

The new and improved all-you-can-eat soup diet

Our first one was such a smash, we're back with an even tastier soup recipe and lots of new ways to prevent diet boredom. Plus: Reader success stories. | By Delia Hammock, M.S., R.D.

Last year, we figured a new millennium deserves an epic diet, and so we created Super Soup. Our seven-day meal plan and recipe for a hearty vegetable soup ran in the January 2000 issue, and the response was, well, "souper." We got mail from more than 100 readers, many of whom were ecstatic over dropping pounds so painlessly.

For this encore, we've jazzed up the soup a little, adding some new vegetables. It's still easy, convenient, nutritious, delicious, and filling, so you can slash calories—to as low as 1,200 per day—without being constantly hungry. Expect to lose as many as five pounds the first week, followed by one to two additional pounds each week you stay on the diet. To lose weight even faster, add exercise, aiming for 30 minutes of vigorous activity per day.

The All-New Basic Soup

- 5 medium carrots, peeled and cut into 1-inch slices
- 3 medium celery stalks, sliced
- 3 large onions, chopped, or 3 medium leeks, each cut into 1-inch slices
- 1 large garlic clove, minced
- 2 cans (28 ounces each) tomatoes in juice
- 1 small head savoy cabbage (about 1½ pounds), thinly sliced
- 2 medium parsnips, peeled and cut into 1-inch slices
- 2 packages (5 ounces each) baby spinach leaves

- ½ cup chopped fresh parsley
- 2 chicken-flavor bouillon cubes or envelopes
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

1. Coat 8-quart saucepot with non-stick cooking spray. Over medium-high heat, add carrots, celery, onions, and garlic. Cook 5 minutes.
2. Stir in tomatoes with their liquid, breaking up tomatoes with side of spoon. Add cabbage, remaining ingredients, and *12 cups water*. Heat to boiling over high heat, stirring occasionally. *(continued)*

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3. Reduce heat to low; cover and simmer, stirring occasionally, 15 minutes, or until vegetables become tender. Add more salt and pepper if desired. Makes about 25 cups.

To retain freshness and nutrients Keep a 2-day supply of Basic Soup in the refrigerator. Store remaining soup in 3-cup portions in airtight containers, leaving some headspace to allow for expansion. (If you plan to reheat soup in microwave, use a microwave-safe container.) Freeze.

To reheat frozen soup Microwave: Loosen lid on container. Heat on High (100 percent power) 8 to 12 minutes until bubbling, stirring twice. Top of stove: Place container

under running cold water to loosen frozen soup from sides. Heat frozen soup in covered saucepan over very low heat about 3 minutes until soup begins to thaw. Increase heat to medium; heat about 15 minutes longer until heated through, stirring occasionally.

Note: If using frozen soup to prepare Super Soup, add ingredients during the last 5 minutes of heating. For microwave heating, use a container large enough to hold add-ins.

Seven-Day Diet Plan

DAY 1

Breakfast

1 cup high-fiber or whole-grain cereal
1 cup fat-free milk

½ banana or 2 tablespoons raisins

Lunch

Sandwich Fill 1 whole wheat pita with mixture of ½ cup drained water-packed tuna, 1 tablespoon light mayonnaise, shredded carrots, and finely chopped onions and celery.

Dinner

Super Soup To 2 to 3 cups Basic Soup, stir in 3 ounces skinless cooked rotisserie chicken breast, cut into chunks (¾ cup), 3 tablespoons instant rice, 1 teaspoon soy sauce, and ¼ teaspoon thyme. Heat to boiling; then simmer until rice is tender.

4 sesame breadsticks or ½ whole wheat pita

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winning the weight-loss war

"It seemed the perfect answer"

DIETERS' STATS Donna Morley, 38, and Steve Morley, 43.

The couple live in Charlotte, North Carolina. Donna is production manager for an advertising agency. Steve is a merchandising manager for a food distributor.

LENGTH OF TIME ON DIET Since January 10, 2000

WEIGHT LOST Donna—45 pounds; Steve—40 pounds

WHY THEY TRIED IT Steve and Donna had worrisome family medical histories that included diabetes, heart disease, and cancer.

They knew the extra pounds they carried were putting them at risk. "The soup diet seemed the perfect answer," Donna says.

HOW THEY MADE IT

WORK "Steve would get home from work and put the preportioned soup on the stove to warm. Then, when I got home, I would finish it up with the add-ins."

SECRETS FOR KEEPING THE POUNDS OFF "We followed the diet religiously for one month, having Super Soup every night," Donna says. "Then we started eating the other dinners three times a week and continued with soup the other four nights."

HARD-WON WISDOM Set small goals for yourself.

"Plan to lose ten pounds by your birthday, instead of fifty pounds next year," Donna says.

"Repeating the soup was easy"

DIETER STATS Janet Theisen, 44. Janet lives in Weston, Wisconsin, with her husband of 20 years and two teenage daughters and works as a registered nurse.

LENGTH OF TIME ON DIET Five months (February through June)

WEIGHT LOST 40 pounds

WHY SHE TRIED IT An invitation to her 25-year high school reunion. All Janet could think of was the 40 pounds she'd gained in the last five years. "I was going to throw the invitation away, but then I found the *Good Housekeeping* soup diet."

HOW SHE MADE IT WORK "I'm a creature of habit, so it was easy to repeat the seven days over and over. I liked being able to make the soup one day a

Donna and Steve Morley before they went on the GH soup regimen, left (photo taken in 1995), and after, above.

week and freeze the portions." (Janet's husband works nights, so she doesn't have to cook for him, and her daughters eat sandwiches, heat up frozen pizza, or open a can of SpaghettiOs.)

SECRETS FOR KEEPING THE POUNDS OFF "I wish I had a secret! I'm on the scale every day, and when it goes up by five pounds, I'm back on the soup."

HARD-WON WISDOM "Get a mind-set, get determined, and don't let anyone stand in your way."

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DAY 2

Breakfast

1 split toasted English muffin topped with ¼ cup shredded Jarlsberg Lite cheese. Broil until cheese melts.

6 ounces calcium-fortified juice

Lunch

Sandwich On 2 slices whole wheat bread, spread 1 teaspoon honey mustard; layer 3 ounces skinless cooked rotisserie chicken breast or deli turkey breast, thinly sliced, with lettuce and tomato

1 cup fat-free milk

1 small apple or pear

Dinner

Super Soup To 2 to 3 cups Basic Soup, stir in ½ cup drained canned garbanzo beans, 2 teaspoons lemon juice, and ½ teaspoon oregano. Heat through. Top with 2 tablespoons crumbled feta cheese.

4 sesame breadsticks or ½ whole wheat pita

DAY 3

Breakfast

1 cup cooked oatmeal topped with 6 dried apricot halves, chopped, or 2 tablespoons raisins

1 cup fat-free milk

Lunch

Fast-food meal 1 small cheeseburger, with ketchup, mustard, lettuce, tomato slices, onions, and pickles

1 green side salad with 1 tablespoon fat-free Italian dressing (optional)

Dinner

Super Soup In small saucepan, combine ½ teaspoon curry powder and ½ teaspoon oil. Cook over low heat for 1 minute, stirring constantly. Stir curry mixture, ½ cup cooked or drained canned lentils, and ½ cup canned sweet

diet on the web

Do you want to keep losing pounds but you're feeling a little souped out? Log on to www.goodhousekeeping.com. That's where you can find plenty of non-soup dinners that are low in calories—recipes included.

how to make it work

- Don't skip meals, and eat exactly what's listed.
- You may eat as much of the Basic Soup (with no add-ins) as you wish, whenever you wish.
- You may swap a breakfast, lunch, or dinner from one day's menu for the same meal on a different day. Have a dinner meal for lunch. But then you must have a lunch meal for dinner.
- Drink only calorie-free beverages (tap water, bottled water, club soda, seltzer, artificially sweetened drinks, unsweetened black coffee or tea).
- If the meal includes a piece of fruit, save it for a snack later.
- Fresh or dried herbs, spices, lemon or lime juice, mustard, nonstick cooking spray, soy sauce, vinegar, and Worcestershire sauce are OK.
- Take a standard one-a-day type multivitamin/mineral supplement as well as a 400- to 500-milligram calcium supplement.

potatoes, cut up, into 2 to 3 cups of the Basic Soup. Heat through.

2 cups bagged salad greens with 2 tomato slices and 2 tablespoons fat-free Italian dressing
20 grapes or 1 small apple

DAY 4

Breakfast

1 cup fat-free, sugar-free yogurt (plain or fruit flavored)

1 tangerine or ¾ cup fresh or frozen unsweetened berries

1 split toasted English muffin spread with 1 teaspoon light butter

Lunch

Sandwich Between 2 slices whole wheat bread, layer ¼ cup mashed avocado, 1 slice Jarlsberg Lite cheese (1 ounce), and 2 tomato slices. Season with a little salt and pepper if desired.

1 medium banana or pear

Dinner

Super Soup To 2 to 3 cups Basic Soup, stir in 3½ ounces cooked lean deli roast beef, cut up, and 2 teaspoons Dijon mustard. Heat through. Top with 3 tablespoons low-fat sour cream.

5 Reduced Fat Triscuits or ½ whole wheat pita

DAY 5

Breakfast

¾ cup calcium-fortified 1-percent-fat cottage cheese mixed with ½ cup drained, canned pineapple chunks in juice

1 slice toasted whole wheat bread spread with 1 teaspoon light

butter and 1 teaspoon preserves

Lunch

Sandwich On 2 slices whole wheat bread, spread 1 teaspoon spicy brown mustard. Layer 2 ounces cooked lean deli roast beef, sliced, with tomato and onion slices.

6 dried apricot halves or 1 kiwifruit
1 cup fat-free milk

Dinner

Super Soup To 2 to 3 cups Basic Soup, stir in ½ cup drained canned corn, 2 teaspoons lime juice, and ¼ teaspoon ground cumin. Heat through. Stir in ¼ cup shredded Monterey Jack cheese with jalapeño peppers. Sprinkle with 1 tablespoon chopped cilantro.

1 ounce baked tortilla chips (about 18 chips) or 4 sesame breadsticks

DAY 6

Breakfast

frozen low-fat waffles, toasted, then topped with 1 tablespoon low-calorie pancake syrup and 1 cup fresh or frozen unsweetened berries

6 ounces calcium-fortified juice

Lunch

Sandwich Fill 1 whole wheat pita with mixture of ½ cup crumbled feta cheese, ¼ cup diced tomato, ¼ cup diced cucumber, and 2 tablespoons chopped olives. Sprinkle pita contents with red wine vinegar.

1 canned peach half in juice or 6 dried apricot halves

Dinner

Super Soup To 2 to 3 cups Basic

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Soup, stir in 3 ounces reduced-fat turkey kielbasa, cut up. Heat through. Sprinkle with 2 tablespoons grated Parmesan cheese.

4 sesame breadsticks or ½ whole wheat pita
1 tangerine or 1 kiwifruit

DAY 7

Breakfast

½ small grapefruit or 1 tangerine
2 eggs scrambled in a nonstick skillet coated with nonstick cooking spray
1 slice toasted whole wheat bread spread with 1 teaspoon light butter

Lunch

Bake 1 large potato; top with ¼ cup salsa, ¼ cup grated Monterey Jack cheese with jalapeño peppers.
6 baby carrots

Dinner

Super Soup To 2 to 3 cups Basic Soup, stir in 4 ounces peeled raw shrimp, 2 tablespoons dry couscous, 1 teaspoon soy sauce, and ¼ teaspoon thyme. Heat to boiling, then simmer just until shrimp are opaque.
1 small pear or ½ cup canned pineapple chunks in juice ★

soup galore

We know eating soup day in, day out can get tedious. That's why we've come to your rescue with four new recipes.

CHICKEN ALPHABETS To 2 to 3 cups Basic Soup, stir in 3 ounces skinless cooked rotisserie chicken breast, cut into chunks (¾ cup), 2 tablespoons alphabet macaroni, uncooked, 1 tablespoon balsamic vinegar, and ¼ cup water. Heat to boiling; cook until pasta is tender.

4 Reduced Fat Triscuits or 20 grapes

FISH CHOWDER To 2 to 3 cups Basic Soup, stir in 4 ounces cod fillet, cut into chunks, 3 slices cooked turkey bacon, crumbled, and ¼ teaspoon thyme. Heat to boiling; cook until fish is opaque throughout.

5 sesame breadsticks or 1 medium banana

CURRY CREAM In small pot, combine ½ teaspoon curry powder and ½ teaspoon oil. Cook over low heat 1 minute, stirring constantly. Stir curry mixture and ½ cup cooked rice into 2 to 3 cups Basic Soup.

In blender, at low speed, blend soup mixture until smooth.* In saucepan, combine pureed soup and ¾ cup fat-free milk; heat through.

5 sesame breadsticks or 1 pear

HAM & CHEESE To 2 to 3 cups Basic Soup, stir in 2 ounces cooked ham, diced, and 1 teaspoon Dijon mustard; heat through. In bowl, sprinkle ½ cup shredded light Cheddar cheese and ¼ cup seasoned croutons over heated soup.

¼ whole wheat pita or 1 small apple

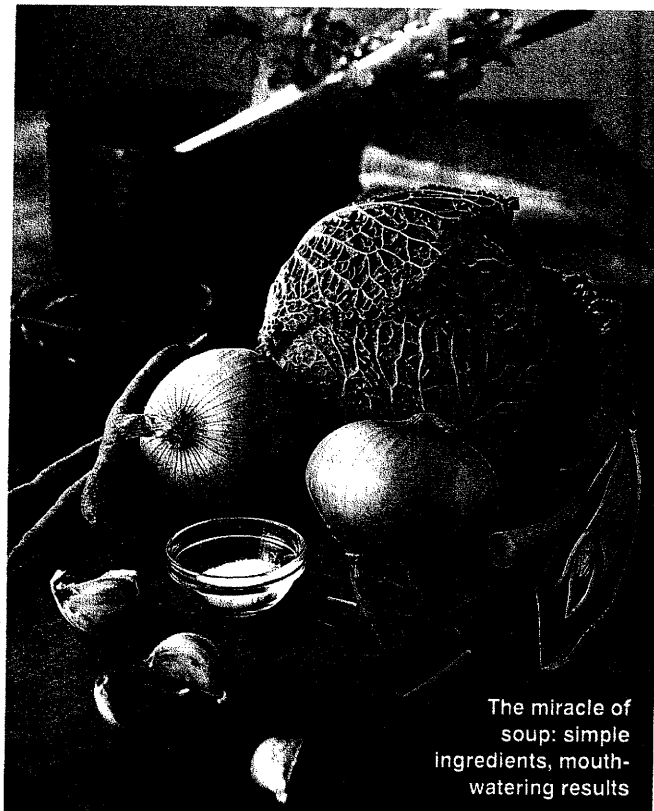
*If Basic Soup is hot, remove center part of blender cover.

GH's Third Annual All-you-can-eat soup diet

This year, **seven of the country's most famous chefs** add their own special flavors to these basic ingredients. So what are you waiting for? Soup's on—pounds off.

| By Delia Hammock, M.S., R.D.

Back by popular demand: GH's amazing diet that lets you eat all you want and still lose weight. But food isn't just fuel—it should also be a pleasure. So this year, we asked some of the biggest chefs in the business to jazz up our recipe with their own variations. The catch: No soup could exceed 400 calories. Their response? Five-star creations that GH Institute Nutrition Director Delia Hammock has complemented with a one-week, 1,200-calorie-per-day meal plan. It's a sensible diet with outrageous results. Expect to lose as many as five pounds the first seven days and one to two pounds for each additional week that you stay with the plan. Stick with it for a month and you'll be up to ten pounds lighter! So let's get started.



The miracle of soup: simple ingredients, mouth-watering results

Your Seven-Day Diet Plan*

DAY 1

Breakfast

Top 1 cup fat-free plain yogurt with 1 cup fresh or frozen unsweetened berries, 3 tablespoons honey-crunch wheat germ, and 1 teaspoon honey.

Lunch

California Tuna Salad Toss 3 ounces drained water-packed tuna, ¼ cup peeled orange sections, and ¼ small avocado, sliced, with a mixture of 2 teaspoons orange juice, 1 teaspoon lemon juice, and ½ teaspoon olive oil. Serve over lettuce.

3 sesame breadsticks

Dinner Emeril Lagasse's Creole Super Soup

To 3 cups Basic Soup, add 3 ounces skinless chicken breast, cut into ½-inch dice; 2 ounces sliced fully cooked fat-free/low-fat smoked sausage or kielbasa (60 to 70

calories per 2 ounces); 1 cup diced frozen okra; ½ cup cooked white rice; and 1 teaspoon Emeril's Original Essence spice blend. Heat to boiling, then reduce to simmer for 5 minutes. Turn off heat and stir ¼ teaspoon gumbo file (an optional seasoning) into soup. Serve immediately. *Note: Don't boil the soup once gumbo file has been added, or it may become bitter.*

DAY 2

Breakfast

1 cup cooked oatmeal, topped with 2 tablespoons dried sweetened cranberries or raisins
1 cup fat-free milk

Lunch

Asian Salad Toss 1½ cups shredded cabbage and 15 halved grape tomatoes with a mixture of 1 tablespoon rice *(continued on page 140)*



Emeril Lagasse

Location New Orleans

Why he's famous Owner of three New Orleans restaurants and Emeril's New Orleans Fish House in Las Vegas; host of Food Network cooking show *Emeril Live*
Soup secret Low-fat sausages deliver flavor and texture similar to the real Creole deal while cutting the calories in half.

*Diet breaks down into about 300 calories for breakfast, 400 for lunch, 400 for dinner, and an extra 100 for as much Basic Soup as you want.

Build Your Basic Soup

- 5 medium carrots, peeled and cut into 1-inch slices
- 3 medium celery stalks, sliced
- 3 medium leeks, cut into 1-inch slices, or 3 large onions, chopped
- 1 large garlic clove, minced
- 2 cans (28 ounces each) whole tomatoes in juice
- 1 small head savoy cabbage (about 1½ pounds), thinly sliced
- 2 medium parsnips, peeled and cut into 1-inch slices
- 2 packages (5 ounces each) baby spinach leaves
- ½ cup chopped fresh parsley leaves
- 2 chicken-flavor bouillon cubes or envelopes
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Coat 8-quart saucepot with *nonstick cooking spray*. Over medium-high heat, add carrots, celery, leeks, and garlic. Cook, stirring occasionally, 5 minutes.
2. Stir in tomatoes with their liquid, breaking up tomatoes with side of spoon. Add cabbage, remaining ingredients, and *12 cups water*. Heat to boiling over high heat, stirring occasionally.
3. Reduce heat to low; cover and simmer, stirring occasionally, 15 minutes, or until vegetables become tender. Add more salt and pepper if desired. Makes about 25 cups; 40 calories per cup.

vinegar, 1 teaspoon soy sauce, and 1 teaspoon Asian sesame oil.
 ½ 3-ounce bagel with 1 ounce cheese (any type)
 ½ cup canned pineapple chunks in juice

Lunch

2 slices (one-fourth) of a 12-inch cheese pizza with mushrooms and peppers (thin crust), 2 to 3 cups salad greens with onions and tomatoes, drizzled with 1 tablespoon vinegar and 1 teaspoon olive oil.

and rinsed
 canned cannellini beans, ½ cup sliced celery, and 2 sliced green onions with 1 tablespoon lemon juice and 1 teaspoon olive oil. Serve over lettuce.



Ming Tsai
 Location Wellesley, Massachusetts
 Why he's famous Host of the Food Network show *East Meets West with Ming Tsai*; author of *Blue Ginger*
 Soup secret Traditional Asian seasonings such as rice vinegar and ginger boost the flavor without hiking the calories.

Dinner

Michael Chiarello's Napa-Style Minestrone Super Soup
 To 2 cups Basic Soup, add ½ cup drained and rinsed canned white kidney beans (cannellini) and ¼ teaspoon each dried basil and oregano. Heat to boiling. Stir in 1 ounce ditalini or tubetti pasta, cooked as label directs.

Dinner Lidia Bastianich's Mussel Super Soup

To 3 cups Basic Soup, stir in a pinch of saffron and 1 pound scrubbed and debearded mussels. Heat to boiling, then simmer, covered, 3 minutes, until mussels open.
 3 sesame breadsticks
 1 medium banana or 30 grapes

Dinner Ming Tsai's Hot-and-Sour Super Soup

In 1 teaspoon hot oil, sauté 2 teaspoons minced, peeled fresh ginger and 2 green onions (white part only), thinly sliced, until soft, about 2 minutes. Add 3 tablespoons rice vinegar and 2 tablespoons soy sauce, and heat to simmering. Stir in ¼ teaspoon ground white pepper, 1 teaspoon Asian sesame oil, and 4 ounces firm bean curd (tofu), cut into ½-inch dice. Add 3 cups Basic Soup and simmer. Garnish with green part of green onions, thinly sliced.
 1 tangerine



Lidia Bastianich
 Location New York City
 Why she's famous Owner and founder of the restaurant Felidia; host of *Lidia's Italian-American Kitchen*, on PBS
 Soup secret Saffron for flavor and mussels for protein make this low-calorie soup tasty and healthy.

DAY 4

Breakfast Smoothie Blend
 1 cup frozen unsweetened fruit (any type), ½ cup fat-free milk, ½ cup calcium-fortified orange juice, and ½ cup old-fashioned or quick-cooking oats.

Lunch

Salmon Salad
 Toss 3 ounces canned salmon, ¼ cup drained



Michael Chiarello
 Location Napa Valley, California
 Why he's famous Host of public television's cooking show *Michael Chiarello's Napa*; author of *Flavored Oils: 50 Recipes for Cooking with Infused Oils*
 Soup secret A little fat goes a long way. The sprinkle of Parmesan and drizzle of olive oil add a richness that turns this into a satisfying meal.

Top with 2 tablespoons grated Parmesan cheese, 1 teaspoon extra virgin olive oil, and freshly ground black pepper to taste.

DAY 3

Breakfast

½ 3-ounce bagel, toasted, with 1 tablespoon cream cheese or jam
 1 tangerine or ½ grapefruit
 1 cup fat-free milk

DAY 5

Breakfast

1 cup raisin bran cereal

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½ medium banana
1 cup fat-free milk

Lunch

1 frozen pocket sandwich (such as Amy's Spinach Feta in a Pocket Sandwich or Lean Pockets Chicken Fajita, about 260 calories), heated
8 baby carrots or 20 grape tomatoes
1 pear or apple



Dean Fearing
Location Dallas
Why he's famous Executive chef of The Mansion on Turtle Creek; host of the Food Network's *Entertaining at Home with Dean Fearing*
Soup secret A few slices of avocado give this soup a creamy finish without adding a ton of extra calories.

Dinner Dean Fearing's Southwestern Super Soup

To 3 cups Basic Soup, add ½ teaspoon ground cumin, 2 teaspoons fresh lime juice, 3 ounces smoked or roasted skinless chicken breast, cut into ¼-inch cubes; and ½ cup drained canned hominy. Heat through. Meanwhile, cut 1 corn tortilla into ¼-inch-wide strips and heat on High in microwave oven on microwave-safe dish until crispy (about 1½ minutes). Garnish soup with tortilla strips, 3 tablespoons chopped ripe avocado, and chopped fresh cilantro to taste.

1 tangerine or ½ grapefruit
1 cup fat-free milk

Dinner Madhur Jaffrey's Far Eastern Super Soup

To 2 cups Basic Soup, stir in 4 ounces firm bean curd (tofu), cut into ¼-inch dice; 1 tablespoon oyster sauce; 1 teaspoon Asian sesame oil; and ½ teaspoon chili paste with garlic (optional).



Madhur Jaffrey
Location New York City
Why she's famous Author of *Step-by-Step Cooking*; consultant for the restaurant Dawat
Soup secret The spices of Eastern cuisine force you to slow down and savor the food—and to drink lots of water! Together, that means feeling full on fewer calories.

Lunch

1 frozen veggie burger (heated), served on a split whole wheat mini pita with lettuce, tomato slices, onion, pickles, mustard, and 1 tablespoon ketchup
20 grapes
1 cup fat-free milk

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DAY 6

Breakfast

On 1 slice whole wheat bread, spread 1½ tablespoons peanut butter. Top with ½ banana, sliced. Drizzle with 1 teaspoon honey.

Heat to boiling and serve.

1 cup fat-free plain yogurt, topped with ¼ cup canned pineapple chunks in juice

DAY 7

Breakfast

Tex-Mex Eggs Blend together 2 large eggs, 2 tablespoons canned diced green chilies, 1 tablespoon chopped fresh cilantro, and salt and pepper to taste; set aside. In small nonstick skillet, heat 1 teaspoon oil. Add 1 corn tortilla, halved and cut crosswise into ½-inch-wide strips;

stir 1 minute until softened. Add egg mixture and stir until eggs are set.

½ cup orange sections

readers' top soup diet questions

Q: If I don't like some of the breakfast or lunch foods, can I substitute something else?

A: Yes, as long as what you choose has about the same number of calories. To keep the diet nutritious, try to substitute similar foods—one vegetable for another vegetable, or one type of bread for another. Also, check labels to be sure your swaps don't leave you short on calcium, and definitely take a 500 mg calcium supplement daily while you are on this diet.

Q: Do I have to eat all the different breakfasts, lunches, and dinners that are on the seven-day plan or can I just repeat a few favorite meals over and over?

A: Eating only a few of the meals won't stall your weight loss, but varying your food choices is important because it guarantees that you'll get the wide spectrum of vitamins and minerals that your body needs. To make sure you're not missing out on any nutrients, take a multivitamin every day.

Q: This diet really works! But is it safe to stay on it for more than one week?

A: Yes, you can repeat the seven-day meal plan for several weeks, but you don't have to. Just log on to www.goodhousekeeping.com and look for last year's soup diet, which has more menu ideas, including non-soup dinner recipes. We've kept calorie counts steady (breakfast meals are about 300; lunch and dinner meals are about 400 each), so you can mix and match to your stomach's content while still peeling off pounds.

Q: My husband wants to try the soup diet. Any guidelines for adapting the diet to a male metabolism?

A: The only difference between your husband's version of the diet and yours is that he needs about 300 extra calories per day. He can add three of these 100-calorie snacks to make up for his daily deficit: 1 medium banana, 20 peanuts, 3 ounces deli turkey breast, 6 reduced-fat Triscuits, 4 sesame breadsticks, or 30 grapes.



Don Pintabona
Location New York City
Why he's famous Executive chef of the restaurant Tribeca Grill
Soup secret True to their name, butter beans impart a rich, creamy flavor, even though they are low in fat (and high in fiber!)

Dinner Don Pintabona's Italian Super Soup

In small nonstick saucepan over medium-high heat, cook 2 ounces crumbled turkey sausage 5 minutes or until it loses its pink color. Add 3 cups Basic Soup, ½ cup thinly sliced zucchini, ¼ cup drained and rinsed canned butter beans, and ¼ teaspoon dried basil; heat to boiling, then simmer until zucchini is tender (about 2 minutes). Pour into bowls. Sprinkle with 2 tablespoons Parmesan cheese and serve.

2 sesame breadsticks
 ½ grapefruit ★

For more famous-chef recipes, visit www.goodhousekeeping.com.

we guarantee satisfaction if...

...you keep it fresh. Store a 2-day supply of Basic Soup in the refrigerator. Freeze the rest in airtight microwavable containers (in 3-cup portions), leaving space for expansion.

...you reheat it properly. To microwave frozen soup, loosen container lid. Heat on High (100 percent power) 8 to 12 minutes until boiling, stirring twice. Top of stove: Place container under cold running water to loosen frozen soup. Heat on low in covered saucepan (3 minutes) until soup begins to thaw. Increase heat to medium; heat thoroughly (about 15 minutes longer), stirring occasionally.

...you know when to add ingredients. If you're using frozen soup to prepare Super Soup, add ingredients during the last 5 minutes of heating. For microwave, use a container large enough to hold add-ins.

cover story

(continued from page 109) link all of that to my husband."

On September 11

"The very first time I came to New York City from my hometown in New Jersey was when I was a little girl, with my grandpa. And the first place we went to was the World Trade Center. We went all the way to the top, and it was just the most amazing place on earth to me. Then, my first year living in the city, when I was nineteen and I had started on *All My Children*, we had the show's Christmas party at Windows on the World. That night was what my grandpa had promised me: that I would come to New York one day and that I would go to a party like that one in the most amazing room in the whole city.

"So now I have such a sense of loss. My loss is never getting to take my daughter up there. I feel like I don't have the right to feel this way because I'm a very lucky person. My loss is just a loss of memories. But I have three phobias in my life. I have a fear of fire, I have a fear of heights, and I have a fear of airplanes. And so to see something like this happen...

"Still, I really believe that you either take hold of your fear or it takes hold of you. And it did take hold of me for a time [after September 11]. I would go into the shower because I didn't want my kids to see me, and once I was in there I'd fall into a sort of gaping, openmouthed cry.

"That day, we were already in the studio. I was wearing those red boots over there. We've stacked boxes on top of them; I'm superstitious in ways that seem sort of odd. I've gotten rid of the actual outfit I was wearing that day because it just felt cursed, the 'bad luck outfit.'

"The first week back on the show was impossible. We didn't know what to expect. We decided that we had to go back to the business of making people happy in a lighthearted way. And it seemed to work; people seemed to need to listen to us talk about nothing. Still, it was very hard. I mean, every commercial break we would cry, and then come on and talk to our guests.

"Honestly, after September 11 my impulse was to move somewhere. But then Mark and I sat down and thought about it, and this city has been so good to us. We earn a great living here. We met and had two

beautiful children here. I don't want to live anywhere else. In New York, you know that New Yorkers are good people that will do anything to help anybody. And the fact that the rest of the country is now privy to that is one truly great thing to come out of something so horrible." ★

**OFFICIAL RULES
 ALL MY CHILDREN CONTEST**

NO PURCHASE NECESSARY TO ENTER OR WIN.

To enter, mail a postcard with your name, address, and phone number to *Good Housekeeping/All My Children Contest*, P.O. Box 1737, Sandusky, OH 44871. All entries must be received no later than midnight Eastern Standard Time, April 1, 2002. Entries will be compiled, and a winner chosen at random. The odds of winning depend on the number of entries received.

One grand-prize winner will receive a trip for two to New York City, including coach round-trip airfare, two nights' accommodations at a luxury hotel, a complete backstage tour of the set of *All My Children*, attendance at a taping of *All My Children*, and lunch with a star of *All My Children*.

The winner will be determined on or about April 15, 2002, and will be notified by phone. Winner will be asked to return an affidavit of eligibility/publicity release within 14 days of notification or an alternate winner will be selected.

Only one entry per person. You must be at least 18 years old and a legal resident of the United States. Employees, and their families, of the Hearst Corporation, the Disney Corporation, *All My Children*, ABC Networks, and their subsidiaries and affiliates are not eligible. Sponsors are not responsible for lost, late, stolen, incomplete, or illegible entries. Void where prohibited. Prizes may not be cashed, transferred, or exchanged. Sponsors reserve the right to substitute a prize of equal or greater value. Entry and acceptance of prize constitute permission to use winner's name, photograph, or likeness for promotional purposes without additional compensation. Winner agrees to release and hold harmless Sponsors from any liability arising out of participation in this promotion or the acceptance and use of the prize. Any taxes on the prize and expenses not expressly included in the prize description are the sole responsibility of the winner. To receive the winner's name, send a stamped, self-addressed envelope to Winners List, *Good Housekeeping/All My Children Contest*, 959 Eighth Avenue, New York, NY 10019, no later than June 1, 2002.