

Real Simple

October 2008

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PROBLEM TWO

# daily diet

While Emily's other issues were being solved on the TV show, the *Real Simple* food editors decided to kick her peanut-butter-sandwich habit here.

## eating healthier doesn't have to be harder

### ADD A FEW MORE STAPLES TO YOUR SHOPPING LIST

- **Rotisserie chicken:** It's an easy, no-cook way to get quality protein. Slice and toss the meat into a salad, or shred and mix with bottled barbecue sauce for a tasty sandwich filling.
- **Precut vegetables:** Keep **cruautés on hand and dunk them in warmed peanut butter (because Emily truly can't get enough of the stuff) or a quick, healthy dip made by mixing a packet of Simply Organic French Onion Dip (\$1.50, [www.simplyorganicfoods.com](http://www.simplyorganicfoods.com)) with low-fat Greek yogurt.**
- **Store-bought yogurt drinks:** These can be a fast and filling breakfast or meal-on-the-go. Look for versions that are high in protein and nutrients and low in fat (like Lifeway Lowfat Organic Kefir Yogurt, \$4, [www.lifeway.net](http://www.lifeway.net) for locations).

### WHEN YOU COOK, COOK IN BIG BATCHES

- **Hard-boiled eggs:** Make a dozen on the weekend and eat them all week—as a simple snack with salt and pepper or in a quick egg-salad sandwich.
- **Soup and sauce:** Stir up a big pot of soup or chili to eat throughout the week. Or make a batch of meat sauce—spoon it over spaghetti one evening, then spice it up for taco filling or a tostada topping another night.

### TAKE ADVANTAGE OF LEFTOVERS

Scrambling eggs with leftover vegetables and shredded cheese doesn't take that much longer than making a peanut butter sandwich, and it provides some variety.

## TWO NEW LUNCHES



### chipotle chicken wrap

hands-on time: 15 minutes | total time:  
15 minutes | makes 2 (refrigerate 1 for later)

- 1/4 cup mayonnaise
- 1 tablespoon chopped chipotle chilies in adobo
- 1 small bunch spinach, thick stems removed (about 2 cups)
- 2 10-inch flour tortillas
- 1 1/2 cups shredded cooked chicken (about half of a small rotisserie chicken)
- 1/2 cup grated pepper Jack cheese (4 ounces)
- 1/2 bell pepper, thinly sliced
- Kosher salt and black pepper

- > In a small bowl, combine the mayonnaise and chilies.
- > Lay the spinach in the center of each tortilla. Top with the mayonnaise mixture, chicken, cheese, and bell pepper and season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- > Fold in the sides of each tortilla and roll up tightly. (The sandwiches can be refrigerated, wrapped, for up to 1 day.)