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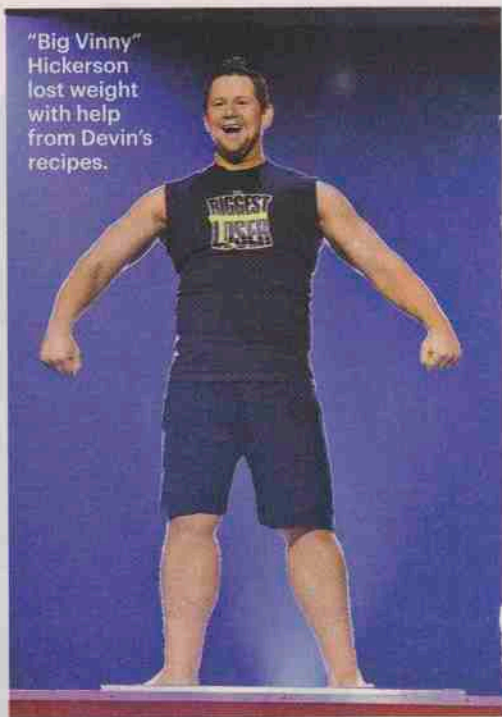


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get cookin'



"Big Vinny" Hickerson lost weight with help from Devin's recipes.



lished *The Biggest Loser Quick & Easy Cookbook: Simply Delicious Low-Calorie Recipes to Make in a Snap*. It's her fifth in the series of *The Biggest Loser* cookbooks. "I was really excited about this one because the recipes are quick and easy, just like it says," Devin notes with a laugh. "The hands-on time is very quick. I think that's what everyone needs these days. We made some really yummy things."

The book, which also features workout tips, includes several of the recipes Devin made on the show. One

of the across-the-board favorites was her Sweet Potato No-Skins. "Everybody is in love with that one," she happily reveals. "The cool part about that recipe is that we use light-skinned sweet potatoes because they taste a lot more like white potatoes."

One of the past season's contestants, "Big Vinny" Hickerson of the country group Trailer Choir, lost 184 pounds while a part of the show. "I was excited to see his progress," says Devin. "I lost 70 pounds and I can't even imagine losing almost half your body weight. It is satisfying to see how his life has been changed."

—BOB PAXMAN

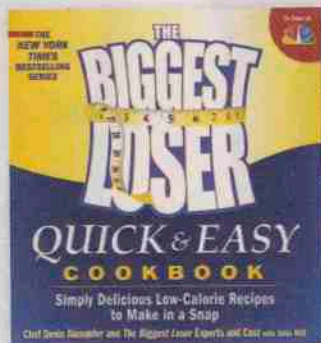
Winning Recipes

Stay happy and healthy with these tips from the author of *The Biggest Loser* cookbooks.

Celebrity chef Devin Alexander can feel the pain of anyone who's trying to lose weight—and keep it off. The now-trim chef and author of *The Biggest Loser* series of cookbooks and others had to drop 70 pounds in order to reach her current shape. So, she knows that weight loss isn't easy and, in fact, can be quite painful. But she's built a healthy and satisfying career with a simple food philosophy: you don't have to deprive yourself to eat properly.

"Portion control is very important," she sums up.

With her background and personal weight-loss story, Devin was the ideal fit for NBC's *The Biggest Loser* reality series, on which contestants with severe weight issues learn to completely alter their lifestyle through exercise and diet. Devin appeared and prepared meals on the past season of the show and has now pub-



DEVIN ALEXANDER: JEFFREY M. HARRIS; "BIG VINNY" HICKERSON: JEFFREY M. HARRIS; "THE BIGGEST LOSER" COOKBOOK: BY DEVIN ALEXANDER (© 2011 BY UNIVERSAL STUDIOS LICENSING, LLP); "THE BIGGEST LOSER" (TM) AND NBC STUDIOS, INC., AND REVELL, LLC. PERMISSION GRANTED BY ACQUA, INC. BIG VINNY BY TRAC PATTON/ABC

EASY-BREEZY BBQ POT ROAST DINNER

Devin prepared this on *The Biggest Loser*.

Serves: 6

2 pounds sweet potatoes cut into 1-inch cubes

2 pounds poblano peppers, stemmed, seeded and cut into 1-inch cubes

4 tsp. olive oil

1 tbsp. plus 2 tsp. salt-free mesquite seasoning

¼ tsp. sea salt

2 pounds eye round roast, trimmed

¾ cup all-natural barbecue sauce, preferably sweetened with agave nectar or honey

3 small sweet white onions, trimmed, peeled and quartered

8 cloves garlic

PREHEAT oven to 450°. Line the bottom and sides of a large roasting pan with nonstick foil.

In the prepared pan, **TOSS** the

potatoes and peppers with 2 tsp. of the olive oil and 1 tbsp. mesquite seasoning until they're evenly coated.

RUB the roast with the remaining 2 tsp. olive oil, then the salt and the 2 tsp. seasoning. Place the roast in the center of the roasting pan and arrange the potatoes and peppers around it, not under it.

DRIZZLE the barbecue sauce evenly over the roast and vegetables, using a pastry brush to make sure the roast is completely covered.

SEPARATE the onions into layers. Scatter them over the top of the roast and veggies. Distribute the garlic cloves throughout the pan, placing 3 cloves directly on top of the meat. Bake for 20 minutes. Using a wooden spoon (so the foil doesn't rip), stir the veggies. Bake for 12 to 15 minutes longer, or until a meat thermometer reads 125° when inserted in the center of the roast.

Take the pan out of the oven and transfer the roast to a cutting board. Tent it with foil for 10 minutes. **SLICE** the meat into very thin slices against the grain at a 45-degree angle. Serve immediately with the veggies.

SWEET POTATO NO-SKINS

"These incorporate a very strategic use of salt," Devin says.

Serves: 4

16 ounces ½-inch-thick light-skinned sweet potatoes

1 tsp. olive oil

¼ tsp. sea salt

½ tsp. garlic powder

¼ tsp. cayenne

2 ounces finely shredded all-natural low-fat cheddar cheese

4 tsp. all-natural bacon bits

4 tsp. finely chopped scallions

2 tbsp. fat-free Greek yogurt

PREHEAT oven to 450°. Line a baking sheet with nonstick foil.

In large glass or plastic mixing bowl, **TOSS** potatoes and oil together until potatoes are well coated.

PLACE potato rounds in a single layer on the prepared pan so they do not touch.

SPRINKLE salt, garlic powder and cayenne evenly over the top of the potatoes.

BAKE them for 10 minutes. Flip them and bake for 7 to 9 minutes longer or until they are tender inside and starting to brown lightly on the outside.

PUSH the potato rounds together so that they touch and you can easily top them in a single, even layer.

PLACE the cheddar cheese, then the bacon bits and then the scallions over the rounds.

BAKE for 2 to 3 minutes or until the cheese is melted.

SERVE immediately with ½ tsp. of yogurt on top of each, if desired.

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