CHEF SHOWDOWN! THEY COMPETE, YOU WIN!

Clean Eating

Improving your life one meal at a time.

JUNE 2012

Chicken 17 Ways

Amazing Meals!

64 FAMILY RECIPES

BAKED HONEY-MUSTARD CHICKEN THIGHS P. 60

TASTY POTLUCK RECIPES

THEY'LL THINK YOU SPENT HOURS MAKING THEM!

SLIM DOWN FOR SUMMER

Your Easy 14-Day Plan P. 81

EVERYDAY FOODS

That'll Boost Your Mood

2012 FOODIE AWARDS Clean Eating Magazine

OUR FIRST FOODIE AWARDS!

80 HEALTHIEST PRODUCTS

cleaneating.com
JUNE 2012 $5.99 US
0 6>
0 75470 08798 1
Please display until 06/26/12

OUR FIRST ANNUAL FOODIE AWARDS

2012 FOODIE AWARDS

Clean Eating Magazine

We're BRINGING YOU THE MOST DELICIOUS, NUTRITIOUS AND ECO-FRIENDLY PRODUCTS AVAILABLE TO HELP MAKE LIFE EASIER, TASTIER AND UNDOUBTEDLY CLEANER!

We've been up and down the supermarket aisles – literally – to find the best health food, nutritional aids and household products out there. We also went through the excruciating process of testing each of the products. (OK, you got us, this was the highlight of the year here at the *CE* office!) We've even categorized them for easy searching.

So get out your pen, because you're going to want to circle many of these products – heck, you might even want to take this entire section with you to the store. It will help make your shopping a whole lot cleaner!

MEET OUR PRODUCT TESTERS

Alicia Rewega
Editor-in-Chief

Andrea Gourgy
Food Editor

Gilean Watts
Associate Editor

Jessica Pollack
Online Editor

Laura Schober
Fact Checker/
Editorial Assistant

Michael Spiar
Copy Editor

The Winning Combination

Choosing our first annual Foodie Award winners was a six-pronged process that involved taste, mouth feel, addictiveness, *CE*-approved ingredients, responsible packaging and time-saving convenience. Each staff-tested product was rated on a scale from one to five in each of the six categories, and the highest scores received a *CE* Foodie Award. **Here's a quick breakdown of each factor:**

TASTE: Low-cal, low-fat, heart-healthy food is nothing without great taste, and at *Clean Eating*, we refuse to sacrifice flavor for health. Each product we've selected boasts both.

MOUTH FEEL: Love the velvety texture of a quality Greek yogurt or the smooth feel of your favorite gluten-free pasta noodles? Satisfying mouth feel is a major contributing factor to taste and one we consider an art. The *CE* Foodie Award–winners have all perfected it.

CHIPS, CRACKERS & SNACKS

KEEN CORN SUBSTITUTE

Beanitos Black Bean Chips

There's no corn filler in these clever and superbly crunchy chips – just five simple non-GMO ingredients and a heaping dose of fiber! **$4 per 6-oz bag, beanitos.com for retail locations**

"Satisfied my chip craving without making me feel bloated, dehydrated or guilty." – Gilean Watts

SIMPLY NUTTY

Blue Diamond Baked Nut Chips

A big crowd-pleaser, the *CE* team couldn't help but fall for the subtle almond accents in these triangular chips! **$3 per 4.25-oz bag, bluediamond.com for retail locations**

INCREDIBLY DUNKABLE

Chip'ins All Natural Popcorn Chips

We were pleasantly surprised by the shape of these extremely thin and crunchy popcorn chips – triangular instead of the usual round for dipping ease! **$4 per 7.25-oz bag, popcornindiana.com for retail locations**

"Addictive! Here at the office, we polished off the whole bag in five minutes flat!" – Gilean Watts

WORTH THE SPLURGE

Flamous Falafel Chips

These crisp chips taste just like falafel balls – try dipping them in our "Raw" Beanless Zucchini Hummus. (Available at **cleaneating.com/june-2012**) **$4 to $5 per 8-oz bag, flamousbrands.com for retail locations**

"They taste like falafel and it's blowing my mind! I'm dying to make nachos out of these chips to dip in hummus instead of guac: Falafel Nachos. (Copyright!)" – Jessica Pollack

GREAT ON THE GO

Lärabar

With a smorgasbord of flavor options made simply from dried fruits, nuts and spices, no grab 'n' go day has to be the same! **$25.50 to $28 per case of 16, larabarstore.com**

MAJOR CRUNCH FACTOR

Mary's Gone Crackers

Brown rice, quinoa and seeds are just some of the essential good-for-you ingredients found within one of the crispiest crackers in the game, sans gluten! **$5, marysgonecrackers.com for retail locations**

WEB BONUS: Spread some avocado pesto on these crispy crackers – pop by **cleaneating.com/june-2012** for the recipe!

HEART HELPER

Corazonas Lightly Salted Tortilla Chips

The plant sterols in these corn-based chips mean your health could be improving with every bite! **$3 per 7-oz bag, corazonas.com for retail locations**

"These are the best tortilla chips I've ever had! I would have loved to try them baked with some cheese and veggies, but they didn't survive past my desk. They have just the right amount of crunchiness and saltiness – so good!" – Gilean Watts

TRUE TO ITS NAME

Food Should Taste Good Kettle Cooked Sweet Potato Chips, Original

We overheard someone in the office proclaim that these kettle-cooked snacks taste like sweet potato fries – made with all-natural ingredients. **$3.50 per 4.5-oz bag, foodshouldtastegood.com for retail locations**

BEST BUTTERS

DECADENT SPREAD

Justin's Chocolate Hazelnut Butter

This delectably textured butter is gluten free, dairy free and vegan. Its wholesome ingredients include cocoa, hazelnuts, almonds, organic evaporated cane juice and natural vanilla. **$10, justinsnutbutter.com**

"I hate to admit it, but I'm a real chocolate addict. This product is amazing because it allows me to get my chocolate fix from something that's actually really healthy! I've been smearing it on fruit and toast, and I've even thrown it into my morning smoothie." – Andrea Gourgy

LIKE A KID AGAIN

Kettle Brand Organic Unsalted Crunchy Peanut Butter

There's only one ingredient in this nostalgically crunchy nut butter: organic peanuts. As clean and simple as it gets! **$6, kettlebrand.com for retail locations**

OH SO LUSCIOUS

MaraNatha Organic Raw Creamy Almond Butter

MaraNatha uses raw almonds for a nutty flavor that's definitely addictive, whether you use it in Asian recipes or slather it on a slice of apple! **$15, maranathafoods.com for retail locations**

SPOON-WORTHY

Once Again Organic Cashew Butter

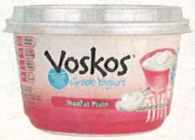
This dreamy cashew butter is as delightful as the story of Once Again's logo, an homage to the four baby raccoons who grew up on the factory grounds! **$9.50, onceagainnutbutter.com**

"I could, and did, just eat this stuff by the spoonful!" – Alicia Rewega

GREAT YOGURTS

There's no question that Greek yogurt is one of the most prolific ingredients in the pages of *Clean Eating* – simply put, we can't get enough! For sweet treats and savory fare, here are three great brands to meet all of your thick 'n' creamy yogurt needs:

FAGE Total 0%
$4, fageusa.com for retail locations

Chobani Plain Non-Fat
$3, chobani.com for retail locations

Voskos Nonfat Plain
$3, voskos.com for retail locations