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COLLECTOR'S ISSUE

BURN 600 CALORIES DURING LUNCH!

fatloss

The Complete Guide For Women

In just one month

SLIM SEXY YOU!

START YOUR BEST
EVER TOTAL-BODY
TUNE-UP **TODAY!**

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drop a dress size!*
7 STEPS TO BETTER ZZZs



190 lbs
POST-PREGNANCY

EMILY PANTALEO

*Mother of two
drops 57 lbs!*

*"How I got
my body back"*

**SLOW
COOKER
MEALS
THAT
MELT FAT!**
PG. 36

**AMAZING
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OXYGEN SPECIAL: **FAT LOSS** • THE COMPLETE GUIDE FOR WOMEN

WINTER 2013

Lose fat fast by cooking slow.

STAY TRIM WITH A SLOW COOKER

BY DIANE HART, EDITOR-IN-CHIEF
RECIPES COURTESY OF TIFFANY McCAULEY & GALE COMPTON,
AUTHORS OF *SKINNY MS. SLOW COOKER* (QUAIL RIDGE PRESS, 2012)

The slow cooker, once known for creating unappetizing dump-and-run meals, has been transformed in recent years. Today, it's a must-have tool for busy women looking to shed fat – it not only gives you a wide selection of healthy fat-burning recipes, but it does most of the work for you. Little wonder it is today's number-one appliance choice on bridal gift registries, according to the American Heart Association.

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**"THIS IS A
WINNER!"**

Spicy Chili with Fire-Roasted Tomatoes

READY IN 6-8 HOURS • MAKES 12 SERVINGS

1 lb lean ground beef
1 small yellow
onion, diced
2 cloves garlic, minced
15-oz can kidney beans,
drained
15-oz can black
beans, drained
14½-oz can diced fire-
roasted tomatoes
6-oz can no-salt-added
tomato paste
2 tbsp chili powder
½ tsp red pepper flakes,
or to taste
1½ cups water
Sea salt, to taste

1. Cook ground beef, diced onions and minced garlic in a large skillet over medium heat, breaking up meat with a fork. Cook until browned.
2. Drain fat and place meat in a slow cooker along with remaining ingredients.
3. Cover, and cook on low for 6 to 8 hours. Season with sea salt, to taste.

Nutrients per serving:
Calories: 112, Total Fat: 3 g,
Saturated Fat: 1 g, Trans Fat: 0 g,
Cholesterol: 25 mg, Sodium:
61 mg, Total Carbohydrates:
13 g, Dietary Fiber: 4 g, Sugars:
2 g, Protein: 9 g, Iron: 2 mg

SKINNY MS. TIP!
Prep meats
by chopping
them ahead
of time and
freezing
them in
a separate
container

SKINNY MS. TIP!
ALLOW LEFTOVERS
TO COOL, DIVIDE
INTO MEASURED
PORTIONS, AND
SAVE THEM FOR
ANOTHER MEAL.

Red pepper flakes, chili powder
and fire-roasted tomatoes all
heat up this meal while revving
up your metabolism!

FAT LOSS Nutrition

Gale Compton, co-author (with Tiffany McCauley) of the *Skinny Ms. Slow Cooker* cookbook (Quail Ridge Press, 2012), can attest to the perks of slow cooking. She got hooked on clean eating and regular exercise through *Oxygen* and *Clean Eating* magazines after receiving devastating news – a second diagnosis of breast cancer in under a year. With the knowledge she'd gained from both magazines, she began transforming her eating habits. Compton also launched the popular website, *skinnyms.com*, with the help of her daughter, Dalicia Ramey. Today, with 30 pounds down, she's a new woman and more determined than ever to keep the pounds off.

"People absolutely love slow cooking – they like the convenience and the fact that you can cook healthy food," says the 55-year-old mother of two who runs

You can so easily adapt recipes to the slow cooker.

half-marathons and is a certified fitness instructor in her hometown of Crossville, Tennessee. She knows that the benefits of slow cooking resonate with her audience – when she posts about slow cooking on *skinnyms.com*, the feedback is immediate. "You can so easily adapt recipes to the slow cooker, so they also love its versatility," Compton advises reading the user manual for your slow cooker prior to cooking as each one differs in terms of size and temperature.

Wow! Chocolate Peanut Butter Cake

READY IN 4 HOURS • MAKES 16 SERVINGS (SLICED LIKE A PIE)

- Olive oil cooking spray
- ½ cup honey
- 2 egg whites
- 1 cup whole wheat pastry flour
- 1 tbsp baking powder
- ½ cup all-natural peanut butter
- 2 tsp pure vanilla extract
- ½ cup unsweetened cocoa powder
- ¾ cup unsweetened applesauce

1. Line the bottom of a slow cooker with parchment paper cut to fit. Lightly coat with olive oil cooking spray.
2. Combine honey and egg whites in a bowl, mixing well. Add remaining ingredients and blend until smooth. Pour batter evenly into slow cooker and cook on low for 4 hours, or until a knife inserted in the middle comes out clean.

3. Top each slice with a dollop of peanut butter.

Nutrients per serving: Calories: 104, Total Fats: 3 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 123 mg, Total Carbohydrates: 19 g, Dietary Fiber: 2 g, Sugars: 10 g, Protein: 3 g, Iron: 1 mg



SKINNY MS. TIP!
Be frugal with your portions: a dollop should be no more than a tablespoon.

"THIS DELICIOUS SLOW-COOKER CAKE CLOCKS IN AT JUST 104 CALORIES, IS QUICK TO PREP AND IS MADE WITH FAT-BURNING WHOLE GRAINS, PROTEIN-RICH EGG WHITES AND LOW-FAT APPLESAUCE! YOU CAN TRULY HAVE YOUR CAKE AND EAT IT TOO!"

— GAIL COMPTON

Angel Hair Puttanesca with Baby Spinach

READY IN 2–3 HOURS • MAKES 5 SERVINGS

- 8 oz whole wheat angel hair pasta
- 1 tbsp extra virgin olive oil
- ½ cup white onion, diced
- 3 cloves garlic, minced
- 1 tbsp capers, drained
- 1 tsp anchovy paste
- 1 tsp dried oregano
- ¼ tsp red pepper flakes
- ¼ tsp black pepper

- 2 14½-oz cans fire-roasted tomatoes
- 1 cup baby spinach, loosely packed

1. Add pasta to slow cooker – break in half to fit, if necessary. Add oil to a small skillet and sauté onion and garlic over medium heat until tender, about 5 minutes.
2. In a large bowl, combine sautéed onions, garlic and all remaining ingredients except spinach, and mix well. Pour ingredients over pasta, ensuring pasta is thoroughly covered with sauce. Cover, and cook on low for 2 to 3 hours, or until pasta is al dente.
3. Add spinach in the last 10 minutes of cooking, and stir until wilted.

Nutrients per serving: Calories: 250, Total Fats: 4 g, Saturated Fat: 0 g, Trans fat: 0 g, Cholesterol: 0 mg, Sodium: 610 mg, Total Carbohydrates: 44 g, Dietary Fiber: 6 g, Sugars: 7 g, Protein: 8 g, Iron: 2.5 mg

"IF EVER THERE WAS A DISH WHERE ALL THE FLAVORS OF VARIOUS INGREDIENTS COME TOGETHER TO CREATE A PERFECT BALANCE, THIS IS IT!"

— GAIL COMPTON

**"IF YOU LIKE TO COOK IN
LARGE BATCHES AND
FREEZE LEFTOVERS FOR
NO-FUSS MEALS, THEN
IT'S BEST TO CHOOSE A
LARGER FIVE- TO SIX-
QUART SLOW COOKER."**

— GAIL COMPTON

SKINNY MS. TIP!
Chop, dice
and slice fresh
vegetables and
herbs, and freeze
enough for a
week of slow-
cooking recipes.

Chicken, Sweet Potato & White Bean Chili

READY IN 6–8 HOURS • MAKES 6 SERVINGS
RECIPE COURTESY OF KATIE CAVUTO BOYLE, RD

1 cup dried navy beans
(soak overnight and
drain)
4 cups low-sodium
chicken broth
2 cups sweet potato,
peeled and cubed
1 onion, chopped
3 cloves garlic, chopped
1½ lb boneless, skinless
chicken breast, cut into
cubes
2 4-oz cans roasted green
chilies, drained
1 tbsp ground cumin
1 tbsp dried oregano
1 tsp coriander
½ tsp cinnamon
2 cups kale, chopped
Sea salt and pepper,
to taste

1. Place beans in the slow cooker with enough broth to cover 1". Top with the sweet potatoes, onion, garlic and chicken.
2. Add remaining broth, chilies and seasonings, except salt and pepper. Cover and cook on low for 6 to 8 hours.
3. Once cooked, season with salt and pepper. Stir in the kale and cook another 10 minutes until wilted. Serve.

Nutrients per serving:

Calories: 380, Total Fats: 5 g,
Saturated Fat: 1.5 g, Trans Fat: 0 g,
Cholesterol: 95 mg, Sodium: 640 mg,
Total Carbohydrates: 37 g,
Dietary Fiber: 12 g, Sugars: 5 g,
Protein: 46 g, Iron: 5 mg ■