

EATINGWELL

HEALTHY SPINACH RECIPES



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Healthy Spinach Recipes

CELERIAC, CRESS & SPINACH SALAD WITH PARMESAN CRISPS



ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 2 days.

The big flavor of sherry vinegar mixed with mustard, oil and garlic in the dressing for this healthy spinach salad recipe serves a dual purpose: marinade for the roasted celery root and a dressing for this side salad. Little rounds of crunchy Parmesan crisps look fancy, but are easy to make and add a perfect textural contrast and salty counterpart to the earthy and spicy greens and sweet-tart cranberries.

- 1 small celery root (12-16 ounces)
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 small clove garlic
- 4 teaspoons sherry vinegar
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$ cup finely shredded Parmesan cheese
- 2 bunches upland cress, roots trimmed, or 8 cups watercress, tough stems trimmed
- 3 cups baby spinach
- $\frac{1}{3}$ cup sweetened dried cranberries

1. Preheat oven to 400°F.

2. Cut one end off the celery root to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root. Or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed. Cut into $\frac{1}{2}$ -inch cubes and toss in a large bowl with 1 tablespoon oil, $\frac{1}{4}$ teaspoon salt and pepper until well coated. Spread out on a baking sheet (reserve the bowl). Roast the celery root, stirring once or twice, until lightly browned and soft, 15 to 20 minutes.

3. Meanwhile, chop and mash garlic with the remaining $\frac{1}{2}$ teaspoon salt on a cutting board until a paste forms. Scrape the garlic paste into the large bowl and whisk in the remaining 2 tablespoons oil, vinegar and mustard.

4. Add the celery root to the dressing and



toss to coat; let cool in the dressing.

5. To prepare Parmesan crisps: Reduce oven temperature to 350°. Line a large baking sheet with a nonstick baking mat or generously coat with cooking spray.

6. Divide Parmesan into 6 little piles on the prepared baking sheet and spread each into a 2-inch disk. Bake until the Parmesan is melted completely and lightly browned, but not too dark, 8 to 10 minutes. Let cool 5 minutes on the pan, then use a firm, thin spatula to remove.

7. Add cress (or watercress), spinach and

cranberries to the celery root and season to taste with more pepper; lightly toss to coat. Serve each salad with a Parmesan crisp.

SERVES 6: $1\frac{1}{3}$ CUPS SALAD & 1 CRISP EACH

Calories 141, **Fat** 9g (sat 2g), **Cholesterol** 5mg, **Carbs** 11g, **Total sugars** 5g (added 4g), **Protein** 5g, **Fiber** 2g, **Sodium** 513mg, **Potassium** 384mg. **Nutrition bonus:** Vitamin A (58% daily value), Vitamin C (46% dv), Calcium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, $\frac{1}{2}$ other carbohydrate, $\frac{1}{2}$ lean meat, $1\frac{1}{2}$ fat

Healthy Spinach Recipes

CHICKEN FLORENTINE ROLL-UPS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 1 HR 5 MIN

TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 1 day.

Perfect for entertaining, these chicken cutlets are stuffed with spinach, sun-dried tomatoes, walnuts and just enough cream cheese to hold the filling together. Make a double batch and freeze half the roll-ups (individually wrapped in plastic), then just defrost and bake as you like. Serve topped with fresh diced tomatoes or marinara sauce and a sprinkling of chopped fresh basil.

- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- ½ cup reduced-fat cream cheese (Neufchâtel), at room temperature, or part-skim ricotta
- ⅓ cup thinly sliced soft sun-dried tomatoes
- ¼ cup finely chopped toasted walnuts
- ¾ teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- ⅛ teaspoon garlic powder
- 8 4-ounce chicken cutlets (about 2 pounds total; see *Tip*)
- ½ cup dry white wine

1. Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size 3-quart) baking dish with cooking spray.
2. Mash spinach, cream cheese (or ricotta), sun-dried tomatoes, walnuts, ¼ teaspoon each salt and pepper and garlic powder with a fork in a medium bowl until well combined.
3. Place chicken cutlets on a work surface. Sprinkle both sides with the remaining ½ teaspoon each salt and pepper. Place about 2 tablespoons of the spinach mixture in the center of each cutlet. Roll up the chicken around the filling and secure each roll-up with 2 toothpicks; place in the prepared pan. Pour wine around the roll-ups. Cover the pan with foil.
4. Bake until an instant-read thermometer inserted into the thickest roll registers 165°F, 30 to 40 minutes. Slice with a serrated knife and serve.



SERVES 8

Per serving: 212 calories; 9 g fat (3 g sat, 2 g mono); 73 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 26 g protein; 2 g fiber; 402 mg sodium; 424 mg potassium.

Nutrition bonus: Vitamin A (89% daily value), Magnesium (16% dv).

Carbohydrate servings: 0

Exchanges: 1 vegetable, 3 lean meat, 1 fat

TIP

- If you can't find chicken cutlets for this recipe, start with four 10- to 12-ounce boneless, skinless chicken breasts instead. Remove each tender and cut each breast in half into two roughly equal portions for eight 4-ounce portions. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about ½ inch.

Healthy Spinach Recipes

REAL-MAN QUICHE

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 1 HR 35 MIN

TIMING TIP: Thaw frozen phyllo in the refrigerator for at least 8 hours or overnight before preparing the recipe.

We've loaded this meaty pie with a whole pound of turkey sausage and given it a fabulous, flaky phyllo crust. Real men do eat quiche!

Canola oil cooking spray

1 pound sweet Italian turkey sausage links, removed from casings

1 medium red onion, thinly sliced

2 cups sliced mushrooms

4 cups baby spinach

4 eggs

2 egg whites

½ cup 1% milk

¼ teaspoon freshly ground pepper

6 sheets phyllo dough, defrosted according to package directions

¼ cup plain dry breadcrumbs

¼ cup shredded Gruyère cheese

1. Preheat oven to 350°F. Coat a 9-inch deep-dish glass pie pan with cooking spray.

2. Cook sausage in a large nonstick skillet over medium-high heat, breaking it up into small pieces with a wooden spoon, until cooked through, about 5 minutes. Transfer to a medium bowl lined with paper towels. Coat the pan with cooking spray, add onion and mushrooms and cook, stirring, until beginning to brown, 4 to 5 minutes. Add spinach and stir until just wilted, about 1 minute. Transfer the vegetables to the bowl with the sausage; set aside.

3. Whisk eggs, egg whites, milk and pepper in a medium bowl.

4. Unroll phyllo onto a clean, dry surface. Cover with a sheet of wax paper and then a damp kitchen towel. Place one sheet of dough into the prepared pie pan, spray with cooking spray and sprinkle lightly with breadcrumbs. Repeat with the remaining phyllo, spraying and sprinkling between each layer, turning each sheet at a 45° angle to cover the entire pan. Trim the phyllo edge with kitchen shears to be level with the rim of the pan. Spread the sausage mixture in an

even layer on top of the phyllo; pour in the egg mixture and top with cheese.

5. Bake the quiche until the top is browned and the phyllo is crispy, 40 to 45 minutes. Let cool for 10 minutes before cutting into wedges.

SERVES 8



Per serving: 236 calories; 9 g fat (3 g sat, 3 g mono); 153 mg cholesterol; 19 g carbohydrate; 19 g protein; 2 g fiber; 543 mg sodium; 289 mg potassium.

Nutrition bonus: Vitamin A (15% daily value), Zinc (15% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 2 medium-fat meats

Healthy Spinach Recipes

RICE, CHEDDAR & SPINACH PIE

☐ Heart Health ☒ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 45 MIN

This rice, spinach and Cheddar pie is a cinch to prepare—especially if you have leftover cooked rice. If you don't, follow package directions for 4 servings to get about 3 cups cooked rice.

Serve with steamed artichokes with light mayo mixed with lemon for dipping.

- 3 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 3 cups cooked instant or quick-cooking brown rice
- 1 cup diced extra-sharp Cheddar cheese
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 4 large eggs
- ¼ cup nonfat milk

- 1.** Preheat oven to 425°F. Generously coat a 9-inch pie pan with cooking spray.
- 2.** Heat oil in a large skillet over medium heat. Add onion and cook, stirring frequently, until beginning to brown, about 5 minutes. Add garlic and spinach; cook, stirring, 1 minute more. Transfer to a large bowl. Add rice, cheese, pepper and salt to the bowl and stir to combine.
- 3.** Whisk eggs and milk in a medium bowl. Stir into the spinach-rice mixture. Transfer to the prepared pan and smooth the top with a spatula.
- 4.** Bake the pie until lightly browned in spots, about 25 minutes. Let stand for 5 minutes before cutting into wedges.

SERVES 6

Calories 340, **Fat** 18g (sat 6g), **Cholesterol** 144mg, **Carbs** 30g, **Total sugars** 2g (added 0g), **Protein** 14g, **Fiber** 3g, **Sodium** 309mg, **Potassium** 300mg.

Nutrition bonus: Vitamin A (119% daily value), Calcium & Folate (23% dv)

Carbohydrate servings: 2

Exchanges: 1½ starch, ½ vegetable, 1 high-fat meat, 2 fat



Healthy Spinach Recipes

VEGETARIAN SPINACH ENCHILADAS

- ☒ Heart Health ☒ Diabetes
- ☐ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 45 MIN

This vegetarian enchilada recipe is week-night-fast when you skip the step of filling and rolling the enchiladas and make a stacked enchilada casserole instead. Just layer the tortillas, sauce and cheesy spinach filling the way you would lasagna and have the casserole in the oven in 20 minutes. Toss a salad while it bakes.

- 1 14-ounce can diced tomatoes
- 1 small onion, chopped
- 3 teaspoons minced canned chipotle chiles (see Tip), divided
- ¼ teaspoon salt
- 1½ cups low-fat, reduced-sodium cottage cheese
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1 cup shredded Monterey Jack cheese, divided
- 1 bunch scallions, sliced, white and green parts separated
- ½ teaspoon garlic powder
- 8 6-inch corn tortillas

1. Preheat oven to 450°F. Coat an 8-inch-square baking dish with cooking spray.
2. Place tomatoes, onion, 2 teaspoons chipotle and salt in a blender. Puree until smooth. Mash cottage cheese in a medium bowl; stir in spinach, ½ cup cheese, scallion whites, garlic powder and the remaining 1 teaspoon chipotle.
3. Spread ¼ cup of the tomato sauce in the prepared baking dish. Cover with 4 tortillas (they will overlap). Spread on ½ cup sauce, then all the spinach filling. Top with another ¼ cup sauce. Layer on the remaining 4 tortillas and the remaining 1 cup sauce. Sprinkle the remaining ½ cup cheese on top.
4. Bake the casserole until the cheese is melted and the filling is hot, about 25 minutes. Sprinkle with 2 tablespoons of the reserved scallion greens.

SERVES 4



Per serving: 326 calories; 11 g fat (6 g sat, 3 g mono); 29 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 24 g protein; 7 g fiber; 551 mg sodium; 709 mg potassium.

Nutrition bonus: Vitamin A (178% daily value), Calcium (44% dv), Folate (37% dv), Vitamin C (31% dv), Magnesium (29% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 2 vegetable, 1½ lean meat, 1 medium-fat meat

TIPS

Try chipotle chiles in adobo sauce—smoked jalapeños packed in a flavorful sauce—to add smoky heat to sauces and soups. A little goes a long way, so taste as you go. Look for the small cans with Mexican foods at large supermarkets. Store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.

Healthy Spinach Recipes

SPINACH & GRUYÈRE STUFFED TILAPIA

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 35 MIN

For this healthy stuffed tilapia recipe, use two larger fillets cut lengthwise to make these savory tilapia rolls. Or look for frozen tilapia "loins" and use one loin per roll.

- 3 teaspoons extra-virgin olive oil, divided
- ¼ cup finely diced onion
- 1 small clove garlic, minced
- 1½ cups baby spinach, chopped
- 1 lemon, divided
- ¼ cup coarse dry whole-wheat breadcrumbs (panko)
- ¼ cup shredded Gruyère cheese
- 2 tablespoons finely chopped almonds, toasted (see Tip)
- 1 large egg, beaten
- 2 teaspoons low-fat mayonnaise
- ¼ teaspoon salt, divided
- ¼ teaspoon pepper, divided
- 2 large tilapia fillets (6-7 ounces each)

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 2 teaspoons oil in a medium non-stick skillet over medium heat. Add onion; cook, stirring, until soft, about 2 minutes. Add garlic, cook for 15 seconds, then add spinach and cook, stirring, until wilted, about 1 minute. Transfer the vegetables to a bowl and let cool for 2 minutes.
3. Cut lemon in half; juice one half and add the juice to the vegetables. Add breadcrumbs, cheese, almonds, egg, mayonnaise and ⅛ teaspoon each salt and pepper; stir to combine.
4. Sprinkle fish with the remaining ⅛ teaspoon each salt and pepper, then cut each fillet in half lengthwise. Place ¼ cup of the spinach stuffing in the middle of each piece of fish. Roll up from the small end and place seam-side down in the prepared baking dish. Brush the stuffed fish with the remaining 1 teaspoon oil. Cut the remaining lemon half into 4 slices and place one on each roll.
5. Bake until the tilapia is opaque in the middle, 12 to 15 minutes.



SERVES 4

Calories 209, **Fat** 10g (sat 3g), **Cholesterol** 97mg, **Carbs** 7g, **Total sugars** 1g (added 0g), **Protein** 23g, **Fiber** 1g, **Sodium** 266mg, **Potassium** 389mg.
Nutrition bonus: Vitamin B₁₂ (26% daily value), Vitamin A (24% dv).
Carbohydrate servings: ½
Exchanges: ½ vegetable, ½ medium-fat meat, 2½ lean meat, 1 fat

TIP

For the best flavor, toast chopped nuts: Heat a dry skillet over medium-low heat. Add nuts and cook, stirring constantly, until fragrant, 2 to 4 minutes.

Healthy Spinach Recipes

SOUTH PACIFIC SHRIMP



ACTIVE: 25 MIN (INCLUDING PEELING SHRIMP) **TOTAL:** 45 MIN

Vibrant Southeast Asian seasonings are a natural with shrimp. Freeze any leftover coconut milk or refrigerate it for several days; you can use it instead of broth or water to cook rice or enrich a curry.

MARINADE & SHRIMP

- 1/3 cup "lite" coconut milk (see Tip)
- 2 serrano chiles or jalapeño peppers, preferably red, seeded and minced
- 1 teaspoon minced fresh ginger
- 1 clove garlic, minced
- 2 teaspoons reduced-sodium soy sauce
- 1/4 cup lime juice
- 1 tablespoon brown sugar
- 1 pound medium shrimp (30-40 per pound), peeled and deveined

SAUCE

- 1 teaspoon extra-virgin olive oil
- 1/2 cup diced seeded tomato
- 4 cups baby spinach

1. Combine coconut milk, chiles, ginger, garlic, soy sauce, lime juice and brown sugar in a medium bowl. Add shrimp and toss to coat. Cover and marinate in the refrigerator for 10 to 15 minutes, tossing occasionally. Drain well, reserving marinade.

2. Heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add tomato and spinach to the pan; cook, stirring, until the spinach starts to wilt, about 30 seconds. Add the reserved marinade; simmer until the sauce thickens slightly, about 2 minutes. Return the shrimp and any accumulated juices to the pan; heat through. Serve immediately.

SERVES 4: 1 GENEROUS CUP EACH



Per serving: 176 calories; 5 g fat (2 g sat, 1 g mono); 172 mg cholesterol; 9 g carbohydrate; 3 g added sugars; 24 g protein; 1 g fiber; 282 mg sodium; 300 mg potassium.

Nutrition bonus: Vitamin A (40% daily value), Vitamin C (30% dv), Iron (20% dv).

Carbohydrate servings: 1/2

Exchanges: 1 vegetable, 3 very lean protein, 1 fat

TIP

Freeze any leftover coconut milk or refrigerate it for several days; you can use it instead of broth or water to cook rice or enrich a curry or rice pudding

Healthy Spinach Recipes

BLUE CHEESE & SPINACH PIZZ'ALAD

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 1 HR 10 MIN **TOTAL:** 2 HRS 10 MIN
(INCLUDING MAKING DOUGH)

TO MAKE AHEAD: Prepare dough through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before rolling out.

EQUIPMENT: Pizza stone

Cobb salad meets pizza in this summery pizza salad recipe. We love a full-flavored blue cheese like Maytag on this pizza, but a milder blue cheese is also nice and will let some of the other flavors shine through a little more. Using bread flour gives the pizza crust a crisp and sturdy structure, but all-purpose flour works well in its place.

WHOLE-GRAIN PIZZA DOUGH

- $\frac{2}{3}$ cup lukewarm water
- 1 teaspoon instant or RapidRise yeast
- 1 teaspoon sugar
- $\frac{1}{4}$ cups bread flour or all-purpose flour
- $\frac{3}{4}$ cup white whole-wheat flour or all-purpose flour
- $\frac{1}{2}$ teaspoon salt

TOPPING & SALAD

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup crumbled blue cheese, divided
- $\frac{1}{4}$ cup chopped fresh chives or scallions
- 3 slices bacon, chopped
- 2 tablespoons chopped shallot
- 2 tablespoons cider vinegar
- 2 teaspoons honey mustard
- 1 large tomato, cut in half, divided
- 3 cups baby spinach
- 1 cup fresh corn kernels
- 2 large hard-boiled eggs, chopped

- 1. To prepare pizza dough:** Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in bread flour (or all-purpose flour), whole-wheat flour (or all-purpose flour) and salt until the dough begins to come together.
- 2.** Turn the dough out onto a lightly floured work surface. Knead until smooth and

elastic, about 10 minutes. (Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.) Place the dough in an oiled bowl and turn to coat.

3. Cover the bowl with a clean kitchen towel; set aside in a warm, draft-free place until the dough has nearly doubled in size, about 1 hour.

4. To bake pizza and prepare topping & salad: Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.

5. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).

6. Brush the dough with oil and sprinkle with $\frac{1}{4}$ cup blue cheese and chives (or scallions). Slide the pizza onto the hot stone. Bake until golden and crispy, 8 to 10 minutes.

7. Meanwhile, cook bacon in a small skillet over medium heat until crispy, about 5 minutes. Remove bacon bits to a paper towel-lined plate with a slotted spoon. Add shallot to the pan and cook, stirring, until soft-

ened and fragrant, about 1 minute. Remove from heat and stir in vinegar and mustard.

8. Stand a box grater up in the pan; shred one tomato half through the large holes; stir to combine the tomato juice with the dressing. (Discard tomato skin.) Transfer 2 tablespoons of the dressing to a small bowl.

9. Chop the remaining tomato half and toss in a large bowl with spinach, corn, eggs, the remaining $\frac{1}{4}$ cup cheese and the remaining dressing.

10. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Drizzle the reserved dressing over the pizza. Mound the salad in the middle and serve immediately.

SERVES 5

Per serving: 366 calories; 12 g fat (5 g sat, 5 g mono); 91 mg cholesterol; 49 g carbohydrate; 2 g added sugars; 16 g protein; 4 g fiber; 619 mg sodium; 453 mg potassium.

Nutrition bonus: Vitamin A (48% daily value), Folate (38% dv), Iron (29% dv), Vitamin C (23% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, $\frac{1}{2}$ vegetable, $\frac{1}{2}$ medium-fat meat, $\frac{1}{2}$ high-fat meat, 1 fat



About EatingWell

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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