorie count is a combination of all three macronutrients.)

LISA'S FAVORITE PROTEIN-PACKED SNACKS



FAGE TOTAL 0% FAT-FREE PLAIN GREEK YOGURT
18g protein per portion-controlled container!



STARKIST TUNA CREATIONS
Around 15g protein & so much flavor!



CHEF'S CUT JERKY
About 10g protein per serving. So soft & delicious!

beauty & the feast

Get glowing skin, luscious locks, and strong nails by packing your plate with these delicious superfoods. Happy chewing!

berries

Strawberries, raspberries, blueberries, blackberries—buy whichever berries look best at the market. Their colorful antioxidants will help protect your skin from signs of aging! Try them mixed with fat-free Greek yogurt, or snack on 'em straight. They're also great in recipes, like our **Scoopable Strawberry Cheesecake** (page 48), **Mojito Fruit Salad** (page 48), and **Way-Good Watermelon Pizza** (page 55). P.S. Frozen berries are just as nutritious as fresh ones, and they can be a lot less expensive.

wild salmon

Filled with healthy fats for skin moisture (plus heart health and happier moods!), a salmon fillet is perfect on a salad or with a plate of veggies. Try it grilled, cooked in a skillet (like in **Bruschetta Salmon Z'paghetti** on page 63) or baked in the oven. A little bit of seasoning is all you need: Garlic and onion is a classic combo, and taco seasoning is an easy and flavorful addition! And just like berries, frozen salmon is convenient and budget-friendly.





dark chocolate

Here's yet another reason to have dessert! Dark chocolate contains antioxidants that help fight the signs of aging, reduce dry skin, and prevent sunburn. Plus, it contains compounds that can help reduce stress hormones. Look for bars and chips with 70 percent or more cacao for the most health benefits. To keep calories in check, sprinkle chocolate pieces over oatmeal, fresh fruit, yogurt, and more.

avocado

Get that healthy glow! The monounsaturated fats in avocados keep the top layer of your skin hydrated so it appears soft and vibrant. Just remember: A little goes a long way. Avocados may be full of healthy fats, but they're also calorie-dense. Practice portion control by sprinkling a few spoonfuls of diced avocado over salads and soups. You can also mash avocado with some fat-free Greek yogurt and spices for a creamy guacamole dip with a protein boost! Or skip eating it altogether, and apply avocado directly to your skin as a face mask. You GLOW, girl!

whole grains

Whole grains release energy slowly; the complex carbs they contain take longer for your body to break down. This can help stabilize blood sugar, which can help keep your skin free of blemishes! Try old-fashioned oats for breakfast, Hungry Girl style: Cook them with twice as much liquid (at least half of that liquid should be water!) for twice as long. The result is a giant portion with the same calorie count as standard oatmeal! Get the recipe at hungry-girl.com/oatmeal.

green tea

With polyphenols that can help keep skin elastic, smooth, and protected from sun damage, green tea is a perfect pick-me-up. Want an even bigger skin boost? Reach for matcha, a more potent powdered form of the tea that you can sip hot or iced. Add your no-calorie sweetener of choice and some unsweetened vanilla almond milk for a tea-rific latte experience!



GREEN TEA CRÈME SWAPPUCCINO

Dissolve 1 tsp. **matcha green tea powder** in $\frac{1}{4}$ cup warm **water**, and transfer to a blender. Add $\frac{1}{2}$ cup **unsweetened vanilla almond milk**. 3 Tbsp. **vanilla protein powder** (with about 100 calories per ounce), 2 packets **natural no-calorie sweetener**, $\frac{1}{2}$ tsp. **vanilla extract**, and $1\frac{1}{4}$ cups **crushed ice**. Blend on high speed until uniform. Pour and top with 2 Tbsp. **natural light whipped topping**.

ENTIRE RECIPE:
113 calories, 3.5g total fat



BeTCha DiDn't Know

Quaker Oats is said to be the first food brand to include recipes on the box. Good thinking!

8 WAYS TO SHRINK YOUR GROCERY BILL

One of the BEST ways to keep your weight-management goals on track? Stock up on healthy foods for your fridge, freezer, and pantry! But before you hit the grocery store and risk wasting your hard-earned cash, check out our top tips for slashing dollars and cents from your supermarket bill.

1 LOOK HIGH AND LOW

Stores generally stock the pricier items on the middle shelves (sneaky!), so take your gaze up and down for cheaper essentials. Now you've saved a few bucks and gotten a nice stretch! Once you start doing this, you'll never shop the same way again. Oh, and skip the aisle endcaps entirely. Those eye-catching displays just encourage impulse spending.

2 GET TECH SAVVY

Start tracking your at-home inventory using a digital app (Out of Milk and Pantry Check are popular) or a simple note on your phone. Now you can take your list wherever you go! Gone are the days of buying something only to come home and find you already had two in the back of the fridge. Also make use of store apps for exclusive coupons and to compare prices. And to really get ahead of the game, do some meal planning for the week on your phone, so you'll know exactly what you need!

3 BE STORE LOYAL AND BRAND FICKLE

Let's face it: Big-brand products are often more expensive than their generic counterparts. But that doesn't mean you have to give up your favorites. Many store-owned private brands offer identical (or nearly identical) food finds at a lower cost. Snack bars, yogurts, soups, salad dressings... Stock up on store-brand staples, and turn to traditional food brands for those special treats that can't be replicated. FYI: Target is a gold mine for uncovering private-brand gems!



4 GET TO KNOW THE BUTCHER

You can often score lower per-pound prices when you hit up the meat counter versus the prepackaged meat section. And if you spot a great deal, stock up and fill your freezer for future meals in a flash. Another tip? Compare prices from the seafood counter and the frozen foods section. A lot of that seemingly fresh fish was previously frozen anyway!

5 BE WARY OF PRE-PREPARED PRODUCE

Ready-to-eat fruit salad, presliced stir-fry veggie mixes, bags of chopped salad greens... The truth is, these products are convenient and can save you time in the kitchen. But if your top concern is downsizing your spending, stick to whole produce and do the chopping yourself. HG tip: Set aside a couple of hours on the weekend to get the prep work out of the way!

6 USE FROZEN AND CANNED FOODS

Frozen and canned produce can be just as nutritious (and is typically more affordable) than fresh. Frozen fruits and veggies are usually flash-frozen at peak freshness, meaning they can contain even more nutrients than their produce-section counterparts. Plus, there's little risk of them going bad before you can use them. When it comes to canned foods, beans, tomatoes, and tuna are smart staples. Look for BPA-free cans to avoid contaminants.

7 STICK TO A GROCERIES-ONLY POLICY

You just squeezed the last bit of toothpaste from the tube, but resist the urge to pick up a replacement at the grocery store. Toiletries, paper goods, and cleaning supplies are generally priced higher at the supermarket, which means you sacrifice dollars for convenience. It's best to buy those in bulk at warehouse club stores or stock up at discount stores. (Of course, magazines are an exception to the groceries-only guideline!) Speaking of buying in bulk...

8 BECOME A BULK SHOPPER

Sure, those single-serve yogurt cups are convenient, but the giant tubs will save you cash. When it comes to shelf-stable foods and dietary staples, the oversize packages are almost always money-savers in the long run. Think oats, shelf-stable almond milk, frozen veggies, grains, spices... It all adds up. Consider a membership at a store like Costco for extra savings!



BONUS!

A list is essential for trimming dollars and calories. Get our printable aisle-by-aisle guide at hungry-girl.com/supermarket.



the *skinny* on gluten and weight

Is going gluten-free the secret to fitting into your skinny jeans?

If you're confused about how gluten affects your weight, it's no wonder. There's a lot of conflicting info out there! Some sources recommend cutting out gluten if you're trying to lose weight; they say gluten can boost your appetite. Others claim going gluten-free can lead to weight gain.

WHAT IS GLUTEN?

Gluten is a group of proteins in grains like wheat, rye, and barley. It's commonly found in bread, pasta, cereal, crackers, starchy breakfast foods, and baked goods. Originally, gluten-free foods were made for the 1 percent of Americans with celiac disease. If these people eat gluten, their immune cells turn against them, damaging their guts. Some people without celiac disease avoid gluten to clear up digestive issues, fatigue, or other symptoms. If you don't fall into either category, consider the following info before giving up gluten for good.

WEIGH THE FACTS

Some people naturally make healthier choices and eat fewer calories when they go gluten-free. For example, you might opt for a leafy green salad at lunch instead of a cheeseburger. But if you're drenching that salad in mayo-heavy dressing—or using a gluten-free bun as an excuse to splurge on a cheeseburger—it's not exactly a recipe for weight loss.



Flip to the *Guilt-Free Recipe Guide* (pages 4 & 5) to quickly identify all the gluten-free recipes in this magazine!

BE GLUTEN-SAVVY

Don't assume gluten-free means good for you! Switching to gluten-free breads, snacks, and desserts could actually prevent weight loss. Here's what you need to know...

- Without gluten, food may need more sugar and fat to taste good, which means more calories. Check the nutrition panels!
- Gluten-free foods are often made with refined flours and starches from foods like potato, tapioca, and rice. These are low in nutrients and lack hunger-busting fiber. That won't help you lose weight or feel good.
- You can still enjoy satisfying whole grains on a gluten-free diet. Look for products made with amaranth, teff, quinoa, whole grain rice, millet, sorghum, buckwheat, and oats. (Just read labels, and watch out for cross-contamination warnings.)

BOTTOM LINE?

When it comes to gluten, whether you avoid it or embrace it, you're not likely to lose weight if you don't pay attention to your calorie intake. Read nutrition labels, and make the best choices for you!



GLUTEN-FREE GROCERY FINDS THAT ARE ALSO GUILT-FREE

Whether or not you avoid gluten, these supermarket finds are worth seeking out.



VAN'S GLUTEN FREE CRACKERS

With flavors like Say Cheese! and Lots of Everything!, these crunchy snacks are insanely satisfying. Have 30 of the brand's bite-size yet hearty crisps for just 140 calories and 4.5–5g fat.



LUNA 5G SUGAR BARS

Did you know that all LUNA bars are free of gluten? It's true! We especially love this lineup, because it's super low in sugar, high in protein (6–7g per bar), and impressive in the calorie department (170–190 each!). The flavors are top-notch: think Cinnamon Almond Swirl and Peanut Butter Dark Chocolate Chunk.



CYBELE'S FREE TO EAT SUPERFOOD VEGGIE ROTINI

There are plenty of no-gluten noodles out there, but this pasta is in a league of its own. Made with only lentils and vegetables, the calories are similar to standard pasta (200–210 per serving), but this stuff is loaded with protein—13–15g in each portion! Best of all, it tastes fantastic and the texture is spot-on.



25 no-brainer ways

It's so easy to squeeze exercise into your



1. WALK IT OFF

No worries if the gym isn't for you. It only takes about 25 minutes of moderate housewalking to burn 100 calories. (In case you're out of the loop, "housewalking" is just walking around your home!) If you have a fitness tracker, track your steps and see how many you can rack up in those 25 minutes!

2. GET YOUR STRETCH ON

Do a little light yoga while you're watching TV or waiting for dinner to be ready. With 35 minutes of simple yoga, you burn 100 calories. Freestyle it, or search for free yoga videos online and choose a basic starter session.

3. DANCE PARTY FOR ONE

Crank up your favorite tunes and bust a move while you vacuum, fold laundry, or declutter. In 20 minutes, you'll burn 100 calories and have a cleaner house. That's a win-win!

7. ROLL A STRIKE

Grab a friend and head to the bowling alley. Half an hour knocking pins down burns 100 calories! Bonus points if you do a victory lap.

4. STEP UP

Have a staircase at work? Hit the stairs on your lunch break or just before starting your day! It only takes 10 minutes of stair climbing to burn 100 calories.

5. WALK AND TALK

Recruit a coworker to join you for a 25-minute midday walk. You'll burn 100 calories without breaking a sweat, and the rest of the day will fly by thanks to the rush of endorphins.

6. PLAY CATCH

Head outside and throw around a Frisbee. No need to get competitive! Just toss it back and forth to burn 100 calories in 30 minutes.

8. HIT THE TRAIL

Explore the great outdoors with some light hiking. You can burn 100 calories in just 15 minutes. (Pssst... Don't negate the burn by shoveling trail mix into your mouth the whole time!)



9. GET DIRTY

Have a garden? Start digging, weeding, and planting. You get to enjoy time outside and burn calories at the same time—up to 100 in 20 minutes!

10. DIVE IN

You don't have to be Michael Phelps to make waves in the pool. Burn 100 calories in less than 15 minutes with light to moderate swimming.

11. PLAY BALL

Organize a friendly game of horse: All you need is a basketball hoop and ball. You'll burn 100 calories in just 20 minutes.



to burn 100 calories

daily routine with these simple ideas. Every little bit counts!



14. BIKE IT OUT

Explore your neighborhood by bicycle. Recreational biking burns 100 calories per 20-minute session. Don't forget your helmet!

19. RAKE IT TILL YOU MAKE IT

Do some yardwork. Raking burns 100 calories in 25 minutes. And when winter comes back around, shoveling snow burns 100 calories in just 15 minutes!



21. TAG, YOU'RE IT!

Hate the treadmill? Chase your kids for 25 minutes instead. You'll burn 100 calories, and your kids will run off some energy!

22. HEAD TO THE MALL

Here's an excuse to go shopping: Walking around a store and trying on clothes for 30 minutes burns 100 calories.



12. GET ORGANIZED
Find a closet and start cleaning. From sorting and stacking to dusting and folding, you'll burn 100 calories in 35 minutes.



15. PRACTICE YOUR SWING

Hit up the driving range or a mini golf course. You can improve your putting game and burn 100 calories in just 30 minutes. Score!



13. BUMP, SET, SPIKE!

Burn off some energy (and 100 calories in 30 minutes!) with a casual game of beach volleyball. No worries if you don't have a net. Just draw a line in the sand (literally, not figuratively!).



16. HEAD TO THE WATER

Enjoy a change of scenery, and go canoeing or paddle boarding. You'll burn 100 calories per half-hour. Don't live near a large body of water? Many parks with small lakes offer rentals.



23. SAY YES TO HOLDING THE BABY

If you have a baby (or a close friend with one), consider snuggles your new exercise routine. It only takes 25 minutes of walking while carrying an infant to burn 100 calories. That adds up!

17. MAKE DINNER

Spend 45 minutes chopping, dicing, and baking to burn 100 calories. Home-cooked meals never tasted so good!



20. STAND UP

Have a desk job? You can burn an extra 100 calories by standing at your desk for 20 minutes every hour during an 8-hour day.

24. PUSH IT

Get outside with your favorite baby! Pushing a stroller for 35 minutes burns an extra 100 calories. The fresh air is a bonus.

18. DECORATE

Channel your inner Joanna Gaines and rearrange the furniture. Your living room gets a makeover, and you'll burn 100 calories in 15 minutes.

25. SAVE MORE

Next time you're at the grocery store, grab a basket instead of a cart. You'll burn 100 calories in 30 minutes, and you probably won't pick up as many items you don't need.





IT'S LISA'S
DOG, LOLLY!






BOW W[🐾]W BITES

And now, a few tidbits
for our fellow devoted
pet parents out there!
If you want to spoil your
dog a bit, do it right...



pooched eggs 'n ham

PREP 10 MINUTES
COOK 15 MINUTES

1/20 OF RECIPE (1 PIECE): 31 calories, 1.5g total fat (0.5g sat. fat), 88mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 3g protein   

- 4 large eggs
- 4 oz. (about 1/2 cup) chopped reduced-sodium ham slices
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/4 cup low-fat cottage cheese

1. Preheat oven to 350°F. Spray 20 cups of a mini muffin pan with nonstick spray. (Use 2 pans, if needed.)
2. In a large bowl, whisk eggs until uniform. Mix in chopped ham, cheddar, and cottage cheese.
3. Distribute mixture among the 20 mini muffin cups, filling each one about two-thirds full.
4. Bake for about 15 minutes, until cooked through.
5. Let cool before serving.

MAKES 20 SERVINGS



* If your pet has food allergies, is overweight, or is on a special diet, talk to your vet before feeding your fur baby these treats.

WORTH ORDERING ONLINE

What do you get the pooch who has everything? And how do you stay hip to what all the pups are into these days? All kidding aside, **BarkBox** is a fantastic subscription service. Every month, you get a themed and curated package with at least two cool toys, two bags of all-natural treats, and a chew. Sample month: NYC theme with toys shaped like taxis, pretzels, and pizza slices! Awww... Order one for the good boy or girl in your life at barkbox.com.



LOLLY'S SNACK PICK

We're not saying Lolly is fussy; she's simply a dog of discerning tastes. But she goes absolutely insane for **Halo Liv-a-Littles Whole Chicken Breast Protein Treats**, which are freeze-dried, all-natural, and practically pure protein. Bonus: They're great for cats as well, so Lolly shares them with her brother Jordan, the Maine Coon! Find these in pet stores or through online retailers like Amazon. Finger-, er, paw-lickin' good...

SAFETY FIRST

You wouldn't dream of driving a kid around without a seatbelt or car seat. Well, dogs need security, too! (Plus, Fido doesn't always understand, "No, you can't sit in my lap right now, stay in the back seat!") With the highly rated, crash-tested **Kurgo Enhanced Strength Tru-Fit Dog Car Harness**, the straps hold your pup in place and anchor to the seatbelt, so your furry child can comfortably shift from sitting to lying down while still remaining secure. Just one more way to show your pets you love them! Find it at Petco or order from Amazon.



CROSSWORD CRAVINGS

Put your food smarts to the test with this puzzle! How many words and phrases can YOU fill in?

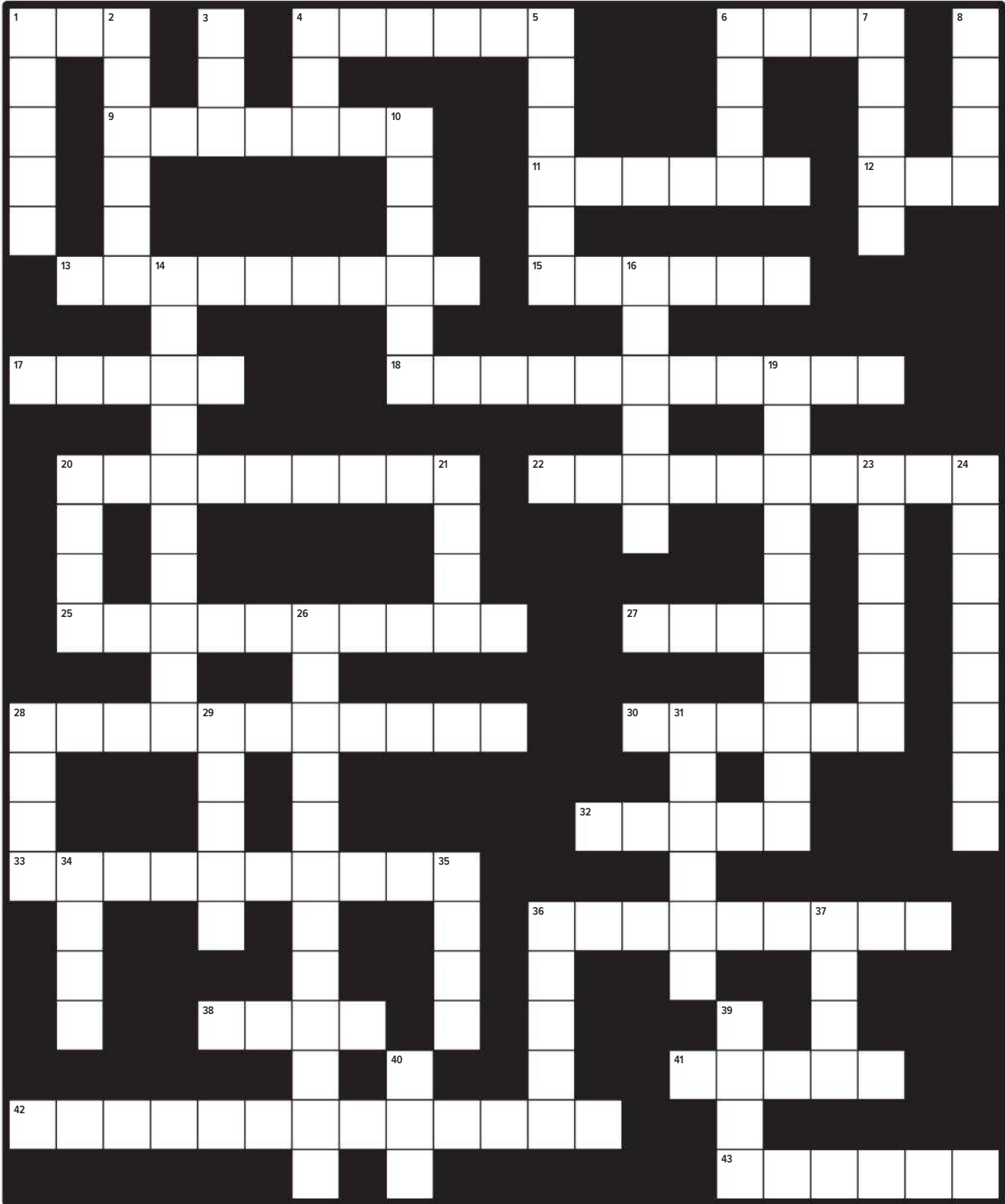


ACROSS

1. Choose a low-sugar version of this spread for toast
4. HG has you covered with lighter versions of this "dessert for breakfast"
6. Cool cabbage side dish
9. Water of the 13-ACROSS variety is a good substitute for this sweet drink
11. Pool days are better with this minty fresh cocktail
12. Summer heat makes corn so sweet you'll eat the whole _____
13. Add a squeeze of 32-ACROSS to this bubbly water for a tasty thirst-quencher
15. You won't need to turn the range on with our easy ____-_____ recipes
17. Typically made from potatoes, HG makes these out of veggies
18. Rice it, mash it, or make this veggie into pizza crust
20. Don't skip this meal if you want to start your day off right
22. Have a _____ to satisfy? HG's 2-ingredient cake recipes are here for you
25. Stir together 19-DOWN and fresh berries for an easy _____
27. A grape is to a raisin as a _____ is to a prune
28. Bake this spud with a sprinkle of cinnamon for a nutrient-packed snack
30. Need more heat? Toss a few of these into your veggie stir-fry
32. Lime's best friend
33. Use this kitchen tool to make your favorite veggie noodles
36. Pay close attention to nutrition labels, and limit this type of fat
38. Skim the dairy section for unsweetened almond and cashew versions of this drink
41. Keep this powder on hand to help satisfy chocolate cravings
42. Buy fresh and local by shopping summer's bounty here
43. Brewing iced tea? Better put the _____ on.

DOWN

1. Watch out for hidden calories in this sweet fruit drink
2. Another word for a kitchen mistake
3. Like peas in a _____
4. Scoop this up with 17-ACROSS
5. This healthy fish is packed with good-for-you fats
6. Rinse canned veggies and beans to cut back on this
7. Stay hydrated this summer with lots of this zero-calorie beverage
8. Cut out of work early for happy _____ with friends
10. Pack this basket for a healthy meal alfresco
14. Forget about pork chops—mix this with cake mix for an easy 2-ingredient dessert
16. Skip sugar and creamer to keep this 20-ACROSS staple calorie-free
19. Nature's perfect (oversize) summer dessert
20. Choose extra-lean for backyard burgers
21. This tasty fish packs a protein punch in sushi, sandwiches, and deli salads
23. Get healthy monounsaturated fat from oil made from these
24. Add serious heat and flavor with this super-hot pepper
26. Create a _____ to avoid unhealthy impulse buys
28. Chef's assistant
29. These Spanish-style small plates are portion controlled... Don't eat TOO many!
31. A healthy chickpea-based version of 4-DOWN
34. Seal in flavors and freshness with an HG foil _____ for the grill
35. This grain can be imitated by cauliflower processed in a blender
36. Weigh precise portions with a countertop kitchen _____
37. Tuesday's favorite food, with a crispy or soft shell
39. A printed publication; HG's latest is *Clean & Hungry OBSESSED!*
40. Common form of granola as a snack



ACROSS 1. jam 4. donuts 6. slaw 9. soda pop 11. mojito 12. ear 13. sparkling 15. no cook 17. chips 18. cauliflower 20. breakfast 22. sweet tooth 25. fruit salad 27. plum 28. sweet potato 30. chiles 32. lemon 33. spiralizer 36. saturated 38. milk 41. cocoa 42. farmers market 43. kettle **DOWN** 1. juice 2. mishap 3. pod 4. dip 5. salmon 34. pack 35. rice 36. scale 37. taco 39. book 40. bar



**We're not done yet!
Here's the latest from
Lisa's world...**



**The last thing I
was pitched
as a Hungry Girl
food find...**

MUSH, a ready-to-eat overnight oats product (as seen on Shark Tank). I Kind of love the name... MUSH. It tastes great, too!

**The last thing I
ate that might
surprise you...**

Lucky Charms Frosted Flakes. Not exactly a health-conscious everyday option, but a special treat and SO worth it. Around 150 calories for a nice-size bowl with some unsweetened vanilla almond milk. #PERFECTION!



**The last thing someone
bought for me...**

This veggie peeler and spiralizer that looks like a pencil sharpener! Given to me by my awesome niece Lauren. (She found it in London.)

**The last
thing I did
to my nails...**

Got a sparkly two-tone SNS manicure! SNS is a powder-based nail polish system that I'm LOVING these days.



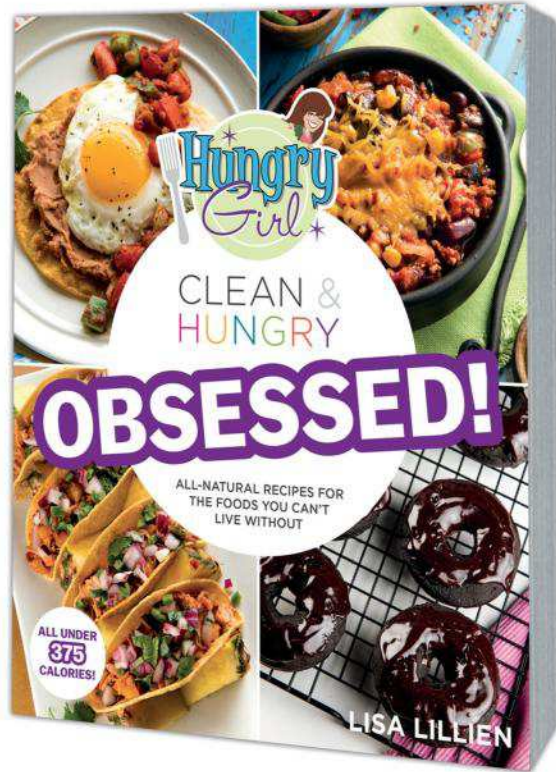
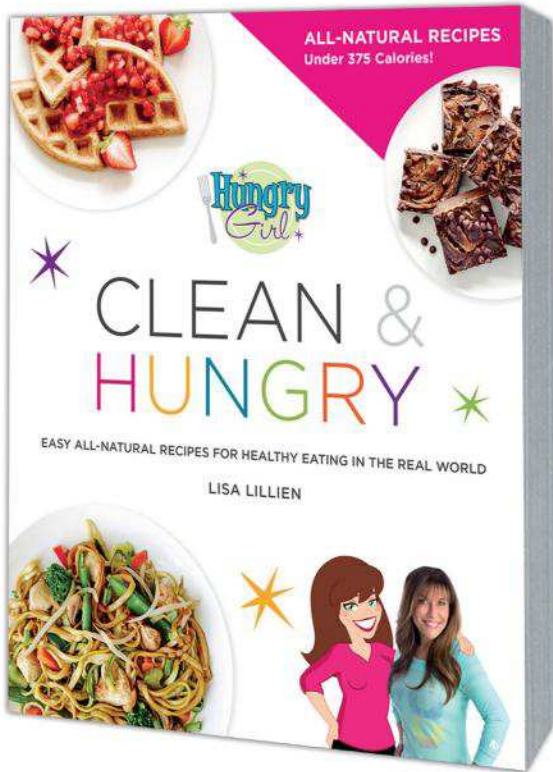
**The last thing you'd
expect to see in this
magazine...**

It's a photo of me with Will Smith from the '90s! One thing we have in common here? Terrible fashion sense! Bahahaha!

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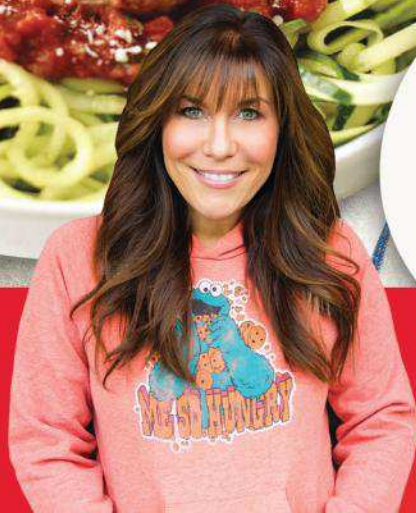
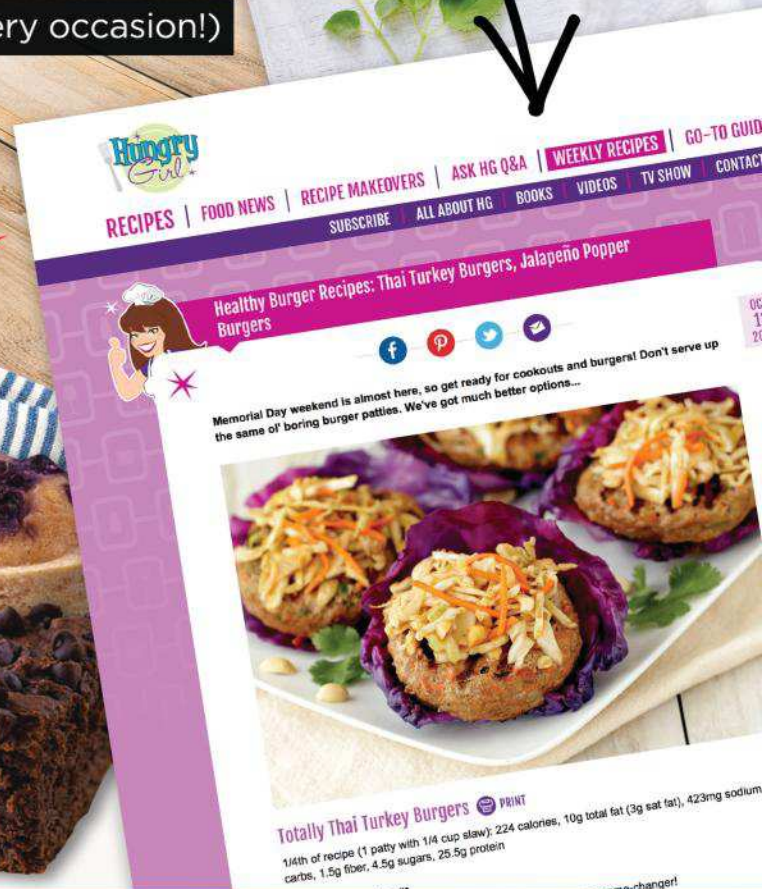
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