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Exclusive

PADMA LAKSHMI

HOW *TOP CHEF*'S
HOST RESISTS
TEMPTATION

Your
Best Year
Starts Here



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A Beautiful Diet

Can you really eat your way to a better complexion? You bet! Try these suggestions for skin-boosting superfoods from *Eat Beautiful*:



Carrots. Grab some of these beauties for an afternoon snack that's chock-full of the antioxidant beta-carotene, which has been shown to repair aging skin and protect it from UV damage.



Mushrooms. This stir-fry staple provides a healthy dose of zinc, a mineral that prevents your skin

from producing too much oil. Don't peel off the outer layer, though—that's where many of the nutrients are concentrated.



Radishes. Add some spice to your salad with this peppery root that boasts a number of beneficial vitamins and minerals, such as vitamin C, which helps create collagen and restore radiance to your skin.

Avocado. Is there anything this toast-topper and chip-dip star can't do? Its combo of healthy fats and antioxidants make for a meal or snack that promotes supple and luminous skin.



Walnuts. Incorporate some crunch in your oatmeal with a palmful of these nuts rich in omega-3s, a healthy fat that's key for soft, glowing skin.





Good-Skin Supper

If winter weather has left you with a dull or irritated complexion, try tackling the problem from the inside out—courtesy of this baked eggplant with spinach recipe from makeup artist Wendy Rowe's new cookbook *Eat Beautiful*. Aside from the high water content, which boosts moisture, eggplant contains a flavonoid called nasunin, which protects skin cells from damage. Plus, the healthy dose of vitamin A in spinach helps increase cell turnover for a fresher face.

Baked Eggplant

Preheat the oven to 400°F. Place two **eggplant**, sliced in half lengthwise, cut side up on a baking sheet. Drizzle with 2 Tbsp. **olive oil** and bake for 20 minutes or until tender. Meanwhile, combine 1 cup **quinoa**, 1 **vegetable stock cube** and 1½ cups of **water** in a pan. Bring to a boil, reduce the heat and simmer for 20 minutes. Cook covered for the last 5 minutes to make the quinoa sticky. When the eggplant is done, scoop out the insides, leaving the skins on the baking sheet. Transfer the flesh to a food processor and add 2 chopped **shallots**. Put 2 handfuls **spinach** and 2 chopped **garlic cloves** in a strainer and pour boiling water over to blanch. Add to the processor and whiz until smooth. Place in a bowl and stir in quinoa. Grate ½ oz. **Parmesan** into quinoa mix before spooning back into the eggplant skins. Bake for another 5 minutes. **Serves 4.**

Per serving: 320 calories, 11g fat, 10g protein, 47g carbs, 11g fiber, 5mg cholesterol, 440mg sodium

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