Cheesy, Creamy—Light!

Slimmer, healthier takes on mac ‘n’ cheese and other comfort food favorites

Shortcut Chicken & Rice Casserole
Simple Snack Attack Solutions

Lower in calories and fat + ready in less than 30 minutes, page 11
WHOLE LONNA GUAC

On Super Bowl Sunday (Feb. 7) an estimated 240 million avocados will be mashed to make the 120 million pounds of guacamole typically eaten during the big game.
—Hass Avocado Board

ON SHELVES

Smarter Sweets

If the new year has you resolving to adopt better eating habits, these two new treats could help:

Brookside Fruit & Nut Bars from Hershey are dark chocolate-coated granola bars studded with almonds, cranberries, pomegranate seeds, acai berries or blueberries. Each has 180 calories, plus antioxidants and fiber. ($1.69, Costco & Sam’s Club)

Duncan Hines Perfect Size cake mixes make portion control a snap. Each box bakes up a fluffy single-layer cake that serves 2 to 4 and includes frosting and a disposable 6-inch pan. Available in five flavors, they’ll satisfy a craving without the temptation of leftovers. ($2.99)

Let It Shine

Liven up a ho-hum side salad with this unexpected combination of tart grapefruit and creamy avocado.

Grapefruit & Avocado Salad

Peel and quarter a grapefruit and cut into ¼-inch slices. Place in a bowl and top with 1 peeled and sliced avocado. Scatter 2 cups baby kale or similar greens over top. Whisk together ¼ cup extra-virgin olive oil, 2 Tbsp sherry vinegar, 1 tsp Dijon mustard and 3 Tbsp chopped tarragon, salt and pepper, and drizzle over top. Serves 4


Contact Us

Send mail to Relish, 2451 Atrium Way, Suite 320, Nashville, TN 37214, call 800-284-5668 or email relish@amgparade.com
SOME THINGS ARE FULL OF HORMONES.

WE'RE NOT.
Naturally Sweet
A no-sugar dessert for a healthier start to the new year

You wouldn't expect someone who has owned a bakery for 15 years to write a book about cutting back on sugar. But that's just what Joanne Chang, owner of Flour Bakery + Cafe in Boston, has done. "I sell sugar. Plain and simple," says Chang, who once beat Bobby Flay in a sticky buns bake-off on his Food Network show, Throwdown with Bobby Flay. "But I have always believed that the best desserts highlight flavors other than just that of sweet, sweet, sweet," Chang says. The more than 60 desserts in her book Baking with Less Sugar prove her point. She shares one of her favorites here.

Recipe reprinted with permission from Joanne Chang's Baking with Less Sugar: Recipes for Desserts Using Natural Sweeteners and Little-to-No White Sugar (Chronicle Books, 2015).

Pecan-Date Shortbread Cookies
It's hard to believe these tender, melt-in-your-mouth cookies have no added sugar.

- 9 to 12 pitted Medjool dates, finely chopped
- ¼ tsp baking soda
- 1 cup (2 sticks) cold unsalted butter, cut into ½-inch pieces
- 1 Tbsp vanilla extract
- 1 egg yolk
- ½ tsp coarse salt
- 1½ cups all-purpose flour
- ¼ cup cornstarch
- 1 cup pecans, chopped and toasted

1. Preheat oven to 350°F.
2. Place dates and baking soda in a small bowl and add hot water to cover. Stir to dissolve baking soda. Let soak 10 to 15 minutes. Drain dates and mash them with a spoon until smooth.
3. Using an electric mixer on medium speed, beat butter and dates until light and fluffy, about 5 minutes. Beat in vanilla, egg yolk and salt until thoroughly combined.
4. In a medium bowl, stir together flour, cornstarch and pecans. Spoon flour mixture into butter mixture in three or four additions, beating on low speed until blended.
5. Scrape dough onto parchment paper and form it into a rough rectangle. Lightly flour a rolling pin and sprinkle flour on top of dough. Roll dough into a rectangle about 8 x 12 inches and ¼-inch thick. Transfer dough and parchment to a baking sheet. Using a sharp knife, deeply score dough lengthwise, and then score each half to make 6 pieces, so you end up with 12 rectangular cookies. With a fork, poke a few decorative holes in a line down the middle of each cookie.
6. Bake 30 to 35 minutes, until shortbread is pale golden brown and baked through. Remove from oven and let cool completely on the baking sheet on a wire rack. Cut along knife marks to separate the cookies and serve. Makes 12 cookies

Per cookie: 300 cal, 22g fat, 55mg chol, 3g prot, 25g carbs, 2g fiber, 110mg sodium
FOR ADULTS WITH TYPE 2 DIABETES

Januvia® works when my blood sugar is HIGH...

...and works less when my blood sugar is LOW.

Actor portrayal.

JANUVIA works by enhancing your body’s own ability to lower blood sugar.

- JANUVIA is a prescription pill you take once a day.
- JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.
- JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.
- JANUVIA, by itself, is not likely to cause weight gain.

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you’ve ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may feel going from your abdomen through your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

Some people who take medicines called DPP-4 inhibitors like JANUVIA, may develop joint pain that can be severe. Call your doctor if you have severe joint pain.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

Merck Helps® Having trouble paying for your Merck medicine? Merck may be able to help. www.merckhelps.com

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Pay as little as $5 per prescription.*

Visit Januvia.com/savings

*Maximum savings are limited. Not valid for patients who are uninsured or patients with Medicare or other Government Program insurance. Other eligibility restrictions and Terms and Conditions apply.

JANUVIA is the most prescribed branded® type 2 diabetes pill.b

Excludes generics.


Talk to your doctor about JANUVIA today.

Januvia®
(sitagliptin)
25mg, 50mg, 100mg tablets
Medication Guide JANUVIA® (jah-NEW-ree-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?
Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death. Certain medical problems make you more likely to get pancreatitis.

Before you start JANUVIA:
Tell your doctor if you have ever had:
- pancreatitis
- high blood triglyceride levels
- stones in your gallbladder (gallstones)
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?
- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?
Do not take JANUVIA if:
- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.
- you have had inflammation of your pancreas (pancreatitis).
- you have kidney problems.
- you have any other medical conditions.
- you are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.
- if you are breastfeeding.
- you are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?
- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See "What are the possible side effects of JANUVIA?"
- You may miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and take back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.

Check your blood sugar as your doctor tells you to.

Stay on your prescribed diet and exercise program while taking JANUVIA.

Tell your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.

Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?
Serious side effects have happened in people taking JANUVIA. See "What is the most important information I should know about JANUVIA?"

- Low blood sugar (hypoglycemia). If you take JANUVIA with another medicine that can cause low blood sugar, such as sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lower while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - irritability
  - dizziness
  - sweating
  - weakness
  - hunger
  - confusion
  - feeling jittery
  - fast heart beat

- Serious allergic reactions. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See "Who should not take JANUVIA?" Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.

- Kidney problems, sometimes requiring dialysis
- Joint pain. Some people who take medicines called DPP-4 inhibitors like JANUVIA may develop joint pain that can be severe. Call your doctor if you have severe joint pain.

The most common side effects of JANUVIA include upper respiratory infection, stuffy or runny nose and sore throat, and headache.

JANUVIA may have other side effects, including stomach upset and diarrhea, swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?
Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA
Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.januvia.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?
Active ingredients:
- sitagliptin

Inactive ingredients:
- microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, iron oxide, and yellow iron oxide.

What is type 2 diabetes?
Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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DIAG-1124301-0034 10/15

This Medication Guide has been approved by the U.S. Food and Drug Administration.

08/2015
Simple Bowl = Super Party

All it takes to gear up for the big game is a simple pot of chili and some fun fixin’s

Here’s an easy way to host a game-day party: Put on a chili buffet. Cook up this rich, beefy chili recipe, place it in a slow cooker to keep warm, and set out bowls of favorite toppings so your guests can customize their servings. Make sure to add regional favorites for a unique twist, such as spaghetti for Cincinnati-style chili or corn chips for “Frito pie.” This game plan is sure to be a winner.

Just Like Ben’s Chili
A must-stop for politicians and a favorite neighborhood haunt, Ben’s Chili Bowl has been dishing up the spicy stuff in northwest Washington, D.C., since 1958. They won’t share all their secrets, but this recipe comes pretty close.

Heat 3 Tbsp vegetable oil in a large pot over medium-high. Add 2 cloves minced garlic and 1 chopped onion and cook, stirring, until golden, 7 to 9 minutes. Add 5 Tbsp chili powder, 2 tsp sugar and 1 tsp ground cumin. Cook, stirring constantly, 2 more minutes. Add 2 lb ground beef (90 percent lean) and cook, stirring, until beef is evenly browned, 5 to 7 minutes. Stir in ½ cup tomato paste, 2 cups reduced-sodium beef broth, 6 Tbsp cornmeal, ½ tsp salt and 1 bay leaf. Reduce heat to low and simmer until the chili is very thick, 15 to 20 minutes. Discard bay leaf before serving. Serves 6

Per serving: 460 cal, 26g fat, 135mg chol, 44g prot, 10g carbs, 1g fiber, 600mg sodium

Reprinted with permission from Robb Walsh’s The Chili Cookbook (Ten Speed Press, 2015).

BUFFET BASICS

Classic toppings
Shredded cheese, sour cream, chopped tomatoes and onions

Dog-lovers’ delight
Hot dogs and buns, chopped onions, mustard and relish

Chips ahoy! Individual bags of Fritos for “Frito pies” (Fritos smothered in chili and cheese)

Pasta, please
Cooked spaghetti for Cincinnati-style

Tater topper
Baked potatoes, sour cream, green onions

Fries with that
Prepared frozen french fries for chili-cheese fries
Movie Munchies

Which of your favorite shows, movies and stars will take home a Golden Globe this year? Watch all the action—in style—with these family-friendly entertaining ideas.

WEAR
Recreate the red carpet: Take a mom-and-daughter (or son) trip to the thrift store to score bargains on formals, suits and costume jewelry.

FASHION POLICE
Make a scorecard so fashionistas can keep track of best (and worst) dressed on the red carpet. Download our diva-licious ballot at CommunityTable.com/fashionpolice, which includes the categories “Cutest Couple,” “Best Hair” and “Trend We’re Tired Of.”

DO
Download and print our ballot with all the nominees at CommunityTable.com/globeballot, and have guests fill it out before the show starts. During commercials, give out prizes (such as sunglasses, lip gloss or boxes of movie candy) for correct predictions in different categories.

CHOMP
A popcorn bar is an inexpensive way to get everyone in the movie mood. Start with large bowls of plain popcorn and buy cute bags or boxes (we love these black-and-white-striped boxes from Walmart, $2) for guests to fill. Enlist teens to set out bowls of toppings—sweet (M&M’s, Sno-Caps, mini marshmallows, dried fruit), savory (Goldfish crackers, shredded cheese, mixed nuts) and spicy (cinnamon, chili powder, wasabi peas).

Sip in Style
No-booze mocktails will please teens and adults alike. Serve in Champagne flutes or martini glasses for a grown-up feel. Start with fruit juice, add sparkling water and garnish with lemon or lime twists or frozen berries. Go to CommunityTable.com/mocktails for more recipes.

DID YOU KNOW?
1. The Golden Globes are awarded by the Hollywood Foreign Press Association.
2. The first Globe was awarded in 1944.
3. At the 2005 awards show, Jamie Foxx was the first person to be nominated for three Globes in a single year, for the movies Ray and Collateral, and the television mini-series Redemption.
4. This year’s host, Ricky Gervais, also hosted the awards from 2010-2012.
You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded. An afternoon snack you Mix, Heat and Eat.
We challenged our CommunityTable.com contributors to cut calories and fat out of everyone’s favorite hearty meals—without sacrificing flavor. Here are the delicious results.

## Comfort Food Face-Off

### Italian Noodle Bake

This baked pasta from Bobbi Burleson, 42, of bobbiskozykitchen.com relies on nonfat Greek yogurt and low-fat ricotta cheese for richness.

- 1 Tbsp olive oil
- ½ cup chopped onion
- 3 cloves minced garlic
- 1 lb spicy Italian sausage
- 3 Tbsp tomato paste
- 1 (15-oz) can Italian-style diced tomatoes
- 8 oz egg noodles
- ½ cup nonfat plain Greek yogurt
- 1 cup part-skim ricotta cheese
- 1 Tbsp Italian seasoning
- ½ cup shredded low-fat mozzarella cheese or Italian cheese blend

*Directions, opposite*

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FOR MORE SLIM DINNERS

Visit CommunityTable.com/comfort for lighter versions of Loaded Baked Potato Soup and Glazed Mini Meat Loaves.
Healthy Mac and Cheese (cover recipe)

Lindsay Ostrom, 28, who blogs at pinchofyum.com, manages to sneak a serving of vegetables into her version of what could be the ultimate comfort dish. “It’s creamy without boatloads of butter, too,” she says.

- 2 cups elbow macaroni
- 1 Tbsp butter
- ½ cup chopped yellow onion
- 4 cups fresh or frozen cubed butternut squash
- 5 cups reduced-sodium chicken or vegetable broth
- ¾ cup 2 percent reduced-fat milk
- ½ tsp salt
- ½ cup shredded Gruyère cheese (or your favorite)
  Chopped fresh parsley
  Black pepper

1. Cook macaroni according to package directions. Drain and set aside.
2. Heat butter in a large skillet over medium-low. Add onion and cook, stirring, over low until fragrant and golden, about 20 minutes.
3. Place butternut squash and broth in a saucepan and bring to a boil. Reduce heat to medium and simmer until tender, 5 to 7 minutes. Drain, reserving ½ cup broth, and transfer squash to a blender. Add onions, milk, salt and reserved broth to blender and puree until smooth and creamy. (This should yield about 4 cups sauce.)
4. Pour sauce over noodles and add cheese. Stir until cheese is melted. Add water or milk to adjust consistency as needed. Sprinkle with chopped fresh parsley and black pepper. Serves 4

(Continued on page 18)
No-Bake Cereal Bars

More than 75 years ago, a basic breakfast staple was coated with sticky melted marshmallows, and the kitchen classic, Rice Krispie Treats, was born. Give this family favorite a modern twist by switching up the cereal and mixing in surprise ingredients.

START HERE!


Over the Rainbow
Cereal: 7 cups Froot Loops
Mix-in: 1 cup crushed pretzels
Topping: ½ cup mini chocolate chips

Carnival Bars
Cereal: 7 cups Corn Pops
Mix-ins: 1 tsp cinnamon + 1 cup unsweetened coconut flakes + 1 cup peanuts
Topping: ¼ cup rainbow sprinkles

Trail Mix
Cereal: 7 cups Cheerios
Mix-ins: 1 cup dried cranberries + 1 cup slivered almonds
Topping: drizzle chocolate syrup (about 2 Tbsp)

PB & Honey
Cereal: 7 cups Honey Smacks
Mix-in: 1 cup white chocolate chips
Topping: ¼ cup Reese’s Pieces

—Recipes by Jocelyn Ruggiero

OTHER MIX-INS
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- Chopped candy bars
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Cheesy Chicken Alfredo Casserole

1 (16-oz) jar Alfredo sauce (like Ragu)
2 cups chopped, cooked skinless chicken
1 (12-oz) bag frozen Italian vegetable blend, thawed (like Birds Eye)

1½ cups cooked rice or pasta
½ tsp freshly ground black pepper
½ cup grated Parmesan cheese
1 cup panko bread crumbs, toasted

1. Preheat oven to 375°F and spray a 2-quart casserole dish with nonstick cooking spray.
2. In a large bowl, combine Alfredo sauce, chicken, vegetables, rice and pepper and stir gently. Spread mixture in 2-qt baking dish. Combine panko and Parmesan cheese and sprinkle on top. Bake 30 minutes or until bread crumbs begin to brown and chicken mixture is bubbling. Serves 6

Per serving: 380 cal, 17g fat, 80mg chol, 22g prot, 31g carbs, 3g fiber, 670 sodium

SAUCY SWAPS - SUB IN ONE OF EACH:

JARRED SAUCE
Garlic parmesan
Four cheese
Roasted red pepper
Mushroom Alfredo

MEAT
Diced cooked ham
Sliced kielbasa
Sausage, browned
Chopped cooked turkey

VEGGIE
Frozen California veggie blend
Frozen tri-color bell pepper mix
Steamed broccoli
GLAMOUR HAS NEVER BEEN THIS MUCH FUN!

Your Choice of 11 Breeds!

Chihuahua
Golden Retriever
Pomeranian
Pug
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Schnauzer
Shih Tzu
Yorkie

“SOPHISTIPUPS” BRACELET
A Fine Jewelry Exclusive from The Bradford Exchange

Here’s a unique combination of sophisticated style and sparkling whimsy that is as irresistible as the pups who inspired it. Trend-setting, fashionable and unique, this is a bracelet not to be missed!

Our “Sophistipups” Bracelet is a hinged bangle-style bracelet in gleaming enamel. At each end of the bracelet is a golden head and face of your favorite pup adorned with genuine Swarovski crystals. Each pup also wears a sparkling collar of crystals in a coordinating color. The inside of the bangle is engraved with “My (name of breed) Leaves Pawprints On My Heart” and tiny paw prints. Dangling from one of the “collars” is a hanging heart charm engraved with an expression of love for your loyal friend.

Exquisite craftsmanship ... Exceptional Value

This exclusively-designed bracelet is a remarkable value at $119*. And you can pay for it in 4 convenient monthly installments of $29.75. The bracelet arrives in a velvet jewelry pouch and gift box along with a Certificate of Authenticity. To reserve a bracelet in the breed of your choice, send no money now; just mail in your Reservation Application. This bracelet is only available from The Bradford Exchange—you won’t find it in stores. Don’t miss out—order today!

www.bradfordexchange.com/16679

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LIMITED-TIME OFFER
Reservations will be accepted on a first-come-first-served basis. Respond as soon as possible to reserve your bracelet.

YES!
Please reserve the “Sophistipups” Bracelet for me as described in this announcement in the breed indicated below.

- Chihuahua - Pug
- Dachshund - Schnauzer
- Golden Retriever - Sheltie
- Labrador - Shih Tzu
- Pomeranian - Yorkie

Signature
Mrs. Mr. Ms.
Name (Please Print Clearly)
Address
City: State: Zip
E-Mail (Optional)

*Plus $9.98 shipping and service. Please allow 4-6 weeks after initial payment for shipment of your jewelry. Sales subject to product availability and order acceptance.

01-16679-001-E10551
Fat Tuesday Feast

Let the good times roll on Mardi Gras (which falls on Feb. 9 this year) with this simple skillet supper from New Orleans chef and Food Network star Emeril Lagasse. Finish the meal with shortcut King Cakes, made from refrigerated cinnamon rolls. They bake in just 20 minutes and are a festive way to celebrate any night (get the recipe at CommunityTable.com/kingcake).

Barbecue Shrimp

Lagasse simmers the heads and shells of shrimp and then strains the broth. We've made it simpler by using store-bought seafood stock.

1⅛ lb large shrimp, peeled
1 tsp freshly ground black pepper, divided
2 tsp Creole seasoning mix, (like Emeril’s BAM! Original Essence), divided
⅛ tsp dried rosemary
1 ½ cups seafood stock or vegetable broth

1/2 cup dry white wine
1/2 cup Worcestershire sauce
Juice of 1 lemon
1/2 cup chopped onion
1/2 Tbsp minced garlic
1/2 Tbsp hot sauce
2 Tbsp olive oil
2 Tbsp butter

1. In a medium bowl, combine shrimp with 1/2 tsp pepper, 1 tsp Creole seasoning and rosemary. Toss to coat. Cover and refrigerate until ready to use.

2. In a medium saucepan, combine stock, wine, Worcestershire, lemon juice, onion, garlic, hot sauce and remaining black pepper and Creole seasoning. Bring to a boil, reduce heat to low and simmer 30 minutes, until reduced by half.

3. During last 5 minutes of simmering, heat oil in a large skillet over high. Add shrimp and cook 2 minutes, stirring both sides. Pour in sauce and stir until shrimp are coated. Cook 1 minute. Remove from heat and whisk in butter, ½ Tbsp at a time. Serves 4

Per serving: 240 cal, 14g fat, 160mg chol, 18g prot, 4g carbs, 0g fiber, 1530mg sodium

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The best walk-in tub just got better with breakthrough technology! Presenting the all new Safe Step Walk-In Tub featuring MicroSoothe. An air system so revolutionary, it oxygenates, softens and exfoliates skin, turning your bath into a spa-like experience. Constructed and built right here in America for safety and durability from the ground up, and with more standard features than any other tub.

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Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. It’s the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you’ll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you’ll see the screen – it’s now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The “buttons” on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It’s so easy to use you won’t have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn’t it time you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

1/4 cup buttermilk
4 tsp Dijon mustard
1 Tbsp honey
2 lbs skinless bone-in chicken thighs and drumsticks
1 cup panko (or regular) bread crumbs
1 Tbsp finely grated Parmesan cheese

1. Combine buttermilk, mustard and honey in a large zip-top bag. Mix well, then add chicken. Seal and refrigerate 4 to 24 hours.

2. Layer a large rimmed baking sheet with foil, then place one or two baking racks on top of the baking sheet. Combine bread crumbs and Parmesan cheese on a large plate and mix well. Dredge chicken in bread crumb mixture, coating both sides, then place on baking rack. Refrigerate for 30 minutes. (This helps keep the coating on the chicken.)

3. Preheat oven to 425°F. Remove chicken from refrigerator while oven preheats. Place chicken in oven and bake 30 to 35 minutes, until chicken is cooked through and juices run clear. Remove from oven and let rest 4 to 5 minutes before serving. Serves 6

WHY IT’S A WINNER:
Not only is this chicken a third fewer calories and half the fat than KFC Extra Crispy recipe, it uses only six ingredients!

TIP: Baking the chicken on a rack means you don’t need to flip.

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