

DOUBLE YOUR CALORIE BURN: Our Amazing Breakthrough Plan!

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INCHES
ALL
OVER**

**NO MACHINES,
NO WEIGHTS,
NO SWEAT!** P.2

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FAT IS A
GOOD THING**

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LEGS
FAST**

**A Fitness
Icon's Best
Move!**

**Brooke
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*How She Stays
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**BREAST
CANCER**
Proven New Ways
to Protect Yourself

Eat Right

NEWS

{IN SEASON}

PARSNIPS

This pale but delectable cousin of the carrot has an undeservedly low profile. Not only does it taste great in soups and make a standout stand-in for potatoes when you're roasting beef or chicken, but it's also a nutritional superstar. One serving of parsnips (just $\frac{1}{2}$ cup) is rich in folate and contains nearly 40 percent of your daily vitamin C needs. Check out these tips from chef James Boyce of Cotton Row in Huntsville, AL, and then grab a bunch on your next shopping trip.

SELECT Fresh parsnips are available year-round, but the peak season is in the fall and winter. For the best flavor, look for medium-size ones, no more than 7 inches long and 2 inches in diameter, and without any bulges or brown spots.

STORE Wrap the veggies in a moistened cloth or paper towel and they'll stay fresh in your refrigerator's crisper for up to two weeks.

PREP Give this veg a gentle scrub under cold water. Leave the skin on, or remove it with a potato peeler for a more delicate, less earthy flavor.

COOK Parsnips can be steamed, sautéed, boiled, or roasted—but they tend to dry out in the oven, so keep them covered. For a quick side dish, boil $\frac{3}{4}$ pound peeled and cubed parsnips along with a small peeled and cubed potato until fork-tender. Drain and whisk until smooth with a bit of butter, nutmeg, salt, and pepper to taste.

TOP SWAP

You can sub in an equal amount of this sweet-tasting root in any recipe that calls for potatoes.

NUTRITION SCORE: One $\frac{1}{2}$ -cup serving =
55 calories, 1g protein, 3g fiber