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Brave New You

RESOLUTION
REBOOT
9 Rules for Making
Habits Stick

How to tame
your fears and
start living
your happies
year ye



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Are You Your Own Best Frenemy?

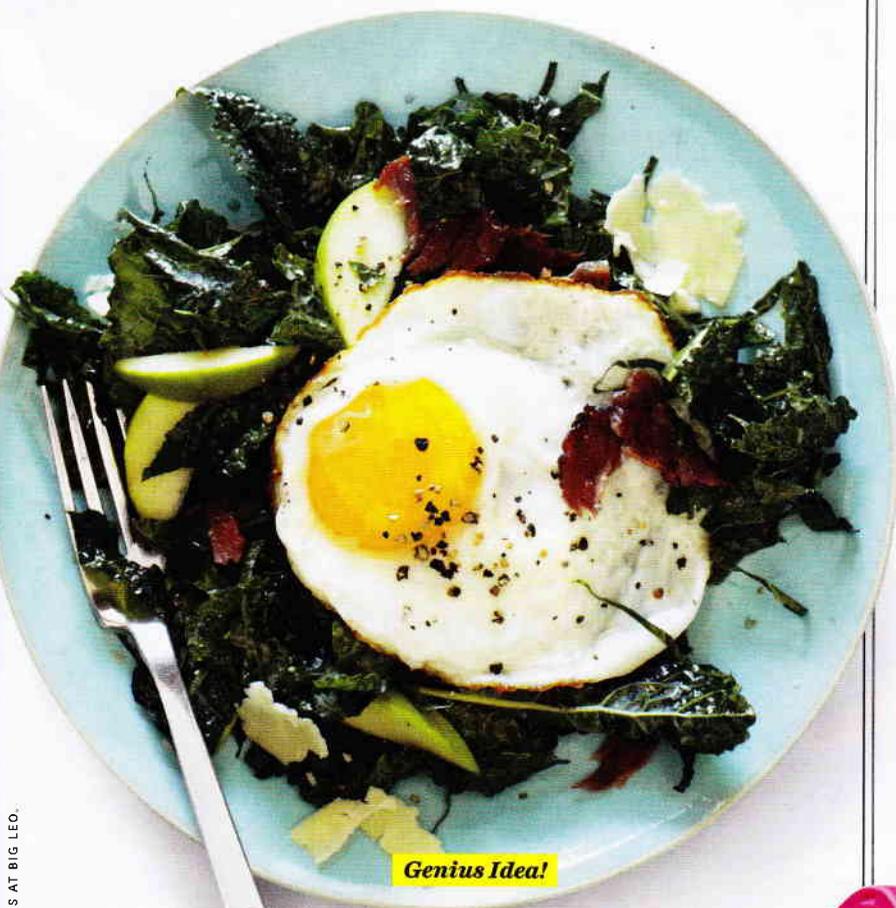
The key to taking it
easy on yourself, pg. 38

THE ULTIMATE HOME MAKEOVER

Nate Berkus pays Iyanla
life-changing visit, pg. 9

MIXING BOWL

The makings of a delicious month, from fresh ideas for kale to a guilt-free chocolate treat.



Genius Idea!

SALAD FOR BREAKFAST

You may be skeptical about the idea, but trust us, this is a meal worth waking up for. In her new cookbook, *Supermarket Healthy*, Food Network star Melissa D'Arabian gives the classic bacon, egg, and cheese combo a nutritious upgrade with a bed of shredded kale and sweet-tart slices of green apple.

KALE BREAKFAST SALAD

In a large bowl, whisk $\frac{1}{4}$ cup **lemon or orange juice**, 1 Tbsp. **maple syrup**, 2 tsp. **balsamic vinegar**, and $\frac{1}{2}$ tsp. **salt**. Add 1 bunch **Tuscan kale** (ribs removed, leaves stacked and thinly sliced crosswise) and massage with dressing using your hands. Heat a large nonstick skillet lightly coated with **olive oil** over medium-high heat. Add 3 slices **turkey bacon** and cook until crispy, 5 minutes. Transfer bacon to a cutting board, set skillet aside, and roughly chop. Drizzle 2 Tbsp. olive oil over kale and toss. Add 1 **Granny Smith apple**, cored and sliced, and $\frac{1}{4}$ cup grated **Cheddar** and toss. Divide among 4 plates and top with reserved bacon. In reserved skillet, fry 4 large **eggs** over medium heat. Slide 1 egg on each salad, sprinkle with $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. **ground black pepper**, and serve. *Makes 4 servings. Total time: 30 minutes.*

Healthy Indulgence

Mint Condition

At only 120 calories, a Seely Dark Chocolate Mint Patty will satisfy your sugar cravings without wrecking your resolutions. The refreshing, intense mint flavor, a perfect complement to the rich coating, comes from peppermint oil that a husband-and-wife team grow and distill on their Oregon farm. (\$8.50 for five; seelyfamilyfarm.com)



"I'm a huge believer in the 90-10 rule. Eat well 90 percent of the time. The other 10 percent, have whatever you want with no guilt, like I do when this crazy force inside turns me into a zombie, saying *Must. Have. PIZZA!*"

—CHEF MARCO CANORA OF NEW YORK CITY'S HEARTH RESTAURANT AND AUTHOR OF THE NEW COOKBOOK *A GOOD FOOD DAY*

The Find

GREEN GIANT

Make room, OJ: Suja's 49-ounce jugs of cold-pressed green juices are joining you in the refrigerator aisle, with two tasty blends of spinach, kale, and cucumber. Juice newbies will appreciate Easy Greens, sweetened with apple, mango, and banana, while veterans can go for straight-up Power Greens. (\$13; [Whole Foods Market locations](http://WholeFoodsMarket.com))



Editors' Pick

The Glass Sipper

Joco glass coffee cups are an eco-friendly (and plastic-free) way to get your daily caffeine fix. Each has a silicone thermal sleeve, to protect your hands, and a splash-proof lid. Available in bold colors and 8-, 12-, and 16-ounce sizes. (From \$23; jococups.com/usa)

