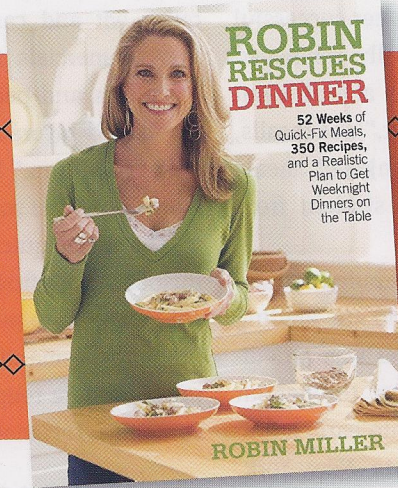




Don't even talk to Robin Miller about being busy. The Scottsdale-based celebrity chef, Food Network star and author is, just weeks before Thanksgiving, juggling a book tour, overseeing Robin Miller product endorsements, and maneuvering the hectic

ROBIN ROCKS  
THANKSGIVING



BY DENISE JOHNSON  
PHOTOGRAPHY BY ALONSO MURILLO

production schedule of her cable television show—an agenda that, even without the pending holiday and its various time sucks, would annihilate the average mortal.







Which suggests the mutterings of a Stepford wife or perhaps the slogan on a box of instant dinner, but Miller is in fact the real deal: a working mom who's managed to accommodate her family. Still, she stresses out. After her sons were born, she had to rethink the whole quick-fix meal thing in order to make time for a family, another of her priorities. She did it by integrating her boys, now 5 and 7, into the process of cooking healthy food.

"My favorite moments are in the kitchen with my boys," she says, noting that it's time that's been well spent because the boys both now have a thing for healthy food. "My kids actually fight over broccoli," she says, a hint of pride in her voice. No kidding: The healthy lunches Miller packs for her 7-year-old resulted in a note home from his teacher, requesting that Miller pack the teacher's lunch, as well.

Miller isn't a nutritional Nazi, though. She thinks candy has as much right being in her pantry as granola. "I'm confident in my boys' food selections," she says, "because once kids learn the importance of protein and fiber and what energizes them, they'll make the right choices."

Aware that not everyone can make a home-cooked meal every night, Robin recommends "reading labels and choosing products that are made with natural ingredients and no preservatives. Keep a watchful eye on sodium, saturated fats, and trans fat when buying pre-made, pre-packaged meals."

Great. But what about the national, weeklong trauma that often accompanies preparing Thanksgiving dinner, a notoriously tough meal for even the most seasoned chef? "Plan ahead," Miller says. "There's very little you can't do ahead for a Thanksgiving meal."

Thanksgiving dinner is among the 52 weeks' worth of meals in *Robin Rescues Dinner*, mapped out so that families can reduce holiday stress and increase family time. "If you don't plan ahead, you're setting yourself up to be stressed out," Miller says, "and that negative energy will transfer to those around you." Her mantra for the holiday season—"Value the time you spend with family, while enjoying a great meal"—sounds like a cheeseball maxim from a Red Lobster ad, until one reads one of the several simple, plan-ahead menus in Miller's new book, or casts a holiday-leery eye on her you-can-do-it cooking show. Miller's warm smile and friendly phrasing carry a gracious subtext: "Busy" is just an excuse. ■

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## Turkey Tenderloin with Hearts of Palm Stuffing

*This simple-to-prepare stuffing blends salty hearts of palm with sweet cranberries, nutty Parmesan cheese, and fresh parsley. If you're using it to stuff a whole bird, rather than a tenderloin, Miller suggests stretching the recipe by adding two cups of bread cubes and enough broth to make a moist stuffing for a 14- to 18-pound bird.*

### Cooking spray

2 cups cubed white or whole wheat bread, day-old or slightly stale

14.5-ounce can hearts of palm, drained and chopped

1/3 cup sweetened dried cranberries

2 tablespoons grated Parmesan cheese

2 tablespoons chopped fresh parsley

1 teaspoon dried thyme

1/2 cup reduced-sodium chicken broth, or more as necessary

1 turkey tenderloin (about 1 1/4 pounds)

Salt and freshly ground black pepper

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

In a large bowl, combine bread, hearts of palm, cranberries, Parmesan cheese, parsley, thyme, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Mix well. Add chicken broth and mix until stuffing sticks together, adding more broth as necessary to create a moist stuffing. Set aside.

Cut turkey tenderloin in half crosswise, as if butter flying, almost through to the other side, but not completely through. Open up turkey, as if opening a book. Spoon stuffing on bottom half of turkey. Close the tenderloin and secure with wooden picks.

Transfer turkey to prepared pan and season the top with salt and pepper. Roast 30 to 40 minutes, until turkey reaches 160°F. Let stand five minutes before slicing crosswise into two-inch thick slices.

*More recipes from Robin Miller on next page. >*