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feed & cold

Feeling under the weather this winter? Before you head to your doctor's office, take a trip to your kitchen.

When you feel the first signs of a winter-borne bug—a scratchy throat, a runny nose, that achy feeling—it's time to indulge in some feel-good foods. We're not talking Ben & Jerry's or mac 'n' cheese. Instead, reach for one of these five flu-fighting dishes. They're every bit as comforting—but they're also packed with ingredients scientifically shown to boost your immune system and ward off illness. Top that, Chubby Hubby!

BY DEVIN ALEXANDER

PHOTOGRAPHS BY ANITA CALERO



why it works

Researchers at the University of Nebraska found that homemade chicken soup really does make you feel better when you're sick. It reduces congestion and inflammation by limiting the movement of white blood cells that produce infection-related mucus. The result? Fewer sniffles. Our version also harnesses the power of tomatoes and potatoes, both good sources of the germ-destroyer glutathione, while garlic helps kill sickness-inducing bacteria.

Ultimate Flu-Busting Chicken Soup

Homemade chicken broth **fights colds and flu better** than the canned or bouillon-cube kind—so we made ours from scratch.

- | | | |
|---|--|--|
| 3 chicken breasts (skin on and bone in; about 2 lbs) | 1. Put chicken, celery, 2 garlic cloves, 1 c carrots, the oregano sprig, and half of the onion into a large pot. | vegetables are just soft, about 5 minutes. |
| 2 stalks celery, cut in half | 2. Fill pot with cold water, 2 inches above ingredients; put over high heat. When water boils, cover and reduce heat to medium. Simmer 1 hour. | 5. Turn heat to high; add broth, potatoes, and remaining carrots. When broth boils, reduce heat to medium. Cook until potatoes and carrots are tender, about 15 minutes. |
| 4 garlic cloves, divided | 3. Set aside chicken to cool and discard all veggies and herbs. Strain broth into a large bowl, skim fat from top, and set aside. | 6. Remove skin and bones from chicken. Shred meat into bite-size pieces. Add chicken, tomatoes, salt, and pepper to soup. Cook until warm. |
| 1 medium yellow onion, cut in half | 4. Put oil, jalapeno, and the remaining oregano, garlic cloves (minced), and onion (chopped) into a large pot. Cook at medium heat until | |
| 2 c baby carrots, cut in half | | |
| 1 tsp extra-virgin olive oil | | |
| 1 jalapeno pepper, seeded and minced (about 4 tsp) | | |
| 1 Tbsp chopped fresh oregano leaves | | |
| 1 sprig fresh oregano | | |
| 1 1/4 lbs red or purple potatoes, cut into bite-size pieces | | |
| 3 medium plum tomatoes, seeded and chopped (about 2 c) | | |
| salt and pepper, to taste | | |

Makes about four 3-cup servings.
Per serving: 291 calories, 26 grams protein, 36 g carbohydrates, 5 g fat (1 g saturated), 5 g fiber, 74 mg sodium

FEED A COLD

why it works

B is for banana, and also vitamin B6, which helps your body recognize foreign infections and fight illnesses. Cranberries bring antioxidants, which ward off stress-related damage to your immune system. Strawberries and whey protein are also good sources of glutathione, which seeks out and marks viruses for destruction.

Feeling Berry Good Smoothie

Using frozen fruit **eliminates the need for ice**, which can weaken the taste.

- 8 unsweetened frozen strawberries (about 1 c)
- 1 medium banana
- ¼ c unsweetened frozen cranberries
- ½ c low-fat milk
- 2 tsp vanilla whey protein powder

1-2 tsp honey, to taste

1. Combine all ingredients except honey in a blender. Blend on high speed until smooth.
2. Stir in honey.

Makes one 16-oz smoothie.
238 calories, 6 g protein, 55 g carbohydrates, 1 g fat (<1 saturated), 7 g fiber, 67 mg sodium



Sweet Relief Mashed Potatoes

If you're trying to limit dairy fats, **substitute 2 ¼ tsp olive oil** for the butter.

- 1½ lbs red-skinned sweet potatoes (about 2 medium potatoes), peeled and cut into 1-inch pieces
- 3 Tbsp fat-free milk
- 1 Tbsp light butter
- 2½ Tbsp finely chopped fresh basil leaves
- 1 Tbsp reduced-fat grated Parmesan cheese
- 1 tsp fresh minced garlic
- salt and pepper, to taste

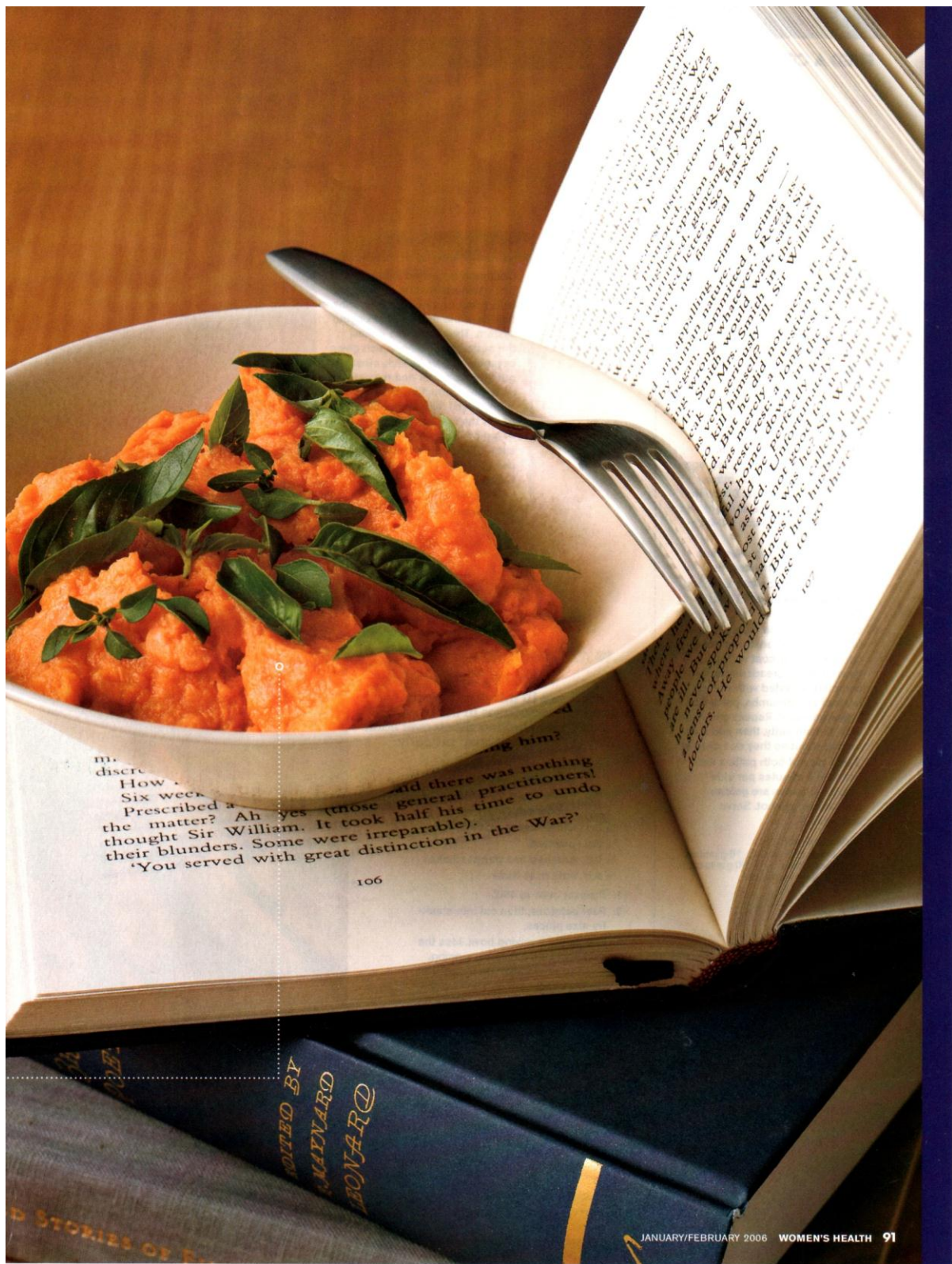
1. Cook potatoes in pot of boiling salted water until tender, about 12 to 15 minutes. Drain.
2. Combine milk and butter in a small microwave-safe bowl. Microwave until butter melts, about 1 minute.
3. Transfer potatoes to a medium mixing bowl. Add milk mixture, basil, cheese, and garlic. Beat with electric mixer until fluffy. Season with salt and pepper.

Makes four ¾-cup servings.
Per serving: 205 calories, 4 g protein, 43 g carbohydrates, 2 g fat (1 g saturated), 5 g fiber, 75 mg sodium

why it works

Beta-carotene increases the body's disease-fighting white blood cells—and sweet potatoes are the best source of this nutrient. The allicin in raw garlic has been shown to kill bacteria and other microbes that can cause illness by blocking the enzymes that lead to infection.





FEED A COLD

Cold-killing Crabcakes

For **half the sodium** of most canned crab, try MeTompkin refrigerated canned crab.

- 6 oz lump crabmeat
- 3 Tbsp minced yellow onion
- 2 Tbsp plus 1½ Tbsp egg substitute, divided
- 2 Tbsp minced red bell pepper
- 2 Tbsp low-fat mayonnaise
- ¼ tsp paprika
- ¼ tsp cayenne pepper
- 2 Tbsp plain dried breadcrumbs
- cooking spray

1. Preheat oven to 450°. Spray a small nonstick baking sheet.
2. In a medium-size bowl, stir together crab, onion, 2 Tbsp egg substitute, bell pepper, mayo, paprika, and cayenne. Divide the mixture in half. On a sheet of wax paper, shape each into a 3-inch-diameter patty.
3. Pour remaining egg substitute into a medium, shallow bowl.
4. Pour breadcrumbs into a second shallow bowl and set it next to the first.
5. Carefully coat one cake with breadcrumbs. Transfer to bowl containing egg, coat with egg, then return to breadcrumbs. When completely coated with second layer of breadcrumbs, place on prepared sheet. Repeat procedure with second patty, then add it to baking sheet so they do not touch.
6. Spray tops of both patties and bake for 5 minutes per side or until outsides are golden and insides are hot. Serve immediately.

Makes two servings.

Per serving: 133 calories, 16 g protein, 9 g carbohydrates, 4 g fat (0 g saturated), 1 g fiber, 544 mg sodium

why it works

Crabmeat is packed with selenium, a mineral that helps immune cells produce cytokines—proteins that clear the flu virus out of your system. The spicier the cakes, the better: Capsaicin, which gives cayenne pepper its kick, clears out stuffed noses and may stimulate the production of leukocytes, which kill harmful bacteria. As for the fries, potatoes are full of glutathione, an amino acid that allows the body to make better use of disease-fighting vitamins C and E and regenerate the immune system.

...with Seasoned Steak Fries

Start these 10 minutes before putting the crabcakes in the oven. Don't place baking sheets over each other or food won't crisp properly.

- 2 medium potatoes (8 oz unpeeled)
- 1½ tsp extra-virgin olive oil
- 1 tsp freshly minced garlic
- ½ tsp dried thyme leaves
- ½ tsp paprika
- ¼ tsp crushed red pepper flakes
- ¼ tsp salt, or to taste

1. Preheat oven to 450°.
2. Peel potatoes, then cut into steak-fry-size pieces.
3. In a medium mixing bowl, toss the potatoes with oil and seasoning. Place in single layer on a medium baking sheet so they don't touch. Bake 22 to 25 minutes, rotating them about halfway through, until outsides are slightly crisp and insides are tender.

Makes two servings.

Per serving: 227 calories, 6 g protein, 42 g carbohydrates, 6 g fat (1 g saturated), 7 g fiber, 307 mg sodium

FOOD STYLING BY LIZA JERNOW
PROP STYLING BY LESLIE LAMBERT





Don't Feel B-a-a-a-d Lamb Sandwich

Let the lamb sit for 10 minutes after roasting, then serve immediately.

- ¾ tsp fresh ground black pepper
- ¼ tsp cayenne pepper
- ¼ tsp garlic powder
- ½ tsp coarse salt
- 1 lb boneless leg of lamb
- ½ tsp extra-virgin olive oil
- 8 slices seeded bread
- 4 tsp garlic spread
- 1 c red onion slivers
- 2 Roma tomatoes, sliced thin
- 2 c spinach leaves

1. Preheat oven to 400°. Remove all visible fat from lamb.
2. Mix black pepper, cayenne, garlic, and salt. Rub lamb with oil until it's covered, then with pepper mixture.
3. Place in a baking dish just large enough to hold meat and roast 30 to 40 minutes or until pink inside.
4. Use thinly sliced lamb and remaining ingredients to make four sandwiches.

Per sandwich:
322 calories, 31 g protein, 39 g carbohydrates, 9 g fat (2 g saturated), 12 g fiber, 320 mg sodium



why it works

Lamb is loaded with conjugated linoleic acid, which has been shown to elevate a blood marker for immunity by 40 percent. It's also been shown to decrease the risk of allergies. The riboflavin found in the wheat bread is essential for promoting red blood cell growth and creating antibodies that fight illness. If you're on the Pill, your riboflavin can be reduced—so go ahead and serve yourself an extra-large roll.

