SCALPEL-FREE BUTT LIFT
SKIP THE SQUATS!

BLAST MORE FAT
ON YOUR LUNCH BREAK

LOOK BETTER
NAKED
IN 4 WEEKS
p.114

Exclusive!

FITTER
THAN EVER
AT 52!

ELLEN
DEGENERES

“My All-Day
Energy Diet”
PLUS: THE
EXERCISE ROUTINE
SHE DOES EVERY
MORNING

WEIGHT LOSS
MADE EASY

“How I Lost
105 POUNDS!”

p.122

A BETTER
WAY TO
TAKE YOUR
VITAMINS

25-SECOND
HAIR
MAKEOVER

5 SLIM-DOWN
SMOOTHIES
(WITH A HEALTHY TWIST)

ALL NEW!
SIMPLE 4-STEP PLAN

FLAT
SEXY
ABS

BY MAY 31

Shape
Your Life
TURKEY BURGERS

Just because that hamburger's made from ground turkey doesn't mean it's healthier than beef. "Some turkey burgers contain dark meat and skin, which can make them high in saturated fat and calories," says Sotiria Tzakos Everett, R.D., a nutritionist at the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City. To save 200 calories and 7 grams of fat over a beef patty, she recommends "opting for ground turkey that's at least 90 percent lean and contains fewer than 3 grams of saturated fat. Then add flavor by mixing in minced onion, garlic, Dijon mustard, paprika, or hot sauce."

UNCLE BEN'S Heart Healthy Chicken & Brown Rice Salad

INGREDIENTS
2 bags UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
2 cups shredded skinless chicken breast cooked and cooled
2 medium green apples thinly sliced
1 cup red onion finely chopped (optional)
1/3 cup toasted walnuts coarsely chopped
2 Tbsp. fresh sage chopped
6 Tbsp. low-fat balsamic vinaigrette

INSTRUCTIONS
2. If chicken is not already cooked, grill in pan under medium-high heat until cooked through.
3. In a large bowl, toss together rice, chicken, green apple, red onion, walnuts and balsamic vinaigrette.
4. Garnish with fresh sage. Serve cold or room temperature.

For other delicious recipes, go to unclebens.com

SERVES: 6
Prep Time: 20 minutes
Meal Occasion: Appetizer, Side Dish, Salad, Lunch
Cuisine Type: American