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GUIDE

JANUARY 06

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BONUS PULLOUT
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WOMEN**
WHAT YOU REALLY NEED

When the mercury slips below zero and snow is swirling outside the kitchen window, nothing sounds more delicious and cozy than sitting down to a hot, crusty sandwich, gooey with melted cheese. The catch: Hot sandwiches invariably have whopping calorie counts and staggering levels of sodium. Right?

Not necessarily. But because delis and diners tend to pile on so much meat and cheese, these meals can be nutritional napalm: A typical Reuben packs as much fat as two McDonald's Quarter Pounders with Cheese and sneaks in more sodium between

two pieces of bread than health experts think you should eat in 2 days.

We turned your favorite hot sandwiches into healthful comfort foods by scaling back the high-calorie and sodium-laden ingredients, and adding fiber, flavor, and nutrients in the form of vegetables and seasonings. (If you're on a restricted-sodium diet, some of these sandwiches will still be off-limits.) We also replaced popular, but greasy, cooking methods, such as frying in inches of oil or butter, with waistline-friendly ones. Get ready: A warm, gooey, healthy treat is just moments away.

■ Recipes begin on p. 161.

**GO
AHEAD**
take a bite

Your favorite hot sandwiches just got healthier

BY LESLEY PORCELLI AND CYNTHIA SASS, RD

A fraction of the fat and sodium
but all the cheesy crunch of a
traditional Monte Cristo

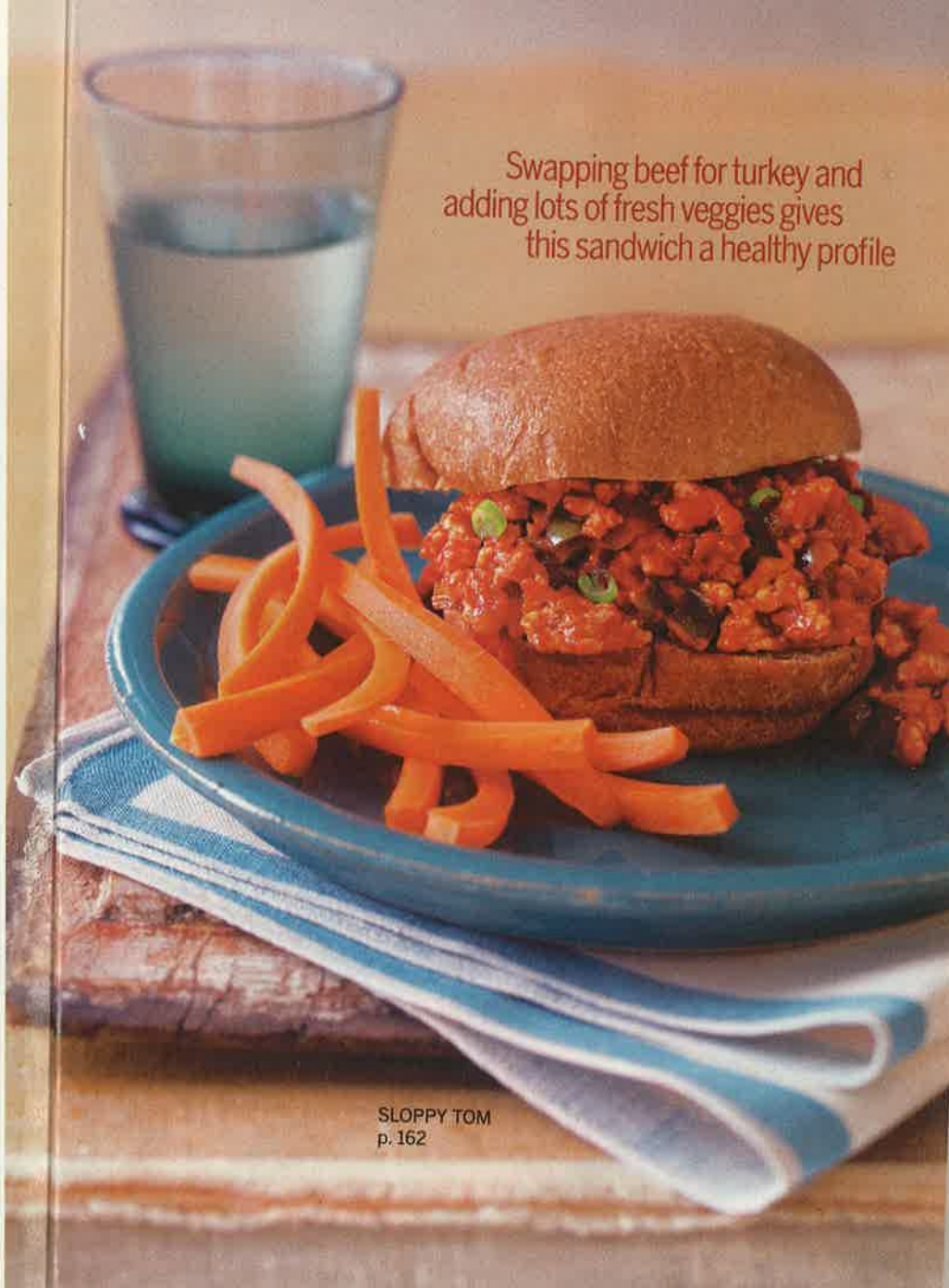


SKINNY
MONTE CRISTO
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LEAN REUBEN
p. 162

Our Reuben is low in fat and can be ready to eat in less than 10 minutes



Swapping beef for turkey and adding lots of fresh veggies gives this sandwich a healthy profile

SLOPPY TOM
p. 162

This crisp, cheesy quesadilla is a great way to sneak vegetables into your family's diet



SLIMMED-DOWN QUESADILLA p. 162



ROASTED VEGETABLE SANDWICH p. 163

Healthy sandwich recipes

Skinny Monte Cristo

PREP TIME 2 minutes

COOKING TIME 8 minutes

- 4 slices whole wheat bread, toasted
- $\frac{3}{4}$ oz low-sodium deli ham (about 2 slices)
- $\frac{3}{4}$ oz low-sodium deli turkey (about 2 slices)
- 2 slices Swiss cheese
- 2 pinches nutmeg
- 2 egg whites
- $\frac{1}{4}$ tsp confectioners' sugar

1. On two slices of toast, layer ham, turkey, and cheese. Sprinkle with

freshly ground black pepper, to taste. Top with other slices of toast.

2. Heat cast-iron skillet over medium heat 2 minutes. In shallow bowl, slightly stir nutmeg into egg whites. Dip one side of a sandwich into egg whites and let excess drip off. Repeat on other side. Repeat with other sandwich.

3. Coat skillet with cooking spray. Cook sandwiches until meat is warmed through, cheese is melting, and egg is cooked, about 3 minutes on each side. Slice diagonally. Dust with sugar and eat hot.

Makes 2 sandwiches

PER SANDWICH 319 cal, 18 g pro, 40 g carb, 10 g fat, 4.5 g sat fat, 32 mg chol, 6 g fiber, 706 mg sodium

Lean Reuben

PREP TIME 2 minutes

COOKING TIME 7 minutes

- 2 slices seeded rye bread, toasted
- 2 Tbsp reduced-fat Thousand Island dressing
- 2 oz Canadian bacon (2 slices)
- 1 c fresh, canned, or jarred sauerkraut, drained
- 2 slices Swiss cheese

1. Preheat oven to 400°F.
2. On each slice of bread, divide ingredients, with cheese on top. Bake 5 to 7 minutes, and serve open-faced.

Makes 2 sandwiches

PER SANDWICH 280 cal, 17 g pro, 23 g carb, 13 g fat, 6.5 g sat fat, 44 mg chol, 3 g fiber, 1,032 mg sodium

Sloppy Tom

PREP TIME 10 minutes

COOKING TIME 21 minutes

- 1/2 tsp olive or vegetable oil
- 1/2 green bell pepper, finely chopped
- 1/4 med yellow onion, finely chopped
- 1 clove garlic, minced
- 1 rib celery, finely chopped
- 1/2 lb 99% lean ground turkey
- 1 Tbsp red wine vinegar
- 2 Tbsp tomato paste
- 1/2 tsp brown sugar (optional)
- 1/3 c strained tomatoes

Dash of nutmeg

2 lg whole wheat hamburger buns

Chopped scallions (garnish)

1. Preheat broiler.
2. Heat oil in large sauté pan over low heat. Add pepper, onion, garlic, and celery. Cover and cook, stirring occasionally, until vegetables are softened and translucent, about 7 minutes.
3. Push vegetables to one side of pan. Raise heat to medium-high. Add meat to side without vegetables and cook, stirring, until almost cooked through, about 7 minutes.
4. Combine meat and vegetables. Add vinegar and stir. Add tomato paste and sugar, if desired, and cook, stirring occasionally, until lightly browned, about 4 minutes.
5. Add tomatoes, nutmeg, and salt and freshly ground black pepper, to taste. Lower heat and simmer until thick, about 3 minutes.
6. Open buns and toast in broiler until golden brown. Divide meat between buns, garnish with scallions, and serve.

Makes 2 sandwiches

PER SANDWICH 310 cal, 34 g pro, 33 g carb, 8 g fat, 1 g sat fat, 45 mg chol, 6 g fiber, 390 mg sodium

Slimmed-Down Quesadilla

PREP TIME 6 minutes

COOKING TIME 14 minutes

- 6 oz white mushrooms, sliced
- 1 clove garlic, minced
- 2 whole wheat tortillas (12" diameter)

4 oz cooked chicken breast, sliced

1/4 red onion, chopped

1 jarred roasted red pepper packed in water, sliced

1/2 c shredded reduced-fat Cheddar cheese

1/2 c salsa

3/4 avocado, sliced and sprinkled with lime juice

Lime wedges (garnish)

1. In small nonstick skillet, sauté mushrooms and garlic over medium-high heat, stirring occasionally, until mushrooms are tender, 6 to 8 minutes.
2. Heat sandwich press or waffle iron 5 minutes and spritz with cooking spray.
3. Divide mushroom mixture onto half of each tortilla. Layer on chicken, onion, pepper, and cheese, and fold over tortilla. Place on press or iron and close top.
4. When quesadilla is warmed through and cheese is melted, 5 to 7 minutes, remove from heat. Serve hot, with salsa, avocado, and lime wedges on the side.

Makes 2 servings

PER QUESADILLA 500 cal, 23 g pro, 42 g carb, 23 g fat, 6 g sat fat, 70 mg chol, 7 g fiber, 570 mg sodium

Roasted Vegetable Sandwich

PREP TIME 10 minutes

COOKING TIME 30 minutes

- 2 portobello mushroom caps
- 1 zucchini, cut in 3" segments, then sliced lengthwise
- 1 med tomato, sliced
- 2 crusty multigrain rolls (4 oz each), insides scooped out, or 2 slices whole grain bread

2 oz fresh goat cheese

2 Tbsp Artichoke Tapenade (recipe follows)

1. Preheat oven to 400°F. Arrange mushrooms and zucchini on ungreased baking sheet and roast 10 minutes. Arrange tomato slices on same baking sheet and continue roasting 20 minutes longer, flipping vegetables halfway through cooking.
2. Divide sandwich fillings between rolls, layering mushrooms, then zucchini, cheese, tomato, and tapenade.

Makes 2 sandwiches

PER SANDWICH 310 cal, 16 g pro, 41 g carb, 10 g fat, 6 g sat fat, 15 mg chol, 7 g fiber, 450 mg sodium

Artichoke Tapenade

PREP TIME 3 minutes

- 1 c canned (in water) artichoke hearts, drained
- Juice of 1/2 lemon
- 1 clove garlic, minced
- 1 Tbsp extra virgin olive oil
- 1 tsp white wine vinegar
- 1/4 tsp kosher salt

Combine all ingredients in food processor. Add freshly ground black pepper, to taste. Pulse until mixture is spreadable. Tapenade can be stored in refrigerator for 3 days.

Makes 6 servings (1/8 cup each)

PER SERVING 40 cal, 2 g pro, 4 g carb, 3 g fat, 0 g sat fat, 0 mg chol, 2 g fiber, 100 mg sodium

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PHOTOS BY BEATRIZ DACOSTA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY LISA SACCO; OPENING IMAGE; FOOD STYLING BY GARLONE BARDELL; PROP STYLING BY EDUARD PRULHIÈRE