

# WHIRL

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5TH ANNUAL  
GOURMET ISSUE

SECRETS & RECIPES  
FROM 8 EXPERTS

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brink of another  
renaissance."*

+ *style tips*  
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# MAYOR

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THE 26-YEAR-OLD MAYOR SHARES HIS GOALS  
AND VISIONS FOR THE CITY OF PITTSBURGH

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# Market Fresh

## WITH DEVIN ALEXANDER

BY VICTORIA BRADLEY

The infinitely approachable Devin Alexander puts a new spin on healthy eating. Her secret? She gets us. A former fast-food junkie, Alexander knows all about midnight cravings for McDonald's fries and early morning runs to Starbucks for a grande mocha frappuccino. In fact, at the early age of 15, she had reached a breaking point (yes, that's a reference to the scale). "I was too overweight to go to high school dances," she says. "Instead I would stay home and bake cookies and watch *Dallas*."

*"IT'S NOT A BURGER IF YOU DON'T NEED A NAPKIN."*

— Devin Alexander

So she took to the kitchen, reworking the crave-worthy foods that fattened her in that *Super Size Me* sort of way. Fifty-five pounds thinner and 17 years later, she's found a way to shave 206 calories off of a Subway Meatball Marinara Sandwich, 306 calories off of KFC Large Popcorn Chicken, and a whopping 371 calories off of Cinnabon's Classic Cinnamon Roll. She's compiled her tips and tricks into the holy grail of recipes for drive-thru divas, a book called *Fast Food Fix: 75+ Amazing Recipe Makeovers of Your Fast Food Restaurant Favorites*.

During her recent visit to Market District from Giant Eagle, she fixed a McDonald's Big Mac with 174 less calories and missing 19 grams of the fat you'd find under the golden arches. Shockingly, it's not about skipping the special sauce, but about using 96 percent lean beef.

"The lean beef is the secret to cutting the calories," Alexander says. "It's a mistake to smash it on a barbeque, thinking you're squeezing the fat out. You're squeezing the juice out! It's not a burger if you don't need a napkin." ©

## McDonald's Big Mac

Featured Ingredient: 96 percent Lean Beef

### INGREDIENTS FOR BIG MAC:

- 2 1 1/2 ounce 96 percent lean ground beef patties
- 2 pinches of salt
- 1 sesame seed hamburger bun plus 1 bun bottom
- 1 slice (1/2 ounce) 2 percent milk yellow American cheese
- 2 tbsp. plus 1 tsp. McDonald's Big Mac special sauce
- 1 tsp. finely chopped white onion
- 1/3 cup shredded iceberg lettuce
- 2 rounds dill pickle



### INGREDIENTS FOR SPECIAL SAUCE:

- 1/3 cup low-fat mayonnaise
- 2 tsp. dill pickle relish
- 2 tsp. ketchup
- 2 tsp. sugar
- 2 tsp. yellow mustard
- 1 tbsp. plus 1 tsp. finely chopped white onion

### DIRECTIONS FOR BIG MAC:

1. Preheat a large nonstick skillet over medium-high heat. Cook patties for 1 to 2 minutes per side, or until no longer pink. Meanwhile, cook the buns cut-side down in the pan for about 1 minute, or until toasted. Place the cheese on 1 patty.
2. Place 1 bun bottom on a plate. Spread on 1 tablespoon sauce. Place the cheeseburger, cheese-side down, on the bun. Spread 1 teaspoon sauce on the second bun bottom and place, sauce-side down, on the cheeseburger. Top with the remaining 1 tablespoon sauce, the onion, lettuce, pickles, the remaining burger, and the bun top. Makes 1 serving.

### DIRECTIONS FOR SPECIAL SAUCE:

1. In a small bowl, combine the mayonnaise, relish, ketchup, sugar, and mustard. Stir to blend well.
2. Stir in the onion just before serving. Makes about 2/3 cup, enough for 4 servings.

**Fast Food Fix:  
75+ Amazing  
Recipe Makeovers  
of Your Fast  
Food Restaurant  
Favorites, \$14.95.**  
*(Rodale Books,  
April 2006).  
Available at  
Market District  
from Giant Eagle,  
5550 Centre  
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