

FLAT
BELLY
FOODS

Salads That Satisfy

Our secret: Adding a MUFA (monounsaturated fat) creates a slimming meal proven to attack belly fat. These 3 recipes show you how ■ BY JACKIE NEWGENT, RD ■ PHOTOGRAPHS BY HECTOR MANUEL SANCHEZ

Leafy Grilled Chicken Salad with Creamy Balsamic Dressing

■ TIME: 10 MINUTES

■ SERVINGS: 4

1/2 c canned no-salt-added great Northern beans, rinsed and drained

1/4 c EXTRA VIRGIN OLIVE OIL (MUFA)

3 Tbsp balsamic vinegar

2 lg cloves garlic

8 lg fresh basil leaves

1/8 tsp salt

5 oz mixed baby greens

1 1/2 c pregrilled chicken breast strips

1/4 lg red onion, thinly sliced (1/4 c)

1 c grape tomatoes or halved cherry tomatoes

1. PREPARE dressing: Puree beans, oil, vinegar, garlic, basil, and salt in blender until smooth (makes 1 cup).

2. ARRANGE greens among 4 plates. Top evenly with chicken, onion, and toma-

toes. Drizzle with 1/4 cup of the dressing.

NUTRITIONAL INFO PER SERVING 256 cal, 15 g pro, 14 g carb, 3 g fiber, 15.5 g fat, 2.5 g sat fat, 41 mg chol, 533 mg sodium



FLAT BELLY BONUS

Creamy dressings don't have to be fattening. The white bean puree in this recipe adds velvety richness while boosting fiber to help you feel full.

Roasted Beet "Carpaccio" Salad

■ TIME: 20 MINUTES

■ SERVINGS: 4

3 med beets, trimmed and scrubbed

1 med peach, pitted and chopped

2 Tbsp red wine vinegar

2 tsp extra virgin olive oil

1/2 C SHELLED UNSALTED PISTACHIOS, COARSELY CHOPPED (MUFA)

1 1/2 oz soft goat cheese, finely crumbled

1. PLACE beets in large microwaveable dish or bowl and cover with 3 layers of paper towels. Microwave on high 10 to 12 minutes or until beets are easily pierced with knife. Set aside until cool enough to handle. Rub skins off using paper towels or paring knife. Cut beets crosswise into at least 12 slices each.

2. ARRANGE beets on platter or divide among 4 bowls. Top with peach. Drizzle with vinegar and oil. Sprinkle with pistachios and goat cheese.

Add freshly ground black pepper to taste, if desired. Serve warm or chilled.

NUTRITIONAL INFO PER SERVING 180 cal, 7 g pro, 13 g carb, 4 g fiber, 12 g fat, 3 g sat fat, 5 mg chol, 89 mg sodium

FLAT BELLY BONUS

When using flavorful but high-fat ingredients like goat cheese, measure, don't estimate. Adding an extra ounce tacks on 1 g of sat fat and 10% more calories per serving.



Dilly Baby Red Potato Salad

■ TIME: 30 MINUTES + CHILLING TIME

■ SERVINGS: 4

2 lb baby red creamer potatoes

1 lg rib celery, thinly sliced
(about 1/2 c)

1 C MASHED HASS AVOCADO
(about 2 avocados)
(MUFA)

1 Tbsp freshly squeezed
lemon juice

2 Tbsp reduced-fat sour cream

2 scallions, thinly sliced
(about 1/4 c)

1 Tbsp finely chopped fresh dill

1/2 tsp salt

1. **PLACE** potatoes in large pot and cover with cold water (add salt if desired). Bring to a boil and cook 20 minutes or until just tender. Drain. Chill completely, about 1 hour.

2. **SLICE** potatoes and place

in large bowl. Stir in celery.

3. **MIX** avocado and lemon juice in small bowl. Add sour cream, scallions, dill, and salt and stir. Combine with potato mixture. Serve immediately. (Garnish with additional fresh dill if desired.) Add more lemon juice to leftovers to help maintain color. Keep tightly covered and chilled.

NUTRITIONAL INFO PER

SERVING 273 cal, 6 g pro, 43 g carb, 8 g fiber, 10 g fat, 2 g sat fat, 4 mg chol, 328 mg sodium

FLAT BELLY BONUS

A serving of this potato salad provides about 8 g of resistant starch, a type of fiber that may reduce hunger and help your body burn fat.

FLATTEN
YOUR
BELLY
FOR LIFE!



Looking for easy, healthy, delicious meals that won't leave you with cravings later on? You'll find them here each month!

The MUFAs, or monounsaturated fats (highlighted in green), used in these recipes are the cornerstones of *Prevention's* revolutionary new eating plan, the Flat Belly Diet. For more information on how MUFAs can help you lose belly fat, check out flatbellydiet.com and click on the Food tab.

