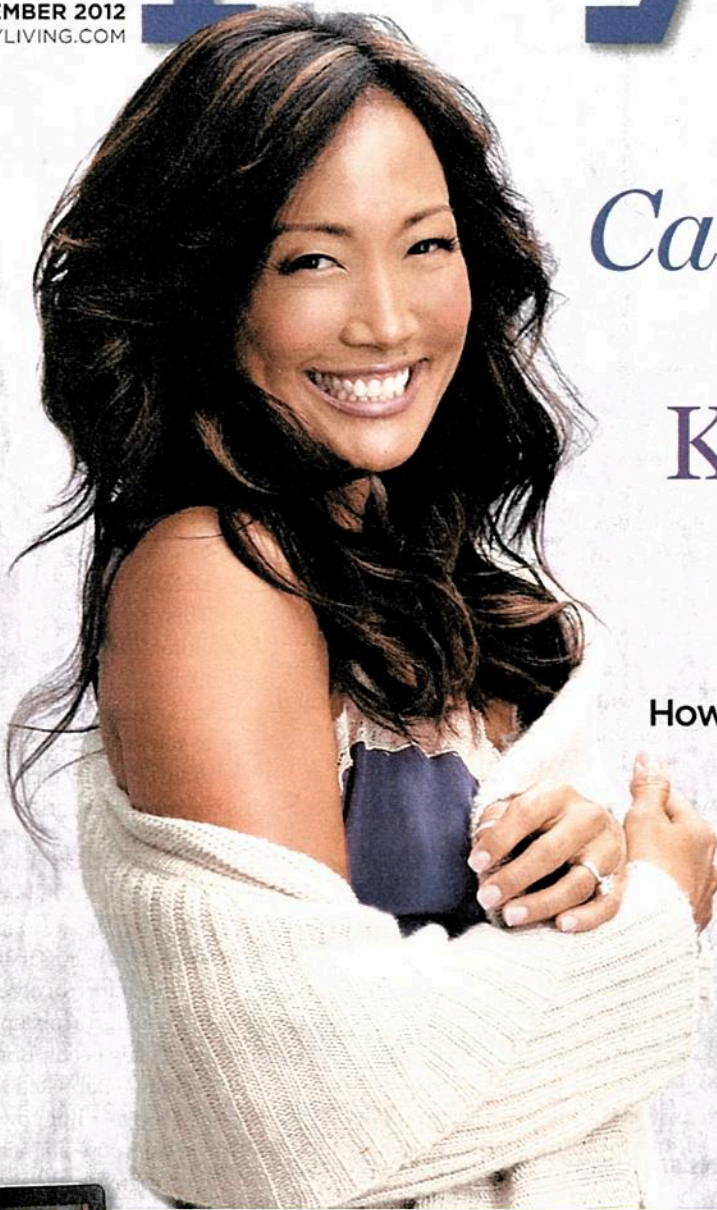


f JOIN US ON FACEBOOK! FACEBOOK.COM/SPRYLIVING

SPRY®

SEPTEMBER 2012
SPRYLIVING.COM

3
Gluten-Free
**KITCHEN
ESSENTIALS**
[pg 2]

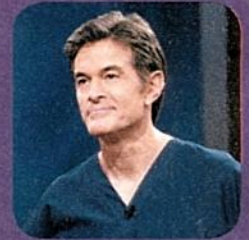


Caregivers: How to Keep Your Balance

How *Dancing with the Stars'*
CARRIE ANN INABA
faced the challenge
of caregiving as her
parents battled cancer



*The BEST New Cars
for Fit Families*
Page 2



*Male Menopause:
Myth or Fact?*
Dr. Oz Weighs In
Page 12



TOP TIPS from the
Latest Diet Books
Page 10



*The Perfect Salad
for Fall Suppers*
Page 14



Healthy Recipes the Whole Family Will Love!

Get on-the-go dinnertime solutions and nutrition tips with the *Relish for Moms* iPad edition and *Relish Daily Dish* recipe app. **Mealtime. Anytime. All the time.**

relish.com/mobile

No Contract. No Risk. Great Value.

#1 RATED[†]
CELL-PHONE
—SERVICE—

Affordable cellular service without a binding contract.



PLANS FROM JUST \$10/MO

Easy cell plans that'll save you money. We'll transfer your existing number for you and we'll even let you know when your minutes are almost up.

NO CONTRACTS Upgrade, change or cancel your plan at any time. You're in control.

WIDE SELECTION OF PHONES A great selection of phones from Motorola, Samsung and Doro. From user-friendly phones with big buttons and bright screens to smartphones, we have what you want including **FREE** activation.

100% RISK FREE GUARANTEE With our no obligation return policy you have nothing to lose.

AARP MEMBERS Ask for your special discounts when starting new service!



Available at **sears**

CALL CONSUMER CELLULAR 888-414-5981 OR VISIT www.ConsumerCellular.com/981

Consumer Cellular

AARP | Discounts

New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. Phones are limited to stock on hand. Terms and Conditions subject to change. *If you're not satisfied within 30 days or 30 minutes of usage, whichever comes first, cancel and pay nothing, no questions asked. †Visit www.ConsumerCellular.com for further details on our number one rating.

AARP member benefits are provided by third parties, not by AARP or its affiliates. Providers pay a royalty fee to AARP for the use of AARP's intellectual property. These fees are used for the general purposes of AARP. Provider offers are subject to change and may have restrictions. Please contact the provider directly for details.

Spry Kitchen

Simply Healthy Side

JO MARIE SCAGLIA OF KANSAS CITY, MO., MAY COOK FOR A LIVING, BUT it doesn't take a chef's skills to pull off her take on potato salad, the perfect side dish for early fall meals. "I like to keep food simple and enjoy the natural flavors of fresh foods," says Jo Marie, chef-owner of The Mixx, a casual restaurant with two Kansas City-area locations. True to her word, Jo Marie's light, lemony vinaigrette allows the hearty kale and crunchy Brussels sprouts to shine.



Rustic Fingerling Potato Salad

Cut back on—or omit—the Parmesan and go light on the vinaigrette to reduce sodium and fat.

Salad

- 4 cups fingerling potatoes
- 1/2 tsp. Kosher salt
- 1 tbsp. olive oil
- 2 cups shredded radicchio
- 1 1/2 cups chopped kale
- 2 cups shredded Brussels sprouts
- 3/4 cup shaved Parmesan

Vinaigrette

- 1/3 cup lemon juice
- 2/3 cup olive oil
- 1 tbsp. Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp. Kosher salt
- 1 tsp. freshly ground black pepper
- Zest of 2 lemons

1. Preheat oven to 425 F.
2. Boil the potatoes in a large pot of water for 10 minutes. Drain well.
3. Place potatoes on a baking sheet and sprinkle with salt and pepper. Drizzle olive oil on top and toss to coat. Roast 15 minutes; set aside.
4. Combine radicchio, kale and Brussels sprouts in a large bowl. Add Parmesan and toss.
5. To prepare dressing, place vinaigrette ingredients (lemon juice through pepper) in a food processor and blend until emulsified.
6. Pour vinaigrette over greens and toss. Add potatoes and toss. Garnish with lemon zest. **Serves 8**



PER SERVING: 317 calories, 22g fat, 7g prot., 25g carbs., 4g fiber, 5mg chol., 475mg sodium

SHARE YOUR HEALTHY RECIPES!
Join Jo Marie and thousands of contributors to the Spry Healthy Recipe Project. Be a part of America's largest online community cookbook at Spryliving.com/recipeproject