

Smart ways to live well

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Prevention

★ SPECIAL ISSUE ★

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FAST IDEAS | Cook!

How Do You Use Egg Roll Wrappers?

“I Serve Shrimp” Egg roll wrappers are da bomb! I like to make cilantro-wrapped shrimp. Halve raw shrimp lengthwise and season with salt and pepper. Cut wrappers into quarters. Dip each in a milk-and-egg mixture and place a shrimp half on a corner. Add a pinch of cilantro and a slice of red bell pepper. Roll up, put seam side down in a pan with a thin layer of hot oil, and cook until they're light brown and shrimp are done. —**Guy Fieri**, Food Network host and author of *Diners, Drive-Ins and Dives*

“I Build a Salad” Pan searing wrappers in some olive oil gets them sturdy and crisp so you can layer them with your favorite salad ingredients. For a Caesar salad, stack layers of mixed greens and chicken between wrappers. Top with tomato, shaved Parmesan, and dressing. —**Jim Coleman**, chef and host of *Healthy Flavors* on PBS



“We Layer a Napoleon” At our restaurant, we make a delicious chocolate and fruit dessert. Quarter the egg roll wrappers to form smaller squares and fry or bake them until crisp. Then brush them with melted chocolate—milk or dark—and layer with fresh seasonal fruit to make a Napoleon. —**Mark Gaier and Clark Frasier**, chefs and owners of *Arrows* and *MC Perkins Cove* in Ogunquit, ME

“I Make a Personal Lasagna” Rinse the wrappers with cold water to remove excess starch. Then mix ricotta, cubed mozzarella, grated Parmesan, eggs, and seasoning. In small baking dishes, layer marinara sauce and the filling in between wrappers (trimmed to fit the dishes), and top with more sauce and mozzarella. Bake until bubbly. —**Maria Helm Sinskey**, author of *Williams-Sonoma Family Meals*

“I Top a Pie” Use egg roll wrappers for a quick-fix pie topping. Pile fruit in an oven-safe dish with sugar and a little cornstarch. Brush wrappers with melted butter on one side and sprinkle with sugar and cinnamon. Loosely crumple them and arrange, buttered side up, on top of the fruit until there are no gaps. Bake until fruit is tender and topping is golden brown. —**Nadia Arumugam**, author of *Chop, Sizzle and Stir*

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