

STOP HEART DISEASE NOW!

Find out how to prevent and treat it on page 38.

VIBRANT HEALTH

BALANCE LIVING

natural SOLUTIONS

4 relaxing
AT-HOME SPA
TREATMENTS

Comfort Foods

Make healthier choices
when you just want to
hunker-down.

Brrrrrr, it's cold outside! What a perfect excuse to stay indoors and indulge in some not-so-healthy comfort foods. But, wait! Before you reach for the big bowl of pasta, try some of our healthy alternatives that are sure to fit your comfort craving and nourish your body at the same time.

the little powerhouse



Mary had a little Meatball

Meatballs can be a luscious treat—with all the spices and other goodies mixed in—but if you want to cut down on fat and calories, consider substituting lamb for beef. Lamb is naturally high in zinc, known to boost immune systems. Good to know when everyone around you is sneezing. It also contains tryptophan, which will have you feeling relaxed and sleepy in no time. American lamb is known for its milder, less gamey taste, and travels a lot fewer miles to the supermarket. We can thank the sheep that are properly grazed to control invasive plants and weeds—thus eliminating the need for pesticides.

Who better to turn to for an unusually tasty lamb meatball recipe than Chef Daniel Holzman of The Meatball Shop in New York City, which opened this year to rave reviews. Whether served swathed in a classic tomato sauce, or served as a slider, the recipe on page 25 will really hit the spot, even if you're not a fan of lamb. To me, the extra ingredients downplay the smell of the meat that can sometimes make people shy away. The addition of raisins provides a perfect, sweet accompaniment to the lamb, while the mint nods to the classic flavor coupling.

American Lamb Meatballs

YIELD: 24 MEATBALLS

2 pounds ground American lamb
1 cup raisins, chopped
½ cup walnut pieces, chopped
1 teaspoon ground black pepper
½ cup chopped parsley
½ cup chopped mint leaves
½ cup bread crumbs
3 eggs
2 teaspoons salt
2 tablespoons olive oil

Preheat the oven to 450 degrees. Combine all ingredients except olive oil in a large mixing bowl and mix by hand until thoroughly incorporated. Drizzle the olive oil over a large baking dish (9 x 12-inches), making sure to evenly coat the entire surface (use your hand to help spread the oil). Roll the meat mixture into round, golf ball-sized meatballs and evenly line balls on the baking dish. Roast until firm and cooked through (about 20 minutes). Allow the meatballs to cool for five minutes before removing from the tray.

Classic Tomato Sauce

YIELD: 7 CUPS

1 yellow onion, diced (about 1½ cups)
¼ cup olive oil
1 sprig fresh oregano (or ½ tsp dry)
1 bay leaf (fresh or dry)
2 cloves garlic, peeled and roughly chopped
2 teaspoons salt
2 tablespoons tomato paste
3½ cups chopped tomatoes, chopped

In a large pot cook onions, olive oil, oregano, bay leaf, garlic, and salt over medium heat. Stir constantly until soft and translucent, about 15 minutes. Add tomato paste and continue cooking for five minutes. Add the canned tomatoes and bring to a boil, stirring constantly. Continue cooking for one hour, stirring periodically to keep the sauce from burning. // *Recipe courtesy of Chef Daniel Holzman, The Meatball Shop in New York City*