

# People

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# CELEBRITY Spa Cuisine

Summer is the perfect time to lighten up with delicious recipes from Lake Austin Spa Resort where celebrities slow down for some Southern hospitality.

## TEXAS STYLE SMOKED TURKEY & SLAW

SERVES 4

### SLAW

- ¾ cup cider vinegar
- ⅛ tsp. salt
- pinch of cayenne pepper
- 1 tbsp. commercial BBQ sauce
- 1 tbsp. peach chutney or jam
- 1 tbsp. reduced fat mayonnaise
- 2 cups green cabbage, shredded
- ½ cup thinly sliced onion

### SANDWICH

- 4 whole wheat rolls
- 12 oz. smoked turkey, sliced
- 4 oz. sliced jalapeno jack cheese

**SLAW:** Combine the first six ingredients. Toss with the cabbage and onion. **SANDWICH:** Place rolls on a baking sheet; divide turkey into four servings and place one serving atop the bottom half of each roll. Top the turkey with cheese. Place baking sheet in a 375° oven for 5-7 minutes or just until cheese begins to melt. Remove from the oven, divide onto four plates. Top each with some slaw and the roll lids.





## LAKE AUSTIN SPA RESORT

Nestled along the shores of the scenic Texas Hill Country, Lake Austin Spa Resort offers guests the luxury of a world-class spa and the warmth of a best friend's lake house. Celebrated for its casually elegant ambience, enriching programs and deliciously healthy cuisine, this award-winning resort provides celebrity-style amenities on an intimate scale.

AUSTIN, TX  
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### SPINACH & PAPAYA SALAD, WITH EXTRA THICK RANCH DRESSING

SERVES 4

- Juice of one lime
- $\frac{1}{2}$  teaspoon sugar
- 2 cups cubed papaya
- 6 cups baby spinach, rinsed, dried
- 8 cherry tomatoes cut in half
- $\frac{1}{2}$  cup thinly sliced red onion
- $\frac{1}{4}$  cup chopped mint
- $\frac{1}{2}$  cup extra thick ranch dressing

Combine the lime juice and sugar. Toss with the papaya. Add spinach, tomatoes, onion and mint; toss. Divide onto 4 plates. Drizzle with dressing or serve on the side.



## SMOKED SAUSAGE AND CHICKEN GUMBO

SERVES 6

- ½ store-bought rotisserie chicken
  - 4 cups chicken stock
  - ¾ pound smoked link sausage
  - ½ tbsp. vegetable oil
  - 2 cups onion, diced
  - 1 cup green bell pepper, diced
  - 1 cup celery, diced
  - ¼ tsp. thyme
  - ¼ tsp. oregano
  - ¼ tsp. garlic powder
  - ¼ tsp. onion powder
  - ⅛ tsp. cayenne powder
  - ⅛ tsp. black pepper
  - 3 cloves garlic, minced
  - 1 cup diced tomatoes with juice
  - ¼ cup tomato purée
  - 1 bay leaf
  - ½ cup parsley, chopped
  - 2 cups fresh or frozen okra, sliced
  - ¾ cup brown roux flour\* mixed with some stock
- Filé powder (ground sassafras)  
Salt

Remove the skin and meat from the chicken. Reserve meat and discard skin. Simmer the carcass with the stock for 20-30 minutes. Strain. Reserve stock. Slice the sausage, then brown with oil in a large soup pot. Remove sausage from pot and set aside. Sauté onion, bell pepper and celery in the same pot for 2-3 minutes. Add the seasonings and garlic; cook for 30 seconds. Add the tomatoes, tomato purée, bay leaf, parsley, okra and roux; cook for 2 minutes. Whisk in the reserved stock. Simmer 45 minutes. Add the chicken and sausage, simmer for 30 minutes. Season with salt and filé powder to taste.

*\* To make brown roux flour, spread 1 cup all-purpose flour onto a baking sheet and bake in a 350 degree oven for 2 hours, turning the flour with a spatula every 20 minutes. Cool, then sift.*

## RED PEPPER CAPELLINI WITH SHRIMP

SERVES 4

- ¾ tsp. cracked red pepper
- 6 cloves minced garlic
- 2 tbsp. olive oil
- 24 medium shrimp, peeled, deveined
- 4 medium tomatoes, peeled, seeded, diced\*
- 4 tsp. capers
- 6 tbsp. chopped basil
- 2 tbsp. chopped parsley
- ¾ cup white wine
- ¾ tsp. salt
- 6 cups cooked whole wheat capellini
- ½ cup shredded Parmesan cheese

Gently sauté the pepper and garlic in the olive oil in a non-stick skillet until the garlic begins to color. Add the shrimp and cook for 1 minute. Add tomatoes, capers, basil, parsley, wine, salt and capellini; cook quickly to reduce the liquids. To serve, toss the pasta with the cheese and divide onto four plates.

*\* To peel a tomato, cut an "x" in the bottom with a sharp knife. Plunge the tomato into boiling water for 30 seconds. Cool. Peel. Squeeze out the seeds, then dice.*



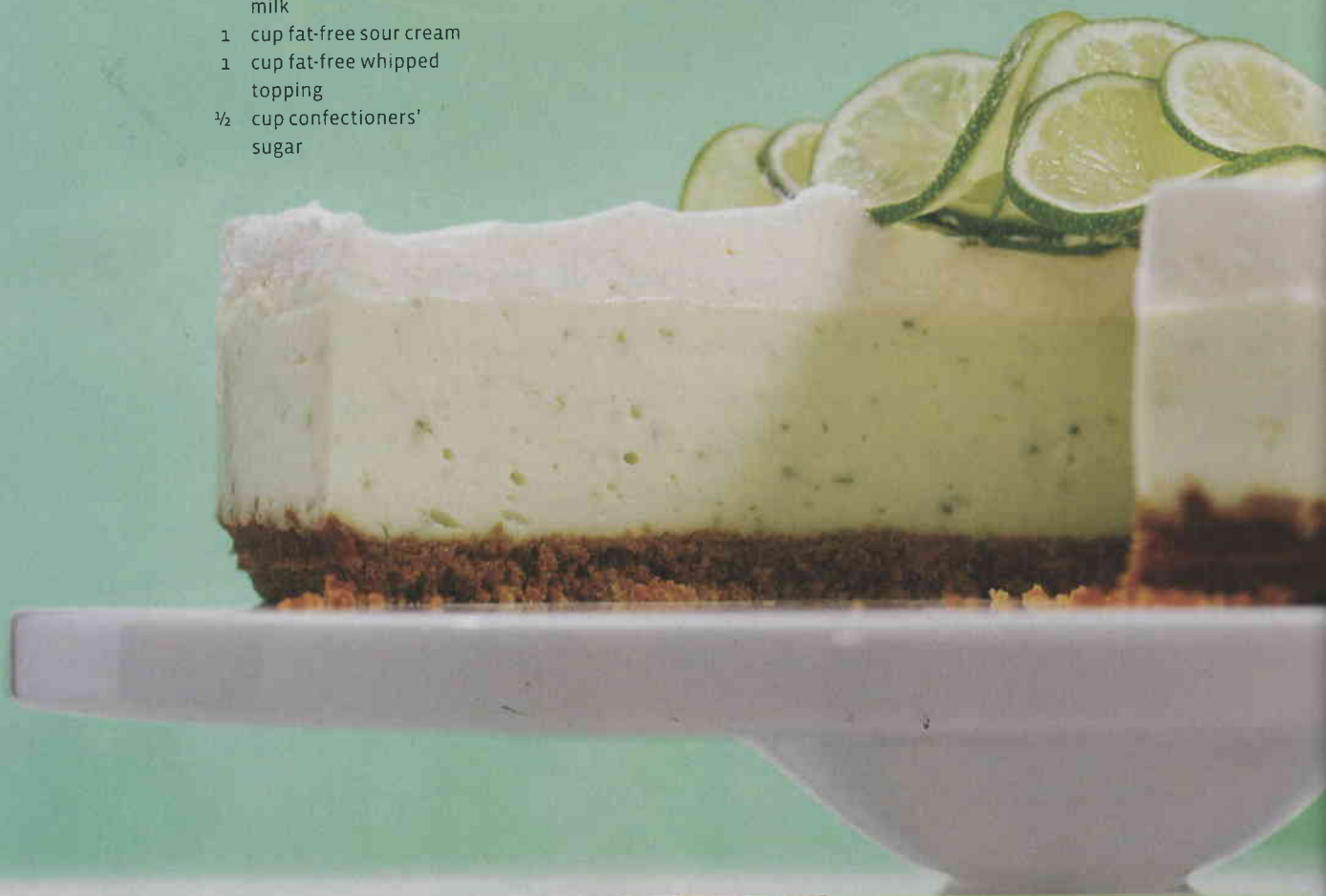
## KEY LIME PIE

SERVES 12

- 7 reduced-fat graham crackers, crumbled
- 1½ tbsp. light butter, melted
- ¾ cup fresh lime juice
- 1 tsp. grated lime zest
- 1 envelope unflavored gelatin
- 8 oz. fat-free cream cheese, softened
- 8 oz. reduced-fat cream cheese, softened
- 1 (14-oz.) can fat-free sweetened condensed milk
- 1 cup fat-free sour cream
- 1 cup fat-free whipped topping
- ½ cup confectioners' sugar

Combine the graham cracker crumbs and butter in a bowl; mix well. Spray a 9-inch springform pan with nonstick cooking spray. Press the crumb mixture into the bottom of the pan. Bake at 350° for 10 minutes. Remove from the oven and cool. Combine the lime juice and lime zest in a microwave-safe dish. Sprinkle the gelatin over the surface, set aside for 10 minutes. Combine the cream cheeses in a mixing bowl or

food processor and beat until smooth. Microwave the gelatin mixture on high for 20 seconds. Add the gelatin mixture and condensed milk to the cheese mixture, and process until smooth. Pour into the prepared springform pan. Refrigerate for 30 minutes. Gently whisk the sour cream, whipped topping and confectioners' sugar together in a bowl. Spread over the top of the pie. Chill for 2 hours.



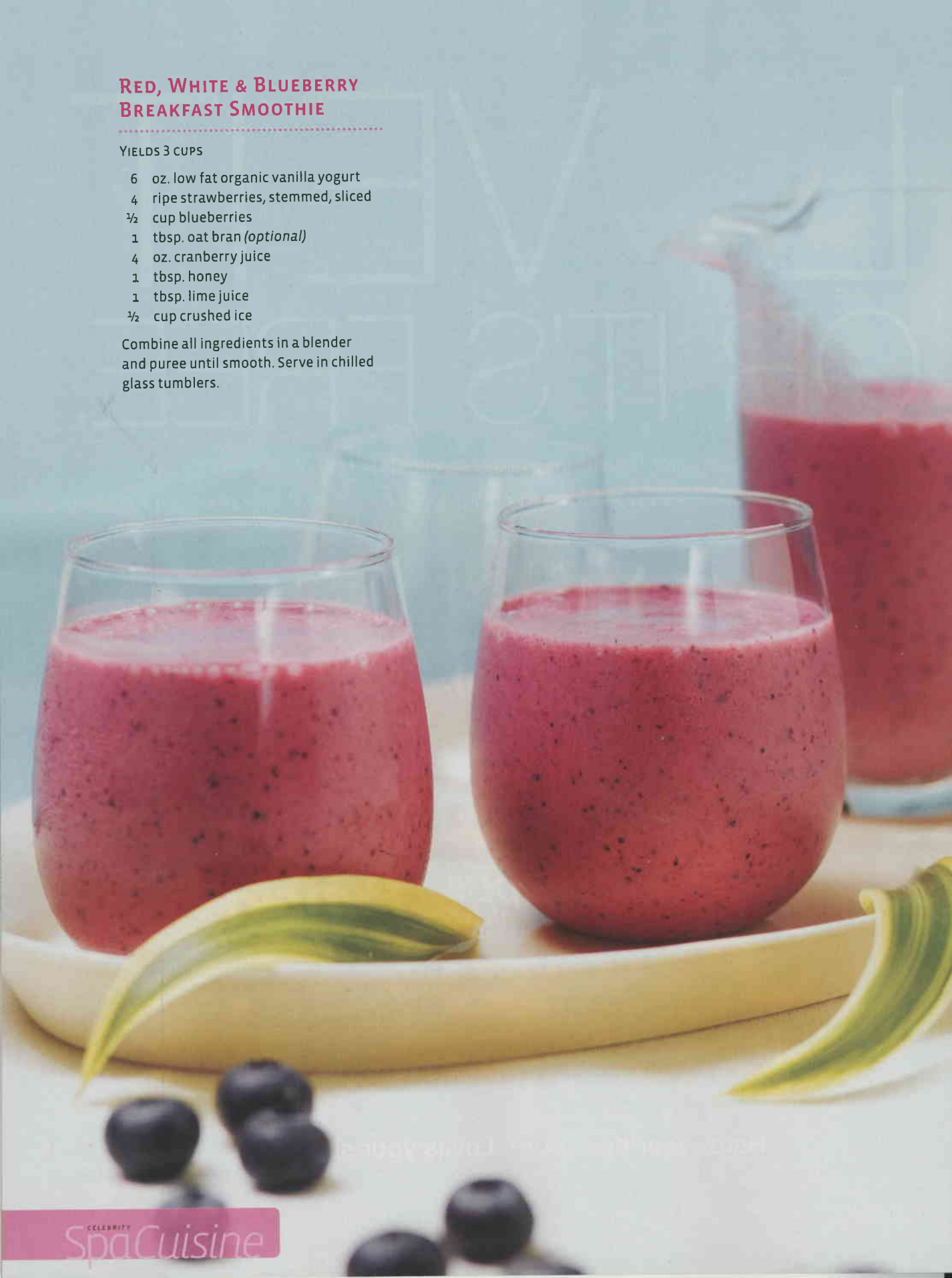
**TERRY CONLAN**, Executive Chef at Lake Austin Spa Resort, believes healthy, low-fat food should taste good enough to eat for a lifetime. He combines seasonal, local ingredients with fresh herbs and vegetables from the resort's organic gardens to create an eclectic selection of Thai, Cajun, Mediterranean, Mexican, Italian and regional American dishes, as well as superb tasting, guilt-free desserts.

## RED, WHITE & BLUEBERRY BREAKFAST SMOOTHIE

YIELDS 3 CUPS

- 6 oz. low fat organic vanilla yogurt
- 4 ripe strawberries, stemmed, sliced
- ½ cup blueberries
- 1 tbsp. oat bran (*optional*)
- 4 oz. cranberry juice
- 1 tbsp. honey
- 1 tbsp. lime juice
- ½ cup crushed ice

Combine all ingredients in a blender and puree until smooth. Serve in chilled glass tumblers.



## BEEFSTEAK SALAD

SERVES 4

- 2 beefsteak (or other ripe) tomatoes, diced large, with juices
- $\frac{1}{4}$  cup diced red onion
- $\frac{1}{2}$  cup peeled, seeded, sliced cucumber
- $\frac{1}{4}$  cup sliced yellow bell pepper
- $\frac{1}{4}$  cup sliced fennel bulb
- 4 radishes, sliced
- 24 haricot vertes or green beans, blanched in boiling water until tender-crisp
- 8 small balls fresh mozzarella, sliced
- $1\frac{1}{2}$  cups very stale French bread, cubed
- $\frac{1}{2}$  cup fresh basil, slivered
- 6 ounces prepared Italian or Caesar dressing

Combine first 10 ingredients in a large bowl and toss. Add dressing and toss again. Divide the salad onto 4 plates.

*(Note: To turn this salad into a 'beefsteak' entrée, simply grill four ounces of your favorite cut of beef, slice and fan over the top.)*



SpaCuisine

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