

THE #1 SECRET TO WEIGHT-LOSS SUCCESS! p.41

Health

WOW!
INSTANT
ENERGY
BOOST
p.18

WALK
A LITTLE,
LOSE
A LOT

Drop 12 Lbs
In 4 Weeks!

EAT YOUR
WAY SLIM
7 Amazing
Fat-Burning
Foods

All-Natural
Allergy Cure
It's True!
See p.69

BREAST CANCER
Simple Ways To
Slash Your Risk

Belly, Butt, Thighs!
**TONE
EVERY
BULGE**
In Just 10 Minutes!

*Zoey
Deschanel*
Her secrets to
a sunny life

Gorgeous
For Less!
83 Best Buys For Your
Skin, Hair & Body

Health.com
\$3.99US \$5.50CAN
0 92567 10410 9 04>
APRIL 2010



What Can You Make With Frozen Puff Pastry?

Three famous foodies share their fun twists on this freezer-aisle staple.



Pineapple-and-Ricotta-Stuffed Napoleon



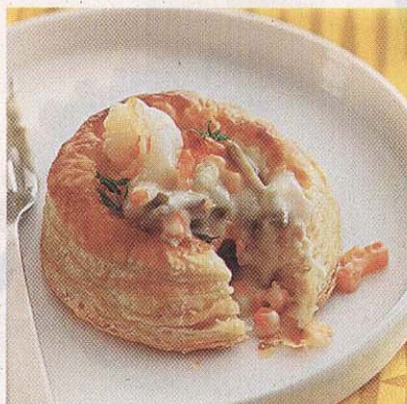
Gale Gand is the executive pastry chef and co-owner of Tru in Chicago. Her latest book is *Gale Gand's Brunch!*



Makes: 4 servings; 166 calories, 6 g fat

Unfold **1 sheet frozen puff pastry**, thawed, on a lightly floured surface; roll the pastry out to $\frac{1}{16}$ -inch thickness. Cut pastry into 9 equal squares; discard 1 square. Transfer pastry squares to a parchment paper-lined baking sheet. Pierce pastry squares with a fork, and sprinkle evenly with **1 tablespoon sugar**; chill pastry in the fridge for 10 minutes. Meanwhile, preheat the oven to 400°. Bake the pastry squares for about 15–18 minutes or until puffed and golden; let cool. Divide **2 teaspoons honey** evenly among 4 dessert plates, dabbing $\frac{1}{2}$ teaspoon in the center of each. Place 1 pastry square on top of each dab of honey. Combine **1 cup part-skim ricotta cheese** with **1 teaspoon vanilla** in a small bowl. Spoon $\frac{1}{4}$ cup ricotta cheese mixture on top of each pastry square, dividing **24 ($\frac{1}{8}$ -inch-thick) pineapple slices** (6 slices per pastry) evenly among plates. Divide an additional **4 teaspoons honey**, drizzling 1 teaspoon over the pineapple slices on each plate; top each with a second pastry square. Serve immediately. (Serving size: 1 pastry)

Mini Shrimp Pot Pie



Sunny Anderson is the host of Food Network's *Cooking for Real*, which airs on Saturdays at noon.



Makes: 4 servings; 303 calories, 17 g fat

Preheat oven to 400°; place rack in middle. Whisk **1 egg** with **1 tablespoon water** in a bowl. Unfold **3 sheets frozen puff pastry**, thawed, on floured surface and roll out. Transfer to parchment paper-lined pan and pierce with a fork. Cut 4 circles out of each sheet with a 4-inch round cutter; cut holes in centers of circles, and discard middles. Stack 3 rings on top of each other, brushing top of each with egg wash; bake 15 minutes. Toss **8 large shrimp**, shelled and sliced in half lengthwise, with $\frac{1}{4}$ **teaspoon crushed red pepper**, $\frac{1}{8}$ **teaspoon salt**, and $\frac{1}{8}$ **teaspoon black pepper**. Sauté shrimp in **2 teaspoons olive oil** for 2 minutes; set aside. Add **1 teaspoon olive oil** to pan, and sauté **1 diced carrot**, **1 diced celery stalk**, **6 sliced mushrooms**, and **2 thyme sprigs** for 10 minutes. Add **1 tablespoon olive oil** and **3 tablespoons flour**; stir for 2 minutes. Add $\frac{1}{2}$ **cup dry white wine**; simmer for 2 minutes. Add **2 cups 2% reduced-fat milk**, and simmer for 5–10 minutes. Stir in shrimp and $\frac{1}{4}$ **teaspoon each salt and white pepper**. Ladle shrimp mixture evenly into pastry bowls. (Serving size: 1 pastry bowl plus shrimp)

Parmesan and Herb Cheese Straws



Gail Simmons is a judge on Bravo's *Top Chef* and the special projects editor at *Food & Wine* magazine.



Makes: 24 servings; 53 calories; 3 g fat

Preheat oven to 425°; place a rack in the middle. Line 2 baking sheets with parchment paper. Whisk **1 egg white** in a small bowl. Unfold **1 sheet frozen puff pastry**, thawed, on lightly floured surface, and roll out to a 12- x 13-inch rectangle; brush with egg white. Sprinkle **2 ounces shredded Parmesan cheese**, **2 tablespoons chopped fresh thyme**, and **2 tablespoons chopped fresh parsley** over half of the rectangle, and fold the other half on top. Roll out pastry slightly (rectangle should be about 12 $\frac{1}{2}$ x 7 $\frac{1}{2}$ inches). Brush with remaining egg white, and sprinkle with $\frac{1}{2}$ **teaspoon sea salt**. Place pastry on a baking sheet and chill in the fridge for 10 minutes. Trim the ends of the rectangle to make even. Cut pastry into 24 (7 $\frac{1}{2}$ - x $\frac{1}{2}$ -inch) strips. Twist strips and arrange on baking sheets about 1 inch apart. Bake 10 minutes or until golden. (Serving size: 1 cheese straw) 

To get complete nutritional information for these recipes, go to Health.com/challenge.