Brian Tracy

Most people achieved their greatest success one step beyond what looked like their greatest failure.

IN SEASON

Green Giants

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Do you have an aversion to Brussels sprouts? "I grew up eating them overcooked and thought they were horrible," admits Judy Simon, MS, RD, CD, clinical dietitian at University of Washington Medical Center in Seattle. But when she moved to Washington, a top sprout-growing state, she tried them new ways, including roasted and sliced raw in salads. "I absolutely love them now," she says. These leafy gems are packed with nutrition *and* terrific flavor when prepared properly. A member of the cabbage family, Brussels sprouts contain a mere 28 calories in a half cup, but more than 130% of your daily value of vitamin K, a key nutrient for bone health. They also contain glucosinolates, plant chemicals that may reduce your risk of certain cancers. "Just don't overcook them like Grandma did," Simon says. Roast, sauté, or steam them, and check out our recipes for other delicious options.

Photograph by Dan Whipps

Brussels sprouts were popularized in the U.S. by Thomas Jefferson, who planted them in the early 1800s.

Brussels sprouts were first grown in large numbers in Brussels, Belgium.

Slaw and Order

Shredding or slicing Brussels sprouts thin and pairing them with fruit and nuts is a novel way to introduce this star veggie to doubtful diners. Serve this slaw as a side dish with pork.

Brussels Sprout Slaw With Apples, Currants, and Walnuts

Makes 6 servings

Ingredients

Dressing

- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp honey
- 1 tsp Dijon mustard
- ½ tsp salt
- freshly ground pepper

Slaw

- 1½ lbs Brussels sprouts, cleaned and shredded or thinly sliced
- 1 large apple, thinly sliced
- ¼ cup currants
- ¼ cup chopped walnuts, toasted

Directions

1. First, make the dressing: In a small bowl, whisk together olive oil, lemon juice, honey, mustard, and salt and pepper.
2. In a large bowl, combine Brussels sprouts, apple, currants, and walnuts. Add salad dressing and toss thoroughly. Refrigerate 1–2 hours before serving.

Per serving

156 calories, 5 g protein, 20 g carbohydrate, 8 g fat (1 g saturated fat), 6 g fiber, 9 g sugar, 232 mg sodium. Calories from fat: 46%

Bring Home the Bacon

The combination of roasted Brussels sprouts and delectable bacon will convert even the fiercest Brussels sprout skeptic. This dish calls for balsamic syrup, sometimes called balsamic glaze, a tasty condiment found in large grocery stores and gourmet shops.

Crispy Roasted Brussels Sprouts With Bacon

Makes 6 servings

Ingredients

- 1½ lbs Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- ¼ tsp salt
- freshly ground pepper
- 2 tbsp cooked, crumbled bacon (about 2 strips)
- 1 tbsp balsamic syrup
- 2 tbsp finely grated Parmesan cheese

Directions

1. Preheat oven to 450°F.
2. In a large bowl, toss Brussels sprouts, oil, and salt and pepper. Spread mixture in a single layer on an 11x17-inch baking sheet. Place pan in the upper half of the oven, and stir sprouts once after 15 minutes. Continue roasting until Brussels sprouts are brown and tender, about 25–30 minutes total.
3. Transfer Brussels sprouts to serving dish. Combine with bacon, drizzle with balsamic syrup, and garnish with cheese. Serve immediately.

Per serving

118 calories, 5 g protein, 12 g carbohydrate, 6 g fat (1 g saturated fat), 1 mg cholesterol, 4 g fiber, 5 g sugar, 231 mg sodium. Calories from fat: 47%

Veg Out

This simple, satisfying dish is an easy way to get more vegetables in your day, and is a perfect meal to serve vegetarians. The recipe works especially well with toothsome pasta shapes, such as orecchiette ("little ears" in Italian) or rigatoni, which stand up well to the hearty vegetables.

Pasta With Roasted Brussels Sprouts and Cauliflower

Makes 6 servings

Ingredients

- 1 lb Brussels sprouts, trimmed and halved
- 1 lb cauliflower, cut into small florets (about ½ medium head)
- 1 large carrot, peeled and diced small
- 3 large shallots, chopped
- 3 tbsp olive oil, divided
- 12 oz whole grain pasta (such as orecchiette, fusilli, or rigatoni)
- ½ cup panko breadcrumbs
- ½ cup chopped fresh Italian parsley, divided
- freshly ground pepper
- ½ tsp salt
- juice of ½ lemon
- 2 tbsp feta cheese

Per serving

353 calories, 14 g protein, 60 g carbohydrate, 10 g fat (2 g saturated fat), 6 mg cholesterol, 10 g fiber, 5 g sugar, 326 mg sodium. Calories from fat: 25%

Directions

1. Preheat oven to 450°F. Fill a large, heavy-bottomed pot with water and heat to boiling.
2. In a large bowl, toss Brussels sprouts, cauliflower, carrot, and shallots with 2 tbsp olive oil. Place vegetables in a single layer on an 11x17-inch baking sheet. Roast 25–30 minutes until soft and golden brown, stirring once or twice during cooking.
3. Cook pasta in the boiling water according to package directions. Drain well, reserving 1 cup of pasta water.
4. Pour remaining tablespoon of olive oil into a small skillet. Add breadcrumbs and toast over medium heat until golden brown (about 4 minutes). Transfer breadcrumbs to a small bowl and combine with 2 tbsp parsley. Set aside.
5. In a large serving bowl, toss together pasta, roasted vegetables, remaining parsley, pepper and salt, and lemon juice. Gradually add reserved pasta water as needed to achieve desired consistency. Garnish with breadcrumb mixture and feta cheese. Serve immediately.

Brussels sprouts are at their peak in the U.S. from September until February.

Brussels sprouts are especially popular in Great Britain, which produces about six times the number grown in the U.S.

WebMD.com

What's Cooking!

Thousands of people turn to WebMD.com for meal inspiration every day. Here are the most-clicked recipes.*

- Oatmeal-Chocolate Chunk Cookies
- Chicken Curry With Rice
- Chicken and White Bean Soup
- Sautéed Flounder With Orange-Shallot Sauce
- Sherried Mushrooms

*as of Oct. 1, 2014

Photography by Dan Whipps

OFF THE MENU

Kuniko Yagi

EXECUTIVE CHEF, HINOKI & THE BIRD
LOS ANGELES

By Matt McMillen

Chef Kuniko Yagi grew up in Japan, but her first restaurant job was waiting tables in a Los Angeles noodle shop. Now, 10 years after she moved to the United States, the bank executive turned executive chef runs the kitchen at L.A.'s highly regarded Hinoki & the Bird.

Restaurant work, says Yagi, 37, started out as a means rather than an end. She needed a job and did not want to return to the career in finance that she left behind in Japan.

"I wanted to have a skill set that would allow me to find a job anywhere in the world, and people eat no matter what," Yagi says.

A chance encounter with chef David Myers, coupled with a growing fascination with cooking, led to an audition at Myers' restaurant Sona. Within two weeks, the novice had earned a position as prep cook. Four years later, Myers promoted Yagi to chef de cuisine.

Sona closed in 2010, allowing Yagi an opportunity to travel and learn. She worked briefly in Michelin-starred restaurants in France and Japan. Then she rejoined Myers. Together, they conceived Hinoki & the Bird, which opened in 2013.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

APP SCENARIO
Yagi's Tomato and Avocado Salad Recipe

Yagi describes her menu as California produce and ingredients paired with Japanese sensibilities. Many of the flavors remind her of her mother's home cooking, which taught Yagi about taste, if not technique.

A favorite from her mother's repertoire is the simple miso-marinated skirt steak recipe she shares here, which perfectly complements her tomato and avocado salad.

Yagi, a former contestant on Bravo's *Top Chef* and one of StarChef's 2010 Rising Stars, has had to learn to care for herself as well as for her kitchen. Five years ago, her relentless 80- to-100-hour workweeks had pushed her to the verge of burnout. But she taught herself to better balance work and her life outside the kitchen, with a little help from her dog.

"The time I spend walking my dog each day is my Zen moment, when I empty myself," Yagi says. "I let myself be happy with him, chat with him, and connect with him."

Miso Skirt Steak
Makes 4 servings

Ingredients

- 2 tbsp miso paste
- 2 tsp mirin
- 2 tsp sake
- 12 oz skirt steak
- 1 tsp canola oil
- 1 baby turnip, thinly shaved
- 1 green onion stalk, bias-cut
- chili thread for garnish

Directions

1. Mix miso paste, mirin, and sake in a bowl, then add skirt steak. Coat steak with the marinade. Cover the bowl and refrigerate 4 hours.
2. Preheat the grill.
3. Remove steak from the bowl and rub with canola oil to keep it from sticking on the grill. Grill until medium-rare (or your preferred temperature).
4. Remove from the grill, plate, then garnish with turnip, green onion, and chili thread.

Per serving

219 calories, 24 g protein, 6 g carbohydrate, 10 g fat (4 g saturated fat), 50 mg cholesterol, 1 g fiber, 3 g sugar, 427 mg sodium. Calories from fat: 42%

Men's Two Workouts in One

You know the routine: Do a set, rest, do another set. Let's change that. "By filling your rest periods with exercises, you can improve conditioning and kick start your metabolism," says Jim Smith, C.S.C.S., co-owner of Diesel Crew. Pick fillers that work different muscle groups than your main exercise does, and do them for 30 to 60 seconds between sets. Smith likes these pairings.

Mountain Climber

Between sets of: Chinups **Do this filler:** Mountain climber

Assume a pushup position with your hands on a medicine ball. Lift your right foot off the floor and raise your right knee as close to your chest as you can, without rounding your lower back. Put your leg down, and repeat with your left leg. Continue alternating as fast as you can.

Jump Squat

Between sets of: Dumbbell bench presses **Do this filler:** Jump squat

Place your fingers on the back of your head and pull your elbows back so they're in line with your body. Dip your knees, and then explosively jump as high as you can. When you land, immediately squat and jump again.

Medicine-Ball Slam

Between sets of: Deadlifts **Do this filler:** Medicine ball slam

Hold a medicine ball at waist level, and stand with your feet shoulder-width apart. While keeping your elbows slightly bent, explosively lift the ball up and then slam it to the floor in front of you. Grab the ball on the rebound and repeat.

Dumbbell Hang Pull

Between sets of: Squats **Do this filler:** Dumbbell hang pull

Stand with your hips pushed back (as if you're about a quarter of the way into a squat) while holding a pair of dumbbells with an overhand grip. In one movement, straighten your hips, knees, and ankles, and explosively pull the dumbbells as high as you can. Lower yourself to the starting position and repeat.

Bench Jump

Between sets of: Dumbbell military presses **Do this filler:** Bench jump

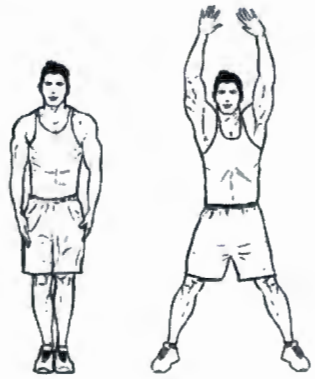
Stand facing a bench that's at knee height. Squat as low as you can by pushing your hips back and bending your knees. Then explosively jump over the bench and land in a deep squat. Turn around so you're again facing the bench, and repeat.

This information came from http://www.menshealth.com/mhlists/workout-fillers/index.php

Turbo Charged Morning Workout

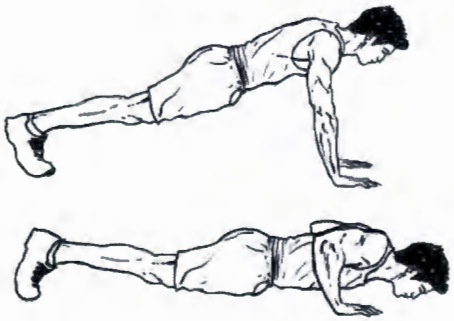
Using an interval timer (our favorite is *Repeat Timer Pro* for iOS), perform each exercise in this circuit routine for **50 seconds**, taking **10 seconds** to catch your breath and get into position for the next exercise. Repeat the 6-minute circuit for an even better day!

1



Jumping Jacks

2



Push-ups

3

Bodyweight Squat

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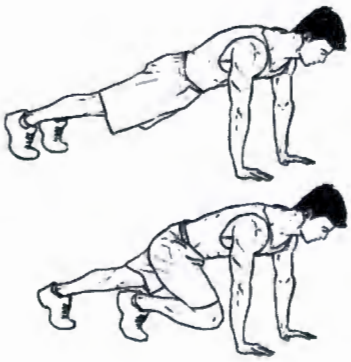

Mountain Climbers

5

Bicycle Crunches

6

Plank

WorkoutLabs

Turbo Charged Morning Workout

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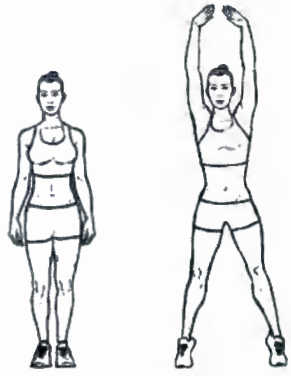

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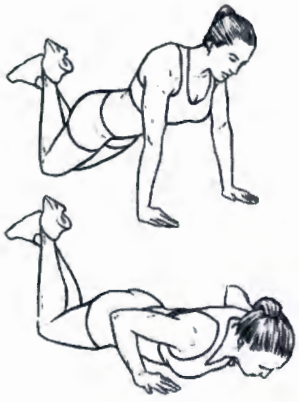

Modified Push-ups

3

Bodyweight Squat

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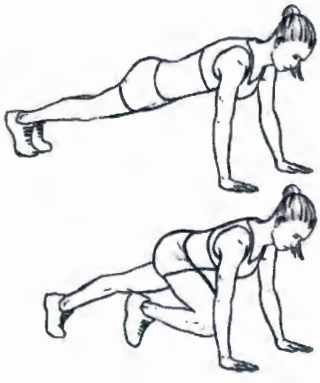

Mountain Climbers

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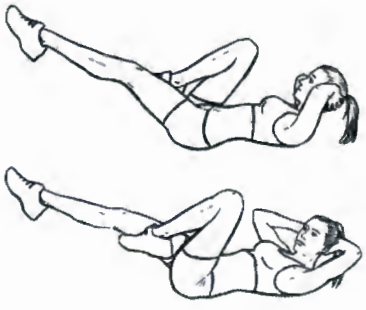

Bicycle Crunches

6

Plank

20-MINUTE
NO-EXCUSES WORKOUT
CARDIO + STRENGTH TRAINING MASHUP
REPLAY

BELLY POOCH

Natalie Sill Fitness

Best Lower Abs Workout To Get Rid Of The Lower Belly Pooch!

While lying flat on your back- lift your legs off the ground and slowly hover them up and down.

While resting up on your forearms- lift your legs off the ground and crisscross them side to side

While in a push up position- rotate each side extending your leg all the way to the opposite side of your body

Do the same move as before- except make it a little more challenging by moving into a plank

While in a push-up position- run your feet up into a tuck position and then back out

CLIMB & DESCEND

Lower-Body Workout Challenge

REPEAT 2X WEEKLY

•CLIMB•	•DESCEND•
10 LUNGES	10 LUNGES; 10 SQUATS; 10 STIFF-LEGGED DEAD LIFTS; 10 CALF RAISES
10 LUNGES; 10 SQUATS	10 LUNGES; 10 SQUATS; 10 STIFF-LEGGED DEAD LIFTS
10 LUNGES; 10 SQUATS; 10 STIFF-LEGGED DEAD LIFTS	10 LUNGES; 10 SQUATS
10 LUNGES; 10 SQUATS; 10 STIFF-LEGGED DEAD LIFTS; 10 CALF RAISES	10 LUNGES

Beginner Workout – Complete 1 round of Climb & Descend; rest as needed
Intermediate Workout – Complete 2 rounds of Climb & Descend
Advanced Workout – Complete 3 rounds of Climb & Descend

10 Tips for Getting Things Done

Evaluate your priorities....

Take 10 minutes to list your priorities and to examine what or who is important to you. Big stuff first. Don't waste time on the things that don't matter. Time spent should be relative to how important it is in your life.

Set the Timer....

A little self-challenge. If you give yourself only 30 minutes to tidy up the house, you will most likely get more cleaned in *less time* than if you were not racing against time. Limit tasks like Facebook, emails, post searching, scheduling, and tasks that inadvertently eat up your time. It's a powerful motivation to get it done.

Take Time to Regroup....

Love this. Give yourself 10-15 minutes each morning to drink your morning drink and write down your to-do list, after your morning meditation or workout. Then take a few minutes at the end of the day to figure out what the plan is for the next day. Know what's coming up, what you *have* to get done, and what you'd *like* to get done.

Set concrete goals and write them down....

Clear & specific. Break them down into Long term & Short term goals, then break larger goals into manageable tasks. Be specific by adding an end date. Refer to it often and put it somewhere you'll see every day. Give yourself a reward for completing a goal!

Use a Daily checklist....

Instant gratification. It's gratifying when that task gets crossed off or checked admit it. A daily to-do list helps you stay focused despite distractions. Keep it small so it's still doable. Make it a journal, notepad, Target pads for a $1, whatever it is... Check away!

Involve your kids....

Have kids? Nieces? Cousins? Any one that you watch? Get them involved! My 2nd cousins love it when I allow them to help me in the garden, feed the dogs, or clean up the house – who knew! It might take a little longer, but instead of pulling your hair out to work *around* them, *let them help you.* And you spend quality time together learning valuable lessons. Win - win.

Divide – and – Conquer....

If you have small children at home, you know how hard it can be to accomplish anything while they are awake. Try splitting your to-do list into things you can do with them while they're awake, and things to accomplish while they're napping. As soon as that happens, STOP your awake list and SWITCH to a nap list. It's similar to setting a timer, but racing against a different clock. Try it!

Wake Up Early.....

Picture how different the day would be if you committed to waking up 30 minutes early each day. You could spend those 30 minutes getting ready for your day – the day you *want* to have. Spend those 30 minutes on personal development, meditation, yoga, a run, walking the dogs, a workout, the to-do list, planning your day, work towards long term goals, *quiet time*, or enjoying nature. Use it wisely and you will begin to love it because it's ***your*** time.

Turn off Electronics....

Televisions, smart phones, tablets, computers, video games, pods, etc. Take time to disconnect, your brain will thank you.

Give Yourself a Break....

It's hard yes. BUT you need it, your brain needs it, your body needs it, your loved ones need it. No one can do it all. It's just not possible despite how much we think it is at times. So try to let go and relax, regroup, don't get so caught up in your to-do list that you forget to be in the present moment taking life as it comes.

Life is short. Moments are precious. Spend time on things that Matter.