

my

FEBRUARY 2014

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Soup's
On!

4 Rich
and Satisfying
Recipes

T O C



February 2014

“IF I HAD A FLOWER FOR EVERY TIME I THOUGHT OF YOU...I COULD WALK THROUGH MY GARDEN FOREVER.”

—ALFRED TENNYSON

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Crave

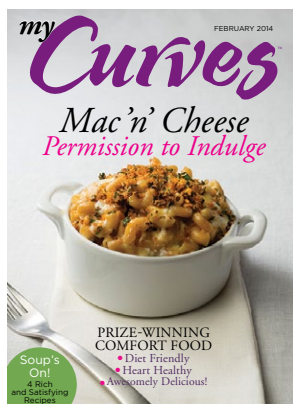
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page 24

JILLIAN

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come on in

KEEP MOVING

PHOTOGRAPH DENISE FOLEY



forward

Clop, clop, clop...I look out my window and see another new runner moving down the street, bundled against the cold in a knit hat, fleece jacket, black running tights. As a longtime runner who has coached others, I recognize that stride—gentle yet full of purpose and optimism. A resolution realized.

And I wonder: How many of these runners will pass by a month from now, 2 months from now? Come June, will they be striding down the street in their shorts and sleeveless tops? According to research out of the University of Scranton in Pennsylvania, 60 percent of people quit their resolutions after 6 months.

What keeps the other 40 percent moving forward? The researchers cite many of the strategies that we outlined in our January issue. But they singled out a behavior that's essential to success: the ability to pick oneself up after a fall and get going again.

Barbara Lehman, who has been sharing her weight-loss story with us (page 36), admits to a recent setback, but she refuses to dwell on it. She reminds herself of her accomplishments and leans on the encouragement of friends to lift her toward her goal. We're confident that Barbara will reach it. And we know that you, too, can achieve your goals—with a plan for success, the support of friends, and the optimism to keep moving forward.

Claire Kowalchik
Editorial Director

P.S. As you pursue your healthy eating goals, we hope you enjoy the good-for-you comfort recipes in this issue.

my
Curves

Live + Love + Laugh

A magazine delivered to you by

Curves
Strengthening women

THE TEAM

Your friends at *MyCurves*, working hard to bring you the best info, advice, and inspiration for healthy living

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STAY YOUNGSM

INBOX



Send comments to us at
mycurvesmag@curves.com.

WELCOME, JILLIAN!

I was literally in tears while reading the part of the Jillian Michaels interview about changing her self-perception. After dropping 100 pounds—all thanks to Curves—I found myself struggling to identify who I had become and thinking I was a weirdo for that, but turns out I was a whole different woman. Thank you for integrating Jillian into Curves. She adds to an already amazing atmosphere created by strong, positive women.

—Amanda Young

Did my first workout with Jillian today—fun! I really broke a sweat! And to Silver Sneakers: Thanks for participating in this program.

—shagman

DEAR BARB

Letters in response to our ongoing series with Barbara Lehman.

I know what you're going through, Barb. I lost 55 pounds and then plateaued. I walked away from Curves for a long time and regained 20 pounds. I too, have returned to Curves and am trying to regain my enthusiasm to lose. It's hard, but I am back. Good luck, and enjoy the people that hang out at Curves. They are our lifeline.

—Sue Thompson

After reading the article about Barbara Lehman, I found I face the same challenges. I will be returning to Curves in the hope of reaching my goal weight. Good luck and best wishes to you, Barbara.

—Alison Taylor, East London, South Africa

KUDOS TO MYCURVES

Love the magazine's new name, the ease of navigation, the many click-throughs, the great stories, the clean layout, and the larger font.

—Keli Gwyn

I just started receiving the magazine and feel it will be an active support for me as I begin my weight-loss journey again.

—bitmoqueen

I look very forward to receiving *MyCurves* magazine in my e-mail each month, even though we do not have a Curves in Guelph, Ontario. Your articles are very inspiring, the format is lovely, and the recipes are yummy. Thank you.

—Linda Tami

**COMING
NEXT MONTH**
Top Moves to Tone
Your Arms



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24/7

NEWS
ADVICE
INSPIRATION
/ FOR YOUR WHOLE LIFE /

PHOTOGRAPH BY GARY CHAPMAN



Weight Loss 9-1-1

As a 9-1-1 analyst for a national wireless communications provider, Jenni McMahel makes sure that when customers dial the emergency services number on their cell phones, the calls are routed to the proper dispatch center. In other words, Jenni makes sure people get just the help they need—which is exactly what Curves gave the Atlanta resident when she was searching for a much-needed weight-loss assist early last year.

“I tried having low-calorie food delivered to my home—that didn’t work,” says Jenni, whose weight had crept inexorably higher over the years. “I tried South Beach and Weight Watchers; I didn’t stick with either of them. I tend to hate gyms because I never know where to start or what to do when I walk in the door, so I tried to do my own thing at home. That never worked, either.”

What finally rescued her: “One of my best friends lost nearly 50 pounds in a single year,” says Jenni. “That really got me motivated. So last January, as I turned 39, I vowed to lose weight and get in shape before I hit 40. I decided to try Curves, because it isn’t your normal gym. It’s all women, and it offers a structured

Relax! Blood Pressure Guidelines Ease Up

Your blood pressure may have just improved, categorically speaking. Based on new research by a committee of experts, the American Medical Association has relaxed the long-held recommended blood pressure targets for certain groups. The goal: fewer prescriptions and the associated side effects. The new guidelines:

- For people age 60 and older, the new threshold rises to 150/90 (formerly 140/90). (Quick refresher: The top number is your systolic reading; the bottom, diastolic.)
- For adults with diabetes or chronic kidney disease, the new upper limits are 140/90 (formerly 130/80).
- For most people younger than 60, the standard threshold remains 140/90.

Why the changes? For those over 60 or who have diabetes or kidney disease, taking blood pressure medication—often prescribed when lifestyle measures such as diet and exercise don’t help—may do more harm than good, causing side effects or adverse interactions with other drugs, says Paul James, MD, co-chairman of the committee that developed the new guidelines and chairman of the department of family medicine at the University of Iowa. For example, “overtreating blood pressure can cause dizziness upon standing, which may increase the risk of falls in the elderly,” he says.



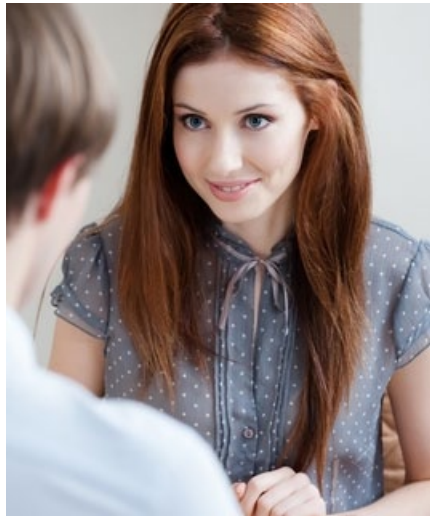
DNA is not your destiny, says Pamela M. Peeke MD, chair of the Curves Science Advisory Board: “You write your own life script.” And here’s the quick Rx.

Listen for Love

You caught his eye, and now you wonder if you’ve captured his heart. To find out, tune in carefully to his voice when you talk together, paying close attention not only to what he says but also how he says it.

“You should absolutely be encouraged if a man who sparks your interest speaks to you in a softer, warmer, higher-pitched tone,” says Sally D. Farley, a psychology professor at the University of Baltimore and coauthor of a new study on how our voices betray our feelings. Both men and women tend to mimic the pitch of those in whom they’re romantically interested, so men notch it higher and women go lower, found the researchers.

Already have a steady partner? It’s still important to stay attuned to his voice when he speaks to you—it can alert you that your relationship may need some



attention. “If your partner’s voice starts sounding less warm and less intimate, this can be cause for concern,” Farley says.

The subtle messages are so meaningful, in fact, that Farley suggests giving your beloved an audio valentine: “It would be a lovely gesture to leave a voice mail telling your romantic partner how much you love him or her.” Utter it in a tone that reinforces your from-the-heart message.

The Scary Scoop on Fat Burners

Tempted to try one of those aggressively marketed “fat-burning supplements” while stranded on an infuriating weight-loss plateau?

Let us talk you down off the ledge right now: There is absolutely no government agency that checks to make sure “fat burners” and similar so-called supplements are safe, says **Victor Navarro, MD**, a liver specialist at Einstein Healthcare Network in Philadelphia and an expert on the subject. The liver is particularly vulnerable to some ingredients commonly used in these products, he says, which remain popular despite links to liver failure and a growing number of deaths. **The best medicines for burning fat? Exercise and eating right.**



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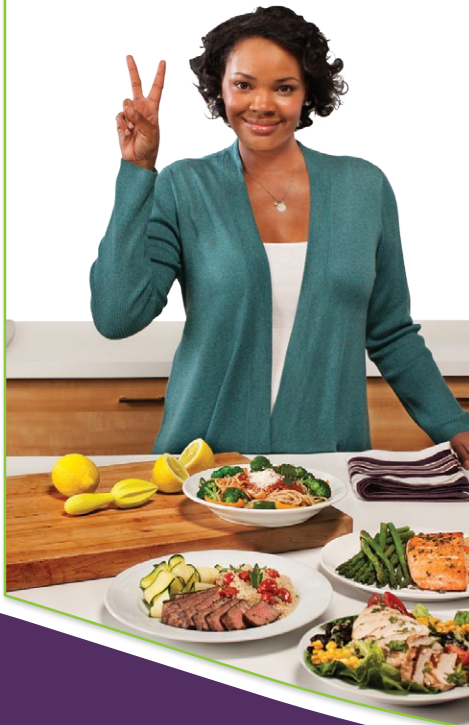
1 FITNESS

The Curves 30 minute Circuit that combines cardio and strength training for a full body workout.



2 MEAL PLANS

Customizable Meal Plans that show you how to cook in or eat out on any budget.



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MINISTRONE
TOMATO SOUP WITH GRILLED CHEESE CROUTONS

“Between soup and love, the first is better,” goes an old Spanish saying. We think they’re both wonderful. Serve your valentine one of these rich, satisfying recipes and you’re likely to have your soup and love, too.

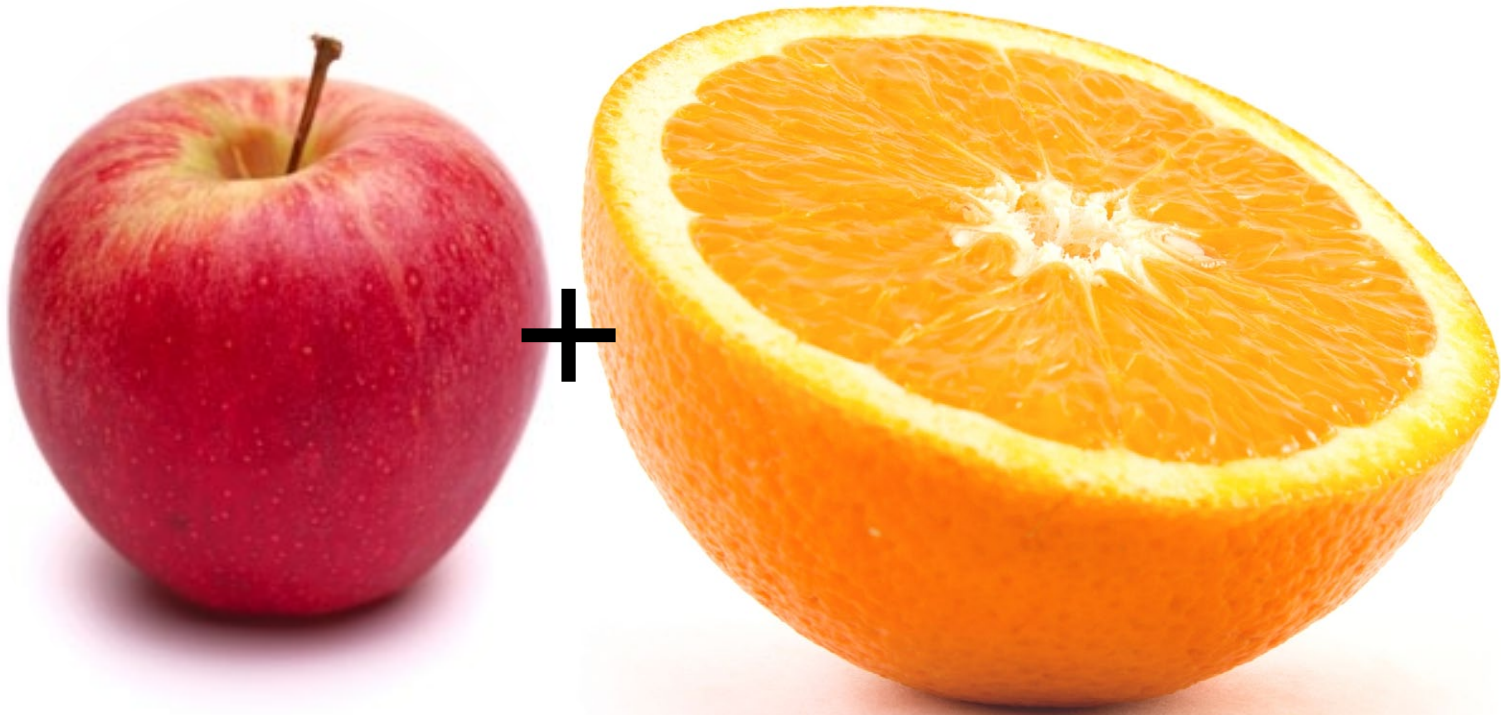
Photograph by Bruce Wolf

FEBRUARY MyCurves/13

eat

“Knowledge is knowing that a tomato is a fruit, wisdom is not putting it in a fruit salad.”

—Miles Kington, British humorist



Washington State is still sending apples around the country, and California is shipping oranges. That's good news for your cardiovascular system, because both fruits have been shown to reduce the risk of stroke, the fourth leading cause of death in the United States. In one 2012 study, women who ate the most citrus fruit had a 10 percent lower risk of stroke than those who ate the least. And in newly published research in the *British Medical Journal*, researchers using a mathematical model estimated that if every adult over age 50 ate an apple a day, there would be 8,500 fewer strokes and heart attacks every year. How do you like them apples...and oranges?

Let's compare the two:

One medium apple has 95 calories and 4 grams of fiber, both

Grab
This
Gadget



550

NEWS

Tea with Milk (Hold the Sugar)

Milky tea has gotten a bad rap, thanks to studies suggesting that dairy blunts the antioxidant power of tea's cancer-fighting polyphenols. But a new lab study suggests otherwise. Researchers at the University of Guelph in Canada found that green tea's major antioxidant component, epigallocatechin gallate (EGCG), stays biologically active in fat-free milk and other milk by-products and continues to reduce the growth of colon cancer cells in a petri dish.

One caution: Another lab study found that having high blood sugar—as the result of metabolic disorder or diabetes—may trigger the cancer process in the breast and other parts of the body. So if you pour milk in your tea, skip the 2 teaspoons of sugar and the cookies.



Tomatoes = Cancer Protection

Eating lots of tomatoes and tomato products may help protect postmenopausal women at risk of breast cancer from getting the disease, say cancer researchers at Rutgers and Ohio State Universities. The study focused on obesity, which raises postmenopausal women's risk of breast cancer, and found that a tomato-heavy diet had a positive effect on levels of a hormone—adiponectin—that regulates



My Valentine: This year, Heather has multiple valentines. “To my best friend, my husband: ‘Thank you for making my dreams possible and supporting me the entire way! I couldn’t have done it without your love and support.’ And to my amazing Curves Coaches: ‘Your smiling faces and positive attitudes have encouraged me each and every workout. Thank you!’”



PHOTOGRAPHS BY D.A. FLEISCHER

Wild

Life

by Megan Othersen Gorman

Heather Izor, 28, recently lost 33 pounds and 39 inches on Curves Complete—a feat the veterinary technician claims was easier, in some ways, than the challenges of her job... like brushing the teeth of a Jack Russell terrier. “Losing 30-plus pounds was definitely work,” says the Farmersville, Ohio-based mother of three, “but at least it was enjoyable for me. That’s more than I can say for brushing the teeth of a spunky Jack Russell. Besides, the reward for the latter isn’t nearly as great—even for the Jack Russell!”

In addition to five furry and feathered friends—two black lab mixes named Charlie and Jamie, a calico named Callie, and Alex the parrotlet (a miniature parrot)—Heather has three rambunctious boys, ages 5, 3, and 1. Just after her



youngest was born, in the midst of this happy menagerie, Heather formally committed to losing the pounds that accumulated throughout her pregnancies.

“In between all my pregnancies, I lost weight,” she says, “but I never got back to my original weight of 130 pounds. I found it close to impossible, while I was still having babies, to balance my new life as a mother with what felt like an older, less relevant interest in my appearance. But that changed after I had my last child. I wanted to refocus—as much as I could with a newborn, his brothers, our animals, and a full-time job—on my body. A 30-minute workout... now, that I felt I could do.”

Heather joined the Germantown, Ohio, Curves, ideally situated between her work and her home, 8 weeks after giving birth. She weighed 166 pounds. “Initially, I didn’t understand how just 30 minutes three times a week could be effective,” she says. “But convenience was key for me—I didn’t want to sacrifice too much family time. So I went with it. Then the monthly weight and measurement checks convinced me.”

After 6 months, Heather felt she needed a little extra push



to reach her goal of 135. She started Curves Complete, and 3 months later, she hasn’t just achieved her goal—she’s surpassed it by 2 pounds. “After three babies, I never expected to look and feel this good,” she says. “I feel so much better about myself, and despite my busy, wild life, I have so much more energy now.”

Not unlike a Jack Russell terrier?

“Just like a Jack Russell,” she laughs.



Ask the Vet Tech

What's tougher, caring for a litter of puppies or a gaggle of boys?

“Caring for little boys is definitely tougher! They grow up so fast and are always changing as they become individuals. Puppies are tough in the beginning, but they develop a routine they follow day in and day out. Although puppies have their own personalities, they are relatively consistent and require way less one-on-one attention than children.”



Table Sit

This is a total-body movement that strengthens your abdominals, lower back, upper back, shoulders, arms, and lower body.

The how-to: Sit on the floor with your hands close to your hips, arms straight, knees bent, and feet flat and hip-width apart. Lift your hips into a table position, then lower them as you straighten your legs; swing your hips back and between your hands, keeping your hips and buttocks off the floor. Immediately lift back into the table position and repeat. Exhale while lowering your hips and inhale on the way back up.

Make it count: Lift your hips until they are in a straight line with your upper body, and squeeze your glutes at the top of the movement.

Exercise for Life Balance

Feeling pressured by the demands of both work and home? Whatever you do, don't sacrifice your workouts. Researchers from four universities recently surveyed nearly 500 working adults to determine whether regular exercise—an extra ball among the multiple priorities that working women juggle—affects work-life balance, and they found that it does: It improves it. “The idea sounds counterintuitive,” says lead study author Russell Clayton, assistant professor of management at Saint Leo University in Florida. How can adding to an already packed day help alleviate stress and improve your ability to cope? Clayton speculates that exercise provides a way to psychologically detach from work, which benefits home life. Plus, it helps us feel better about ourselves—good for life in any venue.



SALLY MARA STURMAN

WALK & TALK:

TOPICS TO STRIDE BY

February is the month of love. In honor of Valentine's Day, divulge what you love most about your life—the people, the activities, the foods, the sheer delights.



Layering Logistics

As we write this, much of the country is *sh-sh-sh*-shivering violently under the effects of a polar vortex. Yet even the serious *brrr* of an arctic blast is no reason to shelve your walking shoes. You just have to learn to layer. Heidi Freeman, PhD, exercise science and wellness management program director at the University of the Sciences in Philadelphia, has the layering 4-1-1. The gist: Dress in layers you can remove as soon as you start to sweat, and then put back on as needed.

First slip on a thin tee made of synthetic material, such as polypropylene, which draws sweat away from your body; avoid cotton, which stays wet next to your skin. Next add a layer of fleece or wool for insulation, and top that with a waterproof, breathable outer layer. The same layering principles apply to your hands: Don a pair of thin gloves made of synthetic material worn closest to your skin, then pull on a pair of heavier gloves or mittens lined with wool or fleece.

Biceps/Triceps



The Shoulder Press

Why we love it: This machine tones your front and back arm muscles, including the biceps and triceps.

Make It Count: For best results, move quickly as you pull up with one arm and push down with the other.



◀ **HARMONY PANT**
This boot-cut pant flatters any body type, and you'll love the no-slip waistband. \$32.95



▲ **Lunch Tote**
Stylish and fun, this Lunch Tote is insulated to keep food cool. It folds flat for easy storage when not in use. \$14.95



◀ **SURPLICE COMPRESSION TOP**
This pretty, moisture-wicking top includes a tummy-control panel constructed from a trademarked fabric that smooths instantly. \$24.95

All products are available through your local Curves.

BELIEVE RUCHED TOP

Made from a cotton/polyester blend, this lightweight top feels soft against your skin and wicks away moisture to keep you dry. Side slits allow for better range of motion while you work out, and the dropped hem provides extra coverage in back. \$14.95



ETERNITY JACKET

The plum Eternity Jacket is semifitted for a feminine, flattering look. It features ultrabreathable, moisture-wicking fabric and underarm mesh vents. A dropped hem provides extra coverage in back. \$39.95



HIGH CONTROL SPORTS BRA

The High Control Sports Bra provides full support for a comfortable workout. It features cushioned front-adjustable straps, wireless cups, and mesh panels for ventilation, and it's made from a high-performance fabric that wicks away sweat and dries quickly. Also available in turquoise. **MSRP: \$24.95**



◀ **Earphones with Pouch**

Perfect for music on the go. The silicone pouch will keep your earbuds clean, easy to find, and tangle-free! \$14.95



share

“Tell me, what is it you plan to do with your one wild and precious life?” —Mary Oliver

NANCY SPRINKER



Heather Kindem, Kathy Schuknecht, Kay Groves, Mary Mann, Pati Lynn
Front row: Kim Ingram and Carolyn Havel

Pati Lynn, owner of the Tacoma, Washington, Curves, read with interest about Rita Hurley, who in our last issue noted the parallels between her Curves experience and church. Rita’s observation called to mind one of Pati’s New Year’s initiatives: “With the start of the Jillian workouts, I started what I call the Church of Fatter Day Saints,” says Pati. “I invited my friends and family to meet me at my club for a Jillian workout every Sunday at 7 a.m. Not only does it keep me

Last month, in the spirit of the new year, we asked you to take a deep breath, then share with us what’s really important to you. Here’s what you told us.

“My pastor asked a similar question recently, challenging us to come up with our five nonnegotiables. Mine are faith, family, friends, fitness (in which Curves plays a large part), and fiction writing.” —Keli Gwyn

“My wish—and what’s really important to me—is to be content. Not to want more or less but to be content with what I’ve been given and have earned. Contentment is important to maintaining peace and balance in life!” —Carrie Weidle



“To find the energy to get moving so I can grow the energy to keep moving!”

—Maureen Tyrrell Kolberg

“The things that are really important to me are my faith, my family, and my friends. Through God, I have an amazing support system of family and friends who love, encourage, and nurture me. They’re always behind me and there for me, and they are so important to me. I’m so blessed to have these people in my life!”

—Heather Izor



you/
tell us

In honor of Valentine’s Day, tell us: What (or who) makes your heart p-p-p-pound?



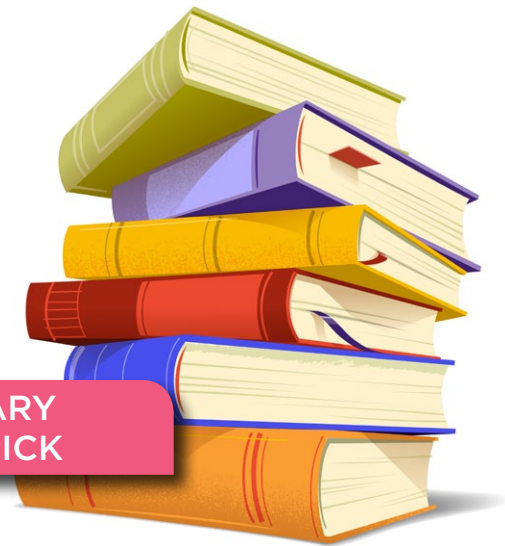
E-mail us at mycurvesmag@curves.com.

* dear Jenn



I really need a personal chef, but that's so not going to happen. Do you know where I can find help planning and preparing meals?

I do! Maybe because I don't have a personal chef, either, I, too, am always looking for easy-to-access meal-planning advice, and I've found three neat apps that provide exactly that: **(1) Every Day Is a Food Holiday**, which offers a food of the day with a recipe, some of them healthy and calorie conscious, some of them not; **(2) Evernote Food**, which gives you a personalized cookbook and helps you find restaurants and plan meals; and **(3) Perfect Produce** (\$1.99), which teaches you how to buy, store, and prepare fresh fruits and veggies. Enjoy!



FEBRUARY BOOK PICK

First line:

"The snow in the mountains was melting and Bunny had been dead for several weeks before we came to understand the gravity of our situation."

HIGH *five*



Click on a finger to read a **shout-out** from one MyCurves gal to another. Have a virtual high five you want to send? Write to us at mycurvesmag@curves.com. Be sure to include your full name and the city and state in which you live.

Winter Shrimp Salad with Oranges, Fennel, and Black Olives



by Erica De Mane

Just when I start to feel that winter has nothing sunny or bright to offer, I remember citrus. Winter is its time. The piles of oranges, tangerines, lemons, and limes stacked up in supermarkets spark hope for me on raw, gray days. Mother Nature really outdid herself with her brilliant sweet and sour fruits, as the painter Cézanne, for one, knew. I buy myself a big bag of tangerines, easily pull back their dark orange skins, and breathe in the fragrant oils that squirt onto my hands. The aroma of optimism.

I love using citrus in savory preparations. There's a classic Sicilian winter salad of sliced oranges seasoned with salt, black pepper, good olive oil, and often olives, fresh herbs, and fennel. It's amazing how salt brings out the flavor in citrus (think of a margarita). I make versions of this salad many times each winter, often to serve after a big fish dinner. Sometimes I include fish in the salad. In Sicily they do, too, usually sardines, herring, or anchovies. I find those strong, oily kinds of seafood a little overpowering. Wanting something sweeter and lighter, I've tried quickly seared shrimp and found it to be just the thing—perfect, actually.

TIP

for the weight-conscious cook

Lemon or orange zest is a gift from the citrus world that can liven up your winter cooking freely (meaning it adds virtually no calories). I use citrus zest all the time, in salad dressings, marinades for fish and meat, stews, and sorbets. To get the best flavor from your zest, wash the fruit in warm water to remove any wax or spray. Better yet, choose organic fruit when possible. Dry it off and lightly scrape along the surface with a very fine grater. You want only the colored skin. Try not to dig in hard and pull up any white pith. That'll make the zest bitter. I add zest both while cooking and at the end as a lively garnish for a finished dish. Roasted chicken, for instance, blossoms when sprinkled with fresh lemon zest when hot out of the oven. The fruit's flavor really opens up with heat.

Recipe (Serves 4)

- 1 large head frisée or chicory, torn into small pieces
- 2 medium fennel bulbs, cored and thinly sliced
- 2 medium oranges, peeled and sliced into rounds and then into half moons
- 1 small shallot, thinly sliced
- 6 sprigs dill, lightly chopped
- 6 black olives, pitted and cut in half
- 1½ teaspoons fresh lemon juice, plus the grated zest from the entire lemon
- 1 garlic clove, peeled and lightly crushed with the flat of a knife
- 2½ tablespoons extra-virgin olive oil
- A big pinch of salt
- Freshly ground black pepper
- 1¼ pounds large shrimp, shelled and deveined but with the tails left on

Place the frisée or chicory in a large, shallow salad bowl. Add the fennel, oranges, shallot, dill, and olives.

Pour the lemon juice into a small bowl. Add the garlic and 1½ tablespoons of the oil and season with salt and black pepper. Give it a good whisk, pressing down on the garlic to release its flavor.

When you're ready to serve the salad, season the shrimp with the lemon zest, a pinch of salt, and some black pepper.

Place a large skillet over high heat. Add the remaining 1 tablespoon of oil. When it's hot, add the shrimp, spreading it out so it cooks quickly. Sear the pieces on one side, just until they start to turn pink, about a minute. Turn with tongs and sear the other side, about a minute or so longer, just until tender.

Add the shrimp to the salad. Remove the garlic and pour on the vinaigrette. Toss. Serve right away.

Serves 4. Per serving: 323 calories, 12 g fat, 1 g saturated fat, 215 mg cholesterol, 385 mg sodium, 23 g carbohydrate, 9 g fiber, 6 g sugars, 33 g protein

Curves Complete: Enjoy with 1 starch exchange for lunch or dinner on Phase 1 or 2.



Mmmmmmm...

Mac

'n'

cheese

Mac 'n' cheese, the
ultimate comfort
food, reimaged.
Same delectable
comfort, fewer
detestable calories.

But the beloved and diet-bedeaving subcategory of comfort food is so much more. It's a toasty warm blanket. It's an enveloping hug. It is, quite literally, a reward at the end of a trying day.

"Certain fatty, salty, crunchy, and sugary food combos superignite the reward center in the brain for an over-the-top eating experience," says Pamela M. Peeke, MD, chair of the Curves Science Advisory Board and coauthor of *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction*.

"These hyperpalatable foods provide an emotional fix. That's why we crave them." And it's why they often lead to overeating and bingeing.

"In vulnerable brains, hyperpalatable foods ignite both the brain's reward center and a powerful drive to get more and more of that wonderful food that makes all others pale in

comparison," says Peeke, "and we can and do get them. We live in a time when comfort foods are readily available anytime, anywhere. So we can, if we so desire, feed an emotional relationship with that food."

When that happens, comfort turns to discomfort...as jeans grow snug.

How to feel the love without the snug? Celebrity chef **Govind**

Armstrong has just the recipe.

Govind stars with television icon (and a form of comfort herself) Florence Henderson on RLTV's *Who's Cooking with Florence Henderson*. He is the executive chef and/or owner of L.A.'s Post and Beam, 8 oz Burger Bar, and Willie Jane, Govind's West Coast take on low-country, Southern cuisine. His specialty: siphoning fat from classic recipes even as he adds flavor. "I find classic dishes so satisfying to the psyche," he says. "Making them relatively guilt-free is an interesting intellectual challenge for me as a chef." And a wonderful boon for us calorie-conscience comfort seekers.

Here, feel the love.

Govind Armstrong's Mac 'n' Cheese

It brings the *mmmmm*...without the remorse.

- 1 cup cauliflower florets
- 1 small onion, diced
- 1 clove garlic
- ¼ cup Greek-style yogurt
- Dash of salt
- 1 tablespoon canola oil
- 1 tablespoon all-purpose flour
- 1 to 1½ cups low-fat milk
- ½ tablespoon Dijon mustard
- 8 ounces low-fat white Cheddar, shredded
- 4 ounces low-fat smoked mozzarella, shredded
- ½ cup low-fat cottage cheese
- 1 pound whole-grain-blend elbow macaroni, cooked al dente
- 2 tablespoons whole-wheat panko bread crumbs
- ½ tablespoon olive oil
- ½ tablespoon chopped parsley
- ¼ teaspoon paprika
- ⅛ teaspoon garlic powder



1. Heat the oven to 325°F.
2. In a medium saucepan, set up a steamer basket and add the cauliflower, onion, and garlic. Steam 15 minutes, or until very tender, and remove from the heat. Place in a food processor, add the yogurt and salt, and puree until smooth. Set aside.
3. In a large pot, heat the canola oil, add the flour, and cook 5 minutes over low heat while stirring constantly; you want to remove any raw flour taste, but you do not want color.
4. Add 1 cup of the milk and the mustard and whisk until smooth. Add the reserved cauliflower puree, Cheddar, mozzarella, and cottage cheese and continue to stir. Add the pasta and incorporate the sauce into the pasta. If the mixture gets too thick, add more milk.
5. In a small bowl, combine the bread crumbs, olive oil, parsley, paprika, and garlic powder.
6. Coat a baking dish or individual ramekins with cooking spray and add the macaroni. Bake 30 minutes, remove from the oven, add the bread-crumble mixture, and bake another 15 minutes. Remove from the oven and allow to rest before serving.

Serves 12. Per serving: 270 calories, 7 g fat, 3 g saturated fat, 11 mg cholesterol, 225 mg sodium, 34 g carbohydrates, 5 g fiber, 3 g sugars, 18 g protein

Curves Complete: Enjoy for lunch or dinner with 1 protein exchange and free veggies on Phase 1 or 2.

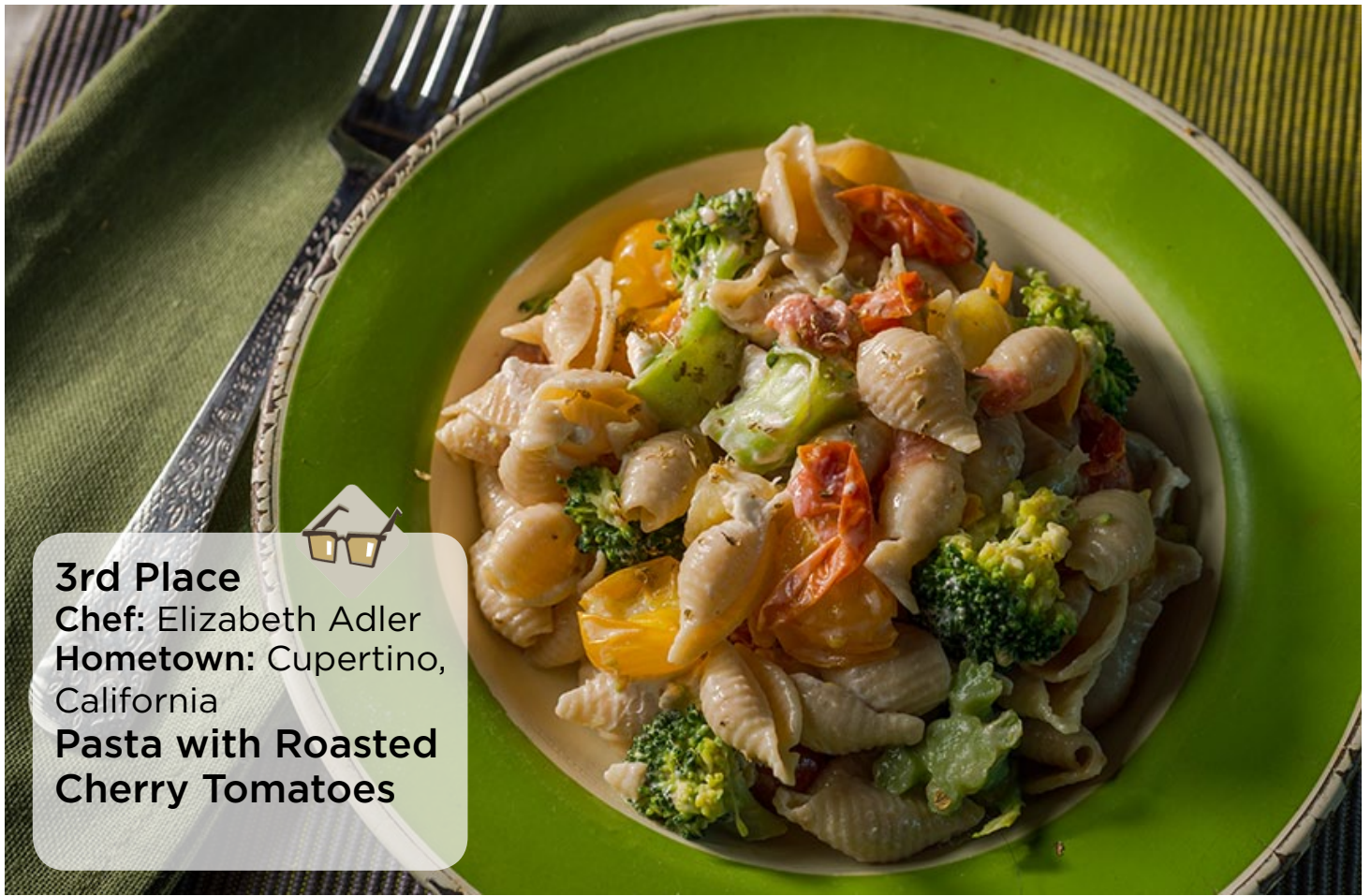


1st Place
Chef: Beth Berger
Hometown: Sandy Springs, Georgia
Healthy Shepherd's Pie with an Indian Flair



2nd PLACE
Chef: Dee Dee Garcia
Hometown: Granada Hills, California
Easy Chicken Posole





3rd Place

Chef: Elizabeth Adler

Hometown: Cupertino,
California

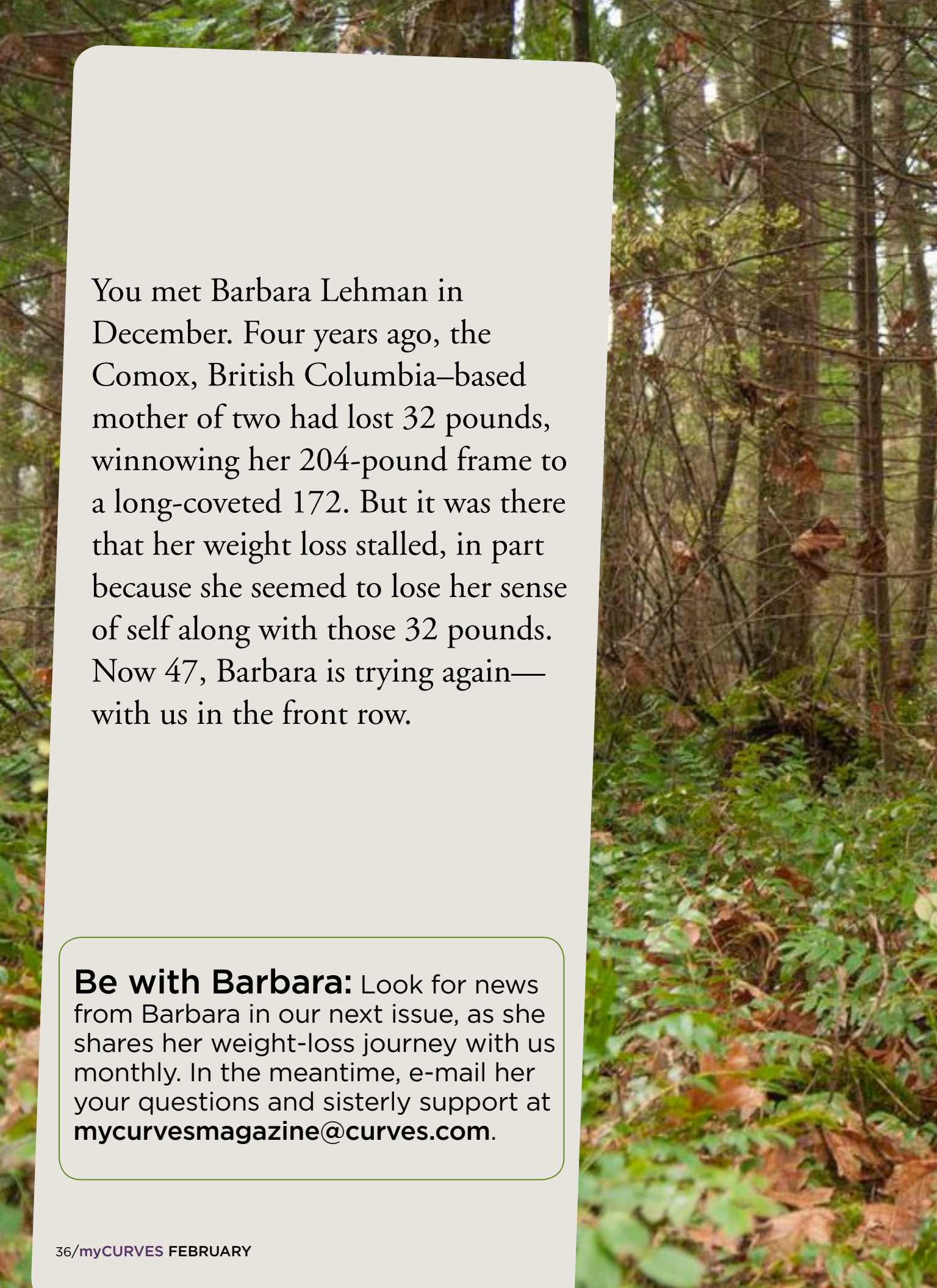
**Pasta with Roasted
Cherry Tomatoes**

Last October, we challenged you to send us an original comfort food entrée that's rich, satisfying, and delicious, yet light in fat and calories. You didn't disappoint. Here, three winning recipes that are kind to your waist, healthy for your heart, and remarkably delicious. It doesn't get much more comforting than that, does it?

Our Thanks to Cuisinart



FEBRUARY/MyCurves/35



You met Barbara Lehman in December. Four years ago, the Comox, British Columbia–based mother of two had lost 32 pounds, winnowing her 204-pound frame to a long-coveted 172. But it was there that her weight loss stalled, in part because she seemed to lose her sense of self along with those 32 pounds. Now 47, Barbara is trying again—with us in the front row.

Be with Barbara: Look for news from Barbara in our next issue, as she shares her weight-loss journey with us monthly. In the meantime, e-mail her your questions and sisterly support at mycurvesmagazine@curves.com.



PHOTOGRAPH BY STUART McCALL

by Barbara Lehman

New years always bring new challenges—we wouldn't want it any other way, would we? I loved my Christmas holidays—so much so that I gained 4 pounds. It's only 4, I know that. It really shouldn't take too long to lose. But I'm once again at 179, and I consider that a setback—a small one, anyway. But there is a silver lining in this little twist in my story: I haven't freaked out. (I've actually renewed my focus on eating well and working out at Curves!) And if you know me through the pages of this magazine, you know that freaking out is something I've been known to do.

Four years ago, I freaked when my weight loss garnered a lot of attention that I didn't know what to do with. Now I'm not fighting the attention generated by my presence in this magazine. Instead, I'm focusing on the why. I expressed a lot of emotion

in the article that ran last December, and I think women connected with it; some were even inspired by it. And that feels really good.

Another thing that feels good: running. I'm still at it, and I really enjoy it—especially when I have to wait for my dog to catch up! (She's just 9 months old, and she gets distracted easily.) When I get lazy or so busy that I put off exercise, I need to remember the feeling it gives me. I feel lighter, exhilarated; I get a real sense of accomplishment when I push myself to work a little harder to feel the burn. I like the challenge. I can do it, especially since I'm doing it with all of you.

You're helping me start to feel comfortable with this body in transition, to try to savor my accomplishments and not dwell on my discomforts. But you know what I love most about the slimmer me? That I can talk about the process. My feelings aren't stuffed into a closet anymore. And speaking of closets, I did a major purge of mine last month. I had two large boxes of too-large clothes to get rid of. What a relief that was! I felt much, much lighter. And that's what I'm focusing on.


My Valentine: This year, Barbara is loving her new side view. "It's getting better," she says, "and so are my confidence and self-esteem. I can hold my head up higher now—and that's better for every view!"



“ SURE,
AT FIRST I WAS A LITTLE TAKEN ABACK
BY THE WHOLE PEEING STANDING UP THING.
BUT I TAUGHT HIM TO THROW A STICK
AND NOW HANGING OUT WITH HIM
IS THE BEST PART OF MY DAY.”

— EINSTEIN
adopted 12-09-10

A PERSON
IS THE BEST
THING TO HAPPEN
TO A SHELTER PET

 **adopt**

theselterpetproject.org



WHAT DO YOU LOVE ABOUT YOUR BODY?



“

It takes Joan a minute or so to mentally tick off the parts of her body that are decidedly not her favorite and come up with the one she loves the most: her smile. “I adore my smile,” she says—“and the red lipstick I love to wear. I even wear it to Curves! Of course, I’ve also been known to show up at Curves wearing gold 4-inch heels—what can I say? I’m a bling lover. Those aren’t my walking shoes, they’re just for sitting—and I don’t sit much. I love to move, and I especially love to move at Curves. My sister says I’m addicted to the place, and I am. It’s just so much fun—it makes me smile. And oh, how I love to smile.”

”

Joan Smith

Age: 80

Hometown: Dunwoody, Georgia

9 to 5: Joan has been a member of the Dunwoody Curves since 2003. “We all love her,” says owner **Jan Slimming**, “especially when she pops in on her way to the mall or the hairdresser in her sky-high red heels!”



Joan, in motion.





Tell us what you think...

What do you like about this issue of DIANE magazine?

What would you love to see in a future issue?

Email

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