

FOR WOMEN!

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TO HEALTH AND FITNESS**

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Fat Loss Special!

FLAT ABS

**TONED BUTT
AND THIGHS**
IN JUST THREE WEEKS!

SEXERCISE!

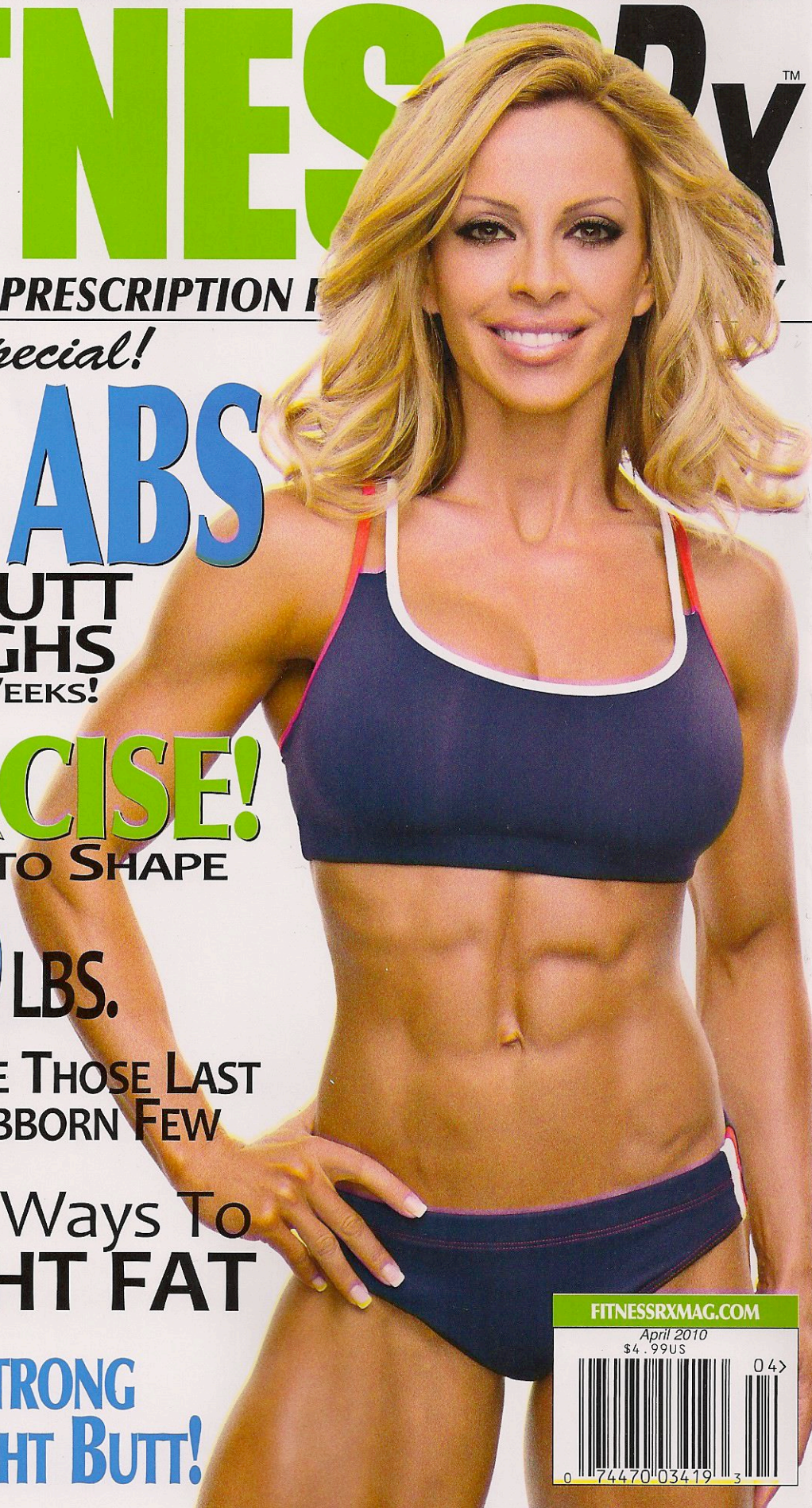
YOURSELF INTO SHAPE

MELT 10 LBS.

FAST LOSE THOSE LAST
STUBBORN FEW

30 *New* Ways To
FIGHT FAT

**RUN FOR A STRONG
CORE AND TIGHT BUTT!**

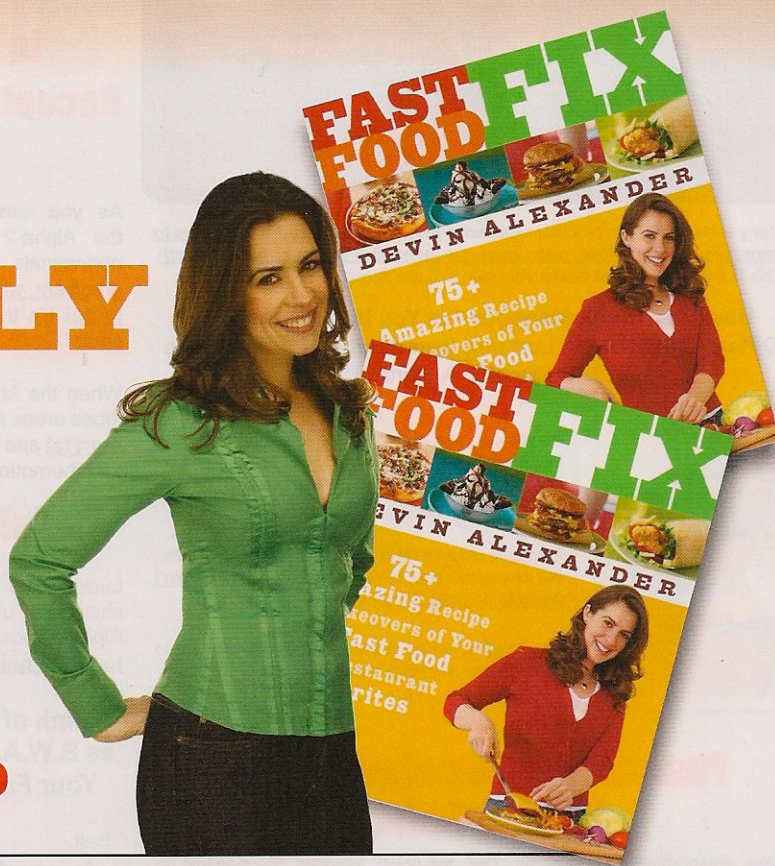


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ARE YOU REALLY TOO BUSY TO COOK?



One of the biggest and most frequent complaints I hear from people trying to eat healthy is that they're simply too busy to cook. While I understand this concern, I just don't believe there's really such a thing as being "too busy to cook." Think of all the time you spend sitting in the drive-through line, parked on the couch waiting for the delivery guy, or worst of all, the time you spend at the gym trying to work off fattening convenience foods, or at the doctor's office because of weight-related health problems like high blood pressure, cholesterol, and diabetes. All of these activities take more time (and money!) than cooking simple meals at home. The way I see it, you don't have time NOT to cook!

All of that said, I completely understand that no one these days has tons of time to spend in the kitchen on a regular basis. So when I was asked to write another cookbook, I decided to answer your cries for help. Like all of my other books, the foods are healthy and decadent. But *I Can't Believe It's Not Fattening* is page after page of ridiculously quick and convenient recipes (with over 70 percent of

the recipes easily made with all-natural ingredients to boot!). And we're not talking snacks here. We're talking a full, lean pot roast dinner in only 10 minutes of hands-on time, to bacon-wrapped tilapia filets in less than 20 minutes from start to finish.

Now you may be thinking, "That's impossible." Trust me, it's not. And you don't have to be a master chef or have tons of elaborate equipment. You can see for yourself below—I've picked three of my favorite recipes to get you started. My "Chicken Breast with Goat Cheese and Fire-Roasted Tomatoes" morphs ordinary chicken breast into a dish good enough to serve to guests, though it's easy enough to become one of your new regular weeknight meals. You'll learn my trick to locking the juices into the chicken in a pan using your other favorite ingredients too.

And if you love cheesy pasta but thought it would be off-limits forever, now you can indulge in my "Penne and Asparagus with Ricotta Cheese" without regret! Since each serving includes plenty of fresh, crisp-tender asparagus to accompany the pasta, tossed together with low-fat ricotta

Healthy Decadent Recipes

(and trust me, you won't miss the full-fat stuff), you don't have to feel guilty about eating a big bowl of pasta for dinner.

And if you have a sweet tooth like I do, you can avoid the ice cream parlor and those deadly store-bought sweets by making your own decadent desserts at home. "Strawberry Shortcake To-Go" is a crowd pleaser, and super-convenient because it can be made ahead in to-go cups and kept in your fridge for when your sweet tooth strikes.

Though drive-through windows and pre-packaged meals are tempting, remember that you're not only paying a huge markup for these items, you're adding tons of unnecessary fat and calories to your diet. I always say I'd rather spend 20 minutes in my kitchen than two hours on a treadmill, so I opt to cook at home whenever possible. If you give my recipes a try, I think you'll agree, it really can be simple and affordable to cook at home, whether it's for yourself or the entire family.

All recipes taken from *I Can't Believe It's Not Fattening* by Devin Alexander. Copyright © 2010 by Devin Alexander. Published by Broadway Books, a division of Random House, Inc.

Penne and Asparagus With Ricotta Cheese

Hands-on Time: 8 minutes

Hands-off Time: Time for water to boil, plus 8 to 10 minutes



Recipe photos courtesy of Theresa Ruffetto

If you prefer, you can always substitute a brown rice, whole-wheat, or whole-grain pasta for the fiber-enriched variety. I get a lot of letters and e-mails from home cooks around the country saying they are able to make my recipes for the whole family, even though their spouses and children won't generally eat healthy food, because my recipes actually taste fattening. To keep with that tradition, I opt for the fiber-enriched pasta, since it adds needed fiber to our diets while still tasting more like traditional pasta.

- 1 (14½-ounce) box of fiber-enriched penne pasta (I used Ronzoni Smart Taste Penne Rigate)
- 1 pound trimmed asparagus, cut into 2-inch diagonal pieces
- 2 teaspoons freshly-minced garlic
- 1 cup low-fat ricotta cheese (I used Precious, which is the same as Sorrento in various parts of the country)
- 1 tablespoon extra-virgin olive oil
- ¼ cup reduced-fat grated Parmesan cheese (look for it in a plastic canister or jar, not in the refrigerated section)
- Sea salt and freshly-ground black pepper, to taste
- Crushed red pepper flakes, to taste, optional

Cook the pasta according to package directions, omitting any oil or butter. Two to four minutes before the pasta is done, add the asparagus to the water (2 minutes for thin spears, 4 minutes for thick). Before draining, reserve about 1 cup of the pasta water in a small bowl. Drain the pasta.

Meanwhile, add the garlic, ricotta, and olive oil to a large serving bowl. As soon as the pasta is drained, mix in 1/3 cup of the reserved pasta water. Immediately add the pasta and asparagus and gently toss until the pasta and asparagus are coated with the cheese mixture. Season with salt and pepper. Gently toss again. If the mixture seems too dry, add more reserved pasta water, about ¼ cup at a time, until no longer dry. Sprinkle the Parmesan over the pasta and sprinkle with the red pepper flakes, if desired. Serve immediately.

Makes 6 servings. Each (about 2-cup) serving has: 318 calories, 15 grams protein, 60 grams carbohydrates, 7 grams fat, 2 grams saturated fat, 18 mg cholesterol, 9 grams fiber, 183 mg sodium

Chicken Breasts With Goat Cheese and Fire-Roasted Tomatoes

Hands-on Time: 7 minutes

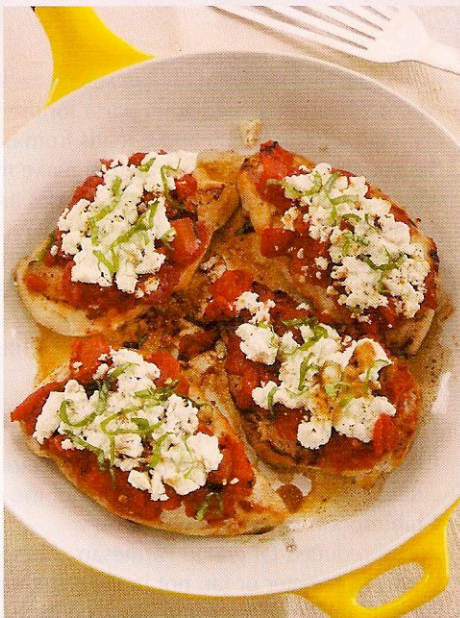
Hands-off Time: 5 to 9 minutes

This dish is exceptionally easy to make and worth every second. That said, there is one thing to note: be careful when checking the chicken for doneness. The tomatoes will likely drip into the chicken. If you cut into the chicken or poke it with a fork to test for doneness, be sure it's not the liquid from the tomatoes making the chicken look pink, even if it's not.

4 (4-ounce) trimmed, boneless, skinless chicken breasts →

Healthy Decadent Recipes

Sea salt and pepper, to taste
Olive oil spray
½ cup canned, drained, diced fire-roasted tomatoes or fire-roasted tomatoes with garlic
2 ounces (about ½ cup) goat cheese crumbles
2 tablespoons finely-sliced fresh basil leaves, or more to taste (optional)



Preheat the oven to 350°F. Season the chicken with salt and pepper. Place a medium ovenproof nonstick skillet over high heat. When it's hot, lightly mist the skillet with spray and immediately add the chicken side by side to the pan so it does not touch. Cook the chicken just until it is golden brown on the outsides, 1 to 2 minutes per side.

Remove the pan from the heat and top each piece of chicken evenly with about 2 tablespoons of the tomatoes, followed by about 1½ ounce of the cheese. Transfer the skillet to the oven and bake the chicken until it is no longer pink inside and the cheese is melted, 5 to 9 minutes. Top evenly with the basil, if desired. Serve immediately.

Makes 4 servings. Each (1 topped breast) serving has: 171 calories, 29 grams protein, 2 grams carbohydrates, 4 grams fat, 2 grams saturated fat, 72 mg cholesterol, trace fiber, 198 mg sodium

Strawberry Shortcake To Go

Hands-on Time: 5 minutes

Hands-off Time: None

This dessert is great to take out the door, to sell at a bake sale (if you store the cups in a tub of ice), or even to just open the refrigerator to. There's just something so much more appealing about food that's ready to go.

Feel free to make this in any re-sealable plastic container you have sitting around your kitchen. But if you want it to look like it was made by the pros, next time you go to a warehouse or club store, buy 12-ounce clear plastic take-out cups with lids. If you're making a lot, line them up and fill them assembly-line fashion.

If you have a few extra minutes and want the shortcakes to

be even more decadent, try following this recipe using the Sexy Strawberry Tapenade (see page 207) instead of plain strawberries— a ¼-cup serving of the tapenade has only 50 calories and 2 grams of fat. Just layer a serving (or two) of the tapenade between the angel food cake and whipped topping in a 12-ounce cup, and you're in for an extra-special treat.

1¼ ounces angel food cake, torn into bite-sized pieces
1 cup sliced strawberries
¼ cup plus 2 tablespoons fat-free frozen whipped topping, defrosted

Add half of the angel food cake to a 12-ounce plastic to-go beverage cup with a lid or to a medium resealable plastic container. Top with half the strawberries, followed by half the whipped topping. Repeat with the remaining cake, strawberries, and whipped topping. Cover and refrigerate for up to 2 days.

Makes 1 serving. 190 calories, 3 grams protein, 42 grams carbohydrates, <1 grams fat, trace saturated fat, 0 mg cholesterol, 4 grams fiber, 282 mg sodium ■



Devin Alexander, *New York Times* bestselling author of *The Most Decadent Diet Ever* and *The Biggest Loser Cookbook*, has been winning the war with obesity for over 15 years now, having maintained a 55-pound weight loss— she truly 'walks her talk.' 'You don't have to deprive yourself to be fit and healthy' is her credo, and her healthy versions of luscious recipes prove just that. She is the host of "Healthy Decadence with Devin Alexander" and has appeared on "The Today Show," "Good Morning America," "The View," "The Biggest Loser," Fox News' "The Big Story," HGTV's "Smart Solutions," and Discovery channel's "National Body Challenge."