

# food

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## fresh a-peel

What Ojai Pixie tangerines lack in size (they're a diminutive 1 to 3 inches), they more than make up for in sweetness and vitamin C. This seedless, California-grown citrus is known for its delicious, tangy flavor. With just 100 calories and 1 g fat, it is also a perfect healthy snack. Store at room temperature for up to a week or in the fridge for up to 14 days.

# 211

# Roll With It

Somewhere along the way wraps got a rep for being healthy—yet some restaurant and fast food versions pack up to 1,200 calories per serving and are loaded with fat. Our simple recipe is just as satisfying, with only about a quarter of the calories.



## FC PICKS



**Flatout Light Original Flatbread**  
 (90 calories, 2.5 g fat, 9 g fiber) \$3



**La Tortilla Factory Smart & Delicious Whole-Wheat 100 Calorie Tortillas**  
 (100 calories, 1.5 g fat, 8 g fiber) \$3.50



**Tumaro's Low in Carbs Tortillas** (60 calories, 2 g fat, 7 g fiber) \$3.20

Spread 1 tablespoon **fat-free Thousand Island dressing**, 2 ounces **sliced turkey** (2 slices),  $\frac{2}{3}$  cup **shredded iceberg lettuce**, 2 thin **tomato slices** and about 6 **cucumber slices**, halved, on a **whole-wheat wrap**. Roll up tightly and place on a cutting board seam-side down. Cut in half on the diagonal.

**POP STAR** Most microwave popcorns are made with palm oil, which is high in saturated fat, so we give props to **Pop Weaver**, the first to use heart-healthy canola. This new line is low in calories and fat but contains good stuff like omega-3s and omega-6s. Taste-wise, you won't notice a difference—promise! Walmart, \$2 for an 8-pack

### THREE New ideas for Bacon



- 1 Cook 8 slices bacon. Chop 6 slices; add to 24-ounce jar Vodka sauce in saucepan; simmer. Toss with 1 lb cooked penne; top with  $\frac{1}{4}$  cup grated Parmesan and remaining 2 slices bacon, chopped.
- 2 Blend 6 chopped hard-cooked eggs, 2 ribs chopped celery,  $\frac{1}{2}$  cup light mayo,  $\frac{1}{2}$  teaspoon Dijon mustard and 3 slices chopped cooked bacon. Season with salt and pepper. Serve with crackers.
- 3 Place 1 lb thick-sliced bacon in single layer on large broiler pan. Bake at 350° for 15 minutes. Blend 3 tablespoons dark-brown sugar and 1½ teaspoons hot chili powder. Turn bacon, top with sugar mixture. Bake 25 minutes more, until crisp. Serve for breakfast or in salads.

## MOMster

**It's 5 P.M. Do you know what you're making for dinner?**

Moms share their easiest ideas for Monday through Friday meals at *Family Circle's* new online community, Momster. Visit [momster.com/fc/WeekNightDinners](http://momster.com/fc/WeekNightDinners) to get recipes or to post your go-to suppers. Momster user MeMom loves these pork chops with apples and stuffing. We do too!

Preheat oven to 350°. Peel, core and slice 4 small apples. Place in bowl and sprinkle with 1 tablespoon lemon juice; toss with  $\frac{1}{2}$  cup sugar, 1 tablespoon flour, 1 teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg. Prepare 1 6-ounce package stuffing mix as directed and spread in bottom of a 9 x 13 pan. Place 4 boneless pork chops on top of stuffing and cover each with apple mixture. Cover pan with aluminum foil and bake for 1 hour.