SLOW COOKER Recipes *for a* Crowd

Cooking Light®

DECEMBER 2015

Easy & Indulgent

COMFORT FOOD

CLASSIC FRENCH ONION SOUP
P.125

39 FESTIVE HOLIDAY RECIPES

GLORIOUS PRIME RIB

MAKE-AHEAD APPETIZERS

PARTY PERFECT POTATOES

DAZZLING SWEET TREATS

Plus
FUN GIFTS FOR COOKS
P. 14

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Cooking Light VOL. 29/NO. 11

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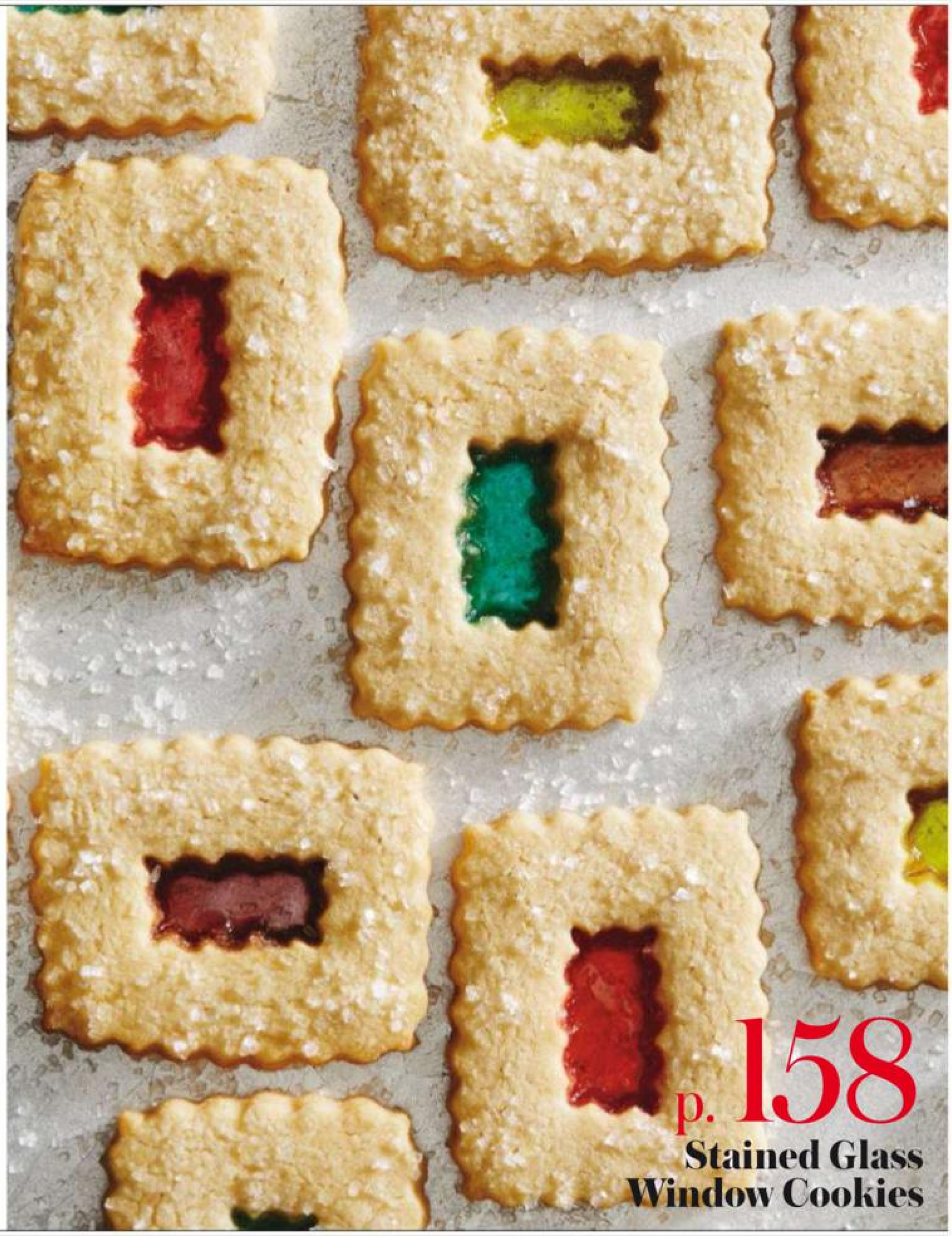
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Linda Pugliese

FOOD STYLING
Chelsea Zimmer

PROP STYLING
Kaitlyn Du Ross Walker



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PHOTOGRAPHY: (CLOCKWISE) LINDA PUGLIESE, IAIN BAGWELL, LINDA PUGLIESE, AND JENNIFER CAUSEY

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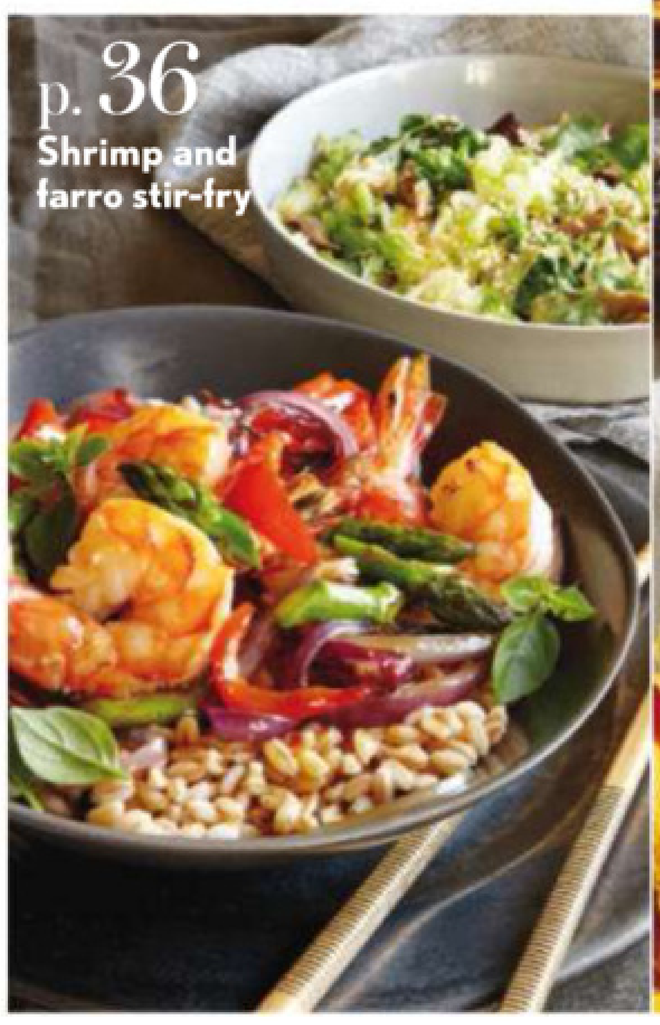
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PHOTOGRAPHY: JENNIFER CAUSEY. (TOP MIDDLE) LINDA PUGLIESE. (TOP RIGHT) CAITLIN BENSEL

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note from the editor

COOKING THE BOOKS

"PROST!" THAT'S HOW YOU TOAST to good health in German. "Nixtamalization" is the chemical process for transforming corn kernels into masa, the wonder used to make tortillas. And when pickling pineapple in the jungle of Tulum, char it on the grill first. These are but a few of the hundreds of revelations tucked within the new books here. Whether we dive into them for quick reference, Sunday supper inspiration, or an escape on the couch, the best cookbooks are continuing ed courses for the curious cook, and a doorway into an author's kitchen ecosystem and world view. You'll find more of our favorite books from 2015 and other smart gift ideas on page 14 and at cookinglight.com/giftguide. We'll see you in the New Year. Until then, happy reading and cooking over the holidays. *Prost!*

Hunter

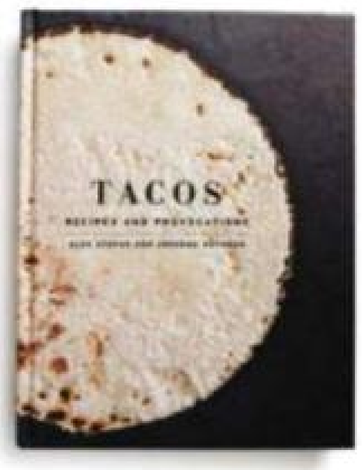
HUNTER LEWIS
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@NotesFromACook



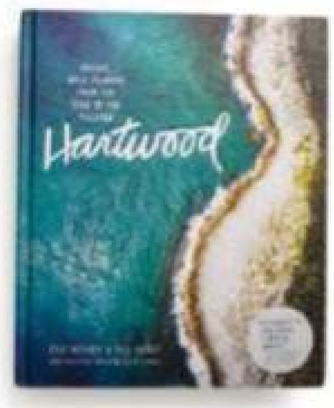
V is for Vegetables

2015 is the year of the vegetable cookbook, and chef Michael Anthony's entry is a gift to cooks of all skill levels. A generous, unpretentious teacher, he delivers minor epiphanies like Mushroom Broth and Walnut Mashed Potatoes and sneaks in simple lessons for techniques like cooking with water, sweating onions, and washing greens. (Little, Brown and Co., $40, 374 pages)

TACOS
If you want an arsenal of recipes for scratch-made tortillas and salsas from chef **Alex Stupak** and writer **Jordana Rothman** with a side of smart commentary about the knotty cultural exchange between the U.S. and Mexico, this is your book. (Clarkson Potter, $32.50, 240 pages)



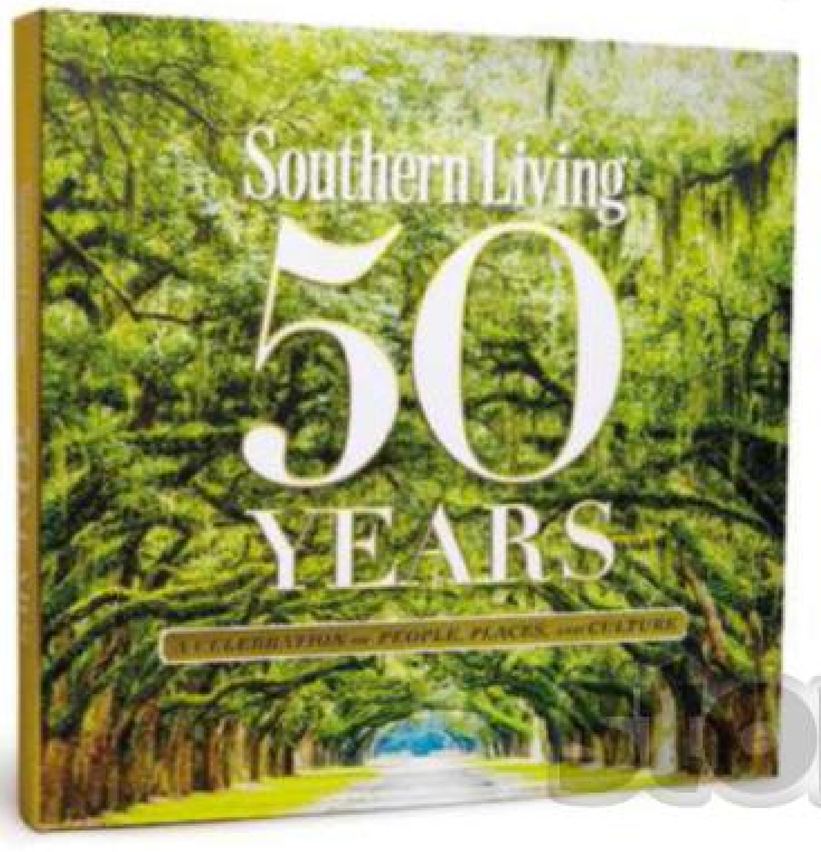
HARTWOOD
Expats **Eric Werner** and **Mya Henry** conjured their dream open-air restaurant on the Yucatán Peninsula. Travel there vicariously with a Piña-Habanero Margarita and lush photos by Gentl & Hyers. (Artisan, $40, 304 pages)





The Beer Bible

Jeff Alworth traveled the world and brewed his reportage into this passionate primer on the best ales, lagers, and wheat beers. He offers eloquent lessons on rituals and the renaissance of craft beer, while reminding us that beer culture is ancient and ever-evolving. Give this and a sixer of Anchor Christmas Ale to the beer geek in your family. (Workman, $21, 644 pages)



Southern Living 50 Years

Many of you longtime subscribers to *Cooking Light* have been with us since 1987, the year we sprang from the pages of *Southern Living*. On the eve of its Golden Anniversary, celebrate *Southern Living*'s extensive legacy with this gorgeous and hefty memento, a scrapbook tour that captures the beauty and sweep of the South and the people, places, music, and food that make the region's culture so dynamic. Recipes for iconic dishes like gumbo and biscuits make it more than a coffee table keepsake. (Oxmoor House, $40, 320 pages)

2015 GIFT GUIDE
Find more ideas on pages 14–18.

PHOTOGRAPHY: JENNIFER CAUSEY

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LETTERS



CHILI STUNNER

As a very longtime reader and subscriber, I have to say the Colorado Green Chili (October, p. 113) was out of this world. It was a little more labor-intensive than I thought it would be, and about halfway through peeling my charred peppers, I was starting to grumble that all the work better be worth it. It SO was! Thank you for this recipe! This is the ultimate Sunday football (healthy) comfort food.

STEPHANIE HOEY
CUMMING, GA

BEST ISSUE YET

Congratulations on a fabulous October issue! I tried five of the recipes in the first week, all of which my husband, the picky eater, pronounced "delicious!" I've already made the Onion, Kale (can't believe he ate that), Chickpea, and Chicken Soup (p. 47) twice! Looking forward to more great issues like this.

NANCY R.
AUSTIN, TX

SHEPHERD'S PIE CONFUSION

I noticed an interesting twist in your October issue. The name of your ground-beef pie topped with mashed potatoes is Speedy Shepherd's Pie (p. 38). The same dish is very popular in England. We call it Shepherd's Pie if it's made with ground lamb. If it's made exactly the same way but with beef, it becomes Cottage Pie. Your recipe looks very good indeed, but it's also worth trying the lamb version for the lovely sweet flavour of the meat.

JACQUELINE SUSAN HUGHES
WEYBRIDGE, SURREY, ENGLAND, UNITED KINGDOM

A TASTE OF NOSTALGIA

We lived in Okinawa, Japan, for six years, and as soon as my husband tasted your Brown Rice Bowl with Miso, Poached Egg, and Kale-Radish Slaw, (September, p. 44), he reminded me of all the authentic Japanese restaurants and amazing cuisine we experienced while we lived there. This recipe was authentic and evoked the delicacies that we miss so much! Thanks for this simple gem. We will be enjoying it again soon!

KELLY O'CONNOR
STAFFORD, VA

Cooking Light DIET

"It's not 'Eat as few calories as possible and you'll lose weight.' It's 'Here are some healthy options to eat, and they're delicious.' It's about good food you love to eat that will help you lose weight. It's like having a daily *Cooking Light* magazine that I get to play with every day."

—Boston's Robin LaPlante, Cooking Light Diet community member. Learn more at cookinglightdiet.com.

*Members following the Cooking Light Diet lose more than half a pound per week, on average.

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1. Download the Digimarc Discover App free from iTunes or Google Play.
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4. You can save the recipe to your MyRecipes file. (Don't have one? Sign up at myrecipes.com.)



Use the app for Dinner Tonight, Superfast, and anywhere you see this symbol.

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PHOTOGRAPHY: IAIN BAGWELL



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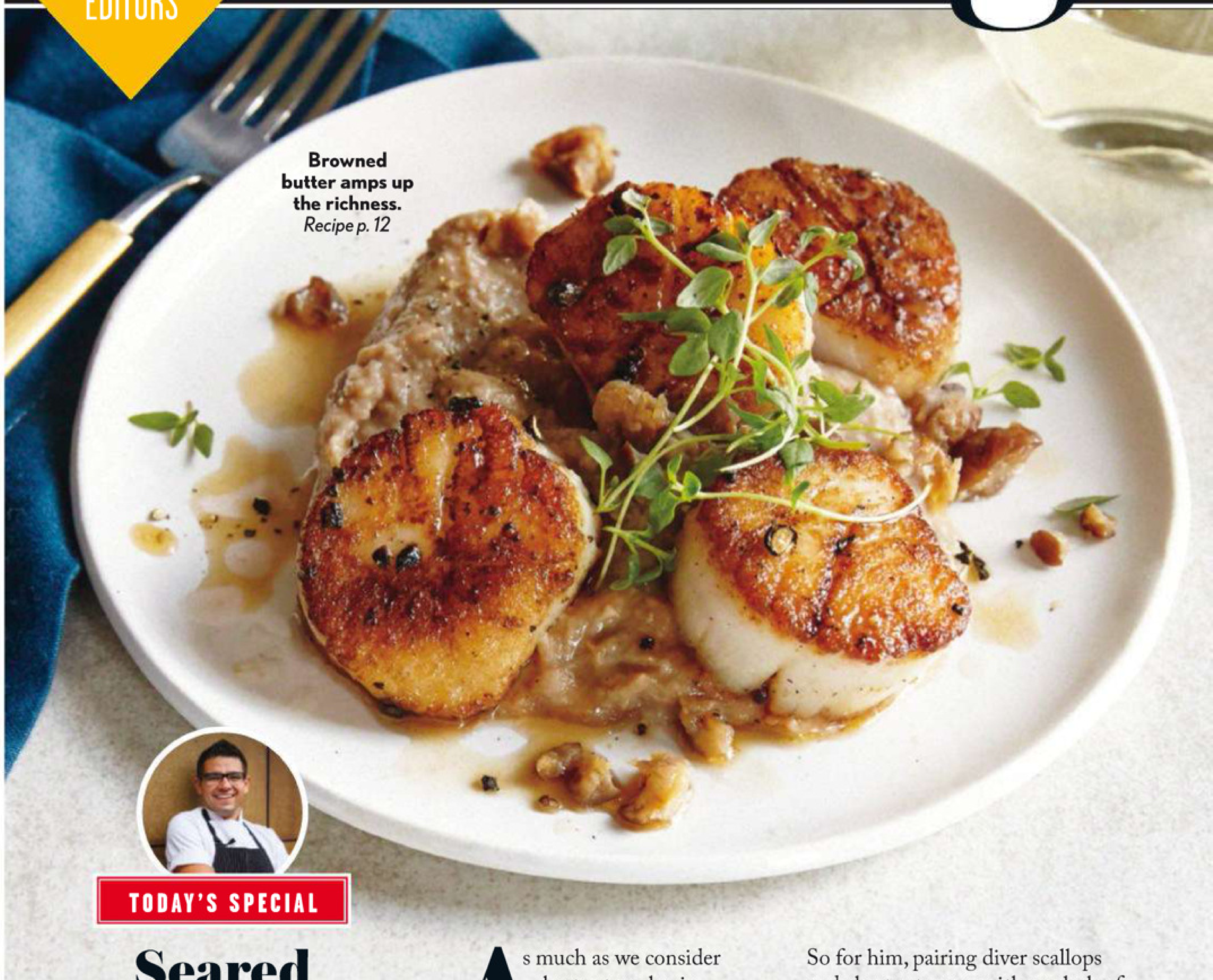


FOR THE LOVE OF LEAVES

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TRENDING TASTES from COOKING LIGHT'S EDITORS

let's get cooking!



Browned butter amps up the richness.
Recipe p. 12

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. PORTRAIT: JAMES ROSE

TODAY'S SPECIAL

Seared Scallops with Chestnut Puree

Chef Michael Serpa makes a shellfish dish fit for the holidays.

BY TIM CEBULA

As much as we consider chestnuts a classic American winter treat—think roasted chestnuts sold on Manhattan's streets at Christmas, Nat King Cole songs, and the like—they're a true old-world ingredient. At his Select Oyster Bar in Boston, seafood expert Michael Serpa serves up fish dishes with Mediterranean flair. So for him, pairing diver scallops and chestnut puree with a splash of tangy blood orange vinaigrette was a no-brainer.

"Chestnuts have a deep, rich, warm flavor," Serpa says. "And I love how they pair with citrus, which adds acid for balance. Blood orange adds a floral note as well."

Pan-seared, caramelized scallops bring their own natural sweetness

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

DIY

Give the gift of fresh mozza to your fave foodie with an Urban Cheesecraft Kit. $25, darbysmart.com



[let's get cooking!]



MUST READ

Anthony Lamas and Gwen Pratesi bring Latin flair to Southern eats in *Southern Heat*. (Taunton, $35)

into play, while browned butter boosts richness and fresh thyme adds herbal brightness.

The dish is something Serpa has done for special menus. But for the home cook, the advantage is clear: It's a fancy-seeming dish with exquisite flavor balance that's a breeze to put together, letting you spend more time with your company than stoveside.

His advice on cooking with chestnuts: "They soak up a lot of liquid, so you'll use more than you'd expect." We found equal parts milk and chestnuts made a puree that wasn't too thick. Try Serpa's original dish this month at Select in Boston's Back Bay.

SEARED SCALLOPS WITH CHESTNUT PUREE

Hands-on: 15 min. Total: 30 min.

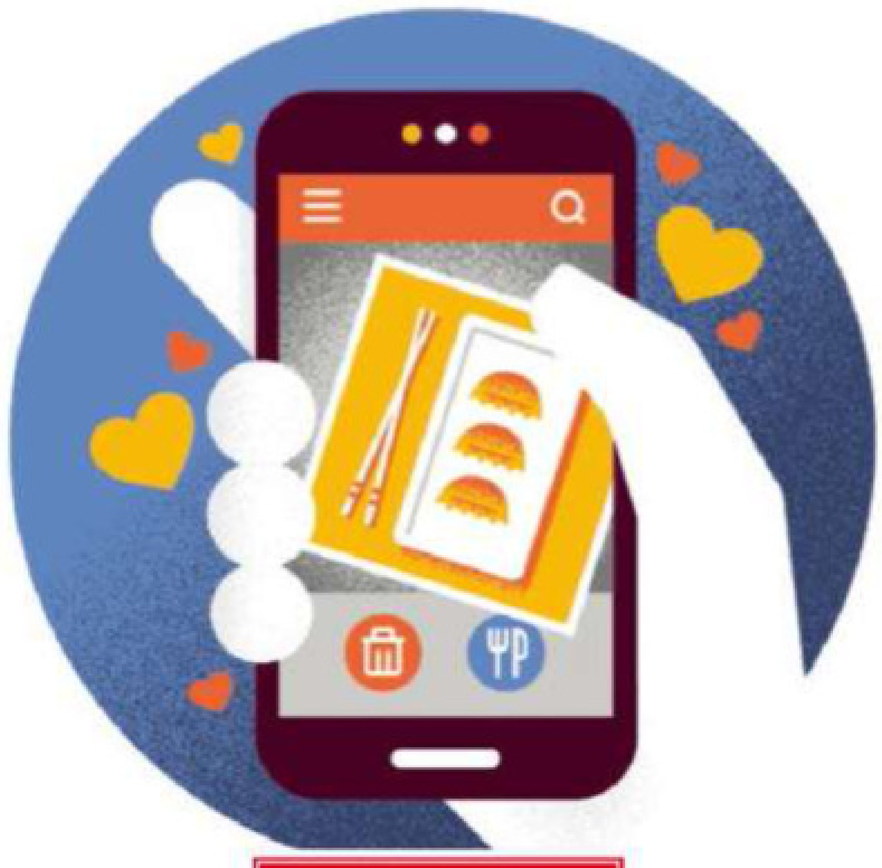
Blood orange vinaigrette brightens this simple dish. For delicious ways to use up chestnuts, see page 169.

- 1 cup packaged precooked chestnuts
- ½ cup crushed packaged precooked chestnuts
- 1 cup whole milk
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2½ tablespoons fresh blood orange juice
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- 16 diver sea scallops (about 1½ pounds)
- 1 tablespoon canola oil
- 2 tablespoons butter
- 1½ teaspoons chopped fresh thyme

1. Preheat oven to 375°.
2. Place 1 cup chestnuts on a baking sheet; bake at 375° for 10 minutes or until golden brown. Place ½ cup crushed chestnuts on a baking sheet; bake at 375° for 5 minutes or until golden brown. Set aside.
3. Combine toasted whole chestnuts and milk in a blender; process until smooth. Heat a small saucepan over medium heat. Add chestnut mixture, ¼ teaspoon salt, and ¼ teaspoon pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally. Keep warm.
4. Combine juice, vinegar, and olive oil in a small bowl, stirring well with a whisk.
5. Heat a large cast-iron skillet over medium-high heat. Sprinkle scallops with remaining ¼ teaspoon salt and ¼ teaspoon pepper. Add canola oil to pan; swirl to coat. Add scallops, working in batches if necessary to avoid crowding; cook 3 minutes or until browned on both sides and done, turning once. Pour off any oil. Reduce heat to medium. Add butter; cook 2 minutes or until browned. Stir in thyme.
6. Place 5 tablespoons puree on each of 4 plates; top each serving with 4 scallops. Drizzle each with 1½ teaspoons butter mixture and 1 tablespoon juice mixture. Top each with 2 tablespoons toasted crushed chestnuts.

SERVES 4

CALORIES 282; **FAT** 12.8g (sat 5.6g, mono 5.1g, poly 1.2g); **PROTEIN** 11g; **CARB** 31g; **FIBER** 4g; **CHOL** 36mg; **IRON** 1mg; **SODIUM** 554mg; **CALC** 91mg



APP-ETIZING

Swipe Right to Yum

Tender is an image-driven app geared toward helping users find delicious recipes from around the Internet and build excitement while doing it. The same rules of the popular dating app Tinder apply: Like what you see? Swipe right. Not so appetizing? Swipe left. Not sure? Tap and get more info (i.e., the full recipe). Fortunately, those pork and ginger pot stickers don't have to like you back before you can interact with them. Created by three eating-enthusiastic, Boston-based pals, the app allows users to filter their search by category: drinks, desserts, chicken, seafood, pork, beef, vegan, vegetarian. Recipes swiped to the right will be saved into the user's "Cookbook" and can be shared via social media or email. The app is both fun and functional, with small improvements—such as more filters and nutrition stats—hopefully to come in the near future. –DARCY LENZ

ILLUSTRATION: JORDON CHEUNG. PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: (TOP LEFT) KELLIE GERBER KELLEY

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[let's get cooking!]

THE 35 Hottest Gifts of 2015

If your nice list is running longer than usual, use this guide to treat every foodie—including you.

BY KIMBERLY HOLLAND



— Gifts 1–9 —

1 CARRY ON COCKTAIL KIT The only way to have a good Old Fashioned, Gin & Tonic, or Moscow Mule at 30,000 feet. *$24 each,* **carryoncocktailkit.com** **2 MEANINGFUL MAP** Pick the place that's closest to your loved one's heart for these dish towels. *$18,* **coastandcotton.com** **3 ESSIE HOLIDAY HOSTESS KIT** Stuff her stocking with mini versions of party-ready polishes—from subtle to sparkle. *$13,* **essie.com** **4 STAY FANCY** If it's her life motto, she needs these cocktail glasses. *$12 each,* **cardsforawesomepeople.com** **5 THE BUZZ** Good coffee, great benefit: A portion of the proceeds supports coffee-growing families around the world. *$14.25/12-ounce box,* **counterculturecoffee.com** **6 SALT CELLAR** A humble home for prized salts. *$95/boxed set,* **farmhousepottery.com** **7 BREAKFAST PAPPY** Pure maple syrup aged in Pappy Van Winkle Bourbon barrels. If you sip it straight, we won't tell. *$38/12.7 fluid ounces,* **pappyco.com** **8 HEAD IN THE CLOUDS** Each piece in HAAND's porcelain Cloudware bowls collection is made by hand in North Carolina. *From $28,* **haand.us** **9 TEA, PLEASE** Breville's Temp Select kettle comes with five programmed temps for perfect teas—green, white, oolong, black, and French press. *$100,* **brevilleusa.com**



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[let's get cooking!]

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Some of our gifting picks are available for purchase at hamptonslane.com/cooking-light.





— Gifts 17–23 —

For Stuffing Stockings

All small, all great gifts

17 DIY DRY-AGING
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18 INITIALLY GOOD
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19 SWEET CARAMELS
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20 SALT SOAK
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21 BON VOYAGE
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22 FASHIONABLE FITNESS TRACKER
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23 DRINKING GAME
If they're passionate about craft beer and card games, this is the deck for them. *$4, shopbicyclecards.com*

— Gifts 10–16 —

10 GOLDEN GEARS For those who'd rather be biking, a 20-karat gold or platinum mirror–finish bike on a pint, rocks, or wine glass. *$15 each,* **vitalindustries.com** **11 COLE & MASON MILLS** A classic kitchen essential paired with sleek design and high performance for maximum flavor. *$50 each,* **restorationhardware.com** **12 GIANA INDIGO BOWL** A fruit bowl or beautiful centerpiece, depending on her style. *$45,* **birchlane.com** **13 NEEDLEPOINT FLASK** The Dapper Bear is mighty handsome, but the man in your life will appreciate the sophisticated way to tote his favorite tipple. *$65,* **smathersandbranson.com** **14 BOB KRAMER MEIJI** You'd normally have to wait months, or even years, for your own Bob Kramer knife, but his newest limited edition collection for Zwilling J.A. Henckels is available at Sur La Table for the holidays. *From $150,* **surlatable.com** **15 SPECULOOS COOKIES** Buttery, crispy cookies flavored with warm spices of cinnamon, clove, and cardamom. Each bite is worth savoring. A box makes the perfect gift for neighbors, colleagues, or teachers. *$20/box of 16,* **littlebelgians.com** **16 INNA JAM** For the spread head, single-varietal jams in a range of unique flavors like Tayberry, Obsidian Blackberry, and Fresno Chili. *$13.50/10-ounce jar,* **innajam.com**

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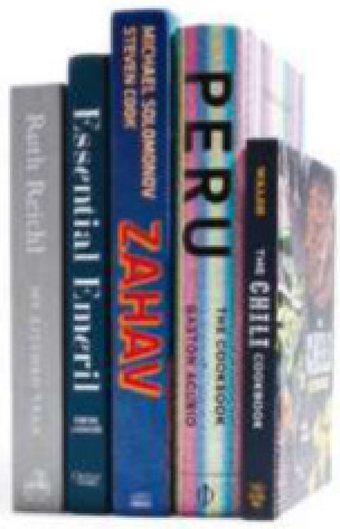
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—Gifts 24–30—

24 JUST COASTING Four beautiful porcelain and gold coasters with tongue-in-cheek sayings. *$48/set of 4,* **rosannainc.com 25 ORNAMENT TIN** You'll find two decadently rich hand creams inside this decorative tin from Crabtree & Evelyn. *$12,* **crabtree-evelyn.com 26 HELLA TONIC** The makers of one of our favorite bitters are on the next booze trend: tonics so good you don't really need the booze. Available in three flavors. *$13/12.5-ounce bottle,* **hellabitters.com 27 BEATRIZ BALL CUTTING BOARD** The perfect piece for the home entertainer. Polished wood and aluminum-alloy handles make maintaining and cleaning a breeze. *$158,* **beatrizball.com 28 GO DUTCH** Dutch ovens are essential holiday gifts for budding cooks. Pioneer Woman's 5-quart version has a unique decorative update. *$50,* **walmart.com 29 DRINK SMART** S'well's sleek bottles keep drinks cold for 24 hours, hot for 12. Proceeds go to the U.S. Fund for UNICEF, which provides clean drinking water to children around the world. *$25 to $45,* **swellbottle.com 30 GILDED MUSE CANDLE** Scents of vanilla, peach, magnolia, and sandalwood. Hand-poured in Mississippi. *$73/jumbo jar,* **capribluecandles.com**



—Gifts 31–35—

Books for Cooks

A few of our favorites, from coffee table tomes to everyday essentials

31 MY KITCHEN YEAR: 136 RECIPES THAT SAVED MY LIFE
Ruth Reichl shares the year of recipes that consoled, revived, and reinvigorated her following the abrupt close of *Gourmet.* Moving and delicious. *Random House, $35, 352 pages*

32 ESSENTIAL EMERIL
The delicious lessons and recipes of a lifetime, told side by side in the way only Emeril can. *Oxmoor House, $30, 304 pages*

33 ZAHAV: A WORLD OF ISRAELI COOKING
Michael Solomonov shares the dishes that have helped make Israeli cuisine trendy, including a hummus that will change your life. *Houghton Mifflin Harcourt, $35, 368 pages*

34 PERU: THE COOKBOOK
Gastón Acurio's love letter to his home country reveals the beauty of Peruvian cuisine via 500 spectacular recipes. *Phaidon Press, $50, 400 pages*

35 THE CHILI COOKBOOK
Start at page 1 and work your way through all 60 of Robb Walsh's mouth-watering recipes. *Ten Speed Press, $19, 200 pages*

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SOUP SIP

For French onion, pair with a fruity pinot gris like Jones of Washington's 2013. $13, jonesofwashington.com



let's get cooking!



PAIR IT

La Crema's 2013 Sonoma Coast pinot noir is the perfect pick for rich roasted salmon. $25, lacrema.com

May Your Drinks Be Bubbly and Bright

Sparklers say celebration like no other beverage. But a fizzy toast when the ball drops doesn't require dropping big bucks. Whipping up a batch of bubbly-backed cocktails is a simple way to stretch each bottle, all the while instilling party-perfect personality into your evening's signature sippers. Win your next holiday cocktail hour with the following sparkling beverages. –DARCY LENZ



1 RUBY SPRITZER

Hands-on: 5 min.
Total: 5 min.

- 6 ounces fresh ruby red grapefruit juice
- 3 ounces sweet vermouth
- 1 ounce fresh lime juice
- 1 (750-milliliter) bottle white vinho verde, chilled
- Grapefruit and lime rind twists (optional)

1. Combine first 3 ingredients in a chilled glass pitcher. Gently stir in wine just before serving.
2. To serve, pour into ice-filled glasses. Garnish with grapefruit and lime rind twists, if desired.

SERVES 8 *(serving size: about ½ cup)*
CALORIES 102; **FAT** 0g; **PROTEIN** 0g; **CARB** 6g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 6mg; **CALC** 12mg

2 PEAR AND POMEGRANATE BELLINI

Hands-on: 5 min.
Total: 5 min.

- 5 ounces pear brandy
- 3 ounces pomegranate juice
- 1 (750-milliliter) bottle prosecco, chilled
- ¼ cup pomegranate arils
- 1 Anjou pear, thinly sliced

1. Combine brandy and pomegranate juice in a chilled glass pitcher. Gently stir in prosecco, arils, and pear just before serving.
2. To serve, pour into ice-filled glasses.

SERVES 8 *(serving size: about ½ cup)*
CALORIES 128; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 7g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 2mg; **CALC** 4mg

3 VANILLA-FIG CHAMPAGNE SPARKLER

Hands-on: 10 min.
Total: 40 min.

- ½ cup sugar
- ⅓ cup water
- ½ cup chopped dried figs
- 1 cinnamon stick
- 1 vanilla bean, split
- ½ cup vodka
- 1 (750-milliliter) bottle brut Champagne, chilled
- Cinnamon sticks (optional)

1. Combine sugar and water in a saucepan over medium-high heat. Stir in figs, 1 cinnamon stick, and vanilla bean; bring to a boil. Boil 3 minutes. Remove from heat; cover. Steep 30 minutes.
2. Strain through a sieve; cool. Combine fig mixture and vodka in a chilled glass pitcher. Gently stir in Champagne just before serving.
3. To serve, pour into ice-filled glasses; garnish with cinnamon sticks, if desired.

SERVES 8 *(serving size: about ½ cup)*
CALORIES 148; **FAT** 0g; **PROTEIN** 0g; **CARB** 14g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 0mg; **CALC** 0mg

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. (TOP LEFT AND RIGHT) FOOD STYLING: BLAKESLEE WRIGHT GILES

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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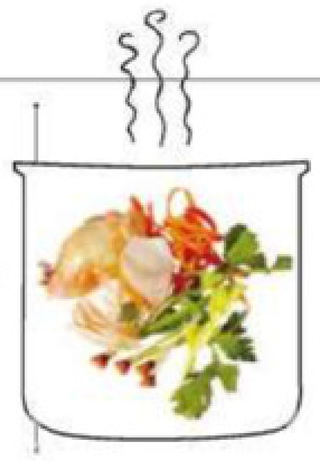
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STOCK UP

Don't toss onion skin, carrot tops, or other trimmings, unless you toss them into a pot of water to make stock.



[let's get cooking!]



SO SMOKY

Infused with organic wood smoke, Arbequino oil takes hummus to the next level. $27, castillodecanena.com



HELP ME, KENJI

Q: Can you make creamy soups without cream?

A: Yes, and the result is even more delicious.

The secret is a fancy-sounding but easy-to-understand thing called emulsion, which occurs when you force together two things that do not normally mix (see page 113 for more ways with this technique). For creamless pureed soup, those two things are oil and a water-based liquid (pureed vegetables).

To get these natural enemies to play nicely, you need to add an emulsifier. Following the example of Andalusian gazpacho, I use a bit of bread, which makes the texture richer and thicker.

I tested this method on a few veggie soups. First up, tomato. I sautéed onions and garlic with a pinch of oregano and pepper flakes in olive oil, then added a can of whole peeled tomatoes along with a single slice of bread. I simmered it for a few minutes, loosened it up with a cup of vegetable stock, then pureed it in the blender, drizzling in a couple tablespoons of olive oil as it spun. The result? A soup as creamy as any cream of tomato soup I'd ever had. Cream has a tendency to dull flavors. Not a problem in my cream-free version, which, even when made with canned tomatoes, tasted bright and fresh.

Next I tried it with mushrooms. Another success. I went through a litany of creamy soups—broccoli, asparagus, cauliflower, pea, even chicken—all with the same results: great texture and brighter flavor.

The fact that my soups all taste brighter now is reason enough to love this method. That it's healthier is the icing on the cake (or should I say the cream in the soup?).

Kenji López-Alt is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.



Drizzle in flavorful extra-virgin olive oil while the blender is spinning so the emulsion holds.



GLOBAL INGREDIENT

Smoked Goose

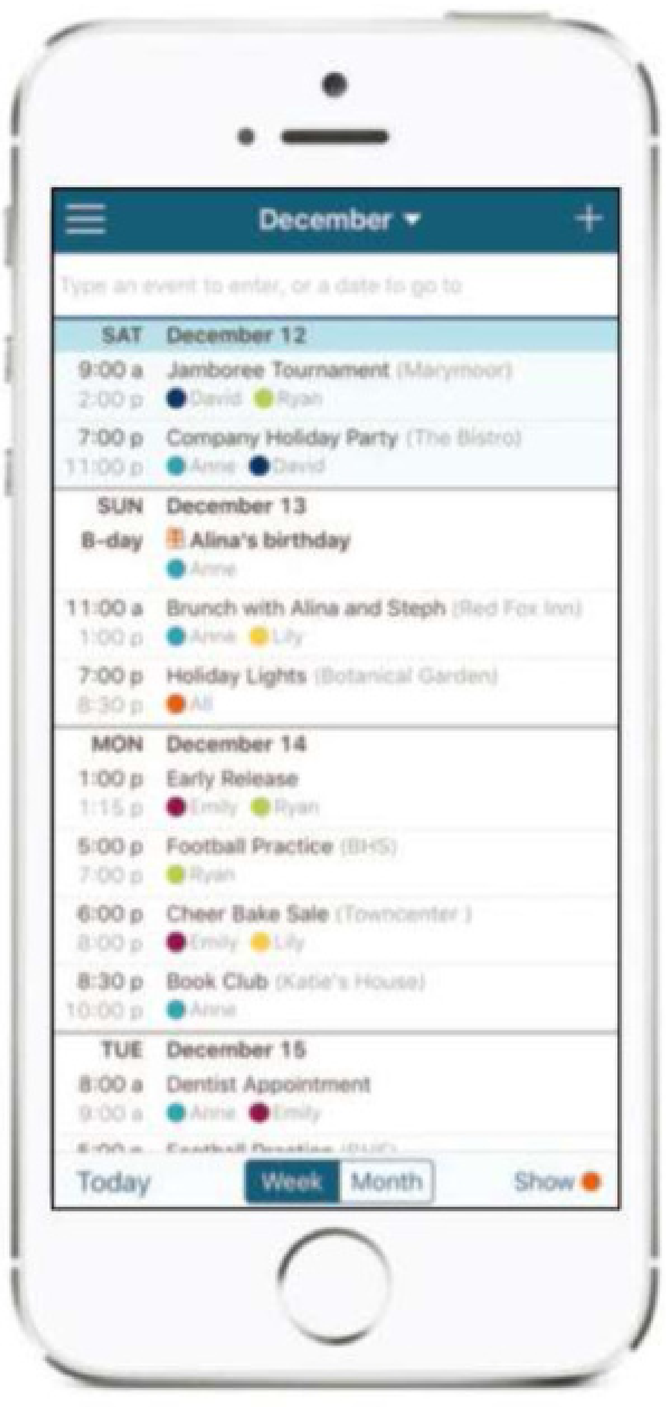
Roast goose, a traditional European Christmas entrée, has been savored in season by everyone from Jacques Pépin to ol' Scrooge himself. Eastern Europeans like theirs smoked, and we find smoked goose breast makes a festive and delectable addition to party snack platters. South Dakota's Schiltz (schiltzfoods.com) ships some of the best. –TIM CEBULA

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: LINDSEY LOWER; PORTRAIT: RANDY HARRIS. (TOP LEFT AND RIGHT) FOOD STYLING: BLAKESLEE WHITE; PROP STYLING: KELLIE GERBER KELLEY

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Great taste is in our nature.

Oscar Mayer

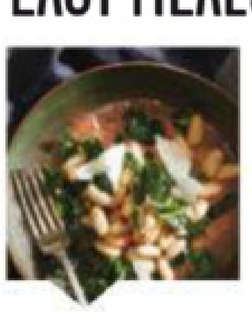
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from the Cooking Light Kitchen

dinner tonight

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DINNER TONIGHT

MEATLESS MONDAY

35 MINUTES

PREP TIP

Wrap the bowl of grilled onions in plastic wrap so they "sweat," producing a mellow, slightly sweet liquid for the dressing.

spicy veggie hash

STAFF FAVE

Cumin, cinnamon, and red pepper add warmth to this Peruvian-inspired sweet potato hash.

- 2 tablespoons olive oil
- 3 cups diced peeled sweet potato
- 2 tablespoons chopped fresh oregano
- ¾ teaspoon kosher salt, divided
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground red pepper
- 5 garlic cloves, minced
- 1¼ cups water, divided
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1 tablespoon adobo sauce
- 1 (15.5-ounce) can unsalted black beans, rinsed and drained
- 2 ounces queso fresco, crumbled (about ½ cup)
- ¼ cup unsalted pumpkinseed kernels
- 1 plum tomato, seeded and diced

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl. Add potato, oregano, and ½ teaspoon salt; cook 3 minutes, stirring occasionally. Add cumin, cinnamon, red pepper, and garlic; cook 1 minute. Add ½ cup water; cover, reduce heat, and cook 5 minutes. Uncover; cook 2 minutes. Remove pan from heat.

2. Bring remaining ¾ cup water to a boil in a saucepan. Add remaining ¼ teaspoon salt and green beans; cook 4 minutes. Stir in adobo sauce and black beans. Place ½ cup potato mixture in each of 4 shallow bowls; top each with ½ cup bean mixture, 2 tablespoons cheese, 1 tablespoon pumpkinseeds, and 1 tablespoon tomato.

SERVES 4
CALORIES 318; **FAT** 12.1g (sat 2.4g, mono 6.9g, poly 2.2g); **PROTEIN** 12g; **CARB** 42g; **FIBER** 10g; **CHOL** 5mg; **IRON** 3mg; **SODIUM** 492mg; **CALC** 157mg

SERVE WITH
GRILLED ONION SALAD WITH LIME VINAIGRETTE

Cooking spray
- 1 small white onion, cut into ¾-inch wedges
- 1 small red onion, cut into ¾-inch wedges
- 4 green onions, halved crosswise
- 3 tablespoons olive oil
- 1 tablespoon fresh lime juice
- ⅜ teaspoon kosher salt
- 2 cups baby arugula leaves
- ¾ cup thinly sliced radishes
- ½ cup fresh cilantro leaves

1. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange white and red onions on pan; grill 10 minutes, turning occasionally. Place grilled onions in a large bowl. Add green onions to pan; grill 2 minutes on each side. Add to onion mixture; cover with plastic wrap. Let stand 10 minutes. Add oil, juice, and salt; toss to coat. Add arugula, radishes, and cilantro; toss to coat.

SERVES 4 *(serving size: ¾ cup)*
CALORIES 122; **FAT** 10.8g (sat 1.5g, mono 8.1g, poly 1g); **PROTEIN** 1g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 195mg; **CALC** 41mg

GAME PLAN

WHILE ONIONS GRILL
Cook sweet potato mixture.

WHILE ONIONS STAND
Finish hash.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

DINNER TONIGHT

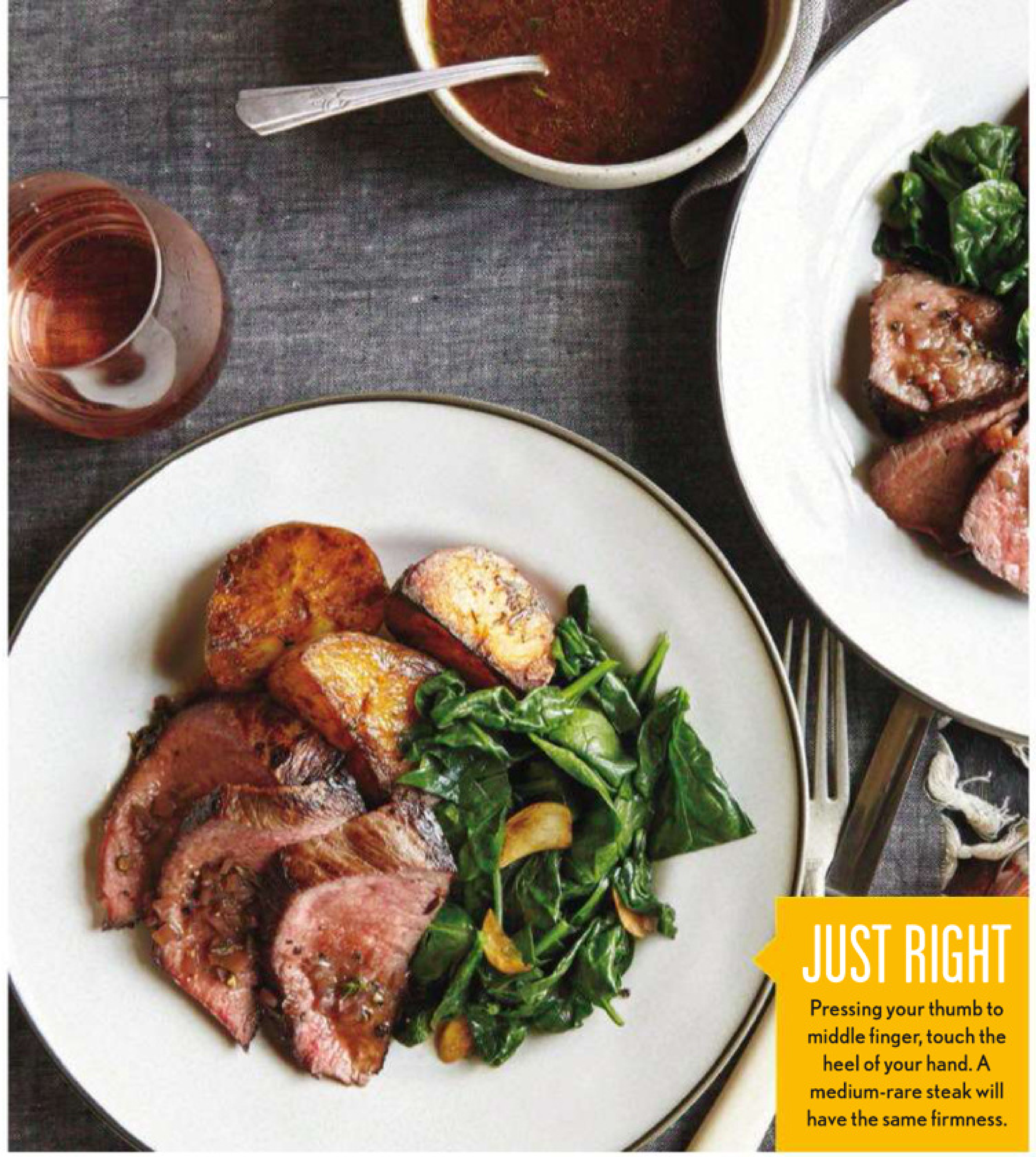
JUST FOR 2 TUESDAY

40 MINUTES

GAME PLAN

WHILE OVEN PREHEATS
Prepare potatoes.

WHILE POTATOES ROAST
Cook steak.
Cook spinach.



bistro steak
and roasted potatoes

This restaurant-worthy meal feels date-night special. Make sure to let the meat rest before slicing so the juices can redistribute.

- 3 teaspoons olive oil, divided
- 4 teaspoons chopped fresh thyme, divided
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ¾ pound medium red potatoes, quartered
- 8 ounces sirloin steak, trimmed
- 3 tablespoons minced shallots
- ¼ cup dry red wine (such as merlot)
- 1 cup unsalted beef stock (such as Swanson)
- 1 tablespoon unsalted butter

1. Preheat oven to 400°.

2. Combine 2 teaspoons oil, 2 teaspoons thyme, ¼ teaspoon salt, ¼ teaspoon pepper, and potatoes in a bowl. Spread potato mixture in an even layer on a baking sheet; bake at 400° for 30 minutes or until browned, stirring every 10 minutes.

3. Heat a medium oven-proof skillet over medium heat. Add remaining 1 teaspoon oil; swirl. Sprinkle steak with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Add steak to pan; cook 10 minutes, turning to brown all sides. Place pan in oven; bake at 400° for 12 minutes for medium-rare or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes.

4. Wipe out pan with paper towels. Heat pan over medium-high heat. Add remaining 2 teaspoons thyme and shallots to pan; sauté 30 seconds. Add wine; cook until liquid almost evaporates, scraping pan to loosen browned bits. Add stock; cook 4 minutes or until liquid is reduced to ⅓ cup. Remove pan from heat; stir in butter. Cut steak across the grain into thin slices. Divide steak between 2 plates; drizzle with red wine sauce. Serve with potatoes.

SERVES 2 *(serving size: 3 ounces steak, 2 tablespoons sauce, and about 1 cup potatoes)*
CALORIES 404; **FAT** 17.5g (sat 6.4g, mono 8.7g, poly 1.1g); **PROTEIN** 27g; **CARB** 32g; **FIBER** 4g; **CHOL** 75mg; **IRON** 3mg; **SODIUM** 630mg; **CALC** 48mg

JUST RIGHT

Pressing your thumb to middle finger, touch the heel of your hand. A medium-rare steak will have the same firmness.

SERVE WITH
GARLICKY SPINACH

Add the spinach as soon as the garlic is golden so it won't burn.

- 1 tablespoon extra-virgin olive oil
- 3 garlic cloves, very thinly sliced
- 1 (5-ounce) bag fresh spinach
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper

1. Heat oil and garlic in a large skillet over medium heat for 5 minutes or just until garlic begins to sizzle and turn golden. Add the spinach, and cook for 2 minutes, stirring until wilted. Sprinkle with salt and pepper.

SERVES 2 *(serving size: ½ cup)*
CALORIES 96; **FAT** 6.8g (sat 0.9g, mono 4.9g, poly 0.7g); **PROTEIN** 2g; **CARB** 9g; **FIBER** 3g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 233mg; **CALC** 59mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



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DINNER TONIGHT WEDNESDAY

30 MINUTES

shrimp and asparagus stir-fry

Pearled farro is a fine sub for brown rice. While hearty, pearled farro isn't a whole grain; unpearled, whole-grain farro cooks in about 30 minutes.

- 1½ cups uncooked pearled farro
- 3 tablespoons lower-sodium soy sauce
- ½ teaspoon crushed red pepper
- 1 tablespoon cornstarch
- 3 tablespoons canola oil, divided
- 1 tablespoon minced peeled fresh ginger
- 1 pound large shrimp, peeled and deveined
- 6 garlic cloves, minced
- 1 cup vertically sliced onion
- 1 cup thinly sliced red bell pepper
- 1 cup asparagus, diagonally cut into 1-inch pieces
- ½ cup unsalted chicken stock (such as Swanson)
- ½ cup water
- 8 basil leaves

1. Cook farro according to package directions, omitting salt and fat; drain.

2. Combine soy sauce and crushed red pepper in a bowl. Stir in cornstarch with a whisk until smooth.

3. Heat a large wok or skillet over high heat. Add 1½ tablespoons oil; swirl to coat. Add ginger, shrimp, and garlic; stir-fry 3 minutes. Remove shrimp mixture from pan. Return pan to high heat; add remaining 1½ tablespoons oil. Add onion, bell pepper, and asparagus; stir-fry 3 minutes. Add soy sauce mixture, stock, and ½ cup water to pan; bring to a boil. Stir in shrimp mixture and basil; cook 1 minute. Serve with farro.

SERVES 4 *(serving size: about ¾ cup farro and 1 cup shrimp mixture)*
CALORIES 480; **FAT** 13.4g (sat 1g, mono 6.8g, poly 3.2g); **PROTEIN** 29g; **CARB** 64g; **FIBER** 9g; **CHOL** 143mg; **IRON** 5mg; **SODIUM** 588mg; **CALC** 123mg

SERVE WITH

SESAME CABBAGE AND MUSHROOMS

We love the Chinese takeout feel of this speedy side, with meaty shiitakes, soy sauce, sesame, and crisp-tender stir-fried cabbage.

- 2½ tablespoons dark sesame oil, divided
- 6 ounces shiitake mushroom caps, sliced
- 4 cups thinly sliced napa cabbage
- 1 tablespoon lower-sodium soy sauce
- ¼ teaspoon freshly ground black pepper
- ¼ cup cilantro leaves
- 2 tablespoons toasted sesame seeds

1. Heat a large skillet over high heat. Add 2 tablespoons oil; swirl to coat. Add mushrooms; stir-fry 4 minutes or until browned. Add cabbage; cook 2 minutes. Remove pan from heat. Add remaining 1½ teaspoons oil, soy sauce, and pepper; toss. Top with cilantro and sesame seeds.

SERVES 4 *(serving size: ½ cup)*
CALORIES 125; **FAT** 10.6g (sat 1.5g, mono 4.1g, poly 4.5g); **PROTEIN** 3g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 147mg; **CALC** 68mg

SLURRIFY

Stirring a cornstarch-based mixture into a hot stir-fry will thicken the sauce nicely and help it cling to the vegetables.

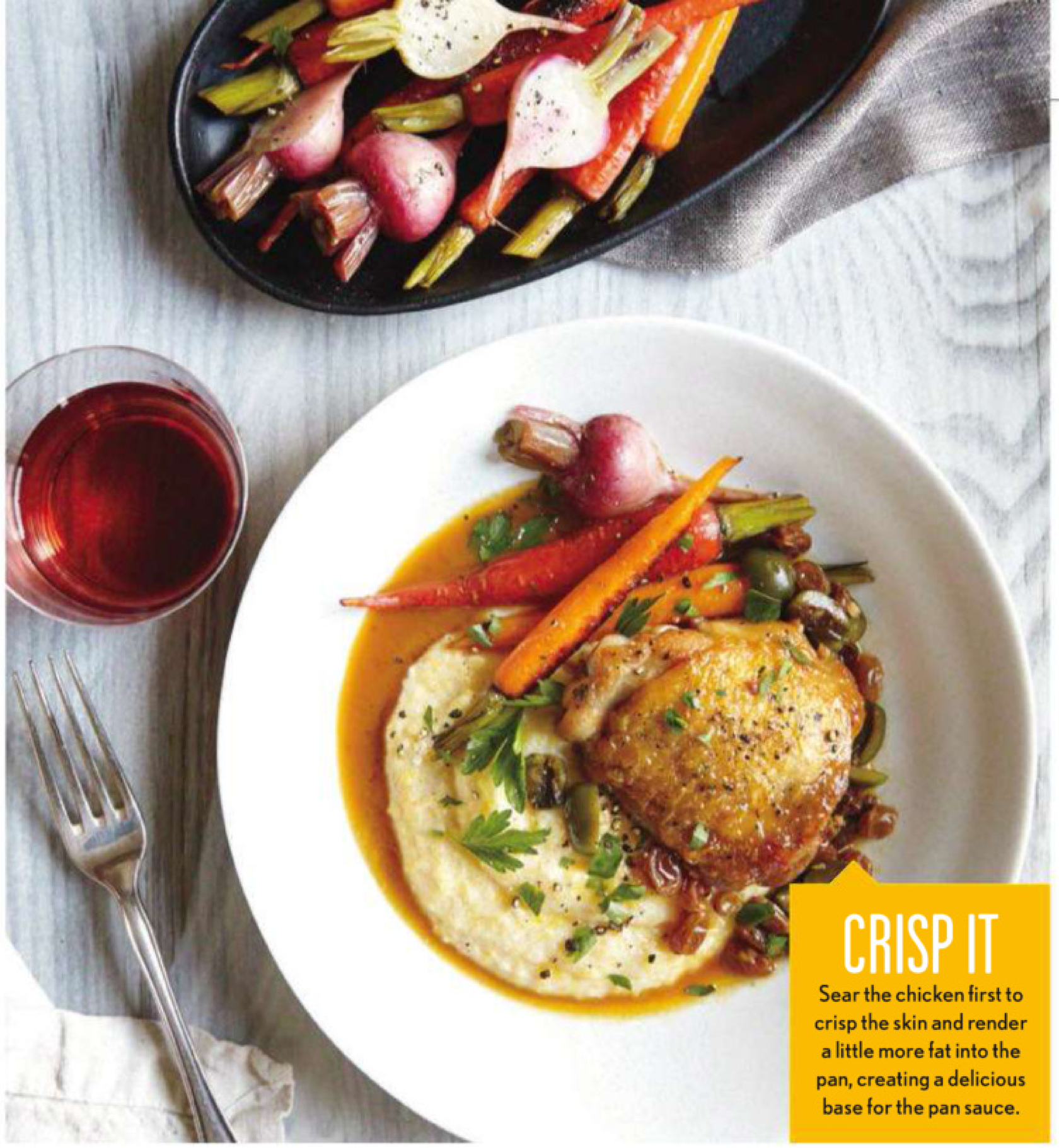


GAME PLAN

WHILE WATER FOR FARRO COMES TO A BOIL
Prepare cornstarch mixture.

WHILE FARRO COOKS
Cook stir-fry.
Cook cabbage mixture.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



DINNER TONIGHT THURSDAY

40 MINUTES

chicken agrodolce with creamy polenta

Agrodolce means "sweet and sour" in Italian—here, the golden raisins and red wine vinegar in the sauce. Both cut through the rich chicken thighs and the creamy polenta.

- 3 cups 1% low-fat milk
- 2⅓ cups unsalted chicken stock, divided
- ½ teaspoon kosher salt, divided
- ⅔ cup quick-cooking polenta
- 1½ teaspoons olive oil
- 4 (6-ounce) bone-in skin-on chicken thighs
- ½ teaspoon black pepper
- 2 tablespoons chopped garlic
- ¼ cup golden raisins
- 2 tablespoons red wine vinegar
- 1 ounce pitted green olives, sliced
- 1 tablespoon chopped fresh flat-leaf parsley

1. Bring milk, ⅓ cup stock, and ¼ teaspoon salt to a simmer in a large saucepan over medium-high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat to medium-low; cook 20 minutes or until creamy and thickened, stirring occasionally. Cover; remove from heat.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with remaining ¼ teaspoon salt and pepper. Add chicken to pan, skin side down; cook 5 minutes or until browned. Turn chicken over; cook 2 minutes. Add garlic to pan; cook 1 minute. Add remaining 2 cups stock, raisins, vinegar, and olives to pan; bring to a boil. Reduce heat, and simmer, partially covered, 12 minutes or until chicken is done. Increase heat to medium-high; cook, uncovered, 3 minutes or until liquid is slightly thickened. Divide polenta evenly among 4 plates; top with chicken thighs and sauce. Sprinkle with parsley.

SERVES 4 *(serving size: 1 chicken thigh, ⅓ cup sauce, and about ½ cup polenta)*
CALORIES 445; **FAT** 18.8g (sat 5.1g, mono 8.6g, poly 3.5g); **PROTEIN** 32g; **CARB** 30g; **FIBER** 3g; **CHOL** 141mg; **IRON** 2mg; **SODIUM** 578mg; **CALC** 190mg

CRISP IT

Sear the chicken first to crisp the skin and render a little more fat into the pan, creating a delicious base for the pan sauce.

SERVE WITH
SAGE-ROASTED CARROTS AND TURNIPS

Wrap the vegetables in a foil packet so they steam gently and are easy to flip all at once. Place the packet right on the floor of the oven so the vegetables cook through quickly.

- 12 ounces baby carrots
- 4 ounces baby turnips, halved (or peeled turnip cut into wedges)
- 2 fresh sage sprigs
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

1. Preheat oven to 400°.

2. Place carrots, turnips, and sage on a large piece of foil; drizzle with oil. Sprinkle with salt and pepper. Fold foil over vegetables. Place foil packet on a large piece of foil; wrap tightly. Place packet on floor of oven. Bake at 400° for 25 minutes, turning every 10 minutes.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 103; **FAT** 7.2g (sat 1g, mono 5.4g, poly 0.7g); **PROTEIN** 1g; **CARB** 9g; **FIBER** 3g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 191mg; **CALC** 37mg

GAME PLAN

WHILE OVEN PREHEATS
Prepare carrot mixture.

WHILE CARROT MIXTURE BAKES
Cook polenta.
Cook chicken.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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No Frills Negroni

Make this cocktail the night before for a stress-free day with family and friends!



- ¾ cup Italian aperitif
- 1 cup sweet Italian vermouth
- 1¼ cups gin
- 12 orange twists

Combine first 3 ingredients in a bowl.

Funnel mixture into a clean 750-milliliter bottle, leaving an inch of headroom at top; seal with a cork or cap. Store in refrigerator.

To make 1 cocktail, pour 2 ounces Italian aperitif mixture into a pint glass filled with ice. Stir rapidly for 20 to 30 seconds. Strain into a chilled cocktail glass. Garnish with an orange twist.

Cheese Crostini with Speck Alto Adige



- 6 (1-ounce) slices ciabatta bread
- 2 garlic cloves, halved
- ¼ cup (1 ounce) grated fresh Aged Pecorino Toscano PDO
- 2 ounces thinly sliced Speck Alto Adige PGI
- ½ teaspoon freshly ground black pepper

Preheat broiler.

Place bread on a baking sheet. Broil 1 minute or until lightly browned. Rub 1 side of each bread slice with cut half of garlic. Discard garlic. Sprinkle cheese evenly over bread. Broil 1 minute or until cheese melts. Divide speck evenly over bread. Sprinkle evenly with pepper.

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DINNER TONIGHT

FAMILY FRIDAY

40 MINUTES

mini bbq meat loaves with smashed blue cheese potatoes

Make a small indentation with your thumb in the center of each meat loaf before baking. This keeps the proteins from shrinking too much, which could result in a dense, dry meat loaf.

- 1 pound small red potatoes, halved
- ¼ cup low-fat buttermilk
- ¼ teaspoon kosher salt
- 1 ounce blue cheese, crumbled
- Cooking spray
- 8 ounces mild turkey Italian sausage, casings removed
- 8 ounces 90% lean ground sirloin
- ½ cup grated carrot
- ¼ cup thinly sliced green onions
- ¼ cup whole-wheat panko (Japanese breadcrumbs)
- ½ teaspoon freshly ground black pepper
- 1 egg, lightly beaten
- ⅓ cup lower-sodium barbecue sauce

1. Preheat oven to 350°.

2. Place potatoes in a medium saucepan filled with water. Bring to a boil; cook 15 minutes or until tender. Drain. Return potatoes to pan. Add buttermilk, salt, and cheese; mash with a potato masher to desired consistency. Keep warm.

3. Coat 8 muffin cups with cooking spray. Combine sausage, sirloin, carrot, green onions, panko, black pepper, and egg in a large bowl, stirring just until combined. Divide sausage mixture evenly among prepared cups. Make a (½-inch-deep) indentation in the center of each meat loaf. Top each meat loaf with about 2 teaspoons barbecue sauce. Bake at 350° for 15 to 20 minutes or until a thermometer inserted in the center registers 160°.

SERVES 4 *(serving size: about ¾ cup mashed potatoes and 2 mini meat loaves)*
CALORIES 378; **FAT** 14.2g (sat 5.3g, mono 5g, poly 2g); **PROTEIN** 29g; **CARB** 33g; **FIBER** 3g; **CHOL** 132mg; **IRON** 3mg; **SODIUM** 694mg; **CALC** 104mg

SERVE WITH

ROASTED BROCCOLI WITH GARLIC AND LEMON

- 2 tablespoons olive oil
- 1 tablespoon sliced garlic
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1 (12-ounce) package fresh broccoli florets
- 1 tablespoon fresh lemon juice

1. Preheat oven to 400°. Place a jelly-roll pan in oven (keep jelly-roll pan in oven as it preheats).

2. Combine oil, garlic, salt, pepper, and broccoli in a bowl, tossing to coat. Spread broccoli mixture in an even layer on prepared pan. Bake at 400° for 15 minutes or until tender and browned in spots. Drizzle lemon juice over broccoli.

SERVES 4 *(serving size: about ⅔ cup)*
CALORIES 100; **FAT** 7.2g (sat 1g, mono 5g, poly 0.9g); **PROTEIN** 4g; **CARB** 8g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 66mg

–Recipes by Robin Bashinsky; additional recipes by Ivy Manning

GRATE IT

Use the large holes of a box grater to grate the carrots. Grated carrots add moisture and color to the meat loaves.

GAME PLAN

WHILE OVEN PREHEATS
Cook potatoes.
Prepare meat loaf mixture.

WHILE MEAT LOAVES BAKE
Mash potatoes.
Prepare broccoli mixture.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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May 18, 2015

People

CHARLOTTE ELIZABETH DIANA of CAMBRIDGE
BORN MAY 2, 2015
8 LBS. 3 OZS.
8:34 A.M.

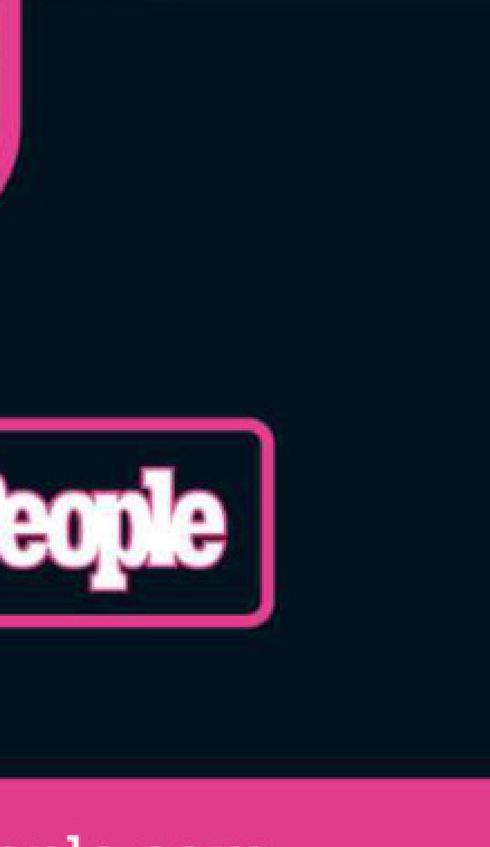
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- VIP visitors & bonding with her big brother
- ate's post-baby transformation: How she did it
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FOR RECIPES PAGES 29-40

DINNER TONIGHT SHOPPING LIST



MEATLESS MONDAY

SPICY VEGGIE HASH

- ☐ Oregano
- ☐ Green beans
- ☐ Plum tomato
- ☐ Sweet potatoes (1 pound)
- ☐ Garlic
- ☐ Ground cumin
- ☐ Ground cinnamon
- ☐ Ground red pepper
- ☐ Olive oil
- ☐ Unsalted pumpkinseed kernels
- ☐ 15.5-ounce can unsalted black beans (1)
- ☐ 4-ounce can chipotle chiles in adobo sauce (1)
- ☐ Queso fresco

Grilled Onion Salad with Lime Vinaigrette

- ☐ Lime (1)
- ☐ Baby arugula
- ☐ Cilantro
- ☐ White onion (1 small)
- ☐ Red onion (1 small)
- ☐ Green onions
- ☐ Radishes
- ☐ Olive oil



JUST FOR 2 TUESDAY

BISTRO STEAK AND ROASTED POTATOES

- ☐ Thyme
- ☐ Shallot (1)
- ☐ Red potatoes
- ☐ Olive oil
- ☐ Unsalted beef stock (such as Swanson)
- ☐ Dry red wine (such as merlot)
- ☐ Unsalted butter
- ☐ Sirloin steak (8 ounces)

Garlicky Spinach

- ☐ 5-ounce bag fresh spinach (1)
- ☐ Garlic
- ☐ Extra-virgin olive oil



WEDNESDAY

SHRIMP AND ASPARAGUS STIR-FRY

- ☐ Asparagus
- ☐ Onion (1)
- ☐ Red bell pepper (1)
- ☐ Basil
- ☐ Garlic
- ☐ Ginger
- ☐ Crushed red pepper
- ☐ Canola oil
- ☐ Lower-sodium soy sauce
- ☐ Cornstarch
- ☐ Pearled farro
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Large shrimp, peeled and deveined (1 pound)

Sesame Cabbage and Mushrooms

- ☐ Napa cabbage (1 head)
- ☐ Cilantro
- ☐ Shiitake mushroom caps (6 ounces)
- ☐ Toasted sesame seeds
- ☐ Dark sesame oil
- ☐ Lower-sodium soy sauce



THURSDAY

CHICKEN AGRODOLCE WITH CREAMY POLENTA

- ☐ Parsley
- ☐ Garlic
- ☐ Olive oil
- ☐ Red wine vinegar
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Pitted green olives
- ☐ Golden raisins
- ☐ Quick-cooking polenta
- ☐ 1% low-fat milk
- ☐ Bone-in, skin-on chicken thighs (1¾ pounds)

Sage-Roasted Carrots and Turnips

- ☐ 12-ounce package baby carrots (1)
- ☐ Small turnips (4 ounces)
- ☐ Sage
- ☐ Olive oil



FAMILY FRIDAY

MINI BBQ MEAT LOAVES WITH SMASHED BLUE CHEESE POTATOES

- ☐ Carrot (1 medium)
- ☐ Green onions
- ☐ Red potatoes (1 pound)
- ☐ Lower-sodium barbecue sauce
- ☐ Whole-wheat panko (Japanese breadcrumbs)
- ☐ Low-fat buttermilk
- ☐ Blue cheese
- ☐ Egg (1)
- ☐ Mild turkey Italian sausage (8 ounces)
- ☐ 90% lean ground sirloin (8 ounces)

Roasted Broccoli with Garlic and Lemon

- ☐ Lemon (1)
- ☐ 12-ounce package broccoli florets (1)
- ☐ Garlic
- ☐ Olive oil

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superfast!

DINNER TONIGHT

TWENTY-MINUTE COOKING

20

PHOTOGRAPHY: LINDA PUGLIESE; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: KAITLYN DU ROSS WALKER

Honey and Sesame-Glazed Chicken Breasts with Green Beans
Recipe p. 50

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 8

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DINNER TONIGHT

SUPERFAST!

20 MINUTES

FAMILY-FRIENDLY

HONEY AND SESAME-GLAZED CHICKEN BREASTS WITH GREEN BEANS

Sweet honey and toasty sesame team up for a flavor combo everyone at the table is sure to love. Serve with precooked brown rice for a quick and easy side to soak up sauce from the chicken.

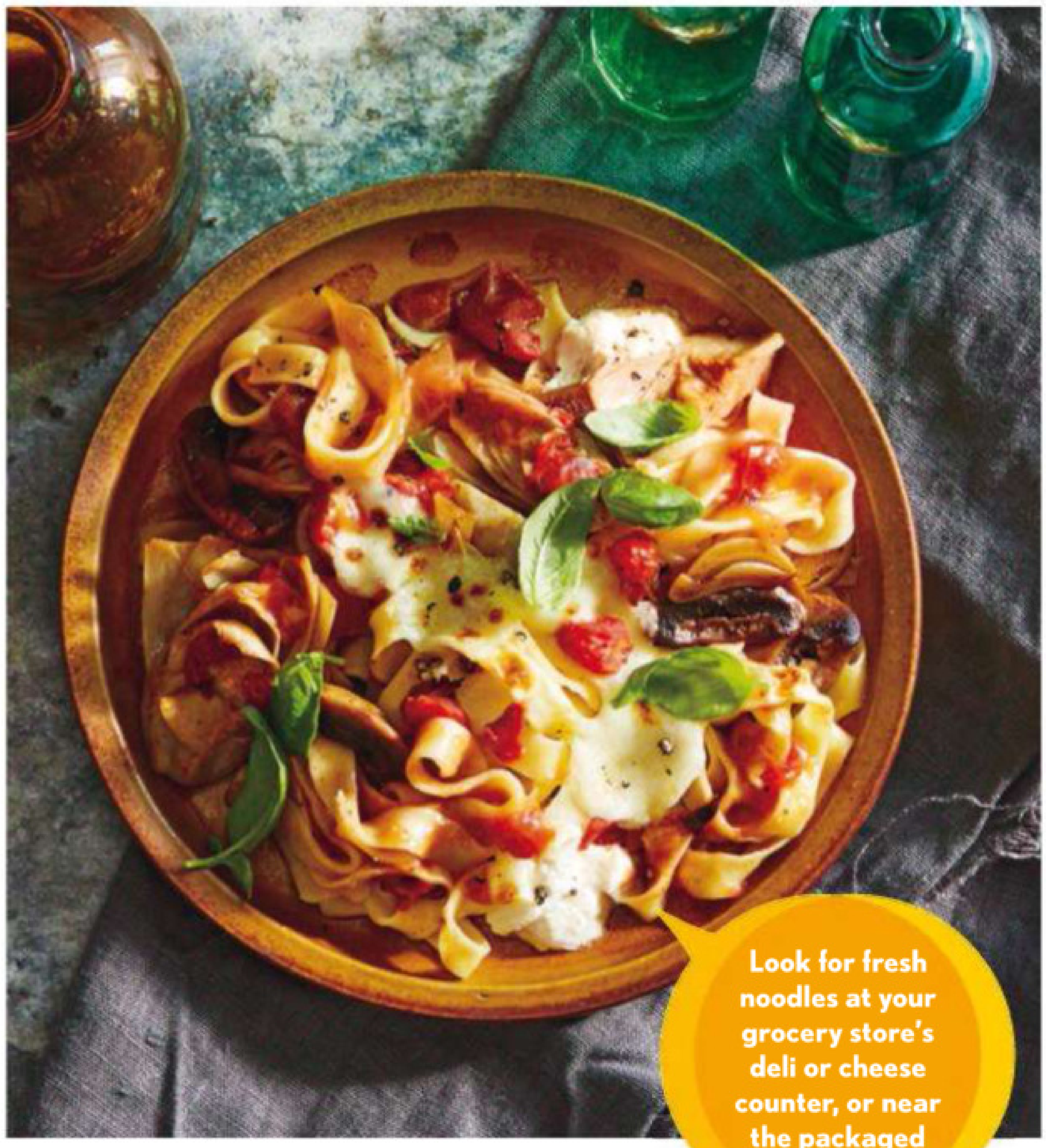
- 6 tablespoons unsalted chicken stock
- 1/3 cup honey
- 2 tablespoons dark sesame oil, divided
- 1 1/2 tablespoons whole-grain mustard
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 2 teaspoons toasted sesame seeds
- 2 (8-ounce) packages trimmed fresh green beans
- 1 tablespoon unsalted butter, melted
- 2 tablespoons sliced almonds, toasted

1. Combine chicken stock, honey, 1 tablespoon oil, and mustard in a small saucepan over medium-high heat, stirring with a whisk; bring to a boil. Reduce heat; cook 10 minutes or until syrupy, stirring occasionally.

2. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 6 minutes on each side or until done. Pour honey mixture over chicken, and sprinkle with sesame seeds.

3. Prepare green beans according to package directions. Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, butter, and beans in a bowl; toss to coat. Sprinkle with almonds.

SERVES 4 *(serving size: 1 chicken breast half and 4 ounces beans)*
CALORIES 434; **FAT** 16.8g (sat 4g, mono 5.9g, poly 4.4g); **PROTEIN** 40g; **CARB** 33g; **FIBER** 4g; **CHOL** 116mg; **IRON** 2mg; **SODIUM** 652mg; **CALC** 65mg



Look for fresh noodles at your grocery store's deli or cheese counter, or near the packaged cheeses.

one-pan pasta with ricotta and artichokes

One skillet from start to finish—can't beat it on a busy weeknight. The ricotta adds rich creaminess when mixed into each portion on the plate, while fresh mozza creates that ooey-gooey baked pasta feel.

- 1 tablespoon olive oil
- 1 cup prechopped onion
- 8 ounces presliced mushrooms
- 4 garlic cloves, sliced
- 2 1/2 cups unsalted chicken stock
- 1 1/2 cups frozen artichoke quarters, thawed
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 (14.5-ounce) can unsalted fire-roasted tomatoes
- 1 (9-ounce) package refrigerated fresh fettuccine
- 1/2 cup part-skim ricotta cheese
- 3 ounces fresh mozzarella cheese, torn into small pieces
- 1/4 cup torn fresh basil

1. Preheat broiler to high.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, mushrooms, and garlic to pan; cook 7 minutes, stirring occasionally. Add chicken stock, artichokes, salt, pepper, tomatoes, and pasta to pan, and bring to a boil. Stir to combine. Cover; reduce heat, and simmer 8 minutes or until pasta is tender. Dot pasta mixture evenly with ricotta and mozzarella cheeses.

3. Place pan under broiler. Broil mixture 2 minutes or until cheese melts. Sprinkle evenly with basil.

SERVES 4 *(serving size: 1 1/4 cups)*
CALORIES 410; **FAT** 13g (sat 5.2g, mono 3.4g, poly 1.2g); **PROTEIN** 22g; **CARB** 52g; **FIBER** 7g; **CHOL** 73mg; **IRON** 3mg; **SODIUM** 554mg; **CALC** 149mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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DINNER TONIGHT SUPERFAST!

20 MINUTES

hamburger steaks with sweet onion and mushrooms

Serve these saucy, cheesy patties with a simple spinach salad. Not a fan of Gruyère? Try a mild cheddar instead.

- 1 pound 93% lean ground beef
- 2 tablespoons plus 2¼ teaspoons olive oil, divided
- 2 teaspoons Worcestershire sauce
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon black pepper, divided
- ½ cup finely chopped sweet onion
- 8 ounces cremini mushrooms, sliced
- 1½ teaspoons all-purpose flour
- ½ cup unsalted beef stock
- 1 ounce Gruyère cheese, shredded (about ¼ cup)

1. Combine beef, 2¼ teaspoons oil, Worcestershire, ½ teaspoon salt, and ½ teaspoon pepper in a bowl; mix with hands. Divide into 4 portions, shaping each into a 4-inch patty.
2. Heat a skillet over medium-high heat. Add 1 tablespoon oil to pan. Add patties to pan; cook 3 minutes on each side. Remove patties from pan. Add remaining 1 tablespoon oil to pan; swirl to coat. Add onion and mushrooms to pan; cook 6 minutes or until mushrooms brown. Sprinkle with flour, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper; cook 2 minutes. Add stock to pan; cook 1 minute or until thickened and slightly reduced, stirring frequently. Return patties to pan, and spoon onion mixture over patties. Sprinkle evenly with cheese. Cover; cook 3 minutes or until cheese melts.

SERVES 4 *(serving size: 1 patty and about ¼ cup onion mixture)*
CALORIES 314; **FAT** 19.6g (sat 6g, mono 10.8g, poly 1.5g); **PROTEIN** 28g; **CARB** 6g; **FIBER** 1g; **CHOL** 79mg; **IRON** 3mg; **SODIUM** 508mg; **CALC** 103mg





TOFU AND EDAMAME NOODLE BOWL WITH CARAMELIZED COCONUT BROTH

Grating jalapeño, ginger, and garlic allows them to infuse the coconut milk with bold flavor quickly, while caramelizing the mixture intensifies the savory-sweet appeal of this saucy noodle bowl.

- 2 teaspoons grated fresh jalapeño pepper
- 1 teaspoon grated peeled fresh ginger
- 1 (13.5-ounce) can light coconut milk
- 1 garlic clove, grated
- 1 (14-ounce) package extra-firm water-packed tofu, drained and cut into ½-inch cubes
- 6 ounces dried brown rice noodles (such as Annie Chun's)
- 1½ cups frozen edamame
- ½ cup unsalted vegetable stock
- 1½ tablespoons fresh lime juice
- ¾ teaspoon kosher salt
- 6 ounces baby spinach
- ¼ cup chopped unsalted, dry-roasted peanuts

1. Combine first 4 ingredients in a large skillet; bring to a boil. Add tofu to pan. Cook 12 minutes or until liquid is reduced to about ⅓ cup and starts to turn light golden, stirring frequently.
2. Prepare rice noodles according to package directions, omitting salt and fat. Add edamame to noodles during last minute of cooking time. Reserve ½ cup cooking liquid. Drain noodle mixture; rinse with cold water. Drain.
3. Add noodle mixture, stock, and ½ cup reserved cooking liquid to pan; toss to coat. Remove from heat; stir in juice, salt, and spinach. Sprinkle with peanuts.

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 393; **FAT** 13.6g (sat 2.8g, mono 3.4g, poly 5g); **PROTEIN** 18g; **CARB** 52g; **FIBER** 5g; **CHOL** 0mg; **IRON** 5mg; **SODIUM** 469mg; **CALC** 145mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

Irritable Bowel Syndrome with Constipation (IBS-C)



"I'VE TRIED LAXATIVES,
BUT MY BELLY PAIN AND CONSTIPATION COME RIGHT BACK LIKE A RAGING STORM."

Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Based on PI LIN19696-F-RMC18356-07/14 LIN27145 07/14



MUSSELS WITH WHITE WINE AND LEEKS

Be sure to grab a loaf of crusty bread to serve with the mussels. Silky, savory broth like this is made for sopping.

- 2½ tablespoons unsalted butter
- 1 tablespoon olive oil
- 1¼ cups thinly sliced leek
- ¾ cup dry white wine
- ½ teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 2 pounds small mussels, cleaned
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Heat butter and olive oil in a large stockpot over medium-high heat. Add leek to pan; cook 1 to 2 minutes or until softened, stirring occasionally. Add wine, lemon rind, and juice to pan; bring to a simmer, and cook 2 minutes.

2. Add mussels to pan. Cover; cook 3 minutes or until mussels open, gently shaking pan 1 to 2 times during cooking. Remove pan from heat.

3. Spoon mussels into a large shallow serving bowl. Stir salt and pepper into broth, and pour over mussels in bowl. Serve immediately.

SERVES 4 *(serving size: 12 mussels and about ¼ cup liquid)*
CALORIES 265; **FAT** 14g (sat 5.7g, mono 5.1g, poly 1.6g); **PROTEIN** 18g; **CARB** 11g; **FIBER** 1g; **CHOL** 61mg; **IRON** 7mg; **SODIUM** 556mg; **CALC** 59mg

PHOTOGRAPHY: (BOTTOM RIGHT) JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

DINNER TONIGHT SUPERFAST!

20 MINUTES

thai beef cabbage wraps

To add another bright touch to these sweet and spicy wraps, serve with fresh lime wedges and fresh cilantro.

- 1½ tablespoons canola oil, divided
- 1 pound flank steak, trimmed
- ¾ teaspoon kosher salt, divided
- ¼ teaspoon black pepper
- 1¼ cups sliced red onion
- 1 (8.8-ounce) package precooked brown rice (such as Uncle Ben's)
- ¼ cup Thai-style sweet chili sauce (such as Iron Chef), divided
- 8 napa (Chinese) cabbage leaves
- 2 teaspoons water

1. Heat 1 tablespoon oil in a cast-iron skillet over medium-high heat. Sprinkle steak with ¼ teaspoon salt and pepper. Place steak in pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 10 minutes. Cut steak across the grain into thin slices; sprinkle with ¼ teaspoon salt.

2. Add remaining 1½ teaspoons oil and onion to pan; cook 2 minutes, stirring constantly. Sprinkle with remaining ¼ teaspoon salt.

3. Heat rice according to package directions. Combine rice and 2 tablespoons sauce in a bowl; toss to combine. Divide rice evenly among cabbage leaves. Top evenly with steak and onions. Combine remaining 2 tablespoons sauce and water in a small bowl, stirring with a whisk; drizzle evenly over wraps.

SERVES 4 *(serving size: 2 wraps)*
CALORIES 337; **FAT** 12.8g (sat 2.7g, mono 5.5g, poly 1.7g); **PROTEIN** 27g; **CARB** 28g; **FIBER** 2g; **CHOL** 70mg; **IRON** 2mg; **SODIUM** 511mg; **CALC** 41mg



DINNER TONIGHT SUPERFAST!

20 MINUTES



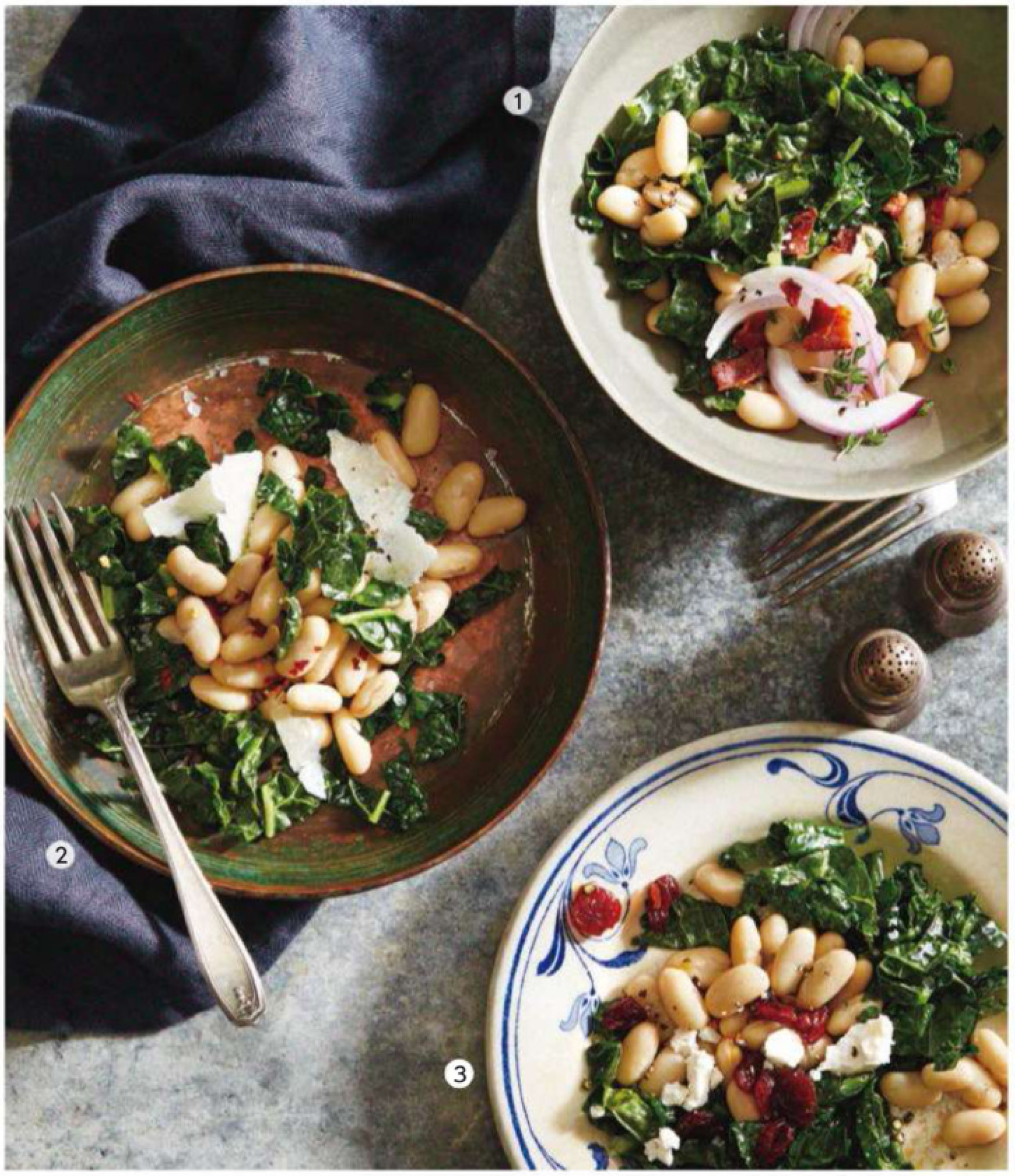
lemon-herb white bean and kale salad

- 3 tablespoons olive oil, divided
- 4 cups thinly sliced Lacinato kale
- 1 (15-ounce) can unsalted cannellini beans, rinsed and drained
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 garlic cloves, minced

1. Heat a large skillet over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add kale to pan; cook 30 seconds. Add beans to pan; cook 1 minute.

2. Combine remaining 7 teaspoons oil and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over kale mixture. Serve warm or chilled.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 210; **FAT** 11.5g (sat 1.5g, mono 7.4g, poly 1.3g); **PROTEIN** 7g; **CARB** 22g; **FIBER** 6g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 303mg; **CALC** 132mg



1 BACON-ONION WHITE BEAN AND KALE SALAD

Follow base recipe through step 1. Combine 2 tablespoons **olive oil,** 1 tablespoon **sherry vinegar,** and 1 teaspoon chopped **fresh thyme** in a bowl, stirring with a whisk; drizzle over bean mixture. Sprinkle with ⅓ cup sliced **red onion,** ⅜ teaspoon **kosher salt,** ¼ teaspoon freshly ground **black pepper,** and 3 slices cooked and crumbled **center-cut bacon**; toss to combine.

SERVES 4 *(serving size: ¾ cup)*
CALORIES 221; **FAT** 11.8g (sat 2.1g, mono 6.6g, poly 1.2g); **PROTEIN** 9g; **CARB** 22g; **FIBER** 6g; **CHOL** 6mg; **IRON** 3mg; **SODIUM** 344mg; **CALC** 127mg

2 ANCHOVY-PARMESAN WHITE BEAN AND KALE SALAD

Follow base recipe through step 1. Combine 2 tablespoons **olive oil,** 1 tablespoon **lemon juice,** ⅛ teaspoon **crushed red pepper,** and 1 drained and finely chopped **anchovy** in a small bowl, stirring with a whisk; drizzle over bean mixture. Sprinkle with ¼ teaspoon **kosher salt,** ⅛ teaspoon freshly ground **black pepper,** and 1 ounce shaved **Parmesan cheese.**

SERVES 4 *(serving size: ¾ cup)*
CALORIES 228; **FAT** 12.3g (sat 2.6g, mono 7.3g, poly 1.3g); **PROTEIN** 10g; **CARB** 21g; **FIBER** 5g; **CHOL** 6mg; **IRON** 3mg; **SODIUM** 339mg; **CALC** 214mg

3 CRANBERRY-GOAT CHEESE WHITE BEAN AND KALE SALAD

Follow base recipe through step 1. Combine 2 tablespoons **olive oil,** 1 tablespoon **red wine vinegar,** and 1 teaspoon grated **orange rind** in a bowl, stirring with a whisk; drizzle over bean mixture. Sprinkle with ¼ cup **dried cranberries,** ½ teaspoon **kosher salt,** and ¼ teaspoon freshly ground **black pepper**; toss to combine. Top with 1.5 ounces crumbled **goat cheese.**

SERVES 4 *(serving size: ¾ cup)*
CALORIES 248; **FAT** 12.6g (sat 2.9g, mono 7.1g, poly 1.3g); **PROTEIN** 9g; **CARB** 27g; **FIBER** 6g; **CHOL** 5mg; **IRON** 3mg; **SODIUM** 341mg; **CALC** 140mg

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2 tbsp. **McCormick Oregano Leaves**
1 tbsp. **McCormick Garlic Powder**
2 tsp. **McCormick Onion Powder**
1 tsp. **McCormick Ground Black Pepper**
1 boneless beef rib roast (5 to 6 lbs.)
2 tbsp. oil
1 tsp. salt

MIX first 5 ingredients in small bowl. Set aside. Trim excess fat from top of beef, leaving a layer of fat about 1/4-inch thick. Place roast on rack in shallow roasting pan. Brush beef with oil. Sprinkle with salt. Coat with seasoning mixture.

ROAST, uncovered, in preheated 350°F oven until internal temperature reaches 130°F for medium-rare (1 3/4 to 2 1/4 hours) or 140°F for medium (2 1/4 to 2 3/4 hours). Begin checking internal temperature of roast with meat thermometer 30 minutes before estimated end cook time. Cover with foil and let stand 15 minutes before carving. The temperature of the meat will rise about 10°F during standing.

Makes 16 servings.

Tip: To prepare recipe with roasted vegetables, visit **mccormick.com**

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DINNER TONIGHT SUPERFAST!

20 MINUTES

fennel and clementine salad with chicken, almonds, and feta

STAFF FAVE

Fennel's licorice-y sweetness is a great match for juicy citrus and salty feta. But if it's not your favorite, swap the fennel out in favor of thinly sliced red onion.

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar
- 1 teaspoon honey
- 3/8 teaspoon kosher salt, divided
- 1 garlic clove, minced
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup thinly sliced fennel bulb
- 1 (4-ounce) package watercress
- 8 ounces shredded skinless, boneless rotisserie chicken breast
- 2 clementines, peeled and segmented
- 1/4 cup sliced almonds, toasted
- 1 tablespoon chopped fennel fronds
- 2 ounces feta cheese, crumbled (about 1/2 cup)
- 1/8 teaspoon freshly ground black pepper

1. Combine oil, vinegar, honey, 1/4 teaspoon salt, and garlic in a small bowl, stirring with a whisk. Combine parsley, fennel, and watercress in a large bowl. Drizzle watercress mixture with 2 tablespoons dressing; toss to combine. Arrange watercress mixture on a large serving platter.

2. Arrange chicken and clementines over watercress mixture. Sprinkle with almonds, fronds, and feta cheese. Drizzle with remaining dressing. Sprinkle with remaining 1/8 teaspoon salt and pepper.

SERVES 4 *(serving size: about 1 1/2 cups)*
CALORIES 280; **FAT** 18.1g (sat 4.2g, mono 10.7g, poly 2.1g); **PROTEIN** 21g; **CARB** 10g; **FIBER** 2g; **CHOL** 63mg; **IRON** 1mg; **SODIUM** 556mg; **CALC** 162mg

—Recipes by Adam Hickman, Darcy Lenz, and Caroline Wright





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DINNER TONIGHT

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BUTTERNUT SQUASH AND SWISS CHARD TART WITH OLIVE OIL CRUST

Hands-on: 30 min.
Total: 1 hr. 35 min.

To speed up prep time, roast the squash and par-bake the crust simultaneously.

Crust:

- 6 ounces whole-wheat pastry flour (about 1½ cups)
- 3 tablespoons pine nuts, toasted, chopped, and divided
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon baking powder
- ¼ cup extra-virgin olive oil
- 3 tablespoons ice water
- Cooking spray

Tart:

- 3 cups cubed peeled butternut squash
- 4 teaspoons extra-virgin olive oil, divided
- ¾ cup chopped onion
- 4 garlic cloves, thinly sliced
- 1 bunch Swiss chard, trimmed and thinly sliced (about 5 cups)
- 1 tablespoon balsamic vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 large eggs, lightly beaten
- 2.5 ounces cave-aged Gruyère cheese, finely grated and divided

1. Preheat oven to 400°.

2. To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 1½ tablespoons nuts, ¼ teaspoon salt, ¼ teaspoon pepper, and baking powder in a food processor; pulse 3 times to combine. Combine ¼ cup oil and 3 tablespoons water in a small bowl. With processor on, slowly add oil mixture through food chute; process until dough is crumbly. Sprinkle dough into a 9-inch pie plate coated with cooking spray. Press dough evenly into bottom and up sides of pie plate. Bake at 400° for 23 minutes or until lightly browned.

3. Combine squash and 1 teaspoon oil on a baking sheet coated with cooking spray; toss. Bake at 400° for 25 minutes, stirring once.

4. Heat a large nonstick skillet over medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add onion and garlic; sauté 7 minutes. Add chard, vinegar, ½ teaspoon salt, and ¼ teaspoon pepper; cook 3 minutes or until chard wilts. Combine chard mixture, eggs, and 2 ounces cheese in a large bowl. Add squash and remaining half of nuts; toss gently to coat.

5. Pour the squash mixture into crust, and sprinkle with the remaining cheese. Bake tart at 400° for 23 minutes or until filling is set.

SERVES 6 *(serving size: 1 wedge)*
CALORIES 363; **FAT** 21.1g (sat 4.7g, mono 11.4g, poly 3.3g); **PROTEIN** 11g; **CARB** 35g; **FIBER** 6g; **CHOL** 75mg; **IRON** 3mg; **SODIUM** 389mg; **CALC** 217mg

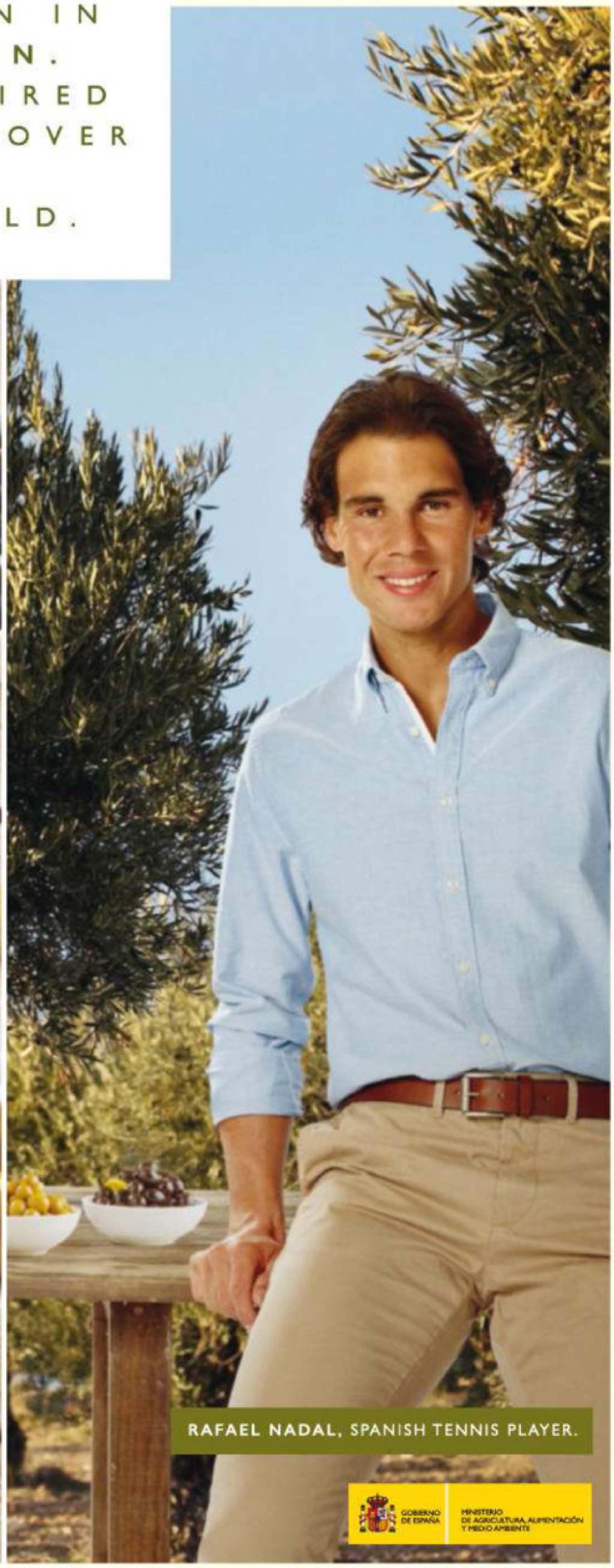
–Recipe by Sidney Fry, MS, RD

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

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DINNER TONIGHT

KIDS IN THE KITCHEN

Easy Breakfast Casserole

Hand over the reins: Let the kids assemble this savory-sweet oven-baked treat.



SWEET POTATO AND SAUSAGE STRATA

Hands-on: 35 min.
Total: 1 hr. 25 min.

If you make this dish ahead, bring it to room temperature before baking so it will reheat evenly.

- 6 ounces Italian bread, cut into 1-inch cubes
- 1 (8-ounce) sweet potato
- 1½ teaspoons olive oil
- 6 ounces uncooked bulk chicken breakfast sausage
- 3 ounces shredded Monterey Jack cheese (about ¾ cup), divided
- 2 cups 2% reduced-fat milk
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- ¼ teaspoon black pepper
- 5 large eggs
- Cooking spray
- ¼ cup maple syrup

1. Preheat oven to 350°.
2. Place bread on a baking sheet. Bake at 350° for 20 minutes, stirring once. Cool on pan 5 minutes.
3. Pierce potato with a fork. Place potato on a microwave-safe paper towel. Microwave at HIGH 8 minutes or until done. Let stand 5 minutes. Peel potato, and cut into ½-inch cubes.
4. Heat a small nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add sausage to pan; cook 6 minutes or until browned, stirring to crumble.
5. Place bread, sweet potato, half of sausage, and half of cheese in a large bowl. Combine milk and next 4 ingredients (through eggs) in a bowl, stirring with a whisk; pour over bread mixture, and toss gently to combine. Let stand 20 minutes.
6. Scoop mixture into an 8-inch glass or ceramic baking dish coated with cooking spray. Sprinkle with remaining half of sausage and remaining half of cheese. Cover with foil lightly coated with cooking spray. Bake at 350° for 30 minutes. Remove foil; bake at 350° an additional 20 minutes or until done. Let stand 5 minutes. Drizzle with maple syrup.

SERVES 6 *(serving size: one-sixth of strata and 2 teaspoons syrup)*
CALORIES 336; **FAT** 12.8g (sat 5g, mono 3g, poly 1.4g); **PROTEIN** 19g; **CARB** 36g; **FIBER** 2g; **CHOL** 193mg; **IRON** 4mg; **SODIUM** 574mg; **CALC** 278mg

—Recipe by Deb Wise

FOR KID COOKS



1 THE BREAD

Young ones can tear bread into 1-inch pieces. The baked casserole will end up having a lovely rustic look. Give older kids a serrated bread knife to do the job. They can also spread the bread pieces onto the tray.



2 THE POTATO

Pricking the potato might require supervision for the littlest ones. The cooked flesh can be diced with a table knife or a knife made just for kids, such as the Curious Chef Nylon Plastic Knife. *$4, curiouschef.com*



3 THE ASSEMBLY

Measuring, combining, and scooping all the ingredients into the baking dish is easy and fun. Just remind your chef to save half of the cheese and sausage to sprinkle on top.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. (STEP BY STEPS) FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

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DINNER TONIGHT LET'S COOK!

Veggie Fried Rice with Crispy Ham

Hands-on: 19 min. Total: 19 min.

For this quick family dinner, a small amount of salty ham is crisped and used as a topping. That way you can use far less and still get a big flavor impact.



$10.98 *for* **FOUR SERVINGS**

INGREDIENTS

2½ tablespoons **dark sesame oil,** divided

2 ounces **ham,** diced

4 **large eggs,** lightly beaten

1 cup (½-inch) slices **green onions**

1 cup **frozen shelled edamame** (green soybeans), thawed

1 (6-ounce) package **fresh spinach**

2 (8.8-ounce) packages **precooked brown rice** (such as Uncle Ben's Ready Rice)

2 tablespoons **lower-sodium soy sauce**

1 **HEAT** a large nonstick skillet over medium-high heat. Add 1½ teaspoons oil; swirl to coat. Add ham; cook 3 minutes or until browned, stirring occasionally (cover pan if ham pops). Remove ham from pan.

2



ADD 1½ teaspoons oil to pan; swirl to coat. Add eggs; cook 1 minute or until soft-scrambled, stirring constantly. Place eggs in a large bowl.

3 **ADD** 1½ teaspoons oil to pan; swirl. Add onions; sauté 1 minute. Add edamame and spinach; cover and cook 2½ minutes or until spinach wilts, stirring occasionally. Add vegetable mixture to eggs in bowl.



4



KNEAD rice packages to separate rice. Add remaining 1 tablespoon oil to pan; swirl to coat. Add rice; stir to coat. Pat rice down into an even layer; cook 3 minutes. Stir, pat rice down, and cook 3 additional minutes.

5 **STIR** in egg-vegetable mixture and soy sauce. Sprinkle with ham.

SERVES 4 *(serving size: about 1⅓ cups)*
CALORIES 406; **FAT** 18.5g (sat 3.1g, mono 6.1g, poly 6.1g); **PROTEIN** 19g; **CARB** 44g; **FIBER** 7g; **CHOL** 194mg; **IRON** 4mg; **SODIUM** 577mg; **CALC** 115mg

—Recipe by Ann Taylor Pittman

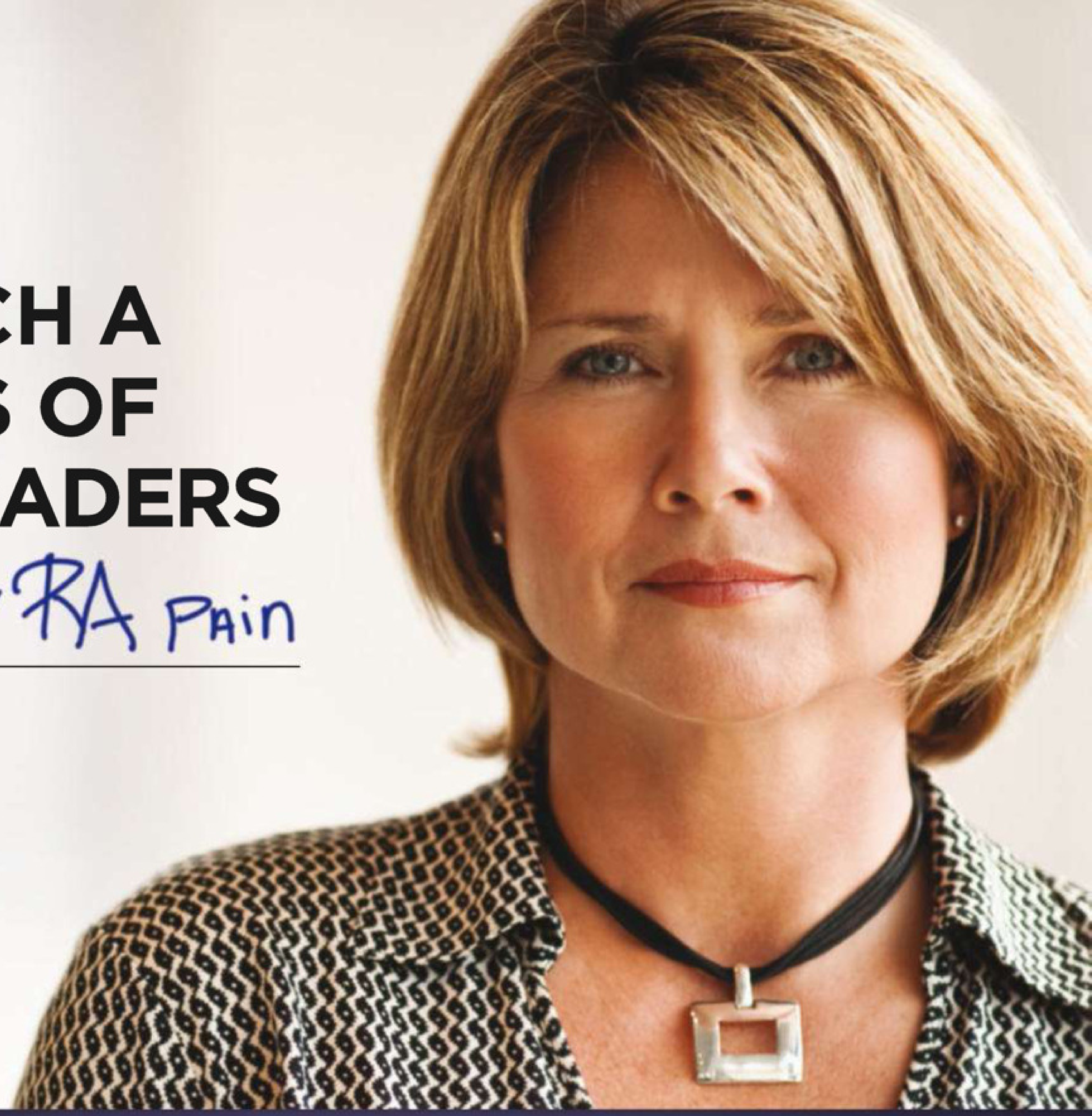
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DINNER TONIGHT

GET-AHEAD COOKING

Sweet Onion Risotto with Sautéed Kale
Recipe p. 76

COOK ONCE, EAT 3X RISOTTO

Stir up a big batch of creamy risotto tonight; then transform it into crispy cakes and spicy sausage soup during the week.

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SEE PAGE 8

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

1 SWEET ONION RISOTTO WITH SAUTÉED KALE

Hands-on: 55 min.
Total: 1 hr. 15 min.

Using short-grain brown rice instead of Arborio gives the risotto a pleasant heartiness and a dose of whole grains without losing the creamy goodness of the classic dish.

- 3 cups water
- 2¼ cups uncooked short-grain brown rice
- 3 cups unsalted chicken stock (such as Swanson)
- ¼ cup olive oil, divided
- 3 cups chopped sweet onion
- 3 tablespoons chopped garlic
- 1 cup dry white wine
- ⅝ teaspoon kosher salt, divided
- ⅝ teaspoon black pepper, divided
- 2 ounces shredded Gruyère cheese (about ½ cup)
- 3½ cups chopped Lacinato kale
- ¼ cup golden raisins
- ¼ cup chopped pecans, toasted
- 1 teaspoon white vinegar

1. Combine 3 cups water and rice in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Drain rice in a colander over a bowl, reserving 1⅓ cups cooking liquid. Combine 1⅓ cups cooking liquid and stock in a medium saucepan over medium heat; bring to a simmer. Reduce heat to low; keep warm.

2. Heat a large Dutch oven over medium-high heat. Add 3½ tablespoons oil; swirl to coat. Add onion and garlic to pan; sauté 8 minutes. Add rice to pan; cook 4 minutes, stirring occasionally. Add wine; cook 2 minutes or until liquid almost evaporates, stirring constantly. Reduce heat to medium-low. Add ½ cup stock mixture to pan; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining stock mixture, ¼ cup at a time, stirring almost constantly until each portion is absorbed before adding the next (about 30 minutes). Reserve 3 cups risotto for Recipes 2 and 3. Stir ½ teaspoon salt, ½ teaspoon pepper, and cheese into remaining 3½ cups risotto.

3. Heat a large skillet over medium-high heat. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add kale to pan; cook 3 minutes or until kale is slightly wilted. Stir in remaining ⅛ teaspoon salt, remaining ⅛ teaspoon pepper, raisins, toasted pecans, and vinegar; sauté for 1 minute. Top risotto with kale mixture.

SERVES 4 *(serving size: about ¾ cup risotto and ½ cup kale mixture)*
CALORIES 396; **FAT** 17g (sat 4.2g, mono 9g, poly 3g); **PROTEIN** 12g; **CARB** 50g; **FIBER** 5g; **CHOL** 16mg; **IRON** 2mg; **SODIUM** 413mg; **CALC** 267mg

–Recipes by Adam Hickman



CAULIFLOWER RISOTTO CAKES

Preheat oven to 400°. Pulse 1 pound **cauliflower florets** in a food processor until finely chopped. Spread on a baking sheet; bake at 400° for 40 minutes, stirring occasionally. Combine cauliflower, 1½ cups prepared **risotto,** ⅔ cup **panko** (Japanese breadcrumbs), ¼ cup chopped **flat-leaf parsley,** ½ teaspoon **kosher salt,** ½ teaspoon **black pepper,** 2 ounces shredded **fontina cheese,** and 1 **large egg**; shape into 8 (3-inch) patties. Heat 1 tablespoon **olive oil** in a large nonstick skillet over medium heat. Add 4 patties to pan; cook 3 minutes on each side. Remove from pan. Repeat procedure with 1 tablespoon olive oil and remaining 4 patties. Combine 2 tablespoons **canola mayonnaise,** 1 tablespoon **lemon juice,** 2 teaspoons minced **fresh chives,** and 1 minced **garlic clove.** Serve with patties.

SERVES 4 *(serving size: 2 patties and about 2 teaspoons sauce)*
CALORIES 315; **FAT** 17g (sat 4.5g, mono 9.3g, poly 2.3g); **PROTEIN** 11g; **CARB** 29g; **FIBER** 4g; **CHOL** 63mg; **IRON** 1mg; **SODIUM** 506mg; **CALC** 133mg



ITALIAN WEDDING RISOTTO SOUP

Divide and shape 6 ounces **bulk sweet Italian sausage** into 26 balls (about 1 teaspoon each). Heat a large Dutch oven over medium heat. Add 1 tablespoon **canola oil**; swirl. Add ½ cup minced **shallots,** 1 tablespoon minced **garlic,** and ¼ teaspoon **crushed red pepper**; sauté 5 minutes. Add 4 cups **unsalted chicken stock**; bring to a boil. Add sausage and 1½ cups prepared **risotto**; reduce heat, and simmer 5 minutes. Stir in 1 cup chopped **escarole** and ¼ teaspoon **kosher salt**; cook 2 minutes. Divide among 4 bowls; top with 1 ounce shaved **Parmesan cheese** (about ¼ cup).

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 330; **FAT** 19g (sat 5.6g, mono 9.3g, poly 3g); **PROTEIN** 17g; **CARB** 21g; **FIBER** 2g; **CHOL** 37mg; **IRON** 2mg; **SODIUM** 651mg; **CALC** 135mg

FOOD STYLING: KELLIE GERBER KELLEY

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DINNER TONIGHT
WEEKEND WARRIOR

FREEZE IT

Pork and Beef Bolognese

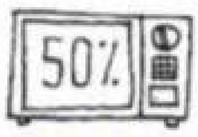
Forget the jar. Freeze this rich, meaty pasta sauce for instant comfort on cold nights.



HOW-TO



FREEZE
Cool sauce completely. Freeze flat in a large zip-top plastic freezer bag for up to 2 months.



THAW
Microwave bag at MEDIUM (50% power) for 4 minutes or until bag is pliable.



REHEAT
Pour sauce into a large Dutch oven over medium heat; cook 10 minutes or until thoroughly heated. Stir in parsley and basil.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. ILLUSTRATION: HARRY MALT

PORK AND BEEF BOLOGNESE

Hands-on: 20 min.
Total: 1 hr. 15 min.

We like a short pasta shape best for this chunky sauce. Although the sauce freezes well, we advise cooking the pasta just before serving—it doesn't hold up well in the freezer.

- 2 tablespoons olive oil, divided
- 6 ounces 90% lean ground sirloin
- 6 ounces lean ground pork
- 2 cups chopped onion
- 1 tablespoon minced garlic
- 1 cup finely chopped carrot
- 1 cup finely chopped celery
- 2 (28-ounce) cans unsalted diced tomatoes, divided
- ⅓ cup dry red wine
- 1 tablespoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 bay leaf
- ⅓ cup chopped fresh flat-leaf parsley
- ¼ cup finely chopped fresh basil, divided
- 1 pound uncooked whole-grain ziti pasta
- 2 ounces Parmesan cheese, shaved (about ½ cup)

1. Heat a large Dutch oven over medium heat. Add 1 tablespoon oil to pan; swirl to coat. Add beef and pork; cook 6 minutes or until browned, stirring to crumble. Remove beef mixture from pan. Reduce heat to medium-low. Add remaining 1 tablespoon oil to pan; swirl to coat. Add onion and garlic; sauté 2 minutes. Add carrot and celery; cook 5 minutes. Add 1 can tomatoes, wine, oregano, salt, pepper, and bay leaf; bring to a boil. Drain remaining 1 can tomatoes; add to pan. Cover, reduce heat, and simmer 40 minutes, stirring occasionally. Return beef and pork to pan; simmer 10 minutes. Remove bay leaf, and discard. Stir in chopped parsley and 2 tablespoons basil, or follow freezing instructions.

2. Cook pasta according to package directions, omitting salt and fat; drain. Add pasta to sauce; toss to coat. Divide pasta among 8 bowls; top evenly with remaining 2 tablespoons basil and Parmesan cheese.

SERVES 8 *(serving size: about 1 cup sauce and ½ cup pasta)*
CALORIES 414; **FAT** 10.2g (sat 3.1g, mono 4.5g, poly 1.5g); **PROTEIN** 24g; **CARB** 55g; **FIBER** 7g; **CHOL** 32mg; **IRON** 5mg; **SODIUM** 445mg; **CALC** 168mg

–Recipe by Diane Morgan

Screenshot.com

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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DINNER TONIGHT

WEEKEND WARRIOR

SUNDAY STRATEGIST

5 More Menu Ideas

Try these dinner favorites for a delicious week ahead.

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MONDAY



Spicy Veggie Hash
THIS ISSUE, PAGE 29

+ Grilled Onion Salad with Lime Vinaigrette
THIS ISSUE, PAGE 29

TUESDAY



Quick Beef Stroganoff
+ Sautéed Lemony Brussels Sprouts

WEDNESDAY



Hamburger Steaks with Sweet Onion and Mushrooms
THIS ISSUE, PAGE 52

+ Roasted Cauliflower Mashed Potatoes

THURSDAY



Glazed Chicken with Almond Quinoa
+ Snap Pea and Bell Pepper Sauté

FRIDAY



Shrimp and Asparagus Stir-Fry
THIS ISSUE, PAGE 36

Dessert Bonus
Chocolate-Hazelnut-Banana Finger Sandwiches

TIP!

Cold months call for warm, satisfying breakfasts, even on the go. Make a batch of steel-cut oatmeal, and portion out for the week. Then add fresh fruit and a splash of milk, or crumbled bacon and cheddar cheese, and reheat at the office. Quick breads with nut butter, and muesli or granola with reduced-fat milk also pack well and are delicious heated.

PHOTOGRAPHY: (TOP TO BOTTOM) JENNIFER CAUSEY, JOHNNY AUTRY, LINDA PUGLIESE, JASON WALLIS, AND JENNIFER CAUSEY

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Did you know that everything featured in our gift guide is available for purchase at the Hampton's Lane Holiday Shop? It's the perfect place to shop for the foodie in your life. You can also discover new ways to cook and entertain with a curated box of artisan ingredients and handy kitchen tools. Visit **HamptonsLane.com/Cooking-Light** to start shopping for friends, family, or yourself!



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(Crunching the numbers of healthy food)

Holiday Mingle Math

Arm yourself with smart party choices, whether you're the host or invitee.

BY MAUREEN CALLAHAN, MS, RD



EACH ROW = 150 CALORIES

Would you rather savor one buttery iced cookie or a dozen protein-packed oysters? Turn the page to find out how to pick a better party app.

NUTRITION MADE EASY

12 Ways with 150-Calorie Apps



ONE
ICED SUGAR COOKIE STAR

A holiday classic, filled with butter, sugar, and white flour. Make this treat a special occasion, and savor each bite.

TWO
STEAK & CHEESE CROSTINI

Leaner cuts of beef such as flank steak or tenderloin typically top these protein-packed toasts—a healthier option that satisfies in just a few rich bites.





THREE
JALAPEÑO PEPPER POPPERS

The heat makes it hard to overindulge on cheese-filled peppers. Remove the bacon wrap and save 95mg sodium.



FOUR
SALMON SUSHI ROLL PIECES

with Pickled Ginger and Wasabi

Munch on these perfectly portioned omega-3 fat–filled bites instead of mayo-laden seafood dip.

Skip the soy sauce and save 200mg sodium per teaspoon.

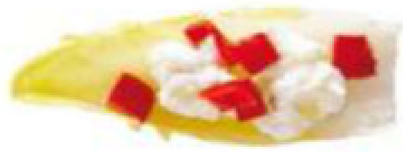
FIVE
MINI TOAST POINTS WITH CAVIAR

Dainty but rich, caviar needs little more than a smear of sour cream and crisp toast to deliver umami-filled satisfaction. A good choice for nibblers.



SIX
ENDIVE & GOAT CHEESE BITES

Endive spoons are a nearly calorie-free vessel for rich, creamy goat cheese. Pick this option over cheese and crackers to save 95 calories on the dipper alone.





SEVEN
BLUE CORN TORTILLA CHIPS WITH HUMMUS

(1 teaspoon hummus per chip)

Hummus is always a great lower-calorie, flavor-packed option. Whole-corn tortilla chips have half the sodium of pita chips.



EIGHT
CHOCOLATE-DRIZZLED STRAWBERRIES

You'll get your chocolate fix (dark has half the sugar of milk chocolate) plus a full cup of fiber-filled fruit.



Save 234 calories over fried shrimp.

NINE
JUMBO COCKTAIL SHRIMP

(with ½ teaspoon cocktail sauce on each)

Shrimp is mostly protein—22g in just 9 shrimp—a substantial, filling choice. Cocktail sauce adds a few calories, but lots of sodium, too. Go easy.



TEN
PROSCIUTTO-MELON SKEWERS

Three full servings of fruit in 10 of these sweet-and-salty skewers—a lighter, brighter option for the mindless munchers.



ELEVEN
ROASTED WALNUT HALVES

A heart-healthy fat–filled option that you'll find at nearly every party. Bonus: more than 3g protein and 1.5g fiber.



TWELVE
OYSTERS MIGNONETTE

(on the half shell)

Yep, the entire dozen for less than 150 calories, and more than half of your daily needs for iron.

Get more healthy app ideas and recipes at *cookinglight.com/features*.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN





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NUTRITION MADE EASY

recipe makeover

Healthier Holiday Nibbles

A trio of classic party appetizers gets a portion-friendly twist for the holidays.

BY SIDNEY FRY, MS, RD



OUR SPINACH-ARTICHOKE BITES
save 167 calories, 3.6g sat fat, and 393mg sodium per serving over traditional spinach-artichoke dip.
Recipe p. 93

OUR CRAB CAKES
save 104 calories, 12.6g fat, and 156mg sodium over traditional mini crab cakes.
Recipe p. 93

OUR CHEESE BALL BITES
save 108 calories, 7g sat fat, and 69mg sodium per serving over a traditional cheese ball.
Recipe p. 94

A happy holiday is one that involves lots of nibbling. 'Tis the season of parties and gatherings and eggnog and cheese, after all. But the calories on those endless platters of bites and dips add up quickly. We could have picked just one to trim, but it is the season of giving, so why not pick three? The classic cheese ball, fried crab cakes, and creamy spinach-artichoke dip top our favorites list. They're a bit more naughty than nice when it comes to nutrition numbers, thanks to all the mayonnaise, cheese, sour cream, and cream cheese they're filled with—not to mention the bread, chips, and crackers for serving. Could we save this year's holiday hors d'oeuvres?

To help with portions, we've made everything bite-sized—food is more fun as minis. Spinach-artichoke dip fills crispy phyllo shells—a delightfully cheesy, 45-calorie bite that subs ripe avocado for heavy mayo and sour cream. Crab cakes get coated in crispy panko and baked in mini muffin tins, skipping the messy, calorie-dense pan-fry. And finally, the iconic cheese ball multiplies into three dozen minis (no need for crackers), with only 1g sat fat per bite (3.5g less than the classic), thanks to goat cheese and creamy, saturated-fat-free almond milk cream cheese. All three apps cut calories and sat fat by more than half for perfectly portioned nibbles at less than 100 calories per serving.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

StoreMags



SPINACH-ARTICHOKE BITES

Hands-on: 50 min.
Total: 60 min.

Frozen artichoke hearts contain no added salt, unlike the canned variety, which may contain more than 300mg per half cup.

- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 8 ounces finely chopped fresh spinach
- 12 ounces frozen artichoke hearts, thawed and coarsely chopped
- 6 ounces 1/3-less-fat cream cheese
- 1 peeled ripe avocado
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 ounces cave-aged Gruyère cheese, grated (about 1 cup)
- 2 ounces Parmesan cheese, finely grated (about 1/2 cup), divided
- 60 frozen mini phyllo shells (such as Athens), thawed

1. Preheat oven to 350°.
2. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 1 minute. Add chopped spinach and artichokes, and sauté 5 minutes.
3. Place cream cheese, avocado, salt, and pepper in a large bowl; beat with a mixer at medium speed 1 minute or until smooth. Add Gruyère cheese, 1 ounce Parmesan cheese, and spinach mixture, stirring well to combine. Spoon about 2 heaping teaspoons spinach mixture into each phyllo shell. Sprinkle evenly with remaining 1 ounce Parmesan cheese.
4. Bake at 350° for 10 to 12 minutes or until browned. Serve warm.

SERVES 30 *(serving size: 2 cups)*
CALORIES 91; **FAT** 6.3g (sat 1.9g, mono 2.7g, poly 0.7g); **PROTEIN** 3g; **CARB** 6g; **FIBER** 1g; **CHOL** 10mg; **IRON** 1mg; **SODIUM** 113mg; **CALC** 77mg

HOW TO FLIP THE DIP



AVOCADO
This creamy fruit replaces both sour cream and heavy mayo to save 9g fat and 82 calories per serving of dip.



PHYLLO SHELLS
At just 17 calories per shell, these light, crispy vessels keep portions in check, replacing tortilla chips to save 105 calories and 97mg sodium per ounce.



MINI CRAB CAKES WITH PICKLED CELERY

Hands-on: 60 min.
Total: 60 min.

You can bake these cakes up to 2 hours ahead of party time and rewarm in a 300° oven for 5 to 6 minutes.

- 3 tablespoons water
- 3 tablespoons cider vinegar
- 2 teaspoons sugar
- 3/4 cup finely chopped celery
- 1 pound jumbo lump crabmeat, shell pieces removed
- 1/4 cup canola mayonnaise, divided
- 3 tablespoons minced fresh chives, divided
- 2 teaspoons Dijon mustard, divided
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1 large egg, lightly beaten
- 1 cup whole-wheat panko, divided
- 2 teaspoons olive oil
- Cooking spray
- 2 tablespoons 2% reduced-fat Greek yogurt
- 1/2 teaspoon hot pepper sauce (such as Tabasco)
- 16 lemon wedges

1. Preheat oven to 400°.
2. Combine 3 tablespoons water, vinegar, and sugar in a medium microwave-safe bowl; microwave at HIGH 2 minutes or until boiling. Add celery; let stand 15 minutes. Drain.
3. Drain crabmeat on several layers of paper towels. Combine half of celery, 2 tablespoons mayonnaise, 1 tablespoon chives, 1 teaspoon mustard, black pepper, salt, and egg in a medium bowl, stirring with a whisk. Add crabmeat and 1/4 cup panko to mayonnaise mixture; toss gently. Chill 15 minutes.
4. Combine remaining 3/4 cup panko, 1 tablespoon chives, and oil in a bowl; toss. Sprinkle 1/2 teaspoon panko in bottom of each of 32 miniature muffin cups coated with cooking spray. Spoon 1 heaping tablespoon crab mixture over panko. Top each cup with 1/2 teaspoon panko mixture. Bake at 400° for 15 minutes.
5. Preheat broiler to high.
6. Lightly coat crab cakes with cooking spray. Broil 1 minute or until tops are crisp.
7. Combine remaining 2 tablespoons mayonnaise, yogurt, remaining 1 teaspoon mustard, remaining half of celery, remaining 1 tablespoon chives, and hot sauce in a bowl. Top each crab cake with about 1/2 teaspoon sauce. Serve with lemon wedges.

SERVES 16 *(serving size: 2 crab cakes)*
CALORIES 65; **FAT** 2.2g (sat 0.3g, mono 1.1g, poly 0.6g); **PROTEIN** 6g; **CARB** 4g; **FIBER** 1g; **CHOL** 39mg; **IRON** 0mg; **SODIUM** 199mg; **CALC** 32mg

HOW TO BAKE A PORTION-PERFECT CRAB CAKE



MINI MUFFIN TIN This handy pan does triple duty. **1.** We skip the pan-frying and bake the crab cakes instead, sprinkling the top with crispy oil-spritzed whole-wheat panko for added crunch to save 29 calories and 1.3g sat fat per serving. **2.** No need to stand over the stove to fry batches of crab cakes. Bake them all at once, and reheat just before party time—less mess, more time for other party prep. **3.** Each mini muffin cup holds about a tablespoon-sized crab cake—the perfect party portion.

NUTRITION MADE EASY



MINI CHEESE BALLS

Hands-on: 25 min.
Total: 45 min.

Almond milk cream cheese is delicately nutty, with a buttery-rich texture and zero grams of sat fat. Find it at Whole Foods stores nationwide. You can substitute 1/3-less-fat cream cheese, which adds 1.6g sat fat to each serving.

- 8 ounces goat cheese
- 8 ounces plain almond milk cream cheese (such as Kite Hill)
- 2 teaspoons honey
- ½ teaspoon grated lemon rind
- ½ cup roasted salted almonds, chopped
- 1 teaspoon minced fresh thyme

1. Place first 4 ingredients in a large bowl, and beat with a mixer at medium speed 2 minutes or until smooth. Freeze 15 minutes.

2. Place nuts and thyme in a food processor; process until finely ground. Place nut mixture in a shallow dish.

3. Divide cheese mixture into 36 equal portions (about 2 teaspoons each), rolling to form 36 balls. Freeze 10 minutes. Gently roll each cheese ball in nut mixture, coating well. Serve immediately, or cover and refrigerate until ready to serve.

SERVES 18 *(serving size: 2 balls)*
CALORIES 94; **FAT** 7.4g (sat 2g, mono 1.9g, poly 0.6g); **PROTEIN** 5g; **CARB** 3g; **FIBER** 0g; **CHOL** 6mg; **IRON** 0mg; **SODIUM** 136mg; **CALC** 28mg

HOW TO ROLL A BETTER BITE



ALMOND MILK CREAM CHEESE

We discovered this product in our annual Taste Test Awards; it's available at Whole Foods nationwide. Light, fluffy, and delectably creamy, this almond milk–based product has no sat fat, saving 5.5g sat fat per cheese ball over regular cream cheese. We roll the balls in finely ground almonds to complement the nutty flavor.



GOAT CHEESE

This sharp, tangy cheese is not only high-impact when it comes to flavor, but it also has fewer calories, less sat fat, and less sodium than its cheddar, Parmesan, and blue cheese cousins. Its soft, crumbly texture becomes superfluffy when whipped with cream cheese—making it perfect for our lighter cheese balls.



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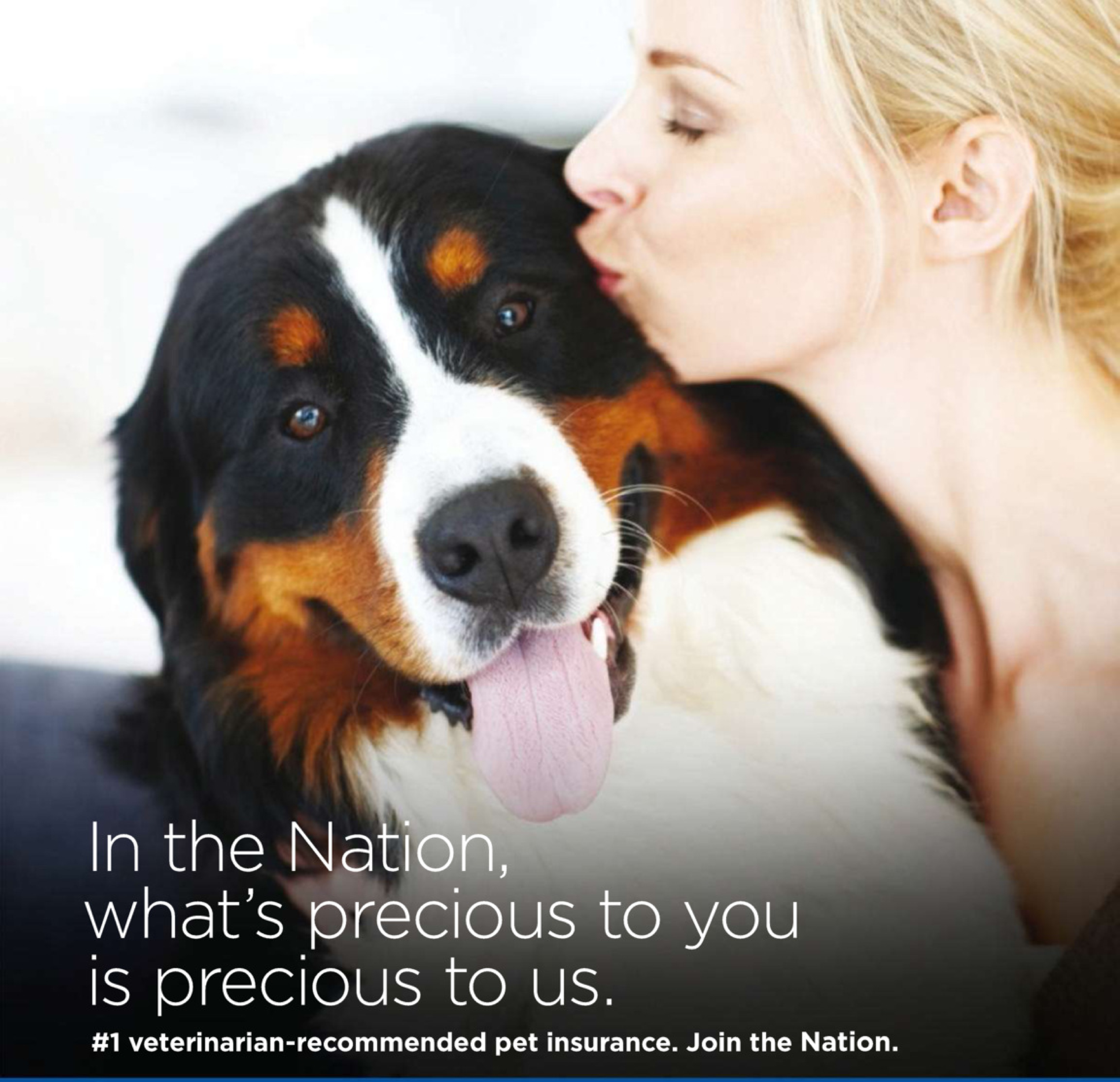
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healthy habits

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Give the Gift of Cooking

Sharing your love of healthful food can change lives, including yours. Here's how to do it right. BY ALISON ASHTON

When you love to cook, it's hard to imagine there are people who don't. Lots of them. People who think they hate cooking, are intimidated by it, or think they don't have the time. People you know.

This month's challenge is to share your love of healthful cooking with others. "You can make such a difference in people's lives by encouraging them to cook," says Kathleen Flinn, author of *The Kitchen Counter Cooking School: How a Few Simple Lessons Transformed Nine Culinary Novices into Fearless Home Cooks.* "As a friend, and a cook, the best thing you can give people is your time and knowledge."

It's a gift for you, too. Research links helping others with greater happiness, lower blood pressure, and better mental health and well-being. And who doesn't want more of all that? Give back and share the love with these tips from the experts.

ILLUSTRATIONS: ANDREW LYONS

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The TEACHING HABIT

"Small triumphs are big game changers for novice cooks."

3 OBSTACLES SOLVED



1 FOR THE NERVOUS COOK
BUILD CONFIDENCE

Lack of confidence is at the root of many excuses for not cooking. "Most people who don't cook are terrified of going into the kitchen," says Melissa Ward, a chef and cooking teacher in Santa Monica, California. Her advice: Start with basic skills. "People get very excited just over cutting up their first onion," says Ward. It's often those small triumphs that are the big game changers for novice cooks. "Recipes they would have ignored before suddenly become doable," says Lia Huber, founder of Nourish Evolution, a Web site that helps people make the shift from processed to real food. One of her favorite first lessons: showing someone how to whisk up a simple homemade vinaigrette.

But you don't have to be a pro to teach someone else, Flinn points out. "Everybody's got that thing they do well, so share your best recipe with a friend," she says. "Just walk them through one or two things you make all the time." Your friend can see exactly what you do, including what Flinn calls "the unwritten steps of recipes that often trip people up." Those are the mundane skills more seasoned cooks take for granted, but observing how you chop garlic, for example, could be the big aha moment for your friend.

2 FOR THE TOO-BUSY-TO COOK
KEEP IT SIMPLE

Reluctant cooks often are overwhelmed by unrealistic expectations. Put together a notebook of some of your favorite fast recipes to help illustrate how easy healthful cooking can be. "People have this idea that they're supposed to cook something different every day," says Flinn. But even pros rely on a repertoire of a few core dishes with lots of variations, she adds. Show a friend how simple it is to cook a homemade version of her go-to processed food. Processed foods are popular because they're consistent, Flinn notes, "but they're usually not particularly difficult things to make in the first place." Melanie Rodgers, 43, a pharmacist in Summerville, South Carolina, recently discovered this when she found a simple recipe for homemade tomato sauce, which her family now prefers to the stuff from a jar.

3 FOR THE VEGGIE HATER
FOCUS ON FLAVOR

Got a vegetable-phobic pal? Leading with flavor helped Rodgers draw her husband and teenage sons, ages 15 and 16, into the kitchen. Trying different techniques, such as roasting rather than steaming some vegetables, also helped her children come around. "The proof really was in the flavor of what was going on the table. The first thing they noticed was that seasonal food tasted so good," she says. "The kids would wander through the kitchen and see the ingredients and want to know what I was doing. Then they started pitching in." Now, Rodgers' husband and sons help with everything from planning menus for the week to cooking and even washing the dishes. "It's almost like magic," she says.

5 GIFTS FOR THE NEW COOK

- **Chef's knife.** J.A. Henckels' Classic 8-inch Chef's Knife ($55, amazon.com) is a good entry-level knife. If your friend already has a decent chef's knife, offer to have it professionally sharpened (chances are, it's dull).
- **Vegetable peeler.** Messermeister's Pro-Touch Serrated Swivel Peeler ($10, messermeister.com) is sharp enough to make short work of attacking tough winter squash yet nimble enough to peel delicate tomatoes.
- **Large cutting board.** Many home cooks struggle with a too-small cutting board. Epicurean's roomy Non-Slip Cutting Board ($40, epicureancs.com) offers plenty of space to slice, dice, and chop.
- **Roasting pan.** Roasting vegetables turns many veggie haters into veggie lovers. Emile Henry's ceramic roasting pan ($75, emilehenryusa.com) is an affordable yet sturdy alternative to pricier enameled cast iron.
- **Zester or grater.** Microplane's Premium Classic Zester/Grater ($15, us.microplane.com) makes it easy to finish a dish with a shower of citrus zest or grated hard cheese.



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THE FOOD LOVER'S GUIDE TO THE SUPER BOWL
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30 HEALTHY RECIPES
FOOD & WINE

The BEAUTY HABIT

Sugar Sweetens the Deal

Exfoliate and smooth your skin naturally with this sweet treat. BY CINDY HATCHER

JOSIE MARAN

ARGAN SUGAR BALM BODY SCRUB

Many exfoliators leave skin raw, angry, and red, but not this one. While sugar crystals help buff dead skin, argan and coconut oils help combat dryness. *$38,* **sephora.com**

FRESH

SUGAR NOURISHING LIP BALM ADVANCED THERAPY

This age-defying formula glides on to leave your pout instantly smoother (thanks to sugar), softer, and with a subtle sheen. *$30,* **fresh.com**

THYMES

VANILLA AMBRETTE HAND CREAM

Sugarcane and meadowfoam seed oil keep skin smooth in this luxurious lotion scented with a seductive take on traditional vanilla. *$18,* **thymes.com**

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

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SOMETHING
Sweet To delight



SOMETHING
SPICY TO EXCITE



Something
BOLD TO SATISFY



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The BEAUTY HABIT

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Beauty Wish List

Forget naughty—these gifts are for the nice ladies on your list.

FOR YOUR BFF

Origins Mini Mask Marvels Set ($22.50, origins.com) Small sizes of the brand's popular face treatments are perfect for your next girls' night in. Just add a glass of wine.



FOR YOUR SISTER

Jo Malone Christmas Ornament ($35, jomalone.com) An artfully tasteful package of two chic scents: a small spritzer of English Pear and Freesia and a mini body cream scented with Nectarine Blossom and Honey.



FOR YOURSELF

Yves Saint Laurent Kiss & Love Multi Usage Palette ($95, yslbeautyus.com) Everything you need for a perfectly sultry going-out look—shadow, cheeks, and lips are all covered—all in a flirty, purse-friendly package.



The BEAUTY HABIT

What's in Your Bag, CHRISTINA TOSI?

This sweet chef is not afraid to rock a red lip for a night out.



Christina Tosi is a James Beard Award–winning chef and owner of Milk Bar, the sister bakery of the Momofuku restaurant group. And she's busier than ever, prepping to open a Washington, D.C., outpost this winter. "Since my days are *so* active—bounding in and out of the kitchen, in and out of grown-up meetings—when there's an opportunity to get dolled up, I take it!" Order her treats, including this cookie in support of FEED, a charity that fights child hunger, at milkbarstore.com.



Baggu leather pouch from *$24*, **baggu.com**

1 ORIBE IMPERMÉABLE ANTI-HUMIDITY SPRAY
I spray a little bit in my hair every morning before work. It smells like a romanticized version of the beach to me, so it keeps my hair looking fresh and keeps me feeling cool and mellow. It's my secret weapon.
$39, **oribe.com**

2 ESTÉE LAUDER PURE COLOR NAIL LACQUER IN PURE RED
I'm not allowed to wear nail polish in a kitchen, but my toenails are only ever one color, always classic red.
$21, **esteelauder.com**

3 REVLON PHOTOREADY BB CREAM WITH SPF 30
It evens out my skin's hue and keeps me protected from the everyday sun.
$11, **revlon.com**

4 CUREL ULTRA HEALING INTENSIVE LOTION
I think of my skin as always being thirsty, so I'm a big moisturizer. I keep this on my desk for my hands, and when I travel I bring gloves to put on my hands after I moisturize.
$8, **curel.com**

→ **Visit cookinglight.com to read more of our chat with Tosi.**

CHRISTINA TOSI: FOX. CINDY HATCHER: RA



CINDY HATCHER BEAUTY EDITOR

WHAT I LOVE THIS MONTH

L'Oréal Paris Voluminous Superstar Mascara ($11, lorealparisusa.com) This pick combines primer and mascara in one wand—great for saving valuable bag space. The end result? Lashes that are both supervolumized and longer than ever. I'm ready for every holiday party.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light*'s beauty editor. Tell her what products you're loving right now at **cindy_hatcher@timeinc.com.** We'll feature your top picks on our blog.

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The DIET HABIT

Sleep Your Way to a Healthy Weight

More z's can equal fewer lbs.



My daytime appetite is a reasonable, brown rice–eating, broccoli-loving grown-up. But when I worked 24-hour shifts, in the wee hours of the morning I craved sugar. And salt. And food products that spelled "cheese" with a "z." My 3 a.m. appetite was a tantrum-throwing child screaming, "CANDY!!!"

Blame sleep deprivation. Studies show being robbed of sleep for only one night changes activity in our brains, making us crave junk food while suppressing the part of our brain that tells us eating our weight in cheez products is wrong. There's now lots of evidence that long-term sleep deprivation—fewer than seven hours of sleep a night for adults—puts us at higher risk for obesity and diabetes.

No one's really sure how losing sleep makes us gain weight. "When I sleep-restrict you, your body actually uses more energy because you're awake. We save energy when we sleep, and use more when we're awake," explains Kenneth P. Wright Jr., PhD, director of the Sleep and Chronobiology Laboratory at the University of Colorado Boulder. Given that we use more energy, you'd think we would need to eat more when we're sleep-deprived because our need is higher, right? Eating seems like an appropriate response to fatigue.

But, says Wright, "part of the problem is that, in the modern world, we don't have to hunt and chase down our food. We just go to the fridge or the store." We still burn calories, he says, but we have easy access to high-calorie food, and when we're sleep-deprived, we eat far more than we need. But that's only one part of the story.

"Calories consumed during the time we're supposed to be awake are used more efficiently than calories consumed when we're supposed to be sleeping. It's not just eating more, it's *when* you're eating the food that contributes to weight gain," Wright says.

Getting seven to eight and a half hours of sleep nightly is often the missing piece when you're working to achieve or maintain a healthy weight. "Think of a three-legged stool," says Wright. "One leg is a healthy diet, one leg is physical activity, and the third leg is sleep. If you skimp on any one of them, the stool fails." –JENNIFER DRAWBRIDGE

ILLUSTRATION: SARAH WILKINS

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SQUASH CALORIES
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LASAGNA NIGHT MADE LIGHT

Squash noodles transform lasagna into a de*light*ful dinner for less than 400 calories.

These squash-filled "boats" help keep portions in check, cut carbs in half, boost fiber, and pack nearly 2 cups of vegetables into each hearty serving.

SPAGHETTI SQUASH LASAGNA WITH SPINACH

Hands-on: 40 min.
Total: 1 hr. 50 min.
Bake the squash in advance to shorten prep time; squeeze the noodles dry, and store in a zip-top plastic bag in the refrigerator until ready to use.

- 2 small spaghetti squash (about 1½ pounds each)
- 2 teaspoons olive oil
- 4 garlic cloves, thinly sliced
- 1 (8-ounce) package fresh baby spinach
- ½ cup part-skim ricotta cheese
- ⅛ teaspoon kosher salt
- 2 ounces shredded part-skim mozzarella cheese (about ½ cup), divided
- 8 ounces 93% lean ground turkey
- 1½ cups lower-sodium marinara sauce (such as Dell'Amore)
- 1 ounce Parmesan cheese, grated (about ¼ cup)

1. Preheat oven to 350°.
2. Cut each squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides up, on a baking sheet. Bake at 350° for 50 minutes. Let stand 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands. Place strands on a clean dish towel; squeeze until barely moist.
3. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; cook 30 seconds. Add spinach; cook 1 minute or until spinach wilts. Remove from heat. Combine spinach mixture, squash strands, ricotta cheese, salt, and half of mozzarella cheese in a medium bowl.
4. Return skillet to medium-high heat. Add turkey to pan; cook 4 minutes or until browned, stirring to crumble. Add marinara sauce; cover, reduce heat to medium, and simmer 4 minutes. Remove from heat.
5. Increase oven temperature to 425°.
6. Spoon sauce evenly into the bottom of each squash half. Top evenly with squash mixture. Sprinkle evenly with remaining mozzarella cheese and Parmesan cheese. Bake at 425° for 20 minutes.
7. Preheat broiler to high (keep squash in oven). Broil squash 1 to 2 minutes or until cheese is golden brown and bubbly. Remove from oven; let stand 10 minutes.

SERVES 4 *(serving size: 1 squash half)*
CALORIES 374; **FAT** 18.9g (sat 6.2g, mono 5.4g, poly 2.6g); **PROTEIN** 25g; **CARB** 30g; **FIBER** 6g; **CHOL** 65mg; **IRON** 4mg; **SODIUM** 613mg; **CALC** 411mg

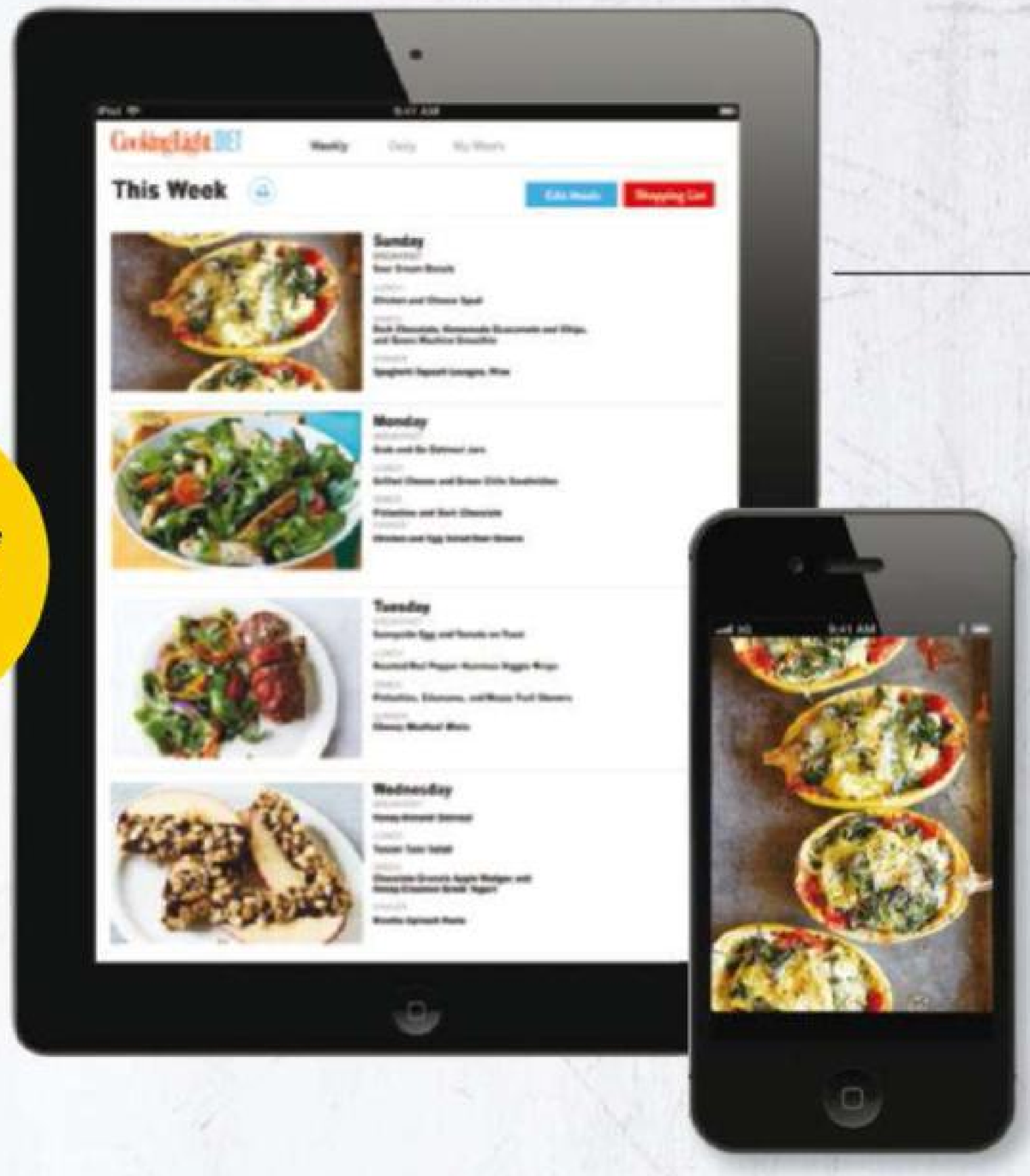
–Recipe by Rebecca Longshore

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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Cook like a genius as ***Keith Schroeder*** *reveals the science behind his art.*

mad delicious





Creamiest Mashed Potatoes
Recipe p. 114

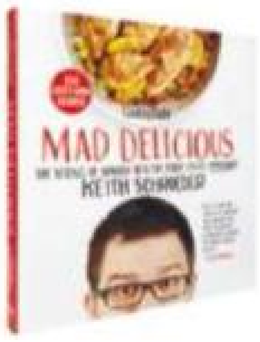
THIS MONTH'S LESSON

Mashed Potatoes

I am an ice-cream guy by day, so I know emulsions. When contemplating what it would take to make *CL*-approved, Michelin star–quality pommes puree, that's where my mind went. I know from my ice-cream business that through the power of emulsion, it's possible to make lighter gelati that still have an incredible, silky mouthfeel. Aha! This can be done with spuds, too.

Broth and milk serve as the "water." Butter is the butter, but it's dispersed in the emulsion so that you can use less. Xanthan gum (made from a gel-like result of the bacterial fermentation of sugars) is the answer here, and it binds the liquid and butter into a "cream" that gives you the rich silkiness you crave in your mash, without all the excess fat and calories.

NOW AN AWARD WINNER!



Keith's first Cooking Light *cookbook,* Mad Delicious, *is a 2015 James Beard Foundation Book Award winner for Focus on Health.*

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. PORTRAIT AND BOOK: RANDY MAYOR

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mad delicious

Keith's Recipe Breakdown

CREAMIEST MASHED POTATOES

Hands-on: 15 min. Total: 40 min.

Look for xanthan gum with the gluten-free baking mixes and flours; it's available in most supermarkets these days. You can get semiclose results with cornstarch, but the spuds won't be quite as creamy.

Ingredient	Amount	Why
Baking potatoes, peeled and cubed	3 pounds	Baking potatoes are the go-to for mashed spuds. Smooth like silk.
Fat-free milk	½ cup	To keep things nice and light.
Powdered nonfat milk	½ cup	When mixed with the skim milk, it simulates the body of cream.
Unsalted chicken stock	1 cup	For savory notes and to be the main liquid in the mash.
Unsalted butter	¼ cup	For creaminess and richness.
Xanthan gum	½ teaspoon	Creates a stable emulsion with the stock and butter and is the key to making this style of creamy, loose mash without a ton of fat.
Kosher salt	1¼ teaspoons	Potatoes need salt.
Freshly ground black pepper	½ teaspoon	For bright, pungent, almost tangy finishing notes.
Garlic, grated on a Microplane grater	1 large clove	For a hit of deep flavor that only raw garlic can provide. Grating ensures you won't bite into any unwelcome chunks.

SERVES 9 *(serving size: about ⅔ cup)*
CALORIES 190; **FAT** 5.3g (sat 3.3g, mono 1.3g, poly 0.3g); **PROTEIN** 5g; **CARB** 32g; **FIBER** 3g; **CHOL** 15mg; **IRON** 1mg; **SODIUM** 316mg; **CALC** 80mg



Follow these steps:

»» Place potatoes in a Dutch oven. Cover with cool water to 2 inches above potatoes. Bring to a boil; reduce heat, and simmer 15 minutes or until very tender. Drain.

»» Pour fat-free milk into Dutch oven; gradually whisk in powdered milk. Heat over medium heat until warm (about 2 minutes), stirring constantly with a whisk until powder dissolves and mixture is slightly thickened. Remove from heat.

»» Press potatoes through a ricer into pot with milk mixture. Cover and keep warm. (There's no need to stir together yet; you can leave it as is.)

»» Combine stock and butter in a small saucepan; cook over medium-high heat until mixture simmers and butter melts. Remove saucepan from heat; whisk in xanthan gum until mixture is thick and emulsified.

»» Pour stock mixture over potato mixture; sprinkle with salt, pepper, and garlic. Stir well to combine. Serve soon for creamiest results.

VARIATION

SPINACH-FETA MASHED POTATOES

Prepare master potato recipe, reducing butter to 3 tablespoons and salt to 1 teaspoon. Thaw a 10-ounce package **frozen whole-leaf spinach**; squeeze superdry in a clean kitchen towel. Stir spinach and 2 ounces crumbled **feta cheese** into potatoes.

SERVES 9 *(serving size: about ⅔ cup)*
CALORIES 203; **FAT** 5.2g (sat 3.2g, mono 1g, poly 0.2g); **PROTEIN** 7g; **CARB** 33g; **FIBER** 4g; **CHOL** 15mg; **IRON** 1mg; **SODIUM** 346mg; **CALC** 143mg

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STORY BY **TIM CEBULA**
PHOTOGRAPHY BY **LINDA PUGLIESE**
HAND LETTERING BY **ANGELA SOUTHERN**

1. ROAST BEEF WITH YORKSHIRE PUDDING

SLOW ROASTING at a low temp is the way to go with big hunks of meat—it keeps them tender and juicy. It also helps you nail doneness: The window of time for your preferred temp is bigger, and carryover cooking is minimal.

Recipe p. 124

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2.

FRENCH ONION SOUP

ONIONS SLICED vertically (pole to pole) have longer fibers so they don't turn to mush as they caramelize. Vidalia onions add a touch of sweetness: Beef stock, traditional here, can get bitter. Meaty mushroom liquid, a dash of Worcestershire, and liquid aminos—a vegan secret weapon made from soybean extract—amp up umami deliciousness. *Recipe p. 125*

3. LATKES

GREAT LATKES are a study in textural contrast: crisp outside, tender and creamy within. It's key to size the cakes properly. Too big, and the inside won't get tender by the time the crust is done. Too small, and they're crunchy disks. For this mix, ¼-cup scoops are perfect. The oil needs to stay at 350° and come back up to temp between batches. If latkes go into oil that's not hot enough, they soak up oil, turn greasy, and don't cook right.

Recipe p. 124

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: KAITLYN DU ROSS WALKER

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4. DUCK À L'ORANGE

WHAT MAKES duck breast such a treat? Golden, crisp skin. The goal: Render as much fat as possible, but keep the meat rosy. Scoring is critical—it lets excess fat melt from the thick skin. Start in a cold pan, like with bacon, to keep the skin from curling and to render fat evenly. The citrusy gastrique (a caramelized sugar-vinegar reduction) hits luscious sweet-and-sour notes, rounded by a swirl of creamy butter. *Recipe p. 126*

Scribemags.com

5.

POTATOES DAUPHINOISE

IF YOU HAVE a mandoline, break it out. Evenly sliced potatoes ensure you don't get any underdone "surprise" bites in this rich, cheesy gratin. Reduced-fat creamy casseroles can be tricky because milk breaks (curdles) if cooked too hot or too long. Flour in the milk mixture helps stabilize the dairy. More milk protection: Parcooking the potato reduces oven time. *Recipe p. 126*



HERB-CRUSTED ROAST BEEF AND YORKSHIRE PUDDING WITH RED WINE JUS

Hands-on: 45 min.
Total: 3 hr. 40 min.

Have your butcher cut the ribs from the roast and tie them back on. Use muffin tins if you don't have popover pans. Preheating the pans makes the popover batter start cooking and fluffing the second you pour it in.

- 1 (5-pound, 2-rib) standing rib roast, trimmed, ribs cut off and tied back to roast
- Cooking spray
- 2½ teaspoons kosher salt, divided
- ½ teaspoon freshly ground black pepper
- ¼ cup Dijon mustard
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 3 garlic cloves, minced
- 1½ teaspoons all-purpose flour
- ½ cup dry red wine (such as pinot noir)
- 1¼ cups unsalted chicken stock
- 2 cups 1% low-fat milk
- 4 large egg whites, lightly beaten
- 2 large eggs, lightly beaten
- 9 ounces all-purpose flour (about 2 cups)
- 2 teaspoons unsalted butter

1. Let roast stand at room temperature 1 hour.
2. Preheat oven to 250°.
3. Coat a large roasting pan and wire rack with cooking spray. Sprinkle roast with 1½ teaspoons salt and pepper. Heat a large skillet over medium-high heat. Add roast to pan, fat side down; cook 10 minutes, turning roast to brown on all sides.



TIE
Bones lend flavor to a roast, but they're a pain at carving time. Slice off, and resecure with twine: all the benefits, none of the fuss.



SEAR
Turn the roast with tongs as it sears in the pan to brown it all over—on both the cylindrical sides and the flat ends.



SNIP
At carving time, simply cut the twine, pull off the bones, and slice thinly across the grain.

Remove roast from pan; let stand 5 minutes. Discard fat from pan (do not clean pan).
4. Combine mustard, rosemary, thyme, and garlic in a small bowl. Rub mustard mixture evenly over roast. Place roast, fat side up, on wire rack in prepared roasting pan. Place pan in oven; bake at 250° for 2 hours and 40 minutes or until a thermometer registers 135° (medium-rare) or until desired degree of doneness. Remove roast from oven; let stand 30 minutes. Reserve 2 tablespoons beef drippings.
5. Sprinkle 1½ teaspoons flour into skillet. Place over medium heat; cook 2 minutes, stirring constantly and scraping pan to loosen browned bits. Stir in wine; cook 2 minutes or until liquid thickens, scraping pan to loosen remaining browned bits. Stir in stock. Increase heat to medium-high. Bring to a boil; cook until liquid is reduced to ½ cup (about 8 minutes). Strain stock mixture through a fine sieve over a bowl; return stock mixture to pan.
6. Preheat oven to 400°.
7. Coat each of 12 popover cups lightly with cooking spray (omit spray if using nonstick popover pans). Place ½ teaspoon of reserved beef drippings into each cup, and place pans in oven for 7 minutes.
8. Combine milk, egg whites, and whole eggs in a medium bowl, stirring well with a whisk. Weigh or lightly spoon 9 ounces flour into a dry measuring cup. Combine 9 ounces flour and remaining 1 teaspoon salt in a large bowl. Add milk mixture to flour mixture, stirring until combined. Remove pans from oven. Place about ⅓ cup batter in each popover cup. Return pans to oven; bake at 400° for 28 minutes or until popovers puff and turn golden brown.
9. Cut twine from roast; remove and discard bones. Cut roast crosswise into 12 thin slices. Add beef juices from cutting board to pan with stock mixture. Place pan over medium heat; bring to a simmer. Remove pan from heat; add butter, stirring until butter melts. Serve jus with beef and popovers.

SERVES 12 *(serving size: 3 ounces beef, 1 popover, and about 2 teaspoons jus)*
CALORIES 363; **FAT** 16.5g (sat 6.6g, mono 6.5g, poly 0.8g); **PROTEIN** 30g; **CARB** 20g; **FIBER** 1g; **CHOL** 113mg; **IRON** 3mg; **SODIUM** 629mg; **CALC** 82mg



GOLDEN POTATO LATKES

Hands-on: 45 min. Total: 60 min.

STAFF FAVE
A touch of lemon juice keeps the raw shredded potato from oxidizing and lends extra flavor to the latkes.

- 2 pounds baking potatoes, peeled
- 1 medium yellow onion
- 2 teaspoons fresh lemon juice
- 1.5 ounces all-purpose flour (about ⅓ cup)
- 2 teaspoons chopped fresh thyme
- 1¼ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 1 large egg
- 1 large egg yolk
- ½ cup canola oil
- ½ cup extra-virgin olive oil
- Light sour cream (optional)
- Applesauce (optional)

1. Shred potatoes and onion with the shredder blade in a food processor or on the big holes of a box grater. Place potato mixture in a large bowl; stir in juice, tossing well to combine. Place potato mixture in a colander; drain 15 minutes, pressing down on mixture occasionally with a wooden spoon. Using your hands, gently squeeze excess liquid from potato mixture.

2. Weigh or lightly spoon flour into a dry measuring cup. Place potato mixture in a large bowl; stir in flour, thyme, salt, and pepper, tossing well to combine. Add egg and egg yolk; stir well.

3. Preheat oven to 225°.

4. Line a baking sheet with paper towels. Add canola and olive oils to a 10-inch skillet over medium-high heat; heat until oil reaches 350°. Working in batches of 4, carefully drop potato mixture by ¼-cupfuls into pan. Gently flatten with a spatula into 2½-inch circles; cook 3 minutes on each side or until browned and crisp. Remove latkes from pan with a slotted spatula, allowing excess oil to drip back into pan. Place latkes in a single layer on prepared baking sheet. Place baking sheet in oven at 225° to keep latkes warm. Repeat procedure 3 times with remaining potato mixture, making sure oil temperature returns to 350° before adding mixture to pan. Serve with sour cream and applesauce, if desired.

SERVES 8 *(serving size: 2 latkes)*
CALORIES 226; **FAT** 11.8g (sat 1.2g, mono 7.1g, poly 3.2g); **PROTEIN** 4g; **CARB** 27g; **FIBER** 2g; **CHOL** 46mg; **IRON** 1mg; **SODIUM** 316mg; **CALC** 20mg



FRY
The oil needs to stay at 350° and should not drop below that temp. Use a thermometer, and adjust the burner heat as needed to keep the temp even.



GO SLOW
The key to great French onion soup is real-deal, silky caramelized onions. This is a slow but rewarding process, so be patient.

STAFF FAVE

CLASSIC FRENCH ONION SOUP

Hands-on: 1 hr. 55 min.
Total: 2 hr. 10 min.

- 8 teaspoons olive oil, divided
- 4 pounds yellow onions, cut vertically into ¼-inch-thick slices
- 1 pound Vidalia or other sweet onions, cut vertically into ¼-inch-thick slices
- 4 teaspoons chopped fresh thyme, divided
- 1 tablespoon all-purpose flour
- ¼ cup brandy
- ¼ cup dry white wine (such as sauvignon blanc)
- ½ cup finely chopped celery
- ½ cup finely chopped carrot
- ½ ounce dried porcini mushrooms
- 1 bay leaf
- 8 cups unsalted beef stock
- 1 teaspoon Worcestershire sauce
- 3 fresh parsley sprigs
- 1 teaspoon liquid aminos (such as Bragg)
- 1¼ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 4 ounces French bread, cut into 16 slices
- 6 ounces Gruyère cheese, shredded (about 1½ cups)

1. Heat a large Dutch oven over medium heat. Add 2 tablespoons oil. Add onions; cover and cook 12 minutes or until tender, stirring occasionally. Stir in 2 teaspoons thyme; cook, uncovered, 1 hour or until deep golden brown, stirring occasionally.

2. Stir in flour; cook 2 minutes, stirring constantly. Stir in brandy; cook 1 minute. Stir in wine; cook 1 minute. Place onion mixture in a large bowl.

3. Return pan to medium heat. Add remaining 2 teaspoons oil; swirl to coat. Add celery, carrot, mushrooms, and bay leaf; cook 5 minutes, stirring occasionally. Add stock, Worcestershire, and parsley. Bring to a boil; reduce heat to medium, and simmer 15 minutes. Remove from heat; let stand 10 minutes. Strain broth through a fine sieve over a bowl; discard solids. Return broth to pan; add onion mixture, liquid aminos, salt, and pepper. Bring to a simmer; cook 15 minutes.

4. Preheat broiler to high.

5. Arrange bread slices in a single layer on a baking sheet; broil 1 minute or until tops are golden. Ladle 1 cup soup into each of 8 broiler-safe soup crocks. Top each serving with 2 bread slices, toasted side down. Sprinkle evenly with cheese. Working in batches if needed, place crocks on baking sheet, and broil 1 minute or until tops are golden and cheese bubbles. Garnish with remaining thyme.

SERVES 8
CALORIES 328; **FAT** 12g (sat 4.8g, mono 5.5g, poly 1g); **PROTEIN** 14g; **CARB** 39g; **FIBER** 6g; **CHOL** 23mg; **IRON** 2mg; **SODIUM** 641mg; **CALC** 294mg

COOK THE COVER



• • •

SLOW COOKER METHOD
Caramelize onions hands-free: Place 2 tablespoons oil, onions, and thyme in slow cooker; cover and cook on high 8 hours. When onions are deep golden, remove from slow cooker and continue recipe with step 2.

PHOTOGRAPHY: (STEP BY STEPS) JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER; PROPS (P. 121) MULHOLLAND PRESENTATION PLATE (CHARGER), DINNER PLATE, SALAD PLATE: TABLEARTONLINE.COM; (P.122) TROUSDALE DINNER PLATE, ADAM GOLD MATTE FIVE PIECE PLACE SETTING: TABLEARTONLINE.COM; (P.123) TROUSDALE CUP AND SAUCER: TABLEARTONLINE.COM



DUCK À L'ORANGE

Hands-on: 45 min. Total: 45 min.

Duck breast is best when cooked to medium-rare or medium—it develops livery flavor when cooked longer.

- 4 (6-ounce) skin-on, boneless duck breast halves
- ¾ teaspoon kosher salt
- ¾ cup fresh orange juice
- ¾ cup unsalted chicken stock
- 2 tablespoons sherry vinegar
- ¼ cup sugar
- 3 tablespoons water
- 1 tablespoon grated orange rind
- ¼ cup chopped shallots
- ¼ cup Grand Marnier (orange-flavored liqueur)
- 1 tablespoon unsalted butter

1. Score a ¾-inch diamond pattern in the skin of each breast half with a sharp knife (cutting through the skin, but not into the flesh). Sprinkle both sides of breast halves with salt; let stand 15 minutes.

2. Combine juice, stock, and vinegar in a medium bowl. Combine sugar and water in a medium saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves; cook, without stirring, until liquid turns a golden amber color (about 5 minutes). Carefully stir in juice mixture (the liquid will boil rapidly); stir until hardened sugar dissolves. Bring to a boil; cook until reduced to ¾ cup (about 10 minutes). Remove from heat; stir in rind.

3. Place duck breasts, skin side down, in a large skillet. Place pan over medium heat; cook 10 minutes or until skin is golden brown, occasionally pouring off excess fat. Flip breasts; cook 4 minutes for medium (145°) or until desired degree of doneness. Place breasts on a cutting board.

4. Pour off fat from pan. Place pan over medium-high heat. Add shallots; cook 45 seconds, stirring frequently. Add liqueur; cook 15 seconds or until liquid nearly evaporates, scraping pan to loosen browned bits. Stir in juice mixture. Bring to a boil; cook 2 minutes or until sauce thickens slightly. Remove pan from heat; add butter, stirring until butter melts.

5. Cut duck breasts across the grain into ½-inch-thick slices. Serve with sauce.

SERVES 4 *(serving size: 1 duck breast half and about 2 tablespoons sauce)*
CALORIES 388; **FAT** 16.8g (sat 5.6g, mono 7.7g, poly 2.2g); **PROTEIN** 33g; **CARB** 21g; **FIBER** 1g; **CHOL** 181mg; **IRON** 4mg; **SODIUM** 494mg; **CALC** 26mg



SCORE
Skin is easier to score cold than at room temp, so keep breasts chilled until ready. Use a very sharp knife. Slice down to, but not into, the meat.

LIQUEFY
The caramel is too shallow in the pan to use a thermometer reliably, so look for a golden-brown color.

LAYER
Shingle slices in overlapping rows. Very tender slices may break. That's OK; it all gets covered in creamy sauce.



POTATOES DAUPHINOISE

Hands-on: 50 min. Total: 1 hr. 20 min.

This rich gratin uses a combination of milk and half-and-half instead of the traditional heavy cream to slash saturated fat. We find the texture of Kerrygold reduced-fat cheese more like full-fat cheese than other brands.

- Cooking spray
- 2 pounds baking potatoes, peeled and cut into ⅛-inch-thick rounds
- 1 tablespoon olive oil
- 1 medium yellow onion, sliced
- 2 garlic cloves, minced
- 1.1 ounces all-purpose flour (about ¼ cup)
- 1¼ cups whole milk
- ¾ cup half-and-half
- 1 teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 2 ounces reduced-fat Dubliner cheese, shredded (about ½ cup)

1. Preheat oven to 400°.

2. Coat an 11 x 7–inch glass or ceramic baking dish with cooking spray. Place potatoes in a large saucepan; fill pan with enough cold water to cover potatoes by 2 inches. Place pan over high heat. Bring to a boil; reduce heat, and simmer 10 minutes or just until tender. Drain well. Gently layer one-third of potatoes in overlapping rows in prepared dish.

3. Heat a medium saucepan over medium heat. Add oil; swirl to coat. Add onion and garlic; cook 5 minutes, stirring occasionally. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, milk, half-and-half, salt, nutmeg, and pepper in a medium bowl, stirring well with a whisk. Add milk mixture to pan; cook 3 minutes or until smooth and mixture thickens slightly, stirring constantly with a whisk. Remove from heat; let stand 10 minutes. Strain through a fine sieve into a bowl; discard solids.

4. Pour one-third of milk mixture over potatoes in baking dish. Repeat layers twice with remaining potatoes and milk mixture. Sprinkle evenly with cheese. Place pan in upper third of oven; bake at 400° for 12 minutes or until bubbling around edges. Turn broiler to high, leaving pan in oven; broil 1 minute or until browned. Let stand 10 minutes before serving.

SERVES 8 *(serving size: about ¾ cup)*
CALORIES 199; **FAT** 6.7g (sat 3.3g, mono 1.6g, poly 0.3g); **PROTEIN** 6g; **CARB** 29g; **FIBER** 2g; **CHOL** 15mg; **IRON** 1mg; **SODIUM** 325mg; **CALC** 81mg

—Recipes by David Bonom

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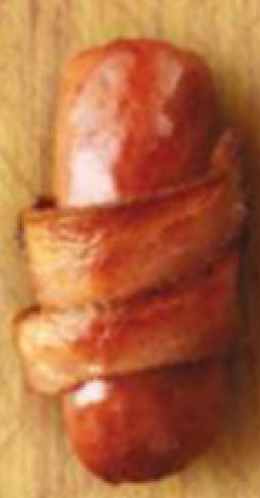
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PART 3

VEGETABLE COOKING • VEGETABLE COOKING • VEGETABLE COOKING •

ITALIAN

VEGETABLE COOKING

Domenica Marchetti captures the soulful cooking of Italy in winter. No fresh tomato or favas here, only hearty vegetables and bright citrus, treated simply.

BY DOMENICA MARCHETTI
PHOTOGRAPHY BY IAIN BAGWELL

FENNEL AND RADICCHIO SALAD

There's something about the sweet anise flavor of fresh fennel and bright citrus that go so well together. Citrus grows all over Italy, from blood oranges to grapefruit to lemons. It is a dominant flavor in the cuisine.

Recipe p. 135

MUSHROOM CARPACCIO

Fresh button mushrooms don't have loads of flavor, but they have a wonderfully meaty, dense texture. A sprinkle of garlicky gremolata, typically served with osso buco (braised veal), punches up the dish and makes it special.

Recipe p. 136

Storemags.com



"THE BIGGEST MISCONCEPTION about Italian food is that it's all cheese, pasta, pizza, and gelato. It's actually all about the vegetables," says Domenica Marchetti, chef instructor and author of six cookbooks, including *The Glorious Vegetables of Italy.* She takes inspiration from her yearly travels across the country, nodding to regional cuisines while adding a modern twist—a garlicky gremolata showers fresh shaved mushrooms; a poached egg sits atop a rustic bean stew. Above all, her approach is simple: "I let the vegetables speak for themselves," she says.

Italians ask for and eat only what's in season, and they eat a lot of it. Locals shop outdoor markets daily for the freshest produce or grow their own. Restaurants supplement entrées with plate after plate of *contorno,* or peak-season vegetable sides, depending on the time of year (the sides here play beautifully with any holiday main). "It's a rhythmic way of life," says Marchetti.

Now markets burst with bitter citrus like blood orange and chicories like escarole and radicchio. Italians embrace them all. "We love the sharp, aggressive flavors that can seem harsh to most, though a quick roast or sauté mellows the flavor beautifully," Marchetti says. This is a pure celebration of produce, and nothing goes to waste. "People may not have riches in terms of big cars or houses," she says, "but they really appreciate the gifts that come from the earth."

–HANNAH KLINGER

ILLUSTRATION: BRETT AFFRUNTI

This story is the third in our global vegetable series. Each installment is guided by an expert in the featured country's cuisine.

RIBOLLITA

This Tuscan dish is classic *cucina povera,* or poor man's cuisine. Meat was expensive, so Italians stretched vegetables and beans as much as possible. Day-old bread wouldn't be thrown away but would be added to the pot.

Recipe p. 135

ROASTED RADICCHIO WITH PANCETTA AND WALNUTS

There are so many types of radicchio at the market, such as Castelfranco with its scarlet speckled leaves and Verona with its long, curled fingers. Round Chioggia is delicious roasted and topped with crispy pancetta and a drizzle of honey.

Recipe p. 136

storemags.com

ROASTED CAULIFLOWER WITH ANCHOVY SAUCE

I grew up eating cauliflower often. My mother would boil it, steam it, make a gratin, or batter and fry it like zucchini blossoms. Good-quality anchovies make a huge difference—they may cost a little more, but just a little goes a long way.

Recipe p. 136

WILTED ESCAROLE WITH LEMON AND GARLIC

Escarole can be intimidating when raw—it's a big head of tough, curly leaves. Just wilting and sautéing transforms this inhospitable vegetable into something completely delicious. Could anything be simpler?

Recipe p. 135

ITALIAN PANTRY ESSENTIALS

1. OLIVE OIL

Essential not just to Italian cooking, but to Italian life. I often call for a drizzle of good-quality olive oil to finish a dish—the flavor is so fresh and it just ties everything together.

2. LEGUMES

Many canned versions aren't overly salted now, and dried beans are so easy to cook. If you have chickpeas, onion or garlic, and tomato puree, you have a meal in hand.

3. CANNED TOMATOES

When fresh aren't in season, look for good whole canned tomatoes like San Marzano or diced tomatoes packed in their own juices, not a heavy puree (these can taste tinny).

4. PARMIGIANO-REGGIANO CHEESE

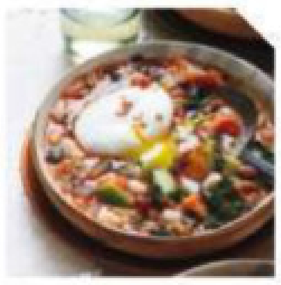
I freeze leftover rinds for adding to soups and stews. You get a lot of flavor out of something most people would discard.

5. CRUSHED RED PEPPER

The dried equivalent of the hot peppers found in my family home of Abruzzo, steeped in oil or delivered whole with a pair of scissors for snipping over dishes. I put them on everything.

6. ANCHOVIES

You could probably get along without them, but why would you want to? Look for Spanish or Italian anchovies at gourmet stores, delis, or supermarkets.



RIBOLLITA WITH POACHED EGGS

STAFF FAVE

Hands-on: 1 hr. 10 min.
Total: 2 hr.

Thick and enriched with a drizzle of good olive oil, ribollita hovers somewhere between a soup and a vegetable stew. One night I topped each serving with a runny poached egg, and a new one-dish meal was born in our house. Serve as a satisfying main, or skip the egg and get up to 10 servings for a first course.

- 5 ounces rustic Italian bread, cut into large cubes
- 4 cups water, divided
- 8 ounces Savoy cabbage leaves, trimmed and thinly sliced
- 8 ounces Tuscan or Lacinato kale, stemmed and thinly sliced
- 2 ounces diced pancetta (such as Boar's Head)
- 3½ tablespoons extra-virgin olive oil, divided
- 1 cup diced red onion
- 1 cup (½-inch) chopped carrot
- 1 cup (½-inch) chopped celery
- ¼ cup minced fresh flat-leaf parsley
- 2 Yukon gold potatoes, cut into ½-inch cubes (about 6 ounces)
- ¾ teaspoon kosher salt
- ½ teaspoon crushed red pepper
- 2 cups unsalted chicken stock (such as Swanson)
- 1½ cups unsalted tomato puree
- 1 (14-ounce) can unsalted cannellini beans, rinsed and drained
- ½ cup thinly sliced fresh basil, divided
- 1 tablespoon white vinegar
- 8 large eggs

1. Preheat oven to 300°.
2. Spread bread cubes in a single layer on a baking sheet. Bake at 300° for 20 minutes or until toasted.
3. Bring 2 cups water, cabbage, and kale to a boil in a large saucepan over medium-high heat. Reduce heat to medium-low; cover and cook 20 minutes or until cabbage mixture is wilted and tender. Drain.
4. Heat a large Dutch oven over medium-low heat. Add pancetta; cook 6 minutes or until browned and crisp, stirring occasionally. Add 1 tablespoon oil, onion, carrot, celery, and parsley to pan; cook 8 minutes or until vegetables are tender. Add potatoes; cook 10 minutes, stirring occasionally. Stir in cabbage mixture, salt, and red pepper; cook 5 minutes. Stir in remaining 2 cups water, stock, tomato puree, and beans; bring to a boil. Reduce heat to medium-low; cook, partially covered, 30 minutes or until vegetables are very tender, stirring occasionally. Stir in bread cubes; cook 20 minutes. Remove pan from heat; stir in ¼ cup basil.
5. Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; add vinegar. Break each egg into a custard cup, and pour each gently into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Divide soup among 8 bowls. Top each serving with 1 egg and 1½ teaspoons basil. Drizzle about 1 teaspoon oil over each serving.

SERVES 8 *(serving size: about 1⅓ cups)*
CALORIES 315; **FAT** 14.4g (sat 3.7g, mono 6.3g, poly 2g); **PROTEIN** 15g; **CARB** 32g; **FIBER** 6g; **CHOL** 191mg; **IRON** 4mg; **SODIUM** 568mg; **CALC** 142mg



WILTED ESCAROLE WITH LEMON AND GARLIC

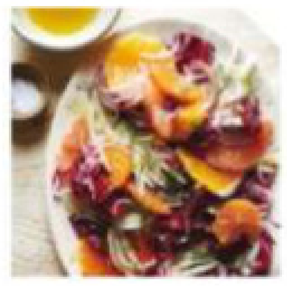
Hands-on: 15 min.
Total: 25 min.

Escarole is transformed by heat, turning soft and mellow, with only a slight edge of bitterness. Swiss chard and mature spinach are also delicious cooked this way.

- 1 large head escarole, cored and separated into leaves (about 1½ pounds)
- ¼ cup extra-virgin olive oil, divided
- 4 garlic cloves, thinly sliced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 lemon wedges

1. Bring a large saucepan filled with water to a boil. Stir in escarole. Cover and cook 3 to 4 minutes; drain.
2. Heat 3 tablespoons oil and garlic in a large skillet over medium-low heat 3 minutes or until garlic begins to sizzle. Add escarole; toss. Stir in salt and pepper. Cook 3 to 5 minutes. Place escarole mixture on a platter; drizzle with remaining 1 tablespoon oil. Serve with lemon wedges.

SERVES 6 *(serving size: about ½ cup)*
CALORIES 105; **FAT** 9.2g (sat 1.3g, mono 6.6g, poly 1.1g); **PROTEIN** 2g; **CARB** 5g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 185mg; **CALC** 66mg



FENNEL AND RADICCHIO SALAD WITH CITRUS VINAIGRETTE

Hands-on: 12 min.
Total: 42 min.

Let the salad stand at room temperature at least 30 minutes before serving. This allows the dressing to penetrate the vegetables and tenderize them a bit for a less aggressive crunch.

- 1 navel orange
- 1 pink grapefruit
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon white balsamic vinegar
- 1 tablespoon honey
- 4 cups thinly sliced fennel bulb
- 4 cups thinly sliced radicchio
- ½ cup thinly sliced red onion
- ½ teaspoon flaky sea salt (such as Maldon)

1. Peel and section orange and grapefruit over a bowl; squeeze membranes to extract juice. Set sections aside; reserve 3 tablespoons juice. Discard membranes. Combine juice, oil, vinegar, and honey in a large bowl. Add fennel, radicchio, and onion; toss to coat. Cover and let stand 30 to 60 minutes. Top with orange and grapefruit sections; sprinkle evenly with salt.

SERVES 6 *(serving size: about 1 cup)*
CALORIES 132; **FAT** 7g (sat 1g, mono 4.9g, poly 0.8g); **PROTEIN** 2g; **CARB** 18g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 231mg; **CALC** 60mg

FOOD STYLING: ERIN MERHAR; PROP STYLING: HEATHER CHADDUCK HILLEGAS



ROASTED CAULIFLOWER WITH ANCHOVY SAUCE

STAFF FAVE

Hands-on: 10 min.
Total: 45 min.

I love nutty, tender roasted cauliflower—it goes really well with the assertive flavor of anchovy. If you are an anchovy lover like me, use the oil from the tin or jar in place of extra-virgin olive oil to make the anchovy sauce.

- ¼ cup extra-virgin olive oil
- 4 oil-packed anchovy fillets, drained
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper
- 8 cups cauliflower florets (about 1 large head)
- Cooking spray
- 2 tablespoons minced fresh flat-leaf parsley
- 2 teaspoons fresh lemon juice
- ¼ teaspoon kosher salt

1. Preheat oven to 450°.
2. Combine first 4 ingredients in a small skillet over medium heat. Cook 5 minutes or until anchovies have broken down. Remove pan from heat.
3. Spread cauliflower in a single layer on a baking sheet coated with cooking spray. Coat cauliflower with cooking spray. Bake at 450° for 10 minutes. Drizzle oil mixture over cauliflower; toss to coat. Bake at 450° for 25 minutes or until edges are browned, stirring once after 15 minutes. Sprinkle with parsley, juice, and salt.

SERVES 6 *(serving size: about 1 cup)*
CALORIES 124; **FAT** 9.8g (sat 1.4g, mono 6.7g, poly 1.1g); **PROTEIN** 4g; **CARB** 8g; **FIBER** 3g; **CHOL** 2mg; **IRON** 1mg; **SODIUM** 222mg; **CALC** 41mg



ROASTED BALSAMIC RADICCHIO WITH PANCETTA AND WALNUTS

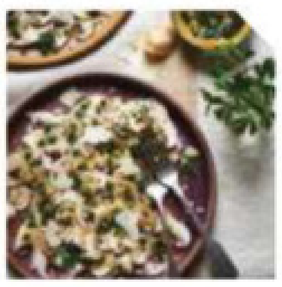
Hands-on: 20 min.
Total: 35 min.

Radicchio—that bitter, crunchy, scarlet and white vegetable Italians adore, becomes entirely different when roasted. Its color deepens and the flavor turns mellow and nutty, with just a hint of bitterness remaining. Serve it alongside roast pork, chicken, or beef. Or, to turn it into a main course, chop and toss with hot cooked pasta.

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 medium heads radicchio, quartered (such as Chioggia)
- 2 ounces thinly sliced pancetta
- 1 large shallot, thinly sliced
- ¼ cup chopped walnuts, toasted
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- Thyme sprigs (optional)

1. Preheat oven to 400°.
2. Combine oil, thyme, salt, pepper, and radicchio on a rimmed baking sheet; toss to coat. Bake at 400° for 20 minutes or until wilted and slightly charred.
3. Cook pancetta in a large skillet over medium heat 10 minutes or until browned and crisp, turning occasionally. Remove pancetta from pan; coarsely crumble. Add shallot to pan; cook 3 minutes or until lightly browned. Arrange radicchio on a platter. Sprinkle pancetta, shallot, and walnuts over radicchio. Drizzle with vinegar and honey. Garnish with thyme sprigs, if desired.

SERVES 8 *(serving size: about 1½ wedges)*
CALORIES 96; **FAT** 7.3g (sat 1.4g, mono 2.8g, poly 1.9g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 1g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 192mg; **CALC** 16mg



MUSHROOM CARPACCIO WITH GREMOLATA AND SHAVED PARMIGIANO

STAFF FAVE

Hands-on: 20 min.
Total: 35 min.

This salad is the perfect antidote to the winter blues, and it pairs beautifully with foods of the season—roasts, stews, and braises. You could use a mandoline to slice the mushrooms, but a sharp knife will do.

- 3 large button mushrooms, about 2½ to 3 inches in diameter (sometimes called "stuffers")
- 3 cremini mushrooms, about 2½ to 3 inches in diameter
- 1 cup fresh flat-leaf parsley leaves, finely chopped
- 1 tablespoon grated lemon rind
- 2 garlic cloves, minced
- 3 tablespoons fresh lemon juice
- ¼ teaspoon kosher salt
- ¼ teaspoon coarsely ground white pepper, plus more for garnish
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons shaved Parmigiano-Reggiano cheese

1. Gently wash and dry mushrooms. Trim the very bottom ends of mushrooms, leaving stems intact. Cut mushrooms vertically into very thin slices; arrange on a platter so they overlap slightly. Combine parsley, rind, and garlic in a bowl. Combine juice, salt, and pepper in a bowl. Gradually add oil to juice mixture, stirring constantly with a whisk. Drizzle juice mixture evenly over mushrooms; sprinkle with parsley mixture and cheese. Let stand at room temperature for at least 15 minutes before serving.

SERVES 6 *(serving size: about ½ cup)*
CALORIES 85; **FAT** 7.5g (sat 1.3g, mono 5.1g, poly 0.8g); **PROTEIN** 2g; **CARB** 4g; **FIBER** 1g; **CHOL** 1mg; **IRON** 1mg; **SODIUM** 116mg; **CALC** 38mg

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SLOW COOKER HACKS

for the holidays

Use your go-to convenience appliance in unexpected—dare we say brilliant—ways to turn out fuss-free, fabulous fare for entertaining's busiest season.

RECIPES BY **DAVID BONOM**
PHOTOGRAPHY BY **JENNIFER CAUSEY**

Overnight Maple-Raisin Oatmeal
Recipe p. 147

the hack

SLOW COOKER AS A DOUBLE BOILER

No one wants to stand over a pot of oatmeal stirring while everyone else whoops it up on a holiday morning. So set up oats and all in a water bath in the slow cooker, and wake up to a hearty breakfast.

the hack

SLOW COOKER AS A MONITOR-FREE STEAMER

Cook tamales without any need to check or adjust the temperature or water level. It's a worry-free method that dials down the maintenance for this holiday favorite.

Chicken Tamales with Ranchero Sauce

Recipe p. 147

the hack

SLOW COOKER AS A SLOW ROASTER

Give fish time to absorb aromatic herbal and citrus essence while it cooks, in an ovenlike environment, to the perfect tenderness. And because it stays covered, the fishy odors won't fill the house.

Slow-Roasted Salmon with Dill Cream

Recipe p. 148

EASY CHOCOLATE-BOURBON FONDUE

Hands-on: 10 min. Total: 1 hr. 40 min.

Make this a kid-friendly dessert by omitting the bourbon and increasing the vanilla to 1½ teaspoons. You can also serve 10 thin pretzel sticks for dipping, but note that this will add about 21 calories and 96mg sodium.

- ½ cup 1% low-fat milk
- ½ cup fat-free sweetened condensed milk
- ¼ cup packed brown sugar
- 2 tablespoons unsweetened cocoa
- 2 tablespoons bourbon
- 2 tablespoons light-colored corn syrup
- 1 teaspoon vanilla extract
- 6 ounces semisweet chocolate chips
- 4 ounces milk chocolate chips
- 72 whole medium strawberries (about 3 pints)

1. Combine all ingredients except strawberries in a 4-cup glass measuring cup. Place cup in a 6-quart slow cooker. Cover and cook on LOW 1 hour. Stir well with a whisk; cover and cook until melted, about 30 more minutes. Reduce heat to WARM. Serve with strawberries, using fondue forks or skewers for dipping.

SERVES 12 *(serving size: about 3 tablespoons fondue and 6 strawberries)*
CALORIES 219; **FAT** 7.5g (sat 4.4g, mono 2.2g, poly 0.4g); **PROTEIN** 3g; **CARB** 37g; **FIBER** 3g; **CHOL** 4mg; **IRON** 1mg; **SODIUM** 31mg; **CALC** 85mg

Blot fruit dry so that the sauce adheres well.

the hack

SLOW COOKER AS A FONDUE POT

Put the Sterno and matches aside, and use this flameless method to make fondue. Unlike a thin fondue pot, a slow cooker has a thick ceramic liner (plus, in this recipe, a glass container) that keeps the chocolate from scorching.

Apple-Cranberry Holiday Wassail
Recipe p. 148

the hack

SLOW COOKER AS A HOT PUNCH BOWL

After slowly simmering, unattended, for several hours, this spice-infused cocktail is party ready. Serve straight from the crock (set temperature to WARM). The drink will stay warm without cooking off the alcohol.



OVERNIGHT MAPLE-RAISIN OATMEAL

Hands-on: 15 min.
Total: 8 hr. 15 min.

Steel-cut oats offer a nutty alternative to hot cereal made with rolled oats. If you prefer, substitute firm pears for apples or dried cranberries for the raisins.

- 3¾ cups water
- 2¼ cups 1% low-fat milk
- 1½ cups steel-cut oats
- ¾ cup golden raisins
- ½ cup maple syrup
- 1½ teaspoons vanilla extract
- ¾ teaspoon ground cinnamon
- ½ teaspoon kosher salt
- 1½ tablespoons unsalted butter
- 2 large apples, cut into ¼-inch-thick slices

1. Combine first 8 ingredients in an 8-cup heatproof glass bowl. Set bowl in a 6-quart slow cooker; add cold water to slow cooker, filling until water comes three-fourths of the way up outside of bowl. Cover slow cooker; cook on LOW 8 hours or until oats are thick and creamy.

2. Melt butter in a medium skillet over medium-high heat. Add apples; cook 3 minutes or until browned, stirring occasionally.

3. Stir oats; spoon into bowls. Top with apples.

SERVES 6 *(serving size: 1 cup oatmeal and about ¼ cup apples)*
CALORIES 370; **FAT** 6.5g (sat 3g, mono 1g, poly 0.2g); **PROTEIN** 10g; **CARB** 75g; **FIBER** 7g; **CHOL** 12mg; **IRON** 2mg; **SODIUM** 211mg; **CALC** 184mg



CHICKEN TAMALES WITH RANCHERO SAUCE

STAFF FAVE

Hands-on: 60 min.
Total: 5 hr. 15 min.

Forming the tamales, albeit time-consuming, is part of the fun. Make it a family activity and set up an assembly line—one person placing the filling, another folding, and a third tying. This recipe uses lard, which actually has less saturated fat than butter.

- 24 dried corn husks
- 4 cups unsalted chicken stock
- 3 dried ancho chiles, stemmed and seeded
- 1 tablespoon olive oil
- 1½ cups chopped white onion
- 2 teaspoons dried oregano
- 2 teaspoons kosher salt, divided
- 8 garlic cloves, minced
- 2 chipotle chiles, canned in adobo sauce, seeded and minced
- 2 tablespoons unsalted tomato paste
- 1½ teaspoons ground cumin
- 1 (15-ounce) can unsalted tomato sauce
- 1 ounce semisweet chocolate
- 4 cups shredded skinless cooked chicken breast
- 4 cups instant masa harina (such as Maseca)
- 1½ teaspoons baking powder
- ½ cup lard
- 2½ cups water, divided

1. Submerge corn husks in a large pot filled with warm water. Soak 30 minutes; drain and discard water.

2. Combine stock and ancho chiles in a medium saucepan; bring to a boil. Reduce heat to medium; simmer 5 minutes. Remove from heat; let stand 5 minutes. Drain chiles over a bowl; reserve soaking liquid.

3. Heat oil in a large skillet over medium-high heat. Add onion; cook 2 minutes, stirring occasionally. Reduce heat to medium; stir in oregano, 1 teaspoon salt, and garlic. Sauté 7 minutes. Add chipotle; cook 1 minute. Stir in 2 cups reserved soaking liquid, tomato paste, cumin, and tomato sauce; cook 4 minutes or until mixture thickens slightly.

4. Place ancho chiles and onion mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return mixture to skillet over medium heat. Stir in chocolate; cook 1 minute. Remove 1½ cups sauce from skillet; reserve. Add chicken to skillet. Remove from heat; cool to room temperature.

5. Combine masa harina, baking powder, and remaining 1 teaspoon kosher salt in a bowl. Cut in lard with a pastry blender or 2 knives until mixture resembles coarse meal. Add remaining 2 cups soaking liquid and 1½ cups water; stir until a soft dough forms. Knead dough in bowl until smooth and pliable.

6. Tear a few corn husks lengthwise into 24 thin strips. Place 1 corn husk on a work surface, with narrow end facing you. Place about 3 heaping tablespoons masa mixture in center of husk, about 1 inch from top; press into a 4 x 3½–inch rectangle. Spoon 2½ tablespoons chicken mixture down center of masa rectangle. Fold sides of husk over filling; fold narrow end up to form a packet. Tie strip around tamale to secure the packet. Repeat procedure with remaining husks, dough, filling, and husk strips.

7. Poke holes in bottom of a 13½ x 9½–inch shallow disposable aluminum pan; cut corners from rim down to bottom to make it pliable. Fit pan into bottom of a 6-quart oval or rectangular slow cooker; pour remaining 1 cup water into pan. Line bottom of pan with a damp kitchen towel. Stand tamales in prepared pan, with open ends facing upright. Cover slow cooker (weighing down lid if necessary to keep it closed); cook on HIGH for 4 hours or until masa is set. Let tamales stand 10 minutes. Serve with remaining sauce.

SERVES 12 *(serving size: 2 tamales and 3 tablespoons sauce)*
CALORIES 357; **FAT** 14g (sat 4.5g, mono 5.3g, poly 1.7g); **PROTEIN** 22g; **CARB** 38g; **FIBER** 5g; **CHOL** 48mg; **IRON** 4mg; **SODIUM** 521mg; **CALC** 122mg

FOOD STYLING: CHRIS LANIER; PROP STYLING: MISSIE NEVILLE CRAWFORD AND CLAIRE SPOLLEN. PROPS (BOWL, P. 140) JHC CERAMICS

Storemags



SLOW-ROASTED SALMON WITH DILL CREAM

Hands-on: 20 min.
Total: 3 hr.

We were amazed by the incredibly moist, succulent texture this technique creates. Ask at the fish counter for a cut from the center or top rather than the tail end so that the fillet has the same thickness throughout. This will ensure even cooking.

- Cooking spray
- ½ bunch fresh dill, divided
- 1 orange, cut into slices
- 1 lemon, cut into slices
- 3 tablespoons water
- 1 (2½-pound) salmon fillet, skin on
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup light sour cream
- ¼ cup canola mayonnaise
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- ½ teaspoon Dijon mustard
- Orange wedges (optional)
- Lemon wedges (optional)

1. In a large, preferably oval, slow cooker, place a piece of foil long enough to overhang sides. Coat foil and slow cooker sides with cooking spray.
2. Chop enough dill fronds to equal 2 tablespoons; set aside. Line slow cooker bottom with remaining dill, orange slices, and lemon slices. Sprinkle with 3 tablespoons water.
3. Season flesh side of salmon with salt and pepper; place fillet, skin side down, on top of citrus. Cover and cook on LOW 2½ hours or until fish flakes easily when tested with a fork or until desired degree of doneness. Using foil as handles, lift salmon fillet out of slow cooker; let stand 10 minutes. Lift fillet off herbs, and transfer to a serving platter.
4. While salmon cooks, combine reserved dill fronds, sour cream, mayonnaise, lemon rind, lemon juice, and mustard in a bowl; refrigerate. Serve salmon warm or at room temperature with dill cream sauce and orange and lemon wedges, if desired.

SERVES 8 *(serving size: 4 ounces cooked fish and 2 tablespoons sauce)*
CALORIES 252; **FAT** 11.5g (sat 2.7g, mono 4.3g, poly 3.5g); **PROTEIN** 31g; **CARB** 4g; **FIBER** 1g; **CHOL** 81mg; **IRON** 1mg; **SODIUM** 379mg; **CALC** 47mg



APPLE-CRANBERRY HOLIDAY WASSAIL

Hands-on: 10 min.
Total: 5 hr. 10 min.

We spiked this punch with dark rum, but it's equally nice with bourbon. Or omit the bourbon altogether for an alcohol-free version of this warming beverage.

- 2 quarts apple cider
- 1 quart cranberry juice cocktail
- ½ cup honey
- 18 whole allspice
- 8 whole cloves
- 4 (4-inch) cinnamon sticks
- ½ vanilla bean, split lengthwise
- 3 (1-inch-wide) strips orange rind
- 3 (1-inch-wide) strips lemon rind
- 1¼ cups plus 2 tablespoons dark rum

1. Combine cider, cranberry juice, and honey in a 6-quart electric slow cooker. Place allspice, cloves, and cinnamon sticks on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely, and place in slow cooker. Add vanilla bean and citrus rinds; cover and cook on LOW 5 hours.
2. Remove sachet, vanilla bean, and citrus rinds from slow cooker; discard. Pour in rum, and reduce temperature to WARM. Cover; serve directly from slow cooker.

SERVES 16 *(serving size: about ¾ cup)*
CALORIES 174; **FAT** 0g; **PROTEIN** 1g; **CARB** 33g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 4mg; **CALC** 11mg

even more hacks!

Four more ways your slow cooker makes holiday entertaining easier

SUPER SQUASH SIDE DISH

Prick a whole spaghetti squash with a fork; cook in a slow cooker on LOW for about 8 hours. Discard seeds and skin. Toss flesh with parsley, olive oil, and Parmesan.

EASY PIE PREP

Double or triple the recipe for your favorite fruit pie filling, and stew it ahead in the slow cooker for pie any time the urge hits.

PERFECT "BAKED" SPUDS

Individually wrap sweet potatoes in foil, and pile into the slow cooker. Eight hours later, serve up a loaded potato bar.

NO-FUSS STUFFED APPLES

Stuff a mix (you choose) of nuts, oats, spice, and brown sugar into cored apples. Add a dab of butter to each. Cook on LOW 2 hours.

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bake it FORWARD

In this season of giving, share the love by cooking an extra batch of goodies for friends, colleagues, charities, or anyone who deserves a treat.

photography by LINDA PUGLIESE

Storemags.com

Stained Glass Window Cookies
Recipe p. 158

pretty packaging

These cookies are sturdy and stackable once cool. Shop for a rectangular box to hold them snugly (see opposite page), and wrap with metallic paper for a sleek, stylish gift.

pretty packaging

Elevate the look of these whole-grain rolls by lining a gift box with thick, boldly patterned wrapping paper. Make sure the paper is thick enough that any moisture from the rolls won't degrade the paper.

Cinnamon-Orange Rolls
Recipe p. 161



Fudgy Chocolate-Peppermint Cookies
Recipe p. 158

pretty packaging

Don't underestimate the beauty of a simple cardboard hat box (find one at your local craft store). Add a pop of color with a bright ribbon, and tag the recipe with a handwritten greeting.

AS you're pulling out the cookie sheets and *fa-la-la-la-la-ing* your way through some sweet baked goodies for your family, go ahead and whip up a second batch to give as a holiday gift. Homemade sweets always spread good cheer, making the recipient feel loved and appreciated because you took the time to handcraft something special just for her. We have all kinds of practical advice—from tips for doubling recipes to pretty ways to package—to help your Bake It Forward delights arrive in style.

Storemags.com



pretty packaging

The key to perfectly packing brittle is to first make a dry, nonsticky candy—if it's humid, wait a day or two until there's less humidity. Box with a layer of protective tissue paper.

ALMOND ANTIQUE BRITTLE

Hands-on: 25 min.
Total: 2 hr. 10 min.

When cooking sugar to a high temperature, things move very quickly in the last few minutes or even seconds. To avoid burned sugar syrup, be sure to have the almonds toasted and ready to go before starting. A significant amount of vinegar in this brittle adds complex flavor.

- 1¼ cups slivered almonds, divided
- Cooking spray
- 2¼ cups sugar
- ½ cup whole milk
- ½ cup heavy cream
- ½ cup white vinegar
- ¼ cup unsalted butter
- ½ teaspoon salt

1. Preheat oven to 350°.
2. Spread almonds in a single layer on a baking sheet. Bake at 350° for 10 minutes or until lightly browned and fragrant. Cool completely. Measure out ¼ cup almonds; finely chop.
3. Cover a baking sheet with parchment paper. Lightly coat paper with cooking spray. Set aside.
4. Place sugar and remaining ingredients in a large saucepan over medium-high heat; bring to a boil, stirring constantly. Cook 20 minutes or until a candy thermometer registers 310°, stirring constantly. Stir in 1 cup almonds; cook an additional 1 minute, stirring constantly. Quickly pour mixture onto prepared parchment paper, spreading to about ⅛-inch thickness. Sprinkle chopped almonds over brittle, lightly pressing to adhere. Cool completely (about 2 hours); break into pieces.

SERVES 24 *(serving size: 1 piece)*
CALORIES 143; **FAT** 6.7g (sat 2.7g, mono 2.8g, poly 0.8g); **PROTEIN** 1g; **CARB** 21g; **FIBER** 1g; **CHOL** 12mg; **IRON** 0mg; **SODIUM** 53mg; **CALC** 25mg

bake a second batch

Because the sugar syrup needs to be handled quickly, it's best not to double the amounts in this recipe. Instead, complete one batch before making the next.

CHERRY AND PISTACHIO RUGELACH

Hands-on: 20 min.
Total: 1 hr. 25 min.

You can switch out the cherry preserves and dried cherries for another fruit that comes in both spread and dried form, such as apricot, currant, or blueberry.

- 2.25 ounces all-purpose flour (about ½ cup)
- 2.25 ounces white whole-wheat flour (about ½ cup)
- ½ cup roasted, salted pistachios, finely ground
- ¼ teaspoon salt
- 6 tablespoons unsalted butter, softened
- 3 tablespoons granulated sugar
- 4 ounces ⅓-less-fat cream cheese
- ½ teaspoon vanilla extract
- ½ cup cherry fruit spread (such as Simply Fruit), divided
- ⅓ cup dried tart cherries, finely chopped and divided
- 2 tablespoons 2% reduced-fat milk
- 1½ tablespoons turbinado sugar

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, ground pistachios, and salt in a bowl; stir with a whisk.
2. Place butter, sugar, and cream cheese in a large bowl; beat with a mixer at medium speed until well combined (5 minutes). Beat in vanilla. Add flour mixture; beat just until combined. Turn dough out onto a work surface; divide in half. Shape each portion into a disk; wrap each in plastic wrap. Chill 30 minutes.
3. Preheat oven to 350°.
4. Place 1 dough disk on a lightly floured work surface. Roll dough into a 10-inch circle. Spread ¼ cup fruit spread over dough. Sprinkle half of cherries over top. Cut circle into 10 wedges, as you would a pizza. Beginning with long side, roll up each wedge. Place rolls, point sides down, 2 inches apart on a baking sheet lined with parchment paper. Repeat procedure with remaining dough disk, fruit spread, and chopped cherries.
5. Brush dough with milk; sprinkle with turbinado sugar. Bake at 350° for 22 minutes or until golden brown. Cool completely.

SERVES 20 *(serving size: 1 cookie)*
CALORIES 120; **FAT** 6.2g (sat 3.2g, mono 1.6g, poly 0.6g); **PROTEIN** 2g; **CARB** 14g; **FIBER** 1g; **CHOL** 13mg; **IRON** 0mg; **SODIUM** 66mg; **CALC** 16mg

bake a second batch

You can easily accommodate a double batch of dough in a large bowl. Divide into fourths, shaping each into a disk. Work with one portion at a time as you shape the cookies, and keep the rest chilled until you're ready for them.

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: KAITLYN DU ROSS WALKER

Cherry and Pistachio Rugelach

pretty packaging

These rustic cookies can handle a more rustic approach to wrapping. Carefully place the cookies into a cellophane bag, then drop inside a burlap bag; cinch with a ribbon.

RASPBERRY-SWIRL MINI BUNDT CAKES

Hands-on: 40 min.
Total: 65 min.

If you don't have a minibundtlette pan, you can make one large Bundt cake instead. If you have an 8-cup Bundt pan, that's ideal, but a 10-cup pan will work, too (the cake just won't be as tall). Bake at 350° for 25 to 28 minutes or until a wooden pick comes out clean. Spreading the batter evenly in minibundtlette cups can be a little tricky. Try spooning the batter into a large zip-top plastic bag; then snip off one bottom corner of the bag, and pipe batter into cups.

- 12 ounces fresh raspberries
- 1¼ cups granulated sugar, divided
- 2 tablespoons water, divided
- 1 tablespoon cornstarch
- 9 ounces white whole-wheat flour (about 2 cups)
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup reduced-fat buttermilk
- Baking spray with flour
- 1 cup powdered sugar
- 2 to 3 teaspoons water

1. Combine raspberries, ¼ cup granulated sugar, and 1 tablespoon water in a small saucepan. Bring to a boil. Reduce heat, and simmer 5 minutes or until berries break down and mixture thickens slightly, stirring frequently. Place cornstarch in a small bowl; add remaining 1 tablespoon water, stirring until smooth. Add cornstarch mixture to pan; cook 1 minute or until thick. Cool completely.

2. Preheat oven to 350°.

3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt in a bowl, stirring well with a whisk.

4. Place butter and remaining 1 cup granulated sugar in a bowl; beat with a mixer at medium speed until fluffy (about 5 minutes). Beat in vanilla. Add eggs, 1 at a time, beating well after each addition. Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture.

5. Spoon about 2 tablespoons batter into the bottom of each of 12 minibundtlette cups coated with baking spray, spreading into an even layer. Drop about 3 tablespoons raspberry mixture evenly into each cup, spreading evenly on top of batter. Top evenly with remaining batter, smoothing tops with a spatula. Bake at 350° for 20 minutes or until a wooden pick inserted in centers comes out clean. Cool in pans on a wire rack 10 minutes; remove cakes from pans. Cool completely on wire rack.

6. Combine powdered sugar and 2 to 3 teaspoons water in a small bowl, stirring until smooth. Drizzle glaze evenly over cakes.

SERVES 12 *(serving size: 1 cake)*
CALORIES 298; **FAT** 9.2g (sat 5.2g, mono 2.4g, poly 0.6g); **PROTEIN** 5g; **CARB** 49g; **FIBER** 4g; **CHOL** 52mg; **IRON** 1mg; **SODIUM** 225mg; **CALC** 75mg

pretty packaging

To keep cakes looking their best, make sure the glaze is fully set before packaging. For individual treats, place one cake on a tissue paper square, place into a cellophane bag, and tie with ribbon.

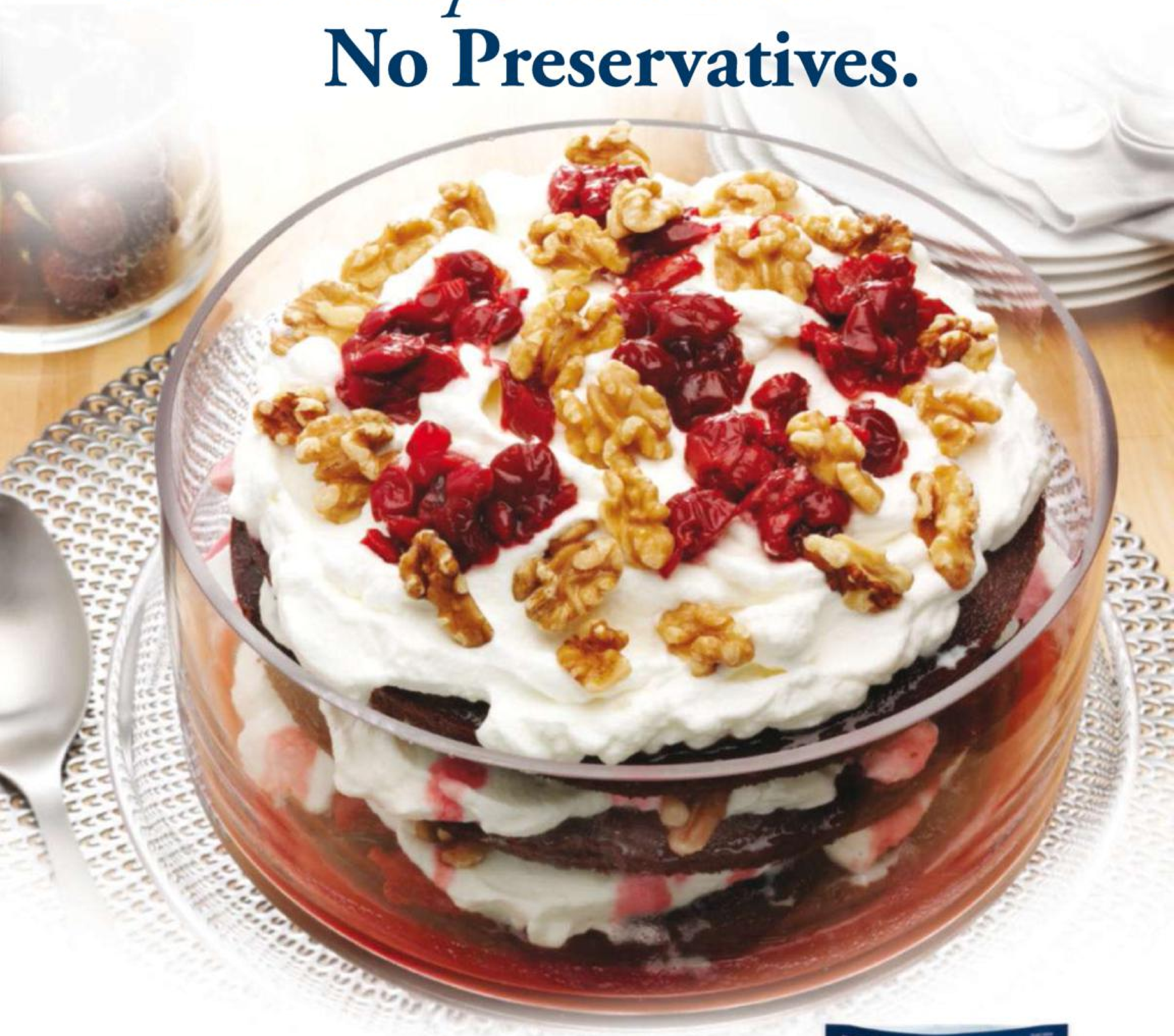
bake a second batch

It's best to make one batch of cakes at a time (don't double the batter), though you can easily double the raspberry mixture.

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FUDGY CHOCOLATE-PEPPERMINT COOKIES

Hands-on: 20 min.
Total: 37 min.

When a soft, fudgy cookie meets crunchy candy cane shards, it's a match made in heaven.

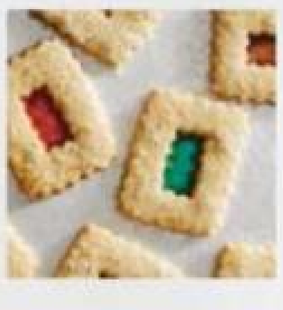
- 6.75 ounces white whole-wheat flour (about 1½ cups)
- 5 tablespoons unsweetened cocoa, sifted
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup sugar
- 7 tablespoons unsalted butter, softened
- ¼ teaspoon vanilla extract
- 1 large egg
- 1½ ounces peppermint candy cane, lightly crushed

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cocoa, baking powder, baking soda, and salt in a bowl, stirring with a whisk.
3. Place sugar and butter in a bowl. Beat with a mixer at medium speed until well combined (about 3 minutes). Add vanilla and egg, beating until well combined. Add flour mixture; beat at low speed just until combined. Shape dough into 24 balls; place 2 inches apart on 2 baking sheets lined with parchment paper. Flatten cookies with the bottom of a glass. Mound a generous ¼ teaspoon crushed peppermint in center of each cookie. Bake at 350° for 7 minutes. Cool completely on pans.

SERVES 24 *(serving size: 1 cookie)*
CALORIES 101; **FAT** 3.8g (sat 2.3g, mono 1g, poly 0.2g); **PROTEIN** 2g; **CARB** 16g; **FIBER** 1g; **CHOL** 17mg; **IRON** 1mg; **SODIUM** 51mg; **CALC** 14mg

bake a second batch

No problems doubling—or even tripling—the dough for these cookies in a large bowl.



STAINED GLASS WINDOW COOKIES

Hands-on: 30 min.
Total: 1 hr. 35 min.

We found that Jolly Rancher candies produced the brightest, most vibrant "stained glass." Be sure to use the original sweet candies, not the sour flavors. To crush, place each color in its own heavy-duty zip-top bag; crush with a rolling pin or meat mallet. You'll find sparkling sugar in craft or specialty stores, but you can also use turbinado sugar as a substitute.

- 4 ounces white whole-wheat flour (about 1 scant cup)
- 4 ounces all-purpose flour (about 1 scant cup)
- ¼ teaspoon salt
- ½ cup unsalted butter, softened
- ⅔ cup granulated sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 8 hard candies (such as Original Jolly Rancher, 2 each of 4 colors)
- 1 tablespoon 2% reduced-fat milk
- 2 tablespoons sparkling sugar

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and salt in a bowl, stirring with a whisk.
2. Place butter and granulated sugar in a large bowl. Beat with a mixer at medium speed until light and fluffy (about 4 minutes). Add vanilla and egg; beat 1 minute or until completely combined. Add flour mixture; beat just until combined. Scrape dough onto a work surface; shape into a 7-inch disk. Wrap dough in plastic wrap. Chill 45 minutes.
3. Preheat oven to 325°.
4. Crush candies, keeping colors separate and placing each color in a small bowl.
5. Place dough disk on a lightly floured work surface; roll dough to ¼-inch thickness. Cut cookies using a 2½-inch cookie cutter dusted with flour. Cut out center of each cookie with a 1-inch cookie cutter to make 24 cookies; discard scraps. Place cookies on 2 baking sheets lined with parchment paper. Fill the cutout centers of cookies with crushed candies.
6. Lightly brush edges of cookies with milk. Sprinkle tops with sparkling sugar. Bake at 325° for 12 to 13 minutes or until edges are golden brown. Cool cookies completely before removing from pans.

SERVES 24 *(serving size: 1 cookie)*
CALORIES 103; **FAT** 4.2g (sat 2.5g, mono 1.1g, poly 0.2g); **PROTEIN** 1g; **CARB** 15g; **FIBER** 1g; **CHOL** 18mg; **IRON** 0mg; **SODIUM** 29mg; **CALC** 7mg

bake a second batch

The dough is easily doubled; just divide into two disks, and chill separately. Roll out and cut one at a time. Be sure to cool the cookies completely on the pan before moving them so the candy centers firm up.

Cheesecake IS ASKING FOR Cookies THIS YEAR





COOKIE BUTTER CHEESECAKE

Prep Time: 30 min. | Total Time: 6 hours 30 min. (incl. refrigerating) | Makes: 16 servings

WHAT YOU NEED

- 1 pkg. (7.7 oz.) European-style cookies for coffee (speculoos cookies), divided
- 4 pkgs. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 3/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 Tbsp. vanilla
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 4 eggs
- 1/4 cup European-style cookie butter (speculoos cookie butter)

MAKE IT

HEAT oven to 325°F.
Reserve 6 cookies. Finely crush remaining cookies; press into bottom of 9-inch spring form pan.

BEAT cream cheese, sugars, vanilla and spices in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 1 hour or until center is almost set.
Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

CRUSH remaining cookies coarsely; sprinkle over cheesecake just before serving.

MICROWAVE cookie butter in microwaveable bowl on HIGH 30 sec. or until heated through; stir. Drizzle over cheesecake.

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CINNAMON-ORANGE ROLLS

Hands-on: 25 min.
Total: 2 hr. 30 min.
Classic cinnamon rolls get a zingy update with this citrus-glazed twist.

- 1 (2¼-ounce) package instant dry yeast
- 3 tablespoons warm water (100° to 110°)
- 10.13 ounces plus 3 tablespoons white whole-wheat flour (about 2¼ cups plus 3 tablespoons)
- ½ teaspoon salt
- ¼ cup granulated sugar
- ¼ cup 2% reduced-fat milk
- 1¼ teaspoons vanilla extract, divided
- 1 large egg
- 1 large egg yolk
- ¼ cup unsalted butter, softened
- Cooking spray
- ⅓ cup packed brown sugar
- 1 tablespoon grated orange rind, divided
- 1 teaspoon ground cinnamon
- ¾ cup powdered sugar
- 2 to 3 teaspoons fresh orange juice

1. Combine yeast and 3 tablespoons water in a small bowl; let stand 10 minutes or until foamy.
2. Weigh or lightly spoon 10.13 ounces (2¼ cups) flour into dry measuring cups; level with a knife. Combine 2¼ cups flour and salt in a bowl, stirring with a whisk to combine.
3. Place granulated sugar, milk, 1 teaspoon vanilla, egg, and egg yolk in a large bowl. Beat with a mixer at medium-low speed until well combined. Stir in yeast mixture. Add half of flour mixture; beat at low speed until well combined (about 2 minutes). Add remaining flour mixture; beat at low speed 5 minutes, occasionally scraping down sides of bowl. Add butter, 1 tablespoon at a time, beating well after each addition. Dust a work surface with 2 tablespoons flour. Scrape dough onto work surface (dough will be sticky). Knead dough 3 to 4 minutes or until smooth and elastic. Shape dough into a ball. Place dough in a large bowl lightly coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, for 2 hours.
4. Combine brown sugar, 1½ teaspoons rind, and cinnamon. Turn dough out onto surface dusted with remaining 1 tablespoon flour; gently pat dough into a 12 x 8–inch rectangle. Sprinkle evenly with brown sugar mixture. Beginning at one long side, roll up dough tightly, jelly-roll fashion; pinch seam to seal (do not seal ends of roll). Cut dough into 12 (1-inch) slices. Arrange slices in muffin cups coated with cooking spray. Cover with plastic wrap coated with cooking spray; let rise 45 minutes.
5. Preheat oven to 350°.
6. Uncover rolls. Bake at 350° for 15 minutes or until lightly browned. Cool 10 minutes in pan on a wire rack. Remove rolls from pan.
7. Combine powdered sugar, remaining ¼ teaspoon vanilla, remaining 1½ teaspoons rind, and 2 teaspoons juice. Stir with a whisk until smooth. Add additional juice, a few drops at a time, if glaze is too stiff to spread. Spread glaze over warm rolls; serve warm.

SERVES 12 *(serving size: 1 roll)*
CALORIES 202; **FAT** 5g (sat 2.8g, mono 1.4g, poly 0.4g); **PROTEIN** 4g; **CARB** 36g; **FIBER** 1g; **CHOL** 41mg; **IRON** 1mg; **SODIUM** 109mg; **CALC** 21mg

bake a second batch

Double the dough in a large bowl (it will fit in the bowl of a stand mixer); divide dough in half, and place in separate bowls to rise. If you don't have muffin tins to accommodate 24 rolls, bake one (12-roll) batch in an 8-inch square glass or ceramic baking dish, and increase the bake time to 20 to 23 minutes.

—Recipes by Deb Wise

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- ¾ tsp salt
- ⅔ cup very warm water (120°F to 130°F)
- 3 tbsp oil
- ½ to 1 cup pizza sauce
- 1 to 2 cups shredded mozzarella cheese
- Other toppings as desired











PREHEAT oven to 425° to get started!

1. COMBINE 1 cup flour, 1 packet Fleischmann's® RapidRise™ Yeast, 1½ tsp sugar, and ¾ tsp salt in a large bowl. **ADD** ⅔ cup very warm water (120° to 130°F, use a thermometer) and 3 tbsp oil. **MIX** ingredients together until well blended. **GRADUALLY ADD** ½ cup flour until dough forms a ball. **ADD** additional flour, if needed, to handle. **SPOON** dough onto floured surface. (Dough will be slightly sticky.)

2. KNEAD dough until it is smooth and elastic; about 4 minutes. **COVER** with kitchen towel and let rest for 10 minutes.

3. ROLL out dough. **PRESS** dough into a greased pizza pan. Top with pizza sauce, cheese and toppings.

4. BAKE on the lowest rack for 12 to 15 minutes, until the crust browns.

TOP THIS! Let kids create their own pizzas using fresh and colorful vegetables from a healthy toppings bar.

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SECRETS, TIPS & RECIPES from America's Healthy-Cooking Experts

Cooking Light kitchen confidential



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

TECHNIQUE

FOLDING

This hand-mixing method enables you to incorporate delicate, airy ingredients like beaten egg whites and whipped cream into a heavier mixture like batter without deflating them. The result is light and fluffy cakes, pancakes, and soufflés.

THE SETUP

Mix the heavier batter in a large, wide bowl, and prepare the lighter mixture in a separate bowl. Place about half of the airy mixture on top of the heavy one. Using a wide bowl ensures plenty of room for big, swooping motions.

THE FOLDING MOTION

Slice through the center of the two mixtures with a rubber spatula, dragging along the bottom and up the side of the bowl to lift the mixture from the bottom and place it on top. Rotate bowl one quarter turn, and repeat until combined.

THE FINAL STAGE

Fold in the rest of the light mixture. Combining in two stages helps to lighten the heavier mixture enough in the first stage to prevent overmixing during the second.

Fold your way to fluffy pancakes (see p. 166).

FLUFFY BUTTERMILK PANCAKES

Hands-on: 25 min. Total: 40 min.

- 3.5 ounces white whole-wheat flour (about 3/4 cup)
- 3.4 ounces all-purpose flour (about 3/4 cup)
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/8 teaspoon salt
- 1 1/2 cups low-fat buttermilk
- 2 large egg yolks
- 2 tablespoons canola oil
- 3 large egg whites

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk.
2. Combine buttermilk and yolks in a bowl; stir with a whisk. Gradually add buttermilk mixture to flour mixture; stir with a whisk just until moist (batter will be slightly lumpy). Stir in oil. Let stand 15 minutes.
3. Place egg whites in a medium bowl; beat with a mixer until medium peaks form. Spoon half of egg whites onto batter; gently fold in. Add remaining egg whites; gently fold into batter.
4. Heat a nonstick griddle or skillet over medium heat. Spoon 3 tablespoons batter per pancake onto griddle. Cook 2 minutes or until edges begin to bubble and bottom is browned. Turn pancakes over; cook 2 minutes or until done.

SERVES 6 *(serving size: 3 pancakes)*
CALORIES 222; **FAT** 7.2g (sat 1.2g, mono 3.7g, poly 1.7g); **PROTEIN** 9g; **CARB** 29g; **FIBER** 2g; **CHOL** 64mg; **IRON** 2mg; **SODIUM** 445mg; **CALC** 154mg

—Katie Barreira

CARING FOR CL COOKIES

Our cookies (see "Bake It Forward," p. 150) use a lot less fat and sugar than typical treats, so they're more delicate and shorter-lived; proper storage and packing are key. Here's how to keep your cookies from crumbling.

—Deb Wise (aka the Baking Goddess)



1. STICKY BARS AND COOKIES

This type of treat is best served within 1 to 2 days. The crisp parts and crusts can start to get soggy after that. Cheesecake bars can get grainy if frozen, but they'll keep, as will fruit-filled cookies and bars, covered and refrigerated for up to a week.

2. DROPPED, ROLLED, OR SLICED COOKIES

If serving the next day, just place these cookies on a plate, and cover with plastic wrap. To store for up to a week at room temp, stack carefully in a plastic storage container: Wrap cookies first in foil or plastic wrap, and then place in plastic storage container. Freeze if you plan to store the cookies for up to 1 month.

3. GRANOLA-STYLE AND BROWNIE-LIKE BARS

Because these can be crumbly, leave bar cookies in the pan they were baked in, and wrap securely. Store for up to 1 month frozen or 1 week at room temperature.

PREP-WISE

MESS-FREE POMEGRANATE

Pomegranate's bright red fruit and juice are festive, but they do stain. Use this method to keep fingers, cutting boards, and counters clean.



1. Slice off the top of the pomegranate, and then score the skin into four sections.



2. Place pomegranate in a bowl of water, and break apart along the scored lines.



3. Strain the water from the bowl through a sieve to catch the seeds (called arils).

ILLUSTRATION: STEVE SANFORD



nly

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Use It Up Challenge: Chestnuts

Like the creamy puree that enhances seared scallops on page 12, chestnuts deliver silkiness and toasty flavor to each of these holiday-ready recipes.

1 CHESTNUT HUMMUS

Preheat oven to 350°. Place 8 ounces **mushrooms** and 1/2 cup peeled and steamed **chestnuts** (such as Melissa's) on a baking sheet. Coat with **cooking spray.** Bake at 350° for 40 minutes. Combine mixture, 3 tablespoons **extra-virgin olive oil,** 2 tablespoons **lemon juice,** 1 tablespoon **tahini,** 1/2 teaspoon **black pepper,** 1/2 teaspoon **kosher salt,** 1 (15-ounce) can rinsed and drained **unsalted chickpeas,** and 2 **garlic cloves** in a food processor; process until smooth.

SERVES 8 *(serving size: 3 tablespoons)*
CALORIES 144; **FAT** 7g (sat 1g, mono 4.2g, poly 1.3g); **PROTEIN** 4g; **CARB** 17g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 135mg; **CALC** 38mg

2 CHESTNUT SOUP

Heat 1 tablespoon **unsalted butter** in a saucepan over medium heat. Add 1 cup chopped **onion** and 1/2 cup chopped **carrot**; cook 10 minutes. Stir in 1 1/2 cups peeled and steamed **chestnuts** (such as Melissa's), 2 teaspoons chopped **fresh thyme,** 1/4 teaspoon **ground ginger,** and 1/4 teaspoon **ground allspice**; cook 1 minute. Add 1/4 cup **apple brandy**; cook until reduced by half. Combine 3 cups **unsalted chicken stock** and 2 1/2 tablespoons **flour**; stir with a whisk. Add stock mixture and 1 cup **water** to pan. Bring to a boil; reduce heat, cover, and simmer 12 minutes. Place mixture in a blender. Blend until smooth. Return to pan; cook over low heat 3 minutes. Stir in 3/8 teaspoon **kosher salt,** 1 tablespoon **cider vinegar,** and 3/8 teaspoon **black pepper.**

SERVES 6 *(serving size: 3/4 cup)*
CALORIES 118; **FAT** 2.5g (sat 1.3g, mono 0.7g, poly 0.3g); **PROTEIN** 4g; **CARB** 17g; **FIBER** 1g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 204mg; **CALC** 42mg

3 CHESTNUT SPICE MILK SHAKES

Combine 1 1/2 cups peeled and steamed **chestnuts** (such as Melissa's), 1 cup **almond milk,** 1/4 teaspoon **kosher salt,** 1/4 teaspoon freshly ground **black pepper,** 1/4 teaspoon **ground nutmeg,** and 1/8 teaspoon **ground cardamom** in a blender; blend until smooth. Add 1 1/3 cups **vanilla low-fat frozen yogurt** to blender; blend until smooth.

SERVES 2 *(serving size: 1 cup)*
CALORIES 304; **FAT** 7.2g (sat 2.4g, mono 0.6g, poly 0.6g); **PROTEIN** 5g; **CARB** 55g; **FIBER** 1g; **CHOL** 13mg; **IRON** 2mg; **SODIUM** 407mg; **CALC** 287mg

4 CHOCOLATE-CHESTNUT CREAM BITES

Place 1 1/2 ounces chopped **bittersweet chocolate** and 3 tablespoons **heavy cream** in a microwave-safe bowl. Microwave at HIGH 20 seconds; stir. Repeat until chocolate melts. Stir in 1 tablespoon **chocolate liqueur.** Place 3/4 cup peeled and steamed **chestnuts** (such as Melissa's), 1 1/2 ounces **1/3-less-fat cream cheese,** 3 tablespoons **superfine sugar,** and a dash of **salt** in a food processor; process until smooth. Add chocolate mixture; process until combined. Divide mixture evenly among 15 toasted **mini phyllo shells.**

SERVES 15 *(serving size: 1 bite)*
CALORIES 70; **FAT** 3.8g (sat 1.7g, mono 0.5g, poly 0.1g); **PROTEIN** 1g; **CARB** 8g; **FIBER** 0g; **CHOL** 6mg; **IRON** 0mg; **SODIUM** 34mg; **CALC** 10mg

For a picture-perfect presentation, spoon filling into a piping bag, and then fill shells.



—Recipes by the CL Kitchen

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december recipe index

KEY

- QUICK & EASY
- GLUTEN FREE*
- KID FRIENDLY
- MAKE AHEAD
- FREEZABLE
- VEGETARIAN

**Read labels carefully; gluten hides in unexpected places.*

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STAFF RAVE

Our Highest-Rated Recipe from This Issue

MUSHROOM CARPACCIO
p. 136

"Thin slices make for a gorgeous plated display, and simple mushrooms shine with earthy goodness. I'd serve this at any holiday party."

—DARCY LENZ
ASSISTANT FOOD EDITOR

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For These Recipes

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wow!

You've got to try this

CHOCOLATE-CARAMEL BARK WITH QUINOA

Hands-on: 20 min.
Total: 25 min.

Using a dark (72% cacao) chocolate brings an intense, not-too-sweet, almost fruity flavor to this bark. If you prefer a sweeter chocolate, substitute bittersweet (60% cacao) chocolate.

- ½ cup uncooked quinoa
- ⅓ cup turbinado sugar
- 7 ounces dark (72% cacao) chocolate, finely chopped
- ¼ teaspoon sea salt

1. Heat a large nonstick skillet over medium heat. Add quinoa; cook 3 minutes or until lightly toasted, stirring constantly. Add the sugar; cook, stirring constantly, an additional 6 minutes or until sugar is melted and amber colored. Transfer mixture to a baking sheet lined with parchment paper; spread to a thin, even layer. Cool completely. Place cooled mixture in a zip-top plastic bag; gently tap with a rolling pin to break apart any clusters. Reserve ⅓ cup mixture; set aside.

2. Place chocolate in a microwave-safe bowl. Microwave at 20% power for 15 seconds; remove bowl from microwave, and stir. Repeat procedure about 4 or 5 times, microwaving and stirring until most of chocolate has melted. Let stand 1 minute or until chocolate is thoroughly melted and smooth, stirring occasionally. Stir in quinoa mixture (except reserved ⅓ cup).

3. Pour chocolate-quinoa mixture into a 13 x 9–inch baking dish lined with parchment paper. Spread to 1/16-inch thickness. Sprinkle with reserved ⅓ cup quinoa and sea salt. Gently press to adhere. Freeze 5 to 10 minutes to set. Break bark into 15 pieces (about 1 ounce each).

SERVES 15 *(serving size: 1 piece)*
CALORIES 121; **FAT** 6.3g (sat 3.9g, mono 0.1g, poly 0.2g); **PROTEIN** 2g; **CARB** 14g; **FIBER** 2g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 39mg; **CALC** 3mg

—Recipe by Cheryl Slocum

Watch our how-to video at cookinglight.com/wow.

WHOLLY CHOCOLATE BARK!
Caramelizing quinoa gives this bark lots of crunch. Enjoy as is, or sprinkle small pieces over yogurt.



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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