

## WEIGHT LOSS


 FLAT  
BELLY  
FOODS

# Skinny Dipping

Whip up a snack that helps attack belly fat by adding a **MUFA** (monounsaturated fat) to the mix. Three recipes show you how ■ BY JACKIE NEWGENT, RD

■ PHOTOGRAPHS BY HECTOR MANUEL SANCHEZ

## Spinach-Pesto Dip

■ TIME: 10 MINUTES + CHILLING TIME

■ SERVINGS: 6

**1** pkg (10 oz) frozen chopped spinach, thawed and squeezed dry

**3** scallions, thinly sliced (about  $\frac{1}{2}$  c)

$\frac{1}{2}$  yellow bell pepper, finely chopped (about  $\frac{1}{2}$  c)

$\frac{1}{4}$  c + 2 TBSP PESTO SAUCE (MUFA)

$\frac{1}{3}$  c reduced-fat sour cream

$\frac{1}{3}$  c fat-free plain yogurt

**1** $\frac{1}{2}$  Tbsp mayonnaise

**1** lg clove garlic, minced

$\frac{1}{2}$  tsp salt

**COMBINE** all ingredients in medium bowl. Cover and chill at least 1 hour before serving.

**NUTRITIONAL INFO PER SERVING**  
( $\frac{1}{3}$  CUP DIP ONLY) 140 cal, 6 g pro, 7 g carb, 2 g fiber, 10.5 g fat, 3 g sat fat, 13 mg chol, 391 mg sodium

### FLAT BELLY BONUS

Spinach is an excellent source of iron, a mineral that helps carry oxygen to your muscles. Getting enough keeps you from feeling tired and sluggish—great for a calorie-burning workout!

## Creamy Veggie Dip

■ TIME: 10 MINUTES + CHILLING TIME

■ SERVINGS: 4

$\frac{1}{3}$  c reduced-fat sour cream

$\frac{1}{8}$  c SAFFLOWER OIL (MUFA)

1 c 1% small curd cottage cheese

$\frac{1}{4}$  med red onion, finely chopped  
(about  $\frac{1}{4}$  c)

1 jalapeño chile pepper, seeded  
and finely chopped

1 lg clove garlic, minced

1 Tbsp freshly squeezed  
lemon juice

$\frac{1}{2}$  tsp Worcestershire sauce

$\frac{1}{4}$  tsp salt

**1. WHISK** together sour cream and oil in large bowl until smooth and creamy. Stir in cottage cheese, onion, chile

pepper, garlic, lemon juice, and Worcestershire.

**2. ADD** salt. Cover and chill at least 1 hour before serving.

### NUTRITIONAL INFO PER

#### SERVING ( $\frac{1}{2}$ CUP DIP ONLY)

200 cal, 8 g pro, 5 g carb, 0.5 g fiber, 17 g fat, 3 g sat fat, 13 mg chol, 395 mg sodium

### FLAT BELLY BONUS

Buy a "high-oleic" variety of safflower oil to ensure the highest MUFA content. This type is 75% monounsaturated; regular safflower oil is only 12% monounsaturated.

## Yogurt and Cucumber Dip

▣ TIME: 10 MINUTES + CHILLING TIME

▣ SERVINGS: 4

1 c fat-free plain  
Greek-style yogurt

1/2 c TAHINI (SESAME  
SEED PASTE), MUFA

3 Tbsp freshly squeezed  
lemon juice

2 lg cloves garlic, minced

1 med seedless cucumber  
(with skin), finely chopped  
(about 1 c)

2 Tbsp finely chopped  
fresh mint

1 Tbsp finely chopped fresh dill

1/2 tsp salt

1/8 tsp freshly ground  
black pepper

**1. STIR** together yogurt, tahini, lemon juice, and garlic in large bowl until well combined. Mix in cucumber, mint, and dill.

**2. ADD** salt and pepper. Cover and chill at least 1 hour before serving.

### NUTRITIONAL INFO PER SERVING (1/2 CUP DIP ONLY)

217 cal, 11 g pro, 11 g carb,  
2 g fiber, 16 g fat, 2 g sat fat,  
0 mg chol, 323 mg sodium

**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 fatty acids (highlighted in green), used in these recipes are the cornerstones of *Prevention's* revolutionary new eating plan, the Flat Belly Diet. For more info on the groundbreaking science showing that MUFAs can help you lose belly fat, check out [flatbellydiet.com](http://flatbellydiet.com) and click on the Food tab.

### FLAT BELLY BONUS

Whole wheat pita pairs well with this light dip. Choose it over white pita, which has 72% less hunger-fighting fiber (1.3 g versus 4.7 g per 6 1/2-inch round).