

## Cook more—it's easy!

These innovative tricks, all from cookbooks coming out this month, will turn your kitchen into a spa. **By Sara Angle**

### Put chia in everything

#### THE SCOOP

Chia isn't just for pudding. Add it to a mimosa, or grind it up to replace flour. You can also mix 1 tbsp chia seeds with 3 tbsp water as an egg substitute. Two tbsp pack almost 10 g fiber, 5 g protein and 5 g omega-3s.

#### THE SOURCE

*The Chia Cookbook: Inventive, Delicious Recipes Featuring Nature's Superfood* by Janie Hoffman

### Make healthy carbs your main

#### THE SCOOP

We usually think of carb-rich foods like sweet potatoes and brown rice as side dishes, but making them the focus of your dish is diet-friendly. They provide filling fiber and help keep your energy up.

#### THE SOURCE

*The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet* by Alona Pulde, M.D., and Matthew Lederman, M.D.

### Whip up a brain-boosting shake

#### THE SCOOP

Add matcha powder to a shake (try fat-free vanilla frozen yogurt blended with vanilla almond milk and ice) for a delicious dessert or breakfast on the go. The green tea contains theophylline and L-theanine, amino acids that stimulate alpha brain waves.

#### THE SOURCE

*The Skinnytaste Cookbook: Light on Calories, Big on Flavor* by Gina Homolka

### Eat gluten-free treats—they're lower in fat

#### THE SCOOP

Fats like butter don't blend as well with gluten-free starches (like rice flour, cornmeal or almond flour) as they do with white flour, so gluten-free treats contain less fat. The secret to chewy cookies and brownies? Chill the dough twice as long as you normally would.

#### THE SOURCE

*The Everyday Art of Gluten-Free* by Karen Morgan

### Go macrobiotic for date night

#### THE SCOOP

When you think about a romantic dinner, you likely don't think of macrobiotic meals, which are based on whole grains, vegetables, beans and fruit. But the recipe for the Fat Radish Plate, with brown rice, kale, and carrot-ginger puree, tastes incredibly indulgent.

#### THE SOURCE

*The Fat Radish Kitchen Diaries* by Ben Towill, Phil Winser and Nick Wilber, with Julia Turshin

### Need another reason to cook?

Women who ate lunch out five or more days per week lost 5 fewer pounds than those who ate out less often, finds a study in the *Journal of the Academy of Nutrition and Dietetics*. More proof that home-cooked is best.

