

Index

Pages with illustrations in *italics*.

Ages and stages of life, 6–31

at every age, 6–7, 29–31

the 20s, 8–11

the 30s, 12–15

the 40s, 16–19

the 50s, 20–22

the 60s, 23–25

the 70s and 80s, 26–28

Alfredo, chicken linguine, 151

Almonds, orange-, salad, 209

Appetizers, 64–91

Apple(s)

breakfast bars, on-the-go, 59

-Mint Iced Green Tea, 60

pork tenderloin with sweet potatoes and, 146

Apricot Breakfast Bread, 51

Asian Chicken Roll-Ups, 157

Ask the Doctor Q&As, 32–33

Asparagus. *See also* Vegetables

-pepper stir-fry, 199

roasted, -berry salad with pecans, 206

Avocado

-kiwi salad, tuna with, 132, 133

in Quick Guacamole, 78, 79

Bacon, lettuce and tomato potato salad, 207

Baked Coconut Shrimp, 83

Banana, chocolate-peanut butter-, smoothie, 61

Barley

beef-, soup, slow cooker, 100

blueberry, pudding, 232

chicken-, stew, slow cooker, 95

-nut cookies, chewy, 230

risotto, farmers' market, 178, 179

Triple-Berry Oatmeal Muesli, 58

Bars, breakfast, on-the-go, 59

Beans. *See also* Black Beans; Casseroles; Chili;

Edamame; Green Beans; Minestrone; Soups;

Stews; Tabbouleh

Beef dishes

Beef Kabobs with Edamame Succotash, 142

Grilled Italian Steak and Vegetables, 140, 141

Grilled Jerk Flank Steak, 138

Italian Beef and Vegetables Soup, 98, 99

Mini Greek Meat Loaves with Tzatziki Sauce, 143

Old-Fashioned Oven Beef Stew, 104

Sirloin Steak with Caramelized Onions, 139

Sirloin Three-Bean Chili, 101

Slow Cooker Beef-Barley Soup, 100

Berry French Toast Bake, 45

Best-Ever Brown Bread, 88

Beverages

Apple-Mint Iced Green Tea, 60

Creamy Mango Smoothie, 62, 63

Chocolate-Peanut Butter-Banana Smoothie, 61

Frosty Mocha, 222

Melon Float with Lime and Mint, 217

Black beans

in Caribbean Dip with Lime Chips, 82

-citrus salsa, calypso shrimp with, 122, 123

and corn salsa, grilled swordfish with, 134

in Grilled Fish Tacos, 135

sauce, tofu stir-fry with, 185

in Sirloin Three-Bean Chili, 101

Blood pressure, about, 110–111

BLT Potato Salad, 207

Blueberry(ies). *See also* Fruit

barley pudding, 232, 233

-rhubarb crisp, 216

Body mass index (BMI), 20, 240–241

Bones, keeping strong, 84–85

Breads

breakfast, apricot, 51

brown, best-ever, 88

Bruschetta Pita Wedges, 68, 69

cranberry-orange, 52

Mini Rosemary Scones, 89

Mozzarella-Pepperoncini Platter, 72, 73

Three-Seed Flatbread, 90, 91

Breakfast dishes, 38–63

importance about, 9, 31

Broccoli

feta, tomato and, Salad, 210, 211

in Noodles and Peanut Sauce Salad Bowl, 168

in Savory Millet and Potato Stew, 105

stir-fried pork with mushrooms and, 147

in Tofu Stir-Fry with Black Bean Sauce, 185

Broiled Salmon with Orange-Mustard Glaze, 116

Bruschetta Pita Wedges, 68, 69

Buckwheat Pancakes with Butter-Pecan Syrup, 44

Bulgur, Feta-topped chicken with, 155

Burgers, turkey, with yogurt sauce, 163

Butter-pecan syrup, buckwheat pancakes with, 44

Cabbage

in Minestrone Soup, 108, 109

red, sweet-sour, 196, 197

Cajun Catfish Sandwiches, 121

Cake(s)

cheesecake, strawberry, frozen, 228, 229

chocolate soufflé, 223

Calcium, about, 18, 84–85

Calypso Shrimp with Black Bean-Citrus Salsa, 122, 123

Cantaloupe, in Melon Float with Lime and Mint, 217

Caribbean Dip with Lime Chips, 82

Caribbean Turkey Stew, 97

Carrot(s)

roasted, and herb spread, 70

rosemary pork roast with, 148, 149

Casseroles

Mexican bean and pork, 171

slow cooker Mediterranean minestrone, 174

Catfish, sandwiches, Cajun, 121

Cauliflower, Italian, 195

Cheese

blue, greens with fruit and, 192

Feta, broccoli and tomato salad, 210, 211

Feta-Topped Chicken with Bulgur, 155

Gorgonzola, red pepper polenta with, 184

Italian blend, in Grilled Margherita Pizza, 67

Mozzarella-Pepperoncini Platter, 72, 73

Cheesecake, frozen strawberry, 228, 229

Cherries, chocolate-chip, scones, 54

Chewy Barley-Nut Cookies, 230

Chicken

Feta-topped, with bulgur, 155

linguine Alfredo, 151

roll-ups, Asian, 157

salad, fruity, 162

salad, Polynesian, 161

salad, tropical, 156

skewers, grilled, 160

skillet, spinach and, 154

soup, Southwest, slow cooker, 94

stew, barley and, slow cooker, 95

Chili, sirloin three-bean, 101

Chilly Garden Pizza, 66

Chips, lime, Caribbean dip with, 82

Chocolate

cakes, soufflé, 223

dark, fondue, 224, 225

in Girlfriends' Gorp, 86

muffins, raspberry-, 87

-peanut butter-banana smoothie, 61

scones, chocolate chip-cherry, 54

Cholesterol, about, 110, 234, 235, 236

Citrus, black-bean salsa, 122, 123

Citrus Salad with Poppy Seed Dressing, 193

Clementine, in Citrus Salad with Poppy Seed Dressing, 193
 Coconut, shrimp, baked, 83
 Cod, in Grilled Fish Tacos, 135
 Cookies
 barley-nut, chewy, 230
 cranberry-orange oatmeal, 231
 Corn, lentil-, pilaf, 172, 173
 Corn 'n Crab Cakes, 120
 Corn dip, zesty, with veggies, 76
 Corn Salad in Tomato Cups, 205
 Corn salsa, black bean and, 134
 Couscous, tarragon-, salad, 180
 Crab cakes, corn 'n, 120
 Cranberry-Orange Bread, 52
 Cranberry-Orange Oatmeal Cookies, 231
 Cranberry-Pecan Granola, 55
 Cream cheese, lox and, scramble, 50
 Creamy Mango Smoothies, 62, 63
 Crème Brûlée with Raspberries, 219
 Crisp, blueberry-rhubarb, 216
 Crunchy Pears, 218
 Cuban-Style Tilapia Salad, 126, 127
 Cucumber-Mango Salad, 204
 Cups, lettuce, orange-almond salad in, 209
 Cups, tomato, corn salad in, 205

Dark Chocolate Fondue, 224, 225
 Desserts, 214–233
 Diabetes, about, 110–111, 234–236
 Dips
 Caribbean, with lime chips, 82
 corn, zesty, with veggies, 76, 77
 Quick Guacamole, 78, 79
 raspberry-mint marshmallow creme, 80, 81
 Dreamy Orange Cream, 220, 221
 Dressing
 for Cuban-Style Tilapia Salad, 126, 127
 poppy seed, 193
 raspberry, 208
 Dumplings, cornbread, 106, 107

Edamame succotash, 142
 Eggs dishes
 Lox and Cream Cheese Scramble, 50
 Potato, Egg and Sausage Frittata, 48, 49
 Estrogen, about, 202–203
 Exercise tips, 11, 14, 18, 22, 25, 27, 28, 56–57, 84–85, 110–111, 181–182, 226–227

Family, nutritional concerns for, 15
 Farmers' Market Barley Risotto, 178, 179
 Feta-Topped Chicken with Bulgur, 155
 Fettuccine, mushroom and spinach, 167
 Fish dishes, 114–135. *See also specific fish*
 Flatbread, three-seed, 90, 91
 Float, melon, with lime and mint, 217

Florentine, tilapia, 130
 Fluids, importance of taking, 31
 Fondue, dark chocolate, 224, 225
 Foods
 anti-aging, 17
 healthy choices, 8, 14
 items for a healthy pantry, 10
 power-house, 21
 tips in your kitchen, 34
 ways to make meal healthy, 13–15
 what to eat, 6, 8, 14, 35–37
 French toast, berry, bake, 45
 Frittata, potato, egg and sausage, 48, 49
 Frosty Mocha, 222
 Frozen Strawberry Cheesecake, 228, 229
 Fruit. *See also specific fruit*
 in Berry French Toast Bake, 45
 in Citrus Salad with Poppy Seed Dressing, 193
 in Dark Chocolate Fondue, 224, 225
 in Fruity Chicken Salad with Spring Greens and Pecans, 162
 mixed greens with, 208
 in Puffy Oven Pancake with Berries, 42, 43
 in Roasted Asparagus–Berry Salad, 206

Ginger-citrus salsa, salmon with, 117
 Girlfriends' Gorp, 86
 Glazes, orange, 52, 116
 Gorp, girlfriends', 86
 Granola, cranberry-pecan, 55
 Green beans, sesame, 190, 191
 Greek meat loaves, mini, 143
 Greek Turkey Burgers with Yogurt Sauce, 163
 Grilled Chicken Skewers with Peanut Sauce, 160
 Grilled Fish Tacos, 135
 Grilled Italian Steak and Vegetables, 140, 141
 Grilled Jerk Flank Steak, 138
 Grilled Lemon-Garlic Halibut Steaks with Pea Pods, 131
 Grilled Margherita Pizza, 67
 Grilled Seafood Salad with Shallot-Thyme Vinaigrette, 125
 Grilled Swordfish with Black Bean and Corn Salsa, 134
 Grilled Vegetable Salsa, 75
 Guacamole, quick, 78, 79

Hair, healthy, 128–129
 Halibut, steaks, grilled lemon-garlic, with pea pods, 131
 Ham, penne with spinach and, 170
 Headaches, hormones and, 203
 Health concerns, top, 234–235
 Heart, keeping healthy, 110–111, 234–236
 Herb-Roasted Root Vegetables, 212, 213
 Honeydew, float with lime and mint, 217
 Honey-peanut butter drizzle, whole wheat waffles with, 46, 47

Hormones, keeping in balance, 202–203

Immunizations, recommended, 236–237
 Italian Beef and Vegetables Soup, 98, 99
 Italian Cauliflower, 195
 Italian steak, grilled, and vegetables, 140, 141

Jerk flank steak, grilled, 138

Kabobs
 beef, and edamame succotash, 142
 shrimp, 124
 Kasha Tabbouleh, 175
 Kiwifruit. *See also Fruit*
 salad, avocado-, tuna with, 132, 133

Lemon-garlic halibut steaks, 131
 Lemon Massage Oil, 159
 Lentils. *See also Grains; Salad*
 -corn pilaf, 172, 173
 stew, slow cooker, 106, 107
 Lettuce. *See also Salads; Tacos*
 cups, orange-almond salad in, 209
 Lime-chile marinade, 142
 Linguine. *See also Lo mein; Noodles*
 chicken and, Alfredo, 151
 Lo mein, pork, 144, 145
 Lox and Cream Cheese Scramble, 50

Macaroni
 in Minestrone Soup, 108
 in Slow Cooker Mediterranean Minestrone Casserole, 174

Mango
 in Caribbean Dip, 82
 cucumber-, salad, 204
 smoothies, creamy, 62, 63
 in Tropical Chicken Salad, 156
 Marinade, lime-chile, 142
 Marlin, in Grilled Seafood Salad with Shallot-Thyme Vinaigrette, 125
 Marshmallow creme dip, raspberry-mint, 80, 81
 Massage oil, lemon, 159
 Meat. *See specific meats*
 Meat loaves, mini, Greek, 143
 Medications, about, 23–24
 Mediterranean minestrone casserole, slow cooker, 174
 Mediterranean Quinoa Salad, 166
 Melon Float with Lime and Mint, 217
 Menopause, 19, 20–22, 57, 84–85, 202–203, 238
 Mental skills, exercising, 226–227
 Menu, making the most of, 238–239
 Metabolism changes, about, 57
 Mexican Bean and Pork Casserole, 171
 Millet, and potato stew, savory, 105
 Minestrone casserole, slow cooker, 174
 Minestrone Soup, 108, 109

- Mini Greek Meat Loaves with Tzatziki Sauce, 143
 Mini Rosemary Scones, 89
 Mint, apple-, iced green tea, 60
 Minted Peas with Peppers, 201
 Mixed Greens with Fruit and Raspberry Dressing, 208
 Mocha, frosty, 222
 Mozzarella-Pepperoncini Platter, 72, 73
 Muesli, oatmeal, triple-berry, 58
 Muffins
 oatmeal–tropical fruit, 53
 raspberry–chocolate, 87
 Mushroom
 -pepper whole wheat sandwiches, 186, 187
 and spinach fettuccine, 167
 stir-fried pork with, 147
 Mustard, plum-, pork chops, 150
- Neck sock, warming, 159
 Noodles and Peanut Sauce Salad Bowl, 168, 169
 Nutrition guidelines for women, 37
 Nuts. *See also specific nuts*
 mixed, barley-, cookies, 230
 toasting, 162
- Oatmeal cookies, cranberry–orange, 231
 Oatmeal muesli, triple-berry, 58
 Oatmeal–Tropical Fruit Muffins, 53
 Old-Fashioned Oven Beef Stew, 104
 On-the-Go Apple Breakfast Bars, 59
 Orange
 -almond salad in lettuce cups, 209
 in Calypso Shrimp with Black Bean–Citrus Salsa, 122
 cranberry-, bread, 52
 cranberry-, oatmeal cookies, 231
 cream, dreamy, 220, 221
 glaze, 52
 pancakes, with raspberry sauce, 40
 in Salmon with Ginger–Citrus Salsa, 117
 strawberry–poppy seed–, salad, 200
 Oregano, roasted new potatoes with, 198
 Osteoporosis, 84–85, 234–235, 236
- Pancakes
 buckwheat, with butter–pecan syrup, 44
 orange, with raspberry sauce, 40
 puffy oven, with berries, 42, 43
 strawberry, whole-grain, 41
 Pantry, essential healthy items, 10
 Parsley, in Kasha Tabbouleh, 175
 Parsnips. *See* Pork stew; Root vegetables
 Pasta. *See also specific types*
 salmon-, toss, 118
 shells, stuffed, 152, 153
 Pea(s). *See also* Vegetables
 snow, grilled lemon–garlic halibut steaks with, 131
 sweet, minted, with peppers, 201
 Peanut butter
 honey-, drizzle, whole wheat waffles with, 46, 47
 sauce, chicken skewers with, 160
 Pear(s)
 crunchy, 218
 greens with cheese and, 192
 soup, sweet potato-, 113
 Pecan(s)
 in Blueberry–Rhubarb Crisp, 216
 butter-, syrup, pancakes with, 44
 cranberry-, granola, 55
 in Fruity Chicken Salad with Spring Greens and, 162
 in On-the-Go Apple Breakfast Bars, 59
 roasted asparagus–berry salad with, 206
 Penne with Spinach and Ham, 170
 Pepper(s). *See also* Salads; Vegetables
 asparagus-, stir-fry, 199
 minted peas with, 201
 mushroom-, whole wheat sandwiches, 186, 187
 Pepperoncini, Mozzarella-, platter, 72, 73
 red, polenta, with Gorgonzola, 184
 Physical activity pyramid, 182
 Pilaf, lentil–corn, 172, 173
 Pineapple. *See also* Fruit
 -topped sweet potatoes, 194
 Pine nuts, in Red Harvest Quinoa, 171
 Pita, wedges, bruschetta, 68, 69
 Pizzas
 garden, chilly, 66
 Margherita, grilled, 67
 Plum–Mustard Pork Chops, 150
 Polenta
 red pepper, with Gorgonzola, 184
 vegetable stew with, 112
 Polynesian Chicken Salad, 161
 Poppy seed dressing, 193
 Pork. *See also* Bacon; Ham; Sausage
 chops, plum–mustard, 150
 lo mein, 144, 145
 Mexican bean and, casserole, 171
 roast, rosemary, with carrots, 148, 149
 stew, slow cooker, 102, 103
 stir-fried, with mushrooms and broccoli, 147
 tenderloin with apples and sweet potatoes, 146
 Portion size, 17, 22, 24, 30, 57, 104, 238
 Potato(es)
 bites, 74
 egg and sausage frittata, 48, 49
 new, roasted, with oregano, 198
 red, in Caribbean Turkey Stew, 97
 red, shrimp and, snacks, 71
 salad, BLT, 207
 stew, savory millet and, 105
 sweet, in Caribbean Turkey Stew, 97
 sweet, in Slow Cooker Southwest Chicken Soup, 94
 sweet, pineapple-topped, 194
 sweet, pork tenderloin with apples and, 146
 sweet–pear, soup, 113
- Pregnancy, healthy, 13–14
 Premenstrual syndrome (PMS), 11
 Pretzels, in Girlfriends’ Gorp, 86
 Progesterone, about, 202–203
 Pudding, blueberry barley, 232, 233
 Puffy Oven Pancake with Berries, 42, 43
 Pyramid, physical activity, 182
- Quick Guacamole, 78, 79
 Quinoa
 red harvest, 177
 salad, Mediterranean, 166
- Raspberry(ies). *See also* Fruit
 –chocolate muffins, 87
 crème brûlée with, 219
 dressing, mixed greens with, 208
 –mint marshmallow creme dip, 80, 81
 sauce, orange pancakes with, 40
 Recipe for a happy life, 7
 Red Harvest Quinoa, 177
 Red Pepper Polenta with Gorgonzola, 184
 Rhubarb, blueberry-, crisp, 216
 Rice. *See also* Grains
 wild, tofu stroganoff on, 181
 wild, turkey–, soup, 96
 Risotto, barley, 178, 179
 Roasted Asparagus–Berry Salad with Pecans, 206
 Roasted Carrot and Herb Spread, 70
 Roasted New Potatoes with Oregano, 198
 Roll-ups, Asian chicken, 157
 Root vegetables, herb-roasted, 212, 213
 Rosemary Pork Roast with Carrots, 148, 149
 Rosemary scones, mini, 89
- Salad(s), 188–213. *See also* Vegetables
 bowl, noodles and peanut sauce, 168
 broccoli, feta and tomato, 210, 211
 chicken, Polynesian, 161
 chicken, tropical, 156
 citrus, 193
 corn, in tomato cups, 205
 cucumber–mango, 204
 fruity chicken, with spring greens and pecans, 162
 Greens with Fruit and Cheese, 192
 Mixed Greens with Fruit and Raspberry Dressing, 208
 orange–almond, in lettuce cups, 209
 potato, BLT, 207
 quinoa, Mediterranean, 166
 roasted asparagus–berry, 206
 Salmon–Pasta Toss, 118
 seafood, grilled, 125
 spinach, warm, shrimp kabobs and, 124
 strawberry–orange–poppy seed, 200
 tarragon–couscous, 180
 tilapia, Cuban-style, 126, 127

- Salmon
 - broiled, 116
 - with ginger-citrus salsa, 117
 - Lox and Cream Cheese Scramble, 50
 - pasta toss, 118, 119
- Salsa
 - avocado-kiwi, 132, 133
 - black bean and corn, 134
 - black bean-, calypso shrimp with, 122, 123
 - ginger-citrus, 117
 - vegetable, grilled, 75
- Sandwiches. *See also* Burgers
 - catfish, Cajun, 121
 - mushroom-pepper, 186, 187
- Sauce. *See also* Salsa; Vinaigrette
 - Alfredo, 151
 - for Berry French Toast Bake, 45
 - black bean, 185
 - peanut, 160
 - raspberry, 40
 - Tzatziki, 143
 - yogurt, 163
- Sausage, potato, egg and, frittata, 48, 49
- Savory Millet and Potato Stew, 105
- Savory Slow-Cooked Grains, 176
- Scones, chocolate chip-cherry, 54
- Scones, rosemary, mini, 89
- Scramble, Lox and Cream Cheese, 50
- Screenings, recommended, 236–237
- Seafood salad, grilled, 125
- Seeds
 - poppy, strawberry-orange-, salad, 200
 - sesame, green beans, 190, 191
 - three-, flatbread, 90, 91
- Serving size card, 57
- Sesame Green Beans, 190, 191
- Shallot-, thyme, vinaigrette, 125
- Shrimp
 - baked coconut, 83
 - calypso, 122, 123
 - in Grilled Seafood Salad with Shallot-Thyme Vinaigrette, 125
 - kabobs, and warm spinach salad, 124
 - and red potato snacks, 71
- Sirloin Steak with Caramelized Onions, 139
- Sirloin Three-Bean Chili, 101
- Skewers, chicken, grilled, 160
- Skin, healthy, 128–129
- Slow-cooked grains, savory, 176
- Slow Cooker Beef-Barley Soup, 100
- Slow Cooker Chicken-Barley Stew, 95
- Slow Cooker Hearty Pork Stew, 102, 103
- Slow Cooker Lentil Stew with Cornbread Dumplings, 106, 107
- Slow Cooker Mediterranean Minestrone Casserole, 174
- Slow Cooker Southwest Chicken Soup, 94
- Smoothies
 - chocolate-peanut butter-banana, 61
 - mango, creamy, 62, 63
- Snacks, 64–91
- Soups. *See also* Stews
 - beef-barley, slow cooker, 100
 - chicken, Southwest, slow cooker, 94
 - Italian beef and vegetables, 98, 99
 - minestrone, 108, 109
 - sweet potato-pear, 113
 - turkey-wild rice, 96
- Southwest chicken soup, slow cooker, 94
- Soybeans
 - edamame, succotash, beef kabobs with, 142
 - roasted, in Girlfriends' Gorp, 86
- Spinach
 - and chicken skillet, 154
 - mushroom and, fettuccine, 167
 - penne with, and ham, 170
 - salad, warm, shrimp kabobs and, 124
- Spread, roasted carrot and herb, 70
- Squash, butternut, in Slow Cooker Hearty Pork Stew, 102, 103
- Stews. *See also* Chili; Soups
 - beef, oven, old-fashioned, 104
 - chicken-barley, slow cooker, 95
 - lentil, slow cooker, with cornbread dumplings, 106, 107
 - millet and potato, 105
 - pork, hearty, slow cooker, 102, 103
 - turkey, Caribbean, 97
 - vegetable, with polenta, 112
- Stir-fry(ied)
 - asparagus-pepper, 199
 - pork with mushrooms and broccoli, 147
 - tofu, with black bean sauce, 185
- Strawberry(ies). *See also* Fruit
 - cheesecake, frozen, 228, 229
 - orange-poppy seed salad, 200
 - pancakes, whole-grain, 41
- Stress, managing, 6, 30, 158–159
- Stroganoff, tofu, on wild rice, 181
- Stroke, about, 110–111, 234–235
- Stuffed Pasta Shells, 152, 153
- Succotash, edamame, beef kabobs with, 142
- Sweet potato. *See* Potato(es)
- Sweet-Sour Red Cabbage, 196, 197
- Swordfish, grilled, seafood salad with shallot-thyme vinaigrette, 125
- Swordfish, grilled, with black bean and corn salsa, 134
- Syrup, butter-pecan, pancakes with, 44
- Tabbouleh, kasha, 175
- Tacos, fish, grilled, 135
- Tangerines, in Citrus Salad with Poppy Seed Dressing, 193
- Tarragon-Couscous Salad, 180
- Tea, green, iced, apple-mint, 60
- Testing for diseases, 236–237
- Three-Seed Flatbread, 90, 91
- Thyme, shallot-, vinaigrette, 125
- Tilapia
 - Florentine, 130
 - in Grilled Fish Tacos, 135
 - salad, Cuban-style, 126, 127
- Toasting
 - pecans, 162
 - sesame seed, 144
- Tofu Stir-Fry with Black Bean Sauce, 185
- Tofu Stroganoff on Wild Rice, 181
- Tomato(es). *See also* Pizzas; Salads; Soups; Stews
 - broccoli, feta and, salad, 210, 211
 - cups, corn salad in, 205
- Triple-Berry Oatmeal Muesli, 58
- Tropical Chicken Salad, 156
- Tuna. *See also* Seafood salad
 - with avocado-kiwi salsa, 132, 133
- Turkey
 - burgers, Greek, with yogurt sauce, 163
 - soup, -wild rice, 96
 - stew, Caribbean, 97
 - in Stuffed Pasta Shells, 152, 153
- Turnips. *See* Root vegetables
- Tzatziki sauce, meat loaves with, 143
- Vegetable(s), 188–213. *See also* Salads; *specific vegetables*
 - in Chilly Garden Pizza, 66
 - frozen, in Old-Fashioned Oven Beef Stew, 104
 - grilled Italian steak and, 140, 141
 - root, herb-roasted, 212, 213
 - salsa, grilled, 75
 - stew, with polenta, 112
 - zesty corn Dip with, 76
- Vinaigrette, shallot-thyme, 125
- Vinaigrette, sherry, 192
- Vitamins, about, 26, 84–85
- Waffles, whole wheat, with honey-peanut butter drizzle, 46, 47
- Warming Neck Sock, 159
- Weight, maintaining, 16–17, 30, 56–57
- Wellness Kitchen, the, 242
- Whole grain and beans, 164–187
- Whole-Grain Strawberry Pancakes, 41
- Whole wheat sandwiches, mushroom-pepper, 186, 187
- Whole Wheat Waffles with Honey-Peanut Butter Drizzle, 46, 47
- Yogurt sauce, turkey burgers with, 163
- Zesty Corn Dip with Veggies, 76, 77