

# EATINGWELL

WHERE GOOD TASTE MEETS GOOD HEALTH

**47** RECIPES  
**FRESH,  
 EASY &  
 HEALTHY**

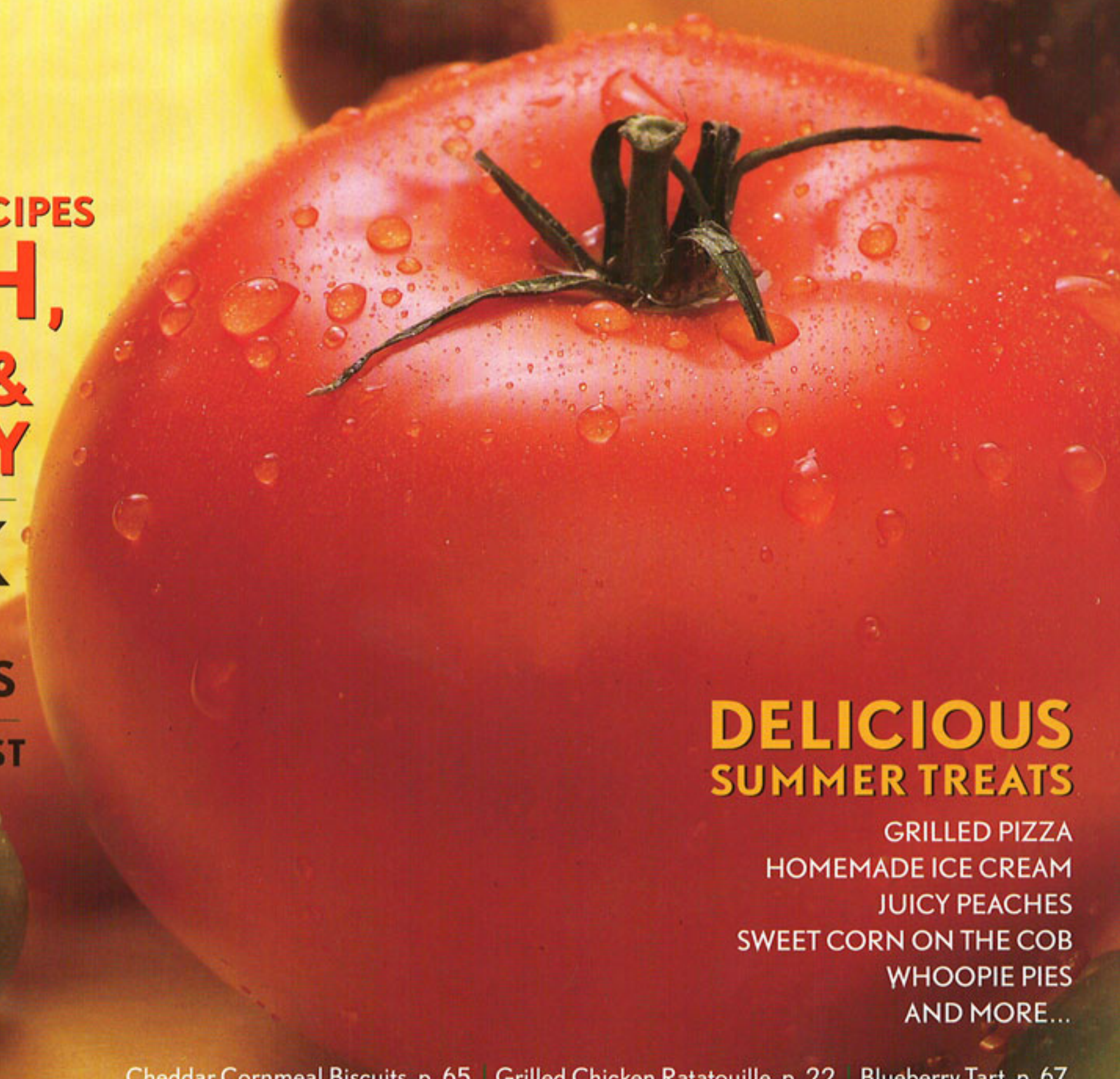
**QUICK  
 POWER  
 BREAKFASTS**

**AMERICA'S BEST  
 LOCAL FOODS**



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 DISPLAY UNTIL SEPT. 2, 2008

AUGUST 2008



## DELICIOUS SUMMER TREATS

GRILLED PIZZA  
 HOMEMADE ICE CREAM  
 JUICY PEACHES  
 SWEET CORN ON THE COB  
 WHOOPIE PIES  
 AND MORE...

Cheddar Cornmeal Biscuits, p. 65 | Grilled Chicken Ratatouille, p. 22 | Blueberry Tart, p. 67

## MAKEOVERS & TOOLS

*continued from page 84* FOR CHOCOLATE ICE CREAM: Add cocoa and chocolate to the milk.  
 3. Heat the milk mixture over medium heat until steaming. Whisk egg yolks and condensed milk in a medium bowl. Gradually pour in the hot milk, whisking until blended. Return the mixture to the pan and cook over medium heat, stirring with a wooden spoon, until the back of the spoon is lightly coated, 3 to 5 minutes. Do not bring to a boil or the custard will curdle.  
 4. Strain the custard through a fine-mesh sieve into a clean large bowl. Add the softened gelatin and whisk until melted. Whisk in the remaining 1 1/2 cups milk. Cover and refrigerate until chilled, at least 2 hours.  
 5. Whisk the ice cream mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. If necessary, place the ice cream in the freezer to firm up before serving.

MAKES 8 SERVINGS, 1/2 CUP EACH (1 QUART).

PER SERVING (VANILLA BEAN): 202 CALORIES; 3 G FAT (1 G SAT, 1 G MONO); 89 MG CHOLESTEROL; 36 G CARBOHYDRATE; 9 G PROTEIN; 0 G FIBER; 104 MG SODIUM; 477 MG POTASSIUM.  
 NUTRITION BONUS: Calcium (25% DAILY VALUE). **H X W H H**

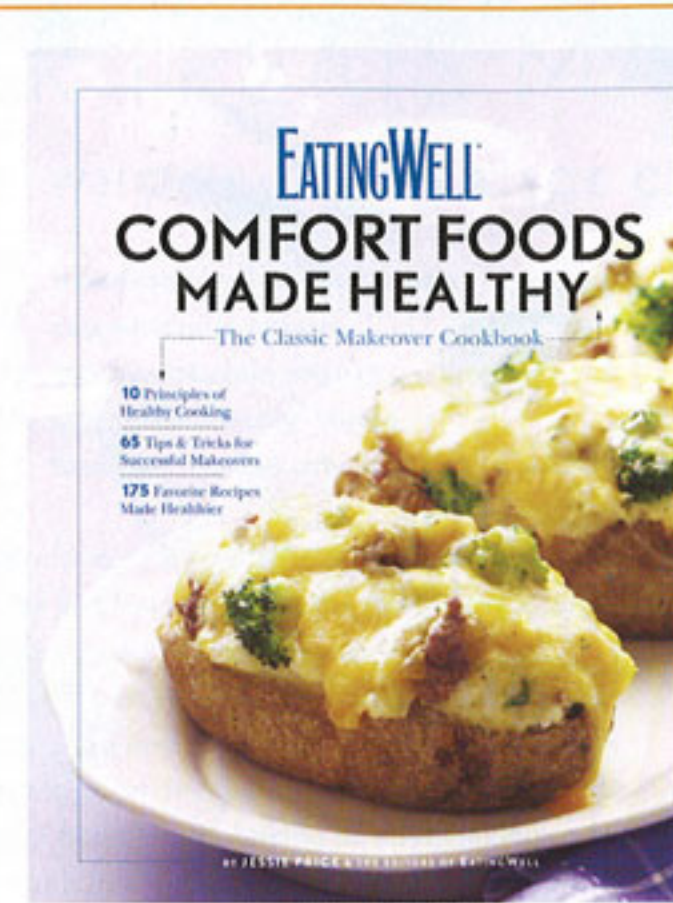
PER SERVING (CHOCOLATE): 245 CALORIES; 7 G FAT (4 G SAT, 2 G MONO); 89 MG CHOLESTEROL; 39 G CARBOHYDRATE; 10 G PROTEIN; 2 G FIBER; 106 MG SODIUM; 576 MG POTASSIUM.  
 NUTRITION BONUS: Calcium (26% DAILY VALUE), Magnesium (17% DV), Potassium (16% DV).

### MAKEOVER HIGHLIGHTS

	PREMIUM VANILLA ICE CREAM	EATINGWELL VANILLA ICE CREAM
CALORIES	290	202
FAT	18 grams	3 grams
SATURATED FAT	11 grams	1 gram

#### HOW WE DID IT:

- Used nonfat sweetened condensed milk and low-fat milk in place of heavy cream and whole milk
- Eliminated 2 egg yolks
- Added gelatin to keep it rich and creamy without adding extra fat



LOOK FOR MORE GREAT MAKEOVER RECIPES like these in our upcoming book *EatingWell Comfort Foods Made Healthy: The Classic Makeover Cookbook*, to be released this fall. You'll find more than 175 healthy, easy recipes as well as makeover and shopping tips and EATINGWELL's signature nutrition expertise.  
 The book delivers recipes for every occasion—from Super Bowl snacks to 4th of July BBQs to Thanksgiving dinners—and for every type of food (yes, even chocolate desserts!).  
 With a fun tone and easy-to-follow quick recipes, *EatingWell Comfort Foods Made Healthy* is perfect for first-time cooks or people who already know their way around the kitchen and now want to make their classic favorites healthier.  
 Preorder at [eatingwell.com/shop](http://eatingwell.com/shop)

## STIR IT UP!

Jazz up homemade ice cream with one of our stir-in combinations below. Here are few tips to get you started:

- Stir-ins should be small, about the size of a pea.
- Cool toasted ingredients completely before adding them to the ice cream maker.
- Check your ice cream maker's instructions when it comes to judging the volume of your stir-ins. In general, we recommend 1 cup of stir-ins per quart of ice cream.
- Add stir-ins to the ice cream maker during the last 5 minutes of freezing.



**Blueberry-Cinnamon Swirl** | 1 cup fresh or frozen blueberries & 1 teaspoon ground cinnamon

**Cherry & White Chocolate Chunk** | 1/2 cup fresh or frozen chopped cherries & 1/2 cup white chocolate chunks

**Toasted Coconut & Almond** | 1/2 cup toasted coconut flakes & 1/2 cup chopped toasted almonds (see Tip, page 89)

**Strawberry-Chocolate** | 3/4 cup fresh or frozen chopped strawberries & 1/4 cup cocoa nibs or mini chocolate chips

**Chocolate Cookie & Walnut Crunch** | 3/4 cup chopped chocolate sandwich (or wafer) cookies & 1/4 cup chopped toasted walnuts (see Tip, page 89)



### [ TOOLS WE USE ]

## SAVOR SUMMER'S FRESH HERBS

Fresh herbs abound in the summer, but once they're plucked from the garden or taken home from the farmers' market, it's hard to keep them from withering away in the refrigerator. That's why we like the Herb-Savor from Prepara. Its sturdy plastic exterior keeps herbs protected from the harsh environment of the fridge, while a small water well at the bottom keeps them hydrated. Herbs stay fresh for up to three weeks and it even keeps asparagus crisp. The Herb-Savor is available for \$29.95 at [prepara.com](http://prepara.com) along with products like the Trio—a vegetable peeler that includes three exchangeable blades designed to peel and even julienne fruits and vegetables. Prepara products are also available at Bed Bath & Beyond and Sur la Table. —Hilary Meyer

Find more cool tools at [eatingwell.com/kitchentools](http://eatingwell.com/kitchentools). <<