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What's Cookin' With Denise Richards



By Kristen Aldridge

Denise Richards is one hot mama! Best known for *Starship Troopers*, *Wild Things*, *The World is Not Enough*, *Dancing with the Stars*, and her own E! reality show *Denise Richards: It's Complicated*, we can't seem to get enough of this vivacious vixen.

With her much-publicized divorce from Charlie Sheen, life has definitely dealt her some major complications; yet through it all, the fun-loving, hard-working and devoted star always manages to look incredibly fit and fabulous.

That's why we couldn't wait to get the scoop from Denise herself on what's cookin' in her workout, diet, kitchen and career.

What's Cookin' in Denise's Workout:

To keep her figure fit and fab, Denise likes to do Pilates (on the reformer) and cardio dance classes with Louis Van Amstel (of *Dancing with the Stars*) 4-5 days per week.

Since the new baby, she admits she's been inconsistent with her workouts. "Right now I probably have only exercised about three days since the baby was born," she says. "I'm getting back into my routine very soon!"

What's Cookin' in Denise's Diet:

Denise has "always eaten pretty healthy" and believes in "everything in moderation" along with having a balanced diet. She recently started doing a diet delivery food service found at [Zen Foods](#).

With her busy schedule, she finds it convenient to have the healthy, balanced meals delivered to her home. She also likes to take the cooler meals with her while filming.

For the occasional splurge, Denise loves [ice cream](#)! "I recently bought an ice cream maker, so it's been fun for the kids and I to make our own ice cream at home," she says. She also likes to snack on chips and guacamole, but pretzel rods are her favorite.

What's Cookin' in Denise's Kitchen:

Being a busy mom means needing quick and convenient yet healthy and balanced meals the whole family can enjoy. Here, Denise shares with us three of her favorite recipes.

Roasted Whole Chicken

Prepare a whole chicken and add sliced potatoes and [vegetables](#) to it. Cook 3.5 to 4 hrs (depending on size) at 325 degrees. For extra flavor, Denise likes to add a little sea salt and olive oil.

Why she loves it: It's a very easy meal her kids also love!

Homemade Lentil Soup

First, sauté shallots, carrots and celery with a little olive oil. Once the shallots are caramelized, add two boxes of organic vegetable broth along with a bag of rinsed lentils. Bring to a boil and let simmer until the lentils are soft.

Why she loves it: It's delicious AND healthy.

Salad with Veggies

Cut up carrots, jicama, corn, cucumbers, hard-boiled eggs, avocado, tomatoes, and any other vegetable you like. Mix on top of lettuce and add cooked beans (just make sure to rinse everything first). For [dressing](#), Denise uses balsamic vinegar.

Why she loves it: Cut the veggies on Sundays so you can put them in separate containers and store in the fridge to conveniently make fresh salads throughout the week. You'll always have everything that everyone wants at your fingertips!

What's Cookin' in Denise's Career:

Denise Richards can now add "author" to her resume, having recently launched her first memoir *The Real Girl Next Door*. In the raw and revealing book (Gallery Books, Hardcover - \$26), Denise offers an up-close and personal look at her most intimate battle scars and the lessons she's learned as she's healed and grown.

Although not a tabloid tell-all, her memoir is inspiring and uplifting to anyone needing to find strength and courage when life throws those curveballs. [Check it out online](#) or on bookstands now!

**About Kristen Aldridge**

Kristen Aldridge lends her pop culture expertise to Yahoo! as host of "[omg! NOW](#)". Receiving millions of hits per day, the hugely popular daily entertainment news program is one of the most-watched on the web. As a seasoned entertainment journalist, pop culture expert, fashion addict and lover of all things creative, she is founder of and recently launched her own celeb-inspired fashion line and smartphone app. Connect with Kristen to talk all things celebrity via [Twitter](#) and [Facebook](#), or visit her official website at www.kristenaldridge.com.