

Health

DECEMBER
2019

REAL
WELLNESS

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THE COUNTRY STAR
ON HER MUSIC,
MARRIAGE & MORE

FIND YOUR PEACE & JOY

THE CAREGIVER'S
GUIDE TO SELF-CARE

CELEBRATE WITH
A HEALTHY BRUNCH—
& COCKTAILS, TOO!

GIVING BACK: HOW
FOUR WOMEN ARE
MAKING A DIFFERENCE

WINTER SKIN SAVERS
(BYE-BYE, DRY!)

57
Great
Gift Ideas
We've Got
You Covered!



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NUTS ABOUT FIBER?

NEW CRUNCHY VANILLA ALMOND IS A GOOD SOURCE OF IT.

Kellogg's
Raisin Bran
Crunch
 Vanilla Almond



NEW!

SAUSAGE AND WHITE BEAN SOUP

Active Time 20 minutes
 Total Time 30 minutes
 Serves 4

- 1 Tbsp. olive oil
- 8 oz. mild or hot Italian turkey sausage, casings removed (about 2 links)
- 1½ cups chopped yellow onion (about 1 medium onion)
- 1½ cups sliced, peeled parsnips (about 3 medium parsnips)
- 1 (15-oz.) can no-salt-added petite diced tomatoes, undrained
- 1 (15-oz.) can no-salt-added white beans, undrained
- 6 cups unsalted chicken stock
- ¾ tsp. kosher salt
- ¼ tsp. black pepper
- 3 cups coarsely chopped, stemmed curly kale (from 1 bunch)
- ½ cup chopped fresh basil

- 1 tsp. lemon zest (from 1 lemon)
 - 1 tsp. chopped fresh rosemary
1. Heat oil in a large saucepan over medium-high. Add sausage, and cook, stirring to crumble, until browned, about 5 minutes. Add onion and parsnips, and cook, stirring occasionally, until softened, about 3 minutes. Add tomatoes and beans, stirring to release browned bits on bottom of pan. Add stock, salt, and pepper; increase heat to high. Bring to a boil. Reduce heat to medium to maintain a simmer. Cook until parsnips are tender, about 10 minutes.

2. Add kale, and cook until bright green and tender, about 3 minutes. Stir in basil, zest, and rosemary. Serve hot.

PER SERVING 326 Calories, 11g Fat (1g Sat.), 34mg Chol., 10g Fiber, 23g Pro., 37g Carb., 12g Sugar (0g Added Sugar), 767mg Sod., 4mg Iron, 107mg Calcium

GF HP HF

RECIPE KEY V Vegetarian VE Vegan GF Gluten-Free HP High Protein HF High Fiber

THE BEST BROTHS AND STOCKS

Chances are, you'll be pouring a store-bought stock or broth into most soups you prepare, and its flavor can make your final bowl sing...or not. We asked our team in the test kitchen which ones they reach for when they're developing recipes for *Health* and our sister brands. They tested 27 varieties, and zeroed in on the picks that will make your soups extra stellar: And rest assured, you can use stock and broth interchangeably.

REGULAR

LOW-SODIUM



CHICKEN BROTH
 Zoup boasted the best overall flavor and richness of all the broths in this category. Our testers reported that the chicken flavor is front and center, with a pleasing hit of vegetables in the background.



UNSALTED CHICKEN STOCK
 In a category where many of the contenders were weak or watery, Kitchen Basics stood out from the pack thanks to its clean, refreshing, and, yes, chickeny flavor.



BEEF BROTH
 Look for College Inn organic broth for its clean flavor that's just a touch sweet, compliments of carrots. Its golden color will add visual body to a soup, without any muddiness.



UNSALTED BEEF BROTH
 Swanson wins for its true, simple flavor. Testers called it a kitchen workhorse, a solid base for starting a variety of recipes.



VEGETABLE BROTH
 Veggie broth can be tricky. Some taste—and look—aggressively of carrot, which can be good in a carrot or squash soup, but not so great in lentil, for example. Zoup beat out other brands due to its versatile, mild flavor and clarity of color.



LOW-SODIUM VEGETABLE BROTH
 Whole Foods' 365 organic broth takes the cake (so to speak) with its very vegetal—but not grassy—flavor. Testers liked its clarity and that it didn't taste strongly of any specific veg.