

Eating Well

July 2008

29 RECIPES FOR A HEALTHIER HEART | 9 QUICK & SIMPLE SUMMER SUPPERS p.21

eatingwell.com

# EATINGWELL

JUNE 2008

WHERE GOOD TASTE MEETS GOOD HEALTH

**46** RECIPES  
**FRESH! FAST!  
DELICIOUS!**

10 STEPS TO  
**SAVE YOUR  
HEART**

**EASY  
HEALTHY  
BRUNCH**



DISPLAY UNTIL JULY 1, 2008

**THE  
SEASON'S  
BEST**

BERRY DESSERTS  
AMAZING BURGERS  
SWEET ONIONS  
SHRIMP FEST!

Pea & New Potato Salad, p. 83 | Grilled Chicken & Cilantro Pesto, p. 26 | Strawberry-Rhubarb Strudel, p. 42

SPECIAL ADVERTISING SECTION

ENTER TO WIN  
A DELUXE OUTDOOR GRILL

# IGNITE YOUR PASSION FOR GRILLING WITH THE GREAT GRILL GIVEAWAY

YOU COULD WIN THE CHEF, A NEW SIGNATURE SERIES 4-BURNER GRILL FROM VERMONT CASTINGS



## LA CENSE BEEF™

Healthier beef starts with a healthier ranch. No pesticides. No hormones. No antibiotics. Humanely raised, 100% grass-fed beef from La Cense Beef™. Buy directly from our ranch to your door!  
[www.lacensebeef.com](http://www.lacensebeef.com)

## SIMPLY ORGANIC®



Add savory grilling flavor with Simply Organic® exceptional quality shake-on seasonings and thirty-minute marinades. Simply Organic Grilling Seasons®. Simply healthy living. Simply great taste.  
[www.simplyorganicfoods.com](http://www.simplyorganicfoods.com)



## AL FRESCO®



Available in more than eleven exotic and traditional flavors, Al Fresco® all natural breakfast and dinner chicken sausages are delicious and guilt-free because they contain 70% less fat than pork sausages and never any preservatives, nitrites, nitrates or artificial ingredients.  
[www.alfrescoallnatural.com](http://www.alfrescoallnatural.com)



## GRILLED STEAK WITH CHIMICHURRI SAUCE

SERVES 6



- 6 6½-ounce La Cense® grass-fed Flat Iron Steaks
- ½ teaspoon salt
- ½ teaspoon Simply Organic® Get Crackin' peppercorn blend
- 1 cup fresh parsley
- ½ cup fresh cilantro
- 1 cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 2 teaspoons Simply Organic® minced garlic
- 1 teaspoon Simply Organic® dried oregano
- ½ teaspoon Simply Organic® dried chili flakes
- ½ teaspoon cumin

**Preparation:** Salt and pepper meat and sear on hot grill; grass-fed meat is best cooked no more than medium rare.  
**Sauce:** (Prepare close to cooking time.) Chop parsley and cilantro. Combine oil and vinegar in food processor. Add garlic and other spices. Add chopped herbs last, processing as little as possible while still incorporating the herbs with the oil. Taste, adding more salt or vinegar if necessary. Drizzle sauce over meat.

## GARLIC SAUSAGE AND SUMMER VEGETABLE SAUTÉ

SERVES 4



- 2 teaspoons garlic-flavored olive oil
- 1 large (1½ cups) yellow bell pepper, seeded and cut in 2"-3" strips
- 1 cup Vidalia, or other sweet onion variety, cut in thin strips
- 1 12-ounce package Al Fresco® All Natural Roasted Garlic Chicken Sausage, sliced on diagonal in ¼" slices
- 1 cup zucchini, sliced on diagonal in ¼" slices
- 1 cup packaged, sliced button mushrooms
- 1 teaspoon dried Italian seasoning
- 2 tablespoons balsamic vinegar
- 1 18-ounce package pre-cooked, sun-dried tomato and garlic polenta, drained and cut into ¼" rounds

**Preparation:** Heat oil in a large, heavy nonstick skillet over medium heat. Add bell pepper and onion. Stir-fry 3 to 4 minutes. Add sausage and stir-fry for 2 minutes. Add zucchini, mushrooms, Italian seasoning and ¼ teaspoon black pepper. Stir-fry until crisp. Remove from heat, add vinegar and toss to coat all ingredients. Meanwhile, microwave polenta rounds in covered container for 1 to 2 minutes or until hot throughout. Portion 2 to 3 polenta rounds on each plate and top with sautéed vegetables.

## WIN THE CHEF, a Signature Series 4-Burner Grill from Vermont Castings

Go to [www.eatingwell.com/greatgrillgiveaway](http://www.eatingwell.com/greatgrillgiveaway) to enter

† This Signature Series VCS4008 4-Burner Grill from Vermont Castings (a \$1,199 retail value) has 493 square inches of primary cooking area and 214 square inches of secondary cooking space. This cast-iron and stainless-steel grill boasts 50,000 BTU burners and a 15,000 BTU Electronic Ignition side burner. Other features include a LED Flex Light for illumination, Infra-Red Rotisserie Burner and Heavy Duty Rotisserie Kit—plus an integrated Smoker Box that allows for authentic wood-chip flavoring. So log on today for your chance to win this amazing grill—only from Vermont Castings and EatingWell!

THE GREAT GRILL GIVEAWAY OFFICIAL RULES CAN BE FOUND AT THE ABOVE WEBSITE ADDRESS

