FEATURES

108 New Life New Look There are those defining moments when your world changes in ways you didn’t anticipate. Four readers seized the opportunity to take their lives in new directions, and we gave them new looks to match.

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Keeping a resolution has never been easier with our meal-planning basics and low maintenance menus.

The holidays are over, and now its time to pay-and pay deathly-for overdoing it on food and under doing it on exercise. So they resolve,yet again, to strip their diets down to the bare minimum (dry toast and plain yogurt, anyone?) in an effort to regain some measure of control over their health. But that's unnecessary. Deprivation and denial are out,and so are promises that can't be kept. What's in for 2002 is realism: resolving to make healthful changes based on truths about your lifestyle and schedule, you likes and dislikes, your energy level and time commitments. For instance, there's no point in telling yourself you'll cook elaborate, healthful meals every night if you're really the TV-dinner type, or you'll quit entertaining cold-turkey if socializing is in your blood. With this in mind, we’ve created two menus to get you back on the road to healthy living - one for quick weeknight meals and another that feeds your need to break bread with the family and friends - while keeping your stress level at a minimum. Each abides by the following basic principles, which can make meal planning easier no matter what the occasion.

- Choose main courses and sides that can be cooked in about the same time or at the same oven temperature.
- Cut back on dishes that require last-minute attention.
- Use ingredients that you can buy already prepared.

Getting back on the health track is SIMPLE and SATISFYING.
CHILEAN SEA BASS

Serves 6
Preparation: 5 minutes
Cooking: 15 minutes

2 tablespoons fresh lime juice
2 tablespoons fresh orange juice
1 tablespoon olive oil
1 1/2 teaspoons grated lime rind
1 jalapeno pepper, seeded and minced
Cooking spray
6 (6-ounce) sea bass fillets (about 2 inches thick)
dash of salt

- Preheat oven to 450
- Combine first 5 ingredients in a small bowl; stir well with a whisk
- Place fillets in an 11 x 7 inch baking dish coated with cooking spray. Spoon lime mixture over fillets.

Bake for 15 minutes or until fish flakes easily when tested with a fork. Sprinkle with salt.

ROSEMARY POTATO WEDGES

Serves 4
Preparation: 10 minutes
Cooking: 15 minutes

2 baking potatoes, cut into 12 wedges each
5 teaspoons olive oil
1 teaspoon chopped fresh rosemary
1 teaspoon salt
1/4 teaspoon salt
1/4 teaspoon black pepper
cooking spray

- Preheat oven to 500
- Combine first 5 ingredients in a large bowl; toss to coat. Place potatoes in a single layer on a jelly-roll pan coated with cooking spray.

Bake for 15 minutes or until tender, stirring once.