

# Souper healthy

**A** BOWL OF SOUP IS THE WINTER EQUIVALENT OF A SUMMER SALAD—AN easy, all-in-one way to get your veggies and protein. This filling dish, adapted from *The Weekend Chef* by Barbara Witt (Simon & Schuster), calls for flavorful leeks and potassium-rich mushrooms. Whip some up and freeze leftovers for future quickie dinners. —Kari Mohar

## HEALTHY PLATE

### CHICKEN MUSHROOM SOUP WITH LEEKS

(SERVES 4)

- 2 boneless, skinless chicken breasts (about 5 oz each)
- 3 tbsp extra-virgin olive oil
- 1 large leek, white part only, trimmed and chopped
- 2 cloves garlic, peeled and minced
- 3 sage leaves
- Pinch of nutmeg
- 1½ lb mixed fresh mushrooms, coarsely chopped
- 2 qt low-sodium chicken broth
- 2–3 tbsp dry sherry
- 1 tbsp cornstarch mixed with 2 tbsp water
- Chopped parsley to taste

Cut chicken breasts into bite-sized pieces. In a large soup pot, heat 1½ tbsp oil on medium and sauté chicken 3 to 4 minutes or until opaque. Remove chicken from pot and add remaining oil, leek, garlic, sage and nutmeg. Cook until leek is soft, 2 to 3 minutes. Transfer mixture to a small bowl, leaving excess oil in pot, and set aside. Add mushrooms to pot and cook until golden brown. Return chicken and leek mixture to pot, add salt and pepper to taste and sauté about 5 minutes. Pour in broth and sherry and bring to a simmer. Add cornstarch mixture and simmer 2 to 3 minutes more. Pour soup into four large bowls and garnish with parsley. Serve immediately.

*Nutritional analysis per serving: 294 calories, 13.5 g total fat (2 g saturated fat), 13.5 g carbohydrates, 29 g protein, 1.5 g fiber*

## EATING TREND

# Less is more

**C**ELL PHONES AREN'T THE ONLY THINGS GOING MINI. Experts increasingly favor five or six mini-meals over three squares per day. "Eating smaller portions every few hours keeps blood sugar levels balanced, boosts metabolism and sustains energy," says Ilene Cohen, R.D., of Mount Sinai Medical Center in New York City.

**What is a mini-meal?** Between 300 and 400 calories (heftier than a snack, less than a full meal). Ready to minimize? Some picks:

- ¾ cup high-fiber cereal with skim milk, 1 orange
- 2 egg whites with spinach, 1 slice of whole-grain toast
- ¾ cup baby carrots dipped in hummus, 1 hard-boiled egg
- Half a basil, tomato and fresh mozzarella sandwich on whole wheat, 1 plum
- 8-oz parfait (yogurt, granola, chocolate sauce, fruit)
- 1 chicken drumstick, bunch of grapes —S. Jhoanna Robledo

The little meal that could



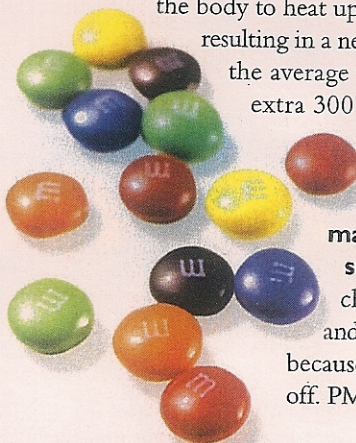
## Food guru Heidi Skolnik on

### Preperiod pig-outs



**Q** Why am I so hungry before my period?

**A** You and everyone else. Studies show that food intake (and presumably hunger) increases in the days before menstruation. **Metabolism can jump as well, up to 16 percent.** Why? The hormone progesterone that's released before menstruation causes the body to heat up and expend more energy, resulting in a need for more fuel. If you're like the average woman, you consume an extra 300 calories a day in the week before your period. And you may need every morsel, **so don't hold back—make meals full and snacks substantial.** As for that chocolate craving? Go ahead and down a couple of M&M's, because you'll probably burn them off. PMS meltdown, averted.



## ATTENTION, FAST FOOD FANATICS!

Because a Gallup poll found that 57 percent of women ages 18 to 49 chow fast food at least once a week, we decided to make it safer to hit the drive-through. Tear out SELF's meal cards for the best choices at four popular fast food joints. All you'll supervise is your health. —Institutional D.D.

CLOCKWISE FROM TOP LEFT: SUSAN GOLDMAN; FOOD STYLING: WILLIAM SMITH; PROP STYLING: CATHY COOK; JOSHUA KESSLER; HAIR AND MAKEUP: NATASHA MORGAN AT BEADLEY; FOODPHX; COLLEEN RENTHEISTER; STEFFI GUIDE