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P. 81

Clean Eating

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SPRING 2008

Yes, It's Pizza!

A makeover that's good
for your heart, waistline
and taste buds

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TASTY RECIPES: GUILTLESS SNACKS • VEGETARIAN OPTIONS
WHEAT & GLUTEN-FREE FARE • ALL LOW-FAT & SEASONAL!



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Chef
Exclusives

Devin
Alexander

Ellie
Krieger

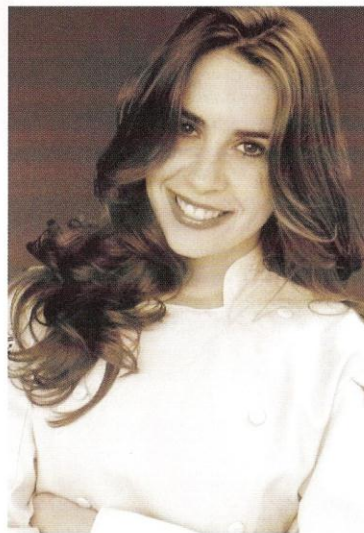
A Smarter
Slice PG. 42



cleaneatingmag.com
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Oldie, now a goodie



Clean-cooking chef Devin Alexander makes over an American favorite. PHOTOGRAPHY BY DOUGLAS BRADSHAW

Save about 147 calories, 24 grams of fat and 10 grams of saturated fat per two-slice serving when you make our cleaner pizza and resist the temptation to order in.

Bonus: Your pizza will be ready faster than the delivery boy can make it to your door.

Let's face it, pizza is a staple in the American diet. And there's absolutely nothing wrong with that...as long as you make a few much-needed adjustments to the pizza parlor pie. Even if you're a freak for meaty toppings and piled-high classics, delicious is only an oven away. Although our version is much cleaner and lower in fats than take-out, it's still a tad high in sodium and shouldn't be eaten often if you are not very active. Active women, on the other hand, needn't worry about that—in fact, if you work out at high intensities, your body requires the extra sodium for proper muscle function and to prevent the body from losing too much water.

Dough-to-go

It's always best to use a whole-wheat crust, but whatever you do, don't try to substitute whole-wheat flour for the white in your favorite pizza dough recipe. I promise, it won't taste good without some doctoring. Instead, try one of the following:

If you're close to a Trader Joe's or Whole Foods, pick up a great whole-wheat pizza dough in the refrigerator section. It's a one-pound ball and it is inexpensive. That's a great option.

Check the refrigerator and freezer of your grocery store. Some offer whole-wheat dough. Those from the freezer need to thaw and rise. Be sure to leave time for that.

Cyber-dough? If you're still having trouble, try ordering a dough mix online. King Arthur Flour sells a great Semolina Whole-Wheat Pizza Crust mix (kingarthurfLOUR.com).

Another option is to try a pizza parlor. Most don't offer low-fat cheeses or low-fat meat toppings. Heck, most even use pizza sauce that contains tons of unnecessary fats. But most use crusts that are relatively low in fat. So, if your favorite one has a whole-wheat or whole-grain crust, ask to buy the dough. Most will have no problem selling it to you.

Meal Makeover Tips

INVEST IN A PIZZA STONE OR TILE:

Although you can make a scrumptious pizza in a pizza pan, only a pizza stone or tile will give you that without-a-doubt pizza parlor crust. So if you're a huge fan, it's worth the \$30 investment. Buy one that's thick, and be sure to follow the directions. Don't forget to pick up the pizza peel (the paddle that allows you to transfer the pizza to the oven). If using, sprinkle the peel lightly with cornmeal to keep the pizza from sticking, and omit the olive oil spray in the recipe. Don't pre-bake the crust. Instead, prepare the dough on the peel and skip adding the holes. Preheat the oven to 500°F, then bake the pizza for about 7 to 10 minutes.

SKIP SOGGY:

Veggie toppings will release water when cooked. If you put them on your pizza without having cooked them at all, the moisture will be released into the pizza, yielding a soggy crust.

STAY TENDER:

Lean meat toppings can dry out when exposed to heat. By adding them to the pizza, then topping them with the veggie toppings, they're bound to stay nice and tender.

FOOD STYLING BY RUTH GANGAR, PROP STYLING BY JANET WALKINGSHAW, DEVIN ALEXANDER PHOTO BY JORDAN LUTER

A Smarter Slice Serves 4 (2 slices each).

INGREDIENTS:

- Olive oil spray
- 1 cup sweet onion strips
- 1 cup sliced button mushrooms
- ¾ cup green bell pepper strips
- 4 oz 96% lean ground beef
- 2 ½ cup fresh turkey or chicken Italian sausage, sliced
- 16 oz fresh or frozen whole-wheat pizza dough, defrosted, if necessary
- Garlic powder, to taste
- ¾ cup low-fat pizza sauce from a jar
- 3 oz (about 1 ½ cups) finely shredded low-fat mozzarella cheese
- 8 slices turkey pepperoni
- 2 tbsp kalamata olives, pitted and sliced
- Oregano and crushed red pepper flakes, to taste

INSTRUCTIONS:

ONE: Preheat oven to 450°F.

TWO: Heat a medium nonstick frying pan over medium heat and lightly mist with spray. Add onions, mushrooms and peppers. Cook about 6-8 minutes, until veggies are tender and just barely starting to brown. Remove pan contents into another dish.

THREE: Turn heat to medium-high and return pan to heat. When hot, add ground beef and sausage. Cook, stirring occasionally, breaking beef into hearty chunks until just barely pink, about 1-2 minutes. Remove and turn off heat.

FOUR: In a 12- or 14-inch nonstick pizza pan, using a rolling pin and flour, gently press dough to 12-inch diameter, being careful not to create any holes (crust will be crispier if pan is dark gray or black). If dough tears, patch it. Then, using a fork, poke dough about 20 times, evenly spreading out the holes. Sprinkle dough with garlic powder. Bake for 4 minutes.

FIVE: Spoon sauce in center of dough, then spread evenly to cover all but the outer inch. Sprinkle cheese evenly over sauce. Then top evenly with pepperoni, sausage mixture, veggie mixture, then olives. Sprinkle with oregano and red pepper flakes. Bake an additional 12-15 minutes or until crust is lightly browned (but before the cheese browns). Remove. Let stand for 5 minutes. Then transfer to cutting board and slice into 8 slices. Check out page 116 for our editors' pizza cutter pick!

Be Sausage Savvy:

So many people are tricked by turkey or chicken sausage. Just because it's turkey or chicken doesn't necessarily mean it's lean. Most sausages are made with dark-meat chicken or turkey and/or have lots of added chicken or turkey fat, making them much more fattening than suspected. Make sure to read labels and buy the leanest brand you can find.

Nutrients Per Serving

Compared with a traditional 2-slice serving*

	BEFORE	AFTER
CALORIES	640	493
TOTAL FAT (g)	36	12.5
SATURATED FAT (g)	12	2
CARBS (g)	58	63
FIBER (g)	8	9
SUGARS (g)	60	6
PROTEIN (g)	26	28
SODIUM (mg)	1,680	1,044
CHOLESTEROL (mg)	unknown	41

*The traditional 2-slice serving used for comparison is Domino's Ultimate Deep Dish ExtravaganZZa pizza.

Worried about your sodium intake?

Try using chicken pieces in lieu of the meaty ingredients listed. Or, cut the sausage and pepperoni amounts in half to nix almost 100 milligrams of sodium from each serving!

