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# Low-Maintenance COOKING

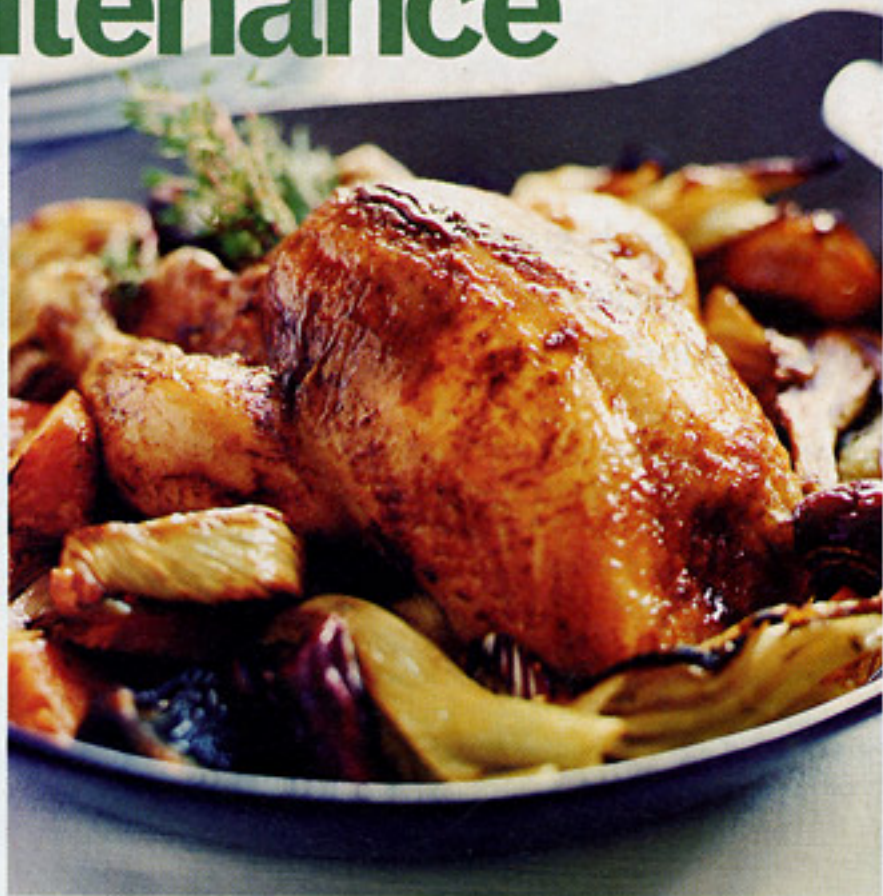
A well-balanced meal doesn't have to end with a sink full of dishes.

ONE-POT COOKING IS A HIT WITH COOKS WHO LIKE NUTRITIOUS MEALS MADE THE EASY WAY. The key, says Ruth Frechman, a registered dietitian and nutrition consultant in Los Angeles, is to pack your pot full of the right ingredients. "A type of protein, a type of starch and as many vegetables as possible" is Frechman's basic recipe. "Just be sure to trim the fat from meats and remove the skin from chicken," she adds. Here are a few more suggestions from some one-pot meal experts.

**Gloriously good for you.** After a multiple sclerosis diagnosis six years ago, Elizabeth Yarnell needed simple, healthy meal ideas – so she came up with Glorious One-Pot Meals ([www.gloriouspotmeal.com](http://www.gloriouspotmeal.com)), a special cooking technique using a Dutch oven. "By putting the ingredients into the pot in a specific order, the flavors don't get muddled and the foods retain all their nutrients because they never get overcooked," Yarnell says. Another benefit: You can use frozen vegetables and other ingredients directly from the freezer – no need for chopping or even thawing.

**Roasted and ready to eat.** Leslie Revsin, co-author of *The Simpler the Better: Sensational One-Dish Meals* (Wiley, 2005), has tips for keeping your kitchen one-pot ready. She stocks up on frozen veggies to add to casseroles, as well as some spice blends – Cajun and Italian seasonings, curry powder and herbes de Provence – that add a quick kick. And she suggests adding another dish to your meal – a simple salad – when time and appetite allow.

—MARY MARGARET CHAPPELL



Cut-and-Keep Recipe

## Roast Chicken With Mediterranean Vegetables

### Ingredients

- 3 medium zucchini, well scrubbed
- 1 medium eggplant, cut into 1-inch chunks
- 6 ripe plum tomatoes, cut in half lengthwise
- 6 garlic cloves, crushed
- 3 Tbsp. extra-virgin olive oil
- 1 large chicken (about 4 1/2 lbs.), quartered
- 1 tsp. herbes de Provence, or 1/2 tsp. each dried basil and rosemary

### Instructions

Cut zucchini in half lengthwise, then crosswise into 1-inch-wide pieces. Heat oven to 400 degrees. Lightly oil a large roasting pan. Combine zucchini, eggplant, tomatoes and garlic in pan, and toss with 2 Tbsp. olive oil. Season with 1/2 tsp. salt and 1/4 tsp. freshly ground pepper. Season chicken with 1/2 tsp. salt and 1/2 tsp. pepper. Place on top of vegetables, drizzle with remaining olive oil and sprinkle herbs over all.

Roast, stirring vegetables occasionally, until chicken shows no sign of pink when pierced with a knife (about 1 hour). Transfer chicken to a serving platter, and tent with aluminum foil.

Place roasting pan with vegetables over two burners on medium-high heat. Cook, stirring occasionally, until juices thicken (3 to 5 minutes). Serve with chicken.

— *The Simpler the Better: Sensational One-Dish Meals*  
(Wiley, 2005)