



VEG APRIL'S SUPERFOOD: ARTICHOKES

If you've never experienced the joy of devouring every tender, sweet bite of a fresh artichoke, head to the produce aisle right now! 'Chokes look medieval (all those *thorns*), but they're surprisingly simple to prepare. Choose bulbs with tightly closed leaves, then wash, trim the stem, and boil until the leaves peel away easily, about 45 minutes. Serve with melted garlic butter for dipping, or mix up this tangy sauce: ¼ cup reduced-fat mayo; ¼ cup Greek yogurt; juice from 1 lemon; and 2 cloves of garlic, minced. A whole artichoke has only 76 calories but an astounding 9 grams of fiber, more than a third of what you need in a day. Also tasty: Toss thawed frozen artichoke hearts into salads or pasta. —JESSICA GIRDWAIN

GIMME A NEW GRAIN!

Whole grains are a weight-loss secret weapon. Your body digests them more slowly than the refined kind (like you'd find in white pasta or white rice), and they help protect your heart. But brown rice... *again*? Don't despair. Registered dietitian Kate Geagan has a few alternatives.

• **FARRO** (pronounced *FAHR-oh*): This nutty-flavored type of wheat is rich in feel-full fiber. Research also shows that farro is higher in disease-fighting antioxidants than whole-grain bread.

DINNER

IDEA: Use it in place of rice in risotto, or add cooked farro to salad for some chewy-good texture.

• **CHIA** (pronounced *CHEE-yah*): These mini black seeds (yes, the same ones you used to grow hair on your Chia Pet!) are a great source of alpha-linoleic acid, a type of omega-3. One tablespoon also has 5 grams of fiber and 3 grams of filling protein. **BREAKFAST IDEA:** You don't need to cook chia seeds; just sprinkle a tiny handful into yogurt.

• QUINOA

(pronounced *KEEN-wah*): Quinoa's claim to fame is that unlike other grains, it's a complete protein. That means you don't have to pair it with another protein source like meat or dairy. It's quick, too, cooking up in about half the time it takes to make rice. **SIDE IDEA:** Toss with chopped veggies and your favorite dressing for a healthy "pasta" salad. —J.G.



WE CAN'T STOP EATING... THESE NEW, BETTER-FOR-YOU CHIPS



Simply 7 Spicy Chili Pepper Hummus Chips

Who knew chickpeas could be baked into a chip? They can, and the results are "light and addictive," said one tester. Plus, you get 2 grams of protein in a serving.



Beanitos Chipotle BBQ Black Bean Chips

These rounds—made from beans and rice—have 4 grams of satisfying protein, and one serving has as much heart-healthy fiber as two slices of whole-wheat bread. "Yum! Perfect for guac or salsa," said one tester.



Food Should Taste Good Original Sweet Potato Chips

These have more fiber and tons more vitamin C than regular white potato chips. They're "crispy, crunchy, and not at all greasy," said staffers. —EUNEY KIM



10 readers will win 12 bags of the sweet potato chips, worth \$45. To enter, go to redbookmag.com/freebies. See page 174 for details.