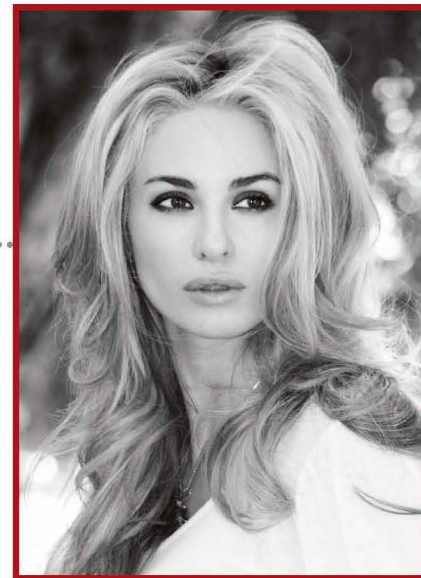


# Elizabeth TenHouten Cooking Well: Beautiful Skin

*Antioxidant Rich Recipes for Glowing Skin*

From Teen Vogue, Healing Lifestyles and Spas Magazine to Natural Health Magazine, the Discovery Channel's Planet Green, and Working Mother Magazine, Elizabeth TenHouten's expertise as a natural Chef and beauty expert are raising the beauty bar to a new level—one that includes self-love and nurturing one's inner self to achieve outer beauty.

By Suzanne Takowsky

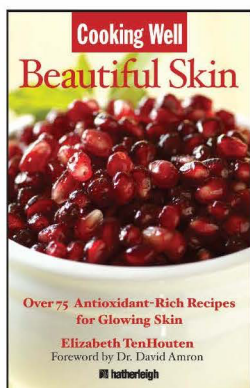


**Former model, animal rights activist and Editor-in-Chief of Celeb Life magazine, Elizabeth TenHouten is a beauty and skin-care expert and cookbook author. In her book, *Cooking Well: Beautiful Skin with Antioxidant-Rich Recipes for Glowing Skin* she captures the very essence of inner and outer beauty combining the scientifically proven benefits of antioxidants for skin health. Her creative recipes are not only delicious and healthy for your skin, but Elizabeth goes a step further giving her readers 50 "Beauty Bytes" and meditative exercises to achieve glowing, radiant skin from the inside out.**

**ST:** Let's talk about your journey into the nutrition and beauty industry.

**ET:** My inspiration for writing this beauty cookbook stems from my love of cooking with healthy, antioxidant ingredients for beautiful skin, and my philosophy that beauty and health are synonymous. As I began researching antioxidant-rich foods and creating recipes for glowing skin, my idea of cooking for beauty morphed into something deeper as I pondered what beauty really is. My book matured into incorporating an inspirational message, stemming from my philosophical quest to define beauty. I define beauty as one's inner, authentic self. The core philosophy of my book is rooted in the existential concept that we are always in a state of 'becoming': the more one works on her inner beauty, the more beautiful she becomes. *Cooking Well: Beautiful Skin* offers antioxidant-rich recipes to achieve a beautiful, radiant complexion. Antioxidants are chemical compounds that occur naturally in our bodies and in

certain foods. They fight free radicals in the environment that wreak havoc on our skin. Our bodies can't produce antioxidants, though. My recipes are infused with antioxidant-rich ingredients; your skin will glow.



**ST:** You have created natural do-it-yourself, topical beauty recipes for various skin woes.

**ET:** Yes. *Cooking Well: Beautiful Skin*

has over 50 "Beauty Bytes". In addition to developing antioxidant-rich recipes, I have studied natural beauty remedies and solutions. I offer antioxidant-rich "Beauty Bytes" as a fun and creative way to share beauty secrets with my readers. They are luxurious homemade facial masks, hair treatments, and body scrubs. For example, de-puffing your eyes with warm tea bags for "pretty peepers", or an apple cider mask for improving acne. My "Beauty Bytes" are regularly featured in numerous print and online publications, for instance, *CelebutanteSisters.com*, a site entirely dedicated to DIY beauty recipes.

**ST:** Women struggle with the concept of beauty, and here in L.A., it seems that females take it to another level. What do you hope to accomplish with your book on inner and outer beauty?

**ET:** True beauty is nurtured from within. I want to raise people's spirits and provide them with a

platform to understand their true beauty, and the beauty that is within each and every human being. I hope that with this understanding of authentic beauty, people—especially women, will feel happier, have a newfound appreciation for their body and their spirit...and will feel beautiful. Additionally, I present my readers with inspirational, philosophical quotes, and meditation exercises. I believe that this reflection and introspection are pivotal to attaining our highest potential for beauty. I write that beauty is more than just skin-deep, which is why my cookbook for glowing skin is unique. The book incorporates aspects of the mind, body, and soul, as the way to achieving

beautiful skin. Those who read my book will be inspired to cook for the sake of their beauty, and health, which I believe are synonymous. I want people to know how miraculous our bodies are, and why it is so important to care of our selves—body, mind and soul. Especially for today's busy women, caring for ourselves is how we truly connect with our authentic, inner beauty.



Elizabeth at the Animal Acres Gala, Riviera Country Club

## Pomegranate Tuna

In season by September; use plastic cutting board as pomegranates stain wood.

### Ingredients:

- 1 medium pomegranate
- 1 (6 ounce) can chunk white tuna in water
- 4 Radicchio leaves
- 1/4 cup raw almonds
- Lemon wedge for garnish
- Olive oil, to taste



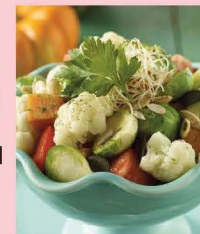
Cut the pomegranate into two/three pieces. With the seeds facing away from you, use your thumbs to push pomegranate pieces inside out, then, pick off the seeds. Place radicchio leaves on a plate. Flake tuna with a fork and place inside radicchio with olive oil. Sprinkle with almonds, pomegranate seeds, and chives. Garnish with lemon wedges and serve.

## Sprout and Flowers

Garnish with an edible flower from your garden!

### Ingredients:

- 1 cup extra virgin olive oil
  - Juice from 1 lemon
  - 1/2 cup rice vinegar
  - 1 tbsp. flat leaf parsley
  - Dash Cayenne pepper
  - 10 Brussels sprouts; cut in half; steamed
  - 2 Roma tomatoes, quartered
  - 1 cup cauliflower florets
  - 2 tablespoons sunflower seeds
  - 2 tablespoons pumpkin seeds
  - 1 cup prepared pumpkin, butternut squash or sweet potatoes, then cut into chunks.
- Whisk together olive oil, lemon juice, rice vinegar, parsley, and cayenne pepper. Add all ingredients in a bowl; toss with dressing. Serve at room temperature or chilled.



**BOOK available November 29th in bookstores across the country, on Amazon, and also visit: [www.elizabethtenhouten.com](http://www.elizabethtenhouten.com)**