

47 ALL-TIME FAVORITE RECIPES

Clean Eating

SWEET SUMMER!

**TIPS,
SIPS &
GEAR**
to fuel every
adventure

**TACO
PARTY**
for the
whole
family

**+
CLEAN
WINE
GUIDE**



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Supports Heart Health[†]



Muscle Growth & Recovery[†]



Promotes Energy Production[†]



Helps Build Healthy Blood Cells[†]



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RECIPE

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FOOD STYLIST

Claire Stubbs

PROP STYLIST

Jane Hardin



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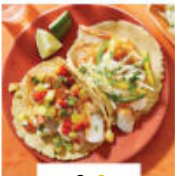


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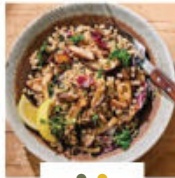
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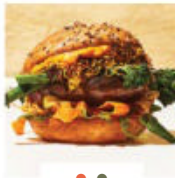
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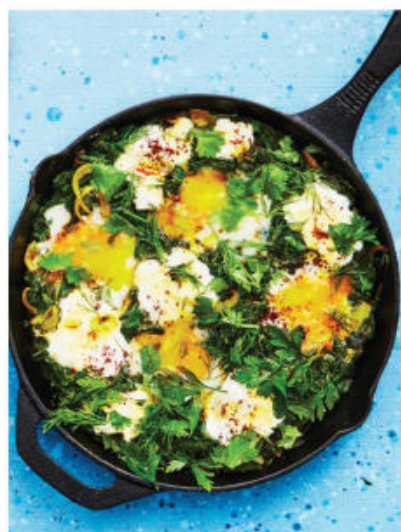
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Make Smart Eco Choices

Learn our tips for how to find truly eco-friendly products at markets and boutiques. cleaneating.com/eco-products



Cook Brain-Boosting Fare

Eat a healthy breakfast, coast all day. cleaneating.com/brain-foods



Build a Positive Relationship with Food

Delicious never felt so good. cleaneating.com/food-tips



Upgrade Your Lunch

Seasonal sandwiches pack a nutritional punch. cleaneating.com/sandwiches

Need Something?

Check out our *Clean Eating* Guides for research studies, news, meal plans and recipes that target heart health and inflammation.

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[ASK OUR EXPERT]

Q | I have a hard enough time staying hydrated. Any tricks for the hot summer months?

If you want to up your fluid intake, here are some easy (and delicious) ways to do it: **1.** Eat more water-rich foods like cucumber, celery, zucchini, cauliflower, peppers and radishes. Summer fruits—including watermelon, strawberries, cantaloupe, peaches and plums—are also hydrating. **2.** Schedule water breaks. Have a glass upon waking up and then set reminders on your phone throughout the day. **3.** If plain water is uninspiring, add cucumber slices, lemon or lime, fresh mint or berries to a large container, fill with filtered water and refrigerate. **4.** Make a big batch of herbal tea and refrigerate it. Mint, passion fruit, peach—you can use most any tea you like but stick to decaffeinated. Pro tip: Brew an extra batch, pour into ice cube trays and freeze so you can ice your tea without diluting it.

—**Beth Lipton**, *Clean Eating's* culinary nutritionist

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[ONLINE COURSES]

OutsideLearn

Learn everything you need to know about eating clean in this one-of-a-kind cooking and nutrition course. Chef James Smith covers the gamut from knife skills to advanced vegetable prep to making clean versions of your favorite recipes. Whether you're a motivated home cook or a health professional interested in the healing power of food, these lessons will help you transform the way you shop, cook and eat, so you can enjoy a healthier and more delicious life. <https://learn.outsideonline.com/clean-eating-101>

[SOCIAL]



I made the Hearty Chicken Quinoa Soup right after getting the new issue of *CE* and it's already a favorite. My husband said, "You can make this anytime!" I've been inspired to cook more and experiment in the kitchen because of your magazine!
—**Joanne Hofmeister**
Franklin TN

We want to hear from you! Tag your clean eats #CleanEatingMag or email CEeditorial@outsideinc.com.

Clean Eating

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MYCOBREW[®] MOCHA

This superfood formula combines 100% Arabica instant coffee, Lion's Mane, and Fair Trade Certified[™] cocoa and coconut sugar.



hostdefense.com



Out of Many, One

The many sides of Bonkosi Horn.

BY AMANDA M. FAISON

For Bonkosi Horn, wellness is not a check mark, not a daily one and done. “We live in a culture where you work out and then—you’re done, you’re good,” she says. “That’s not necessarily the case.” A lifelong athlete who played Division 1 volleyball at Butler University, Horn says that sport and being active has served as a platform to consider health from all angles. “It was a catalyst for my interest and desire to take as best care of my body and self as possible,” she explains.

Horn, who radiates positive energy, honed that line of thinking while working at Lululemon—where she spent a decade cultivating community and events around wellness. Ultimately she launched concept stores that expanded on the idea of connection by bringing in local artists, speakers, instructors and chefs to explore health on multiple

PORTRAIT PHOTO BRANDON LEE, FAMILY PHOTO BONKOSI HORN

levels. “We work out, do yoga, run, whatever, but what else is there for us that ignites us and gives us life?” she asks. “We tapped into looking at a person through the lens of all the things and what that does to our body.”

In 2019, she and friend Morrisa Jenkins opened Freedom Apothecary in Philadelphia, a clean beauty, wellness and community boutique. (Horn is the co-founder and creative director.) It’s also an event space that hosts workshops and gatherings.

As with all things Horn does, she appeals to the whole person. “We as humans are not one dimensional,” she says. And that’s the shop’s focus, to reach women—and women of color in particular—and create a space that they can sink into, connect with others and learn about the many sides of and the numerous



“When we take care of ourselves and our environmental well-being, we want to do more, we’re more equipped and more aligned with ourselves, which allows us to uplift others.”

resources for whole-person wellness. “When we take care of ourselves and our environmental well-being, we want to do more, we’re more equipped and more aligned with ourselves, which allows us to uplift others,” Horn explains. She brings that same energy to support Stripp’d Juice, a cold-pressed juice shop that her husband Khoran opened in 2015, and Guardhouse Café, which he opened in 2020.

But most important, she says, are their children, aged two, six, and 10. Weekends are often spent driving the kids from one sporting event to the next. “We’re here, we’re there,” Horn laughs. “It’s a lot of managing to ensure our kids see the active world.” But Horn, who sees sports as a jumping off point for a healthy and full life, wouldn’t have it any other way. ●



Scan for more tips to live an active, healthy lifestyle from *Clean Eating* and *Outside+*.

[THE HAPPENING]

Summa-time!

Sun-drenched festivals, small-town celebrations, and easy, peasy recipes are what summer is all about.

BY AMANDA M. FAISON



Must Have

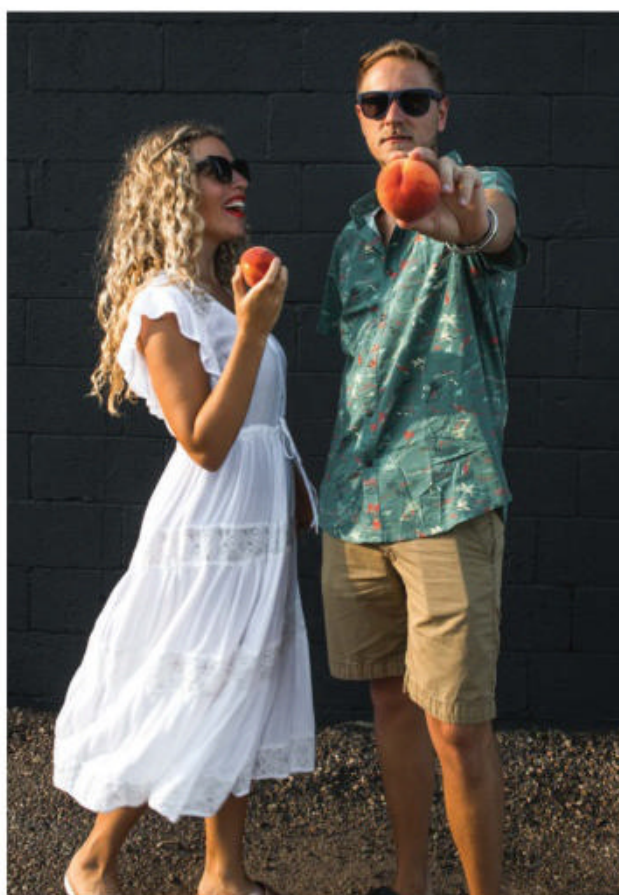
Author Suzy Karadsheh grew up in Port Said, Egypt, where she has vivid memories of transforming chickpeas and fresh herbs into falafel patties and rolling grape leaves alongside her mother. Today, she lives in the Atlanta area, and, along the way, she's built a following with "The Mediterranean Dish," a blog that explores the many flavors of the sunny region. Karadsheh's most favorite recipes and stories are now cataloged in her new cookbook of the same name, ***The Mediterranean Dish***, due out late summer. Page through for a combination of memories, travel and bright, easy and healthful dishes. **September, Clarkson Potter**

Great Grapes

When most people consider the US's best wine regions, they likely think of Napa or Sonoma or the Willamette Valley. But in recent years, New York's picturesque Finger Lakes have begun to top the list for many vinophiles. (In 2018, in fact, the area was named the top wine region in a *USA Today* reader's poll.) Never been? Well, July 7 to 10 is the time to sip and swill during the 25th annual **Finger Lakes Wine Festival** in Watkins Glen, NY. Plan for tastings, seminars, cooking demos and live music—oh, and cabanas where you can sip and lounge the day away. The fest coincides with the Glen's Masters Historic Grand Prix motor race—think of it as a two-birds-one-stone weekend. **flwinefest.com**

Peachy Keen

Georgia's famous fruit might grace license plates but those in the know beg, borrow and steal for peaches from Palisade, Colorado. The secret to the stone fruit's telltale sweetness? High altitude, hot days and cool nights, all of which combine to concentrate sugars and encourage big fruit. Dedicated peach lovers will make the pilgrimage to the 53rd annual **Palisade Peach Festival** in tiny Palisade, CO (population 2,700) where all things peach, including activities, foods, contests and entertainment will be on full display August 12 and 13. **palisadecoc.com**



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[FOODIE FAVES]

Outside Eats!

Camping, schmamping. We like to eat like we're glamping. Here's what's in our cooking kit for best-ever outdoor meals.

BY AMANDA M. FAISON, PHOTOGRAPHY BY NADIA ANOCHIE



3 Acid Test

The saying may go that you catch more flies with honey than vinegar, but we live and die by a dose of Acid League's garden heat vinegar. Made with carrot, celery and jalapeño juices, its bright and sharp flavor almost stands in for a hot sauce.

\$15, acidleague.com

4 Salt of the Earth

With Jacobsen Salt Co.'s set of eight, you can taste your way around the world in each salt flake. Pack your favorite vial when venturing outdoors, and never will a dish lack the pop that a pinch of salt adds.

\$30, jacobsensalt.com

5 Sunshine Distilled

The three-jar trio of V Smiley Preserves—Raspberry Redcurrant Geranium, Cherry Rosehip Hibiscus and Lavender Blackberry Rhubarb—is summer. We have yet to find a cracker or cheese that doesn't benefit from a spoonful. **\$21-\$40, vsmileypreserves.com**

1 But First, Coffee

Alpine Start's Coffee with Benefits is a delicious instant joe that delivers immunity and focus thanks to 110 mg of caffeine plus lion's mane and reishi mushroom extracts. Built-in coconut creamer means one less thing to pack.

\$20, alpinestartfoods.com

2 Just a Drop

Dram Apothecary's aromatic and botanical bitters are just the thing to boost digestive health and the immune system. Mix a couple drops into water, tea, a cocktail or directly into dishes and baked goods. The tiny bottles allow you to take them anywhere—and taste them all.

\$30 for set of 5, dramapothecary.com

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Clean Wines for Summer Sipping

Sommelier Andrea Morris explains clean wines and recommends her favorite seasonal pairings.

BY HEATHER ADAMS, PHOTOGRAPHY BY RONALD TSANG

There are plenty of buzzwords surrounding wines both bottled and canned. You'll find every kind of varietal touted as organic, natural and, yes, even clean. But do these words hold any real meaning when they're used in connection with wine? And, more importantly, can wine really be "clean"?

As Andrea Morris, Beverage Director of the renowned Union Square Cafe in New York, NY and an Advanced Sommelier with the Court of Master Sommeliers, explains, there's really no such thing as "clean" or "unprocessed" wine. "The word 'processed' is such a tricky word in wine because making wine is a process. I think using 'low intervention' is more useful... [Wine] doesn't happen naturally."

All wines, Morris explains, require some level of intervention. But it's not solely about additives, ingredients or even the grapes themselves. It starts with how grapes are cultivated and harvested, and what practices are in place at any given vineyard. "Any great winemaker in any region in the world is going to tell you that great wine is made in the vineyard rather than in the winery," she explains. "At the end of the day, I think the discussion [about] clean wine really has to be a discussion of what's going on in the vineyard and not just in the bottle, in the winery."

As you search for the perfect warm weather wine to sip this summer, look for low-intervention wines made with organic grapes. These wines, Morris points out, are typically free of fillers, extracts and coloring agents. "If you're starting with these beautiful, well-tended grapes, you're not going to add a bunch of extracts."

Here, Morris shares some of her favorite low-intervention wines to pack for picnics, beach days and sunny summer get-togethers.



For more on clean wines and how to pair them, scan for the *Clean Eating* Guide to Summer Drinks.



1

Hope Well Chenin Blanc

Created by winemaker Mimi Casteel at Hope Well in Willamette Valley, Ore., this Chenin Blanc is a total treat. "It's just delicious and super refreshing," Morris says. With Casteel's background in forestry and agriculture, this is a wine that's intimately tied to the land its grapes are grown on. And Morris points out that Hope Well is a leader in the regenerative farming movement, making this white a sustainable pick, too.



2
**Mas Jullien Coteaux
du Languedoc Rosé**

This darker-hued rosé is one that Morris considers a great value. She calls this selection from the Languedoc region in France “slightly funkier” in all the best ways, and it’s a standout when it comes to organic grapes and low-intervention practices. Plus, its fuller body makes it a perfect picnic sip. “It can stand up to whatever you bring on your picnic,” Morris notes.

3
Aslina Sauvignon Blanc

If you’re searching for a distinctive choice, a bottle of this South African Sauvignon Blanc delivers, both in its delicious flavor profile and its impressive background. Winemaker Ntsiki Biyela first launched Aslina Wines in 2016, and though she’s something of a newcomer, her wines are already noteworthy. “She’s actually the first woman of color to have her own winery in South Africa, which is incredible,” Morris points out.

4
Maker Pinot Noir

This red wine created by Handley Cellars in Anderson Valley, Calif. packs one impressive punch in a convenient, grab-and-go can. It’s dry, with 0 grams of sugar, but it doesn’t skimp out on flavors: The fruit-forward wine boasts notes of cherry, cranberry and plum paired with a hint of spice. Plus, this award-winning Pinot is organically farmed, woman-owned and super popular—it sells out time and time again.

Backyard's Best

An outdoor bash requires the ultimate tools. BY AMANDA M. FAISON



PUT ON A SHOW

When it comes to impressing your friends, the Ooni Fyra Pizza Oven is next level. Wood-fired perfection, coming right up. **\$350, [food52.com](https://www.food52.com)**



EXTRA HANDS

With a name like The Splitter, you know Full Windsor's titanium multitools deliver the spring and snap your grill deserves. Made from a spatula and a spork, this tool is a multitasker. **\$55, [full-windsor.com](https://www.full-windsor.com)**



FULL-COURT PRESS

You could roll tortillas but with a cast-iron tortilla press like Williams Sonoma's, why would you? The heavy plates and arm provide the leverage for ideal thickness. **\$30, [williams-sonoma.com](https://www.williams-sonoma.com)**



STICK WITH IT

Trade out your wooden skewers for Crate & Barrel's stainless steel sliding skewers. They have a nifty disc that makes pulling off grilled meat and veggies a snap. **\$20 for set of 4, [crateandbarrel.com](https://www.crateandbarrel.com)**



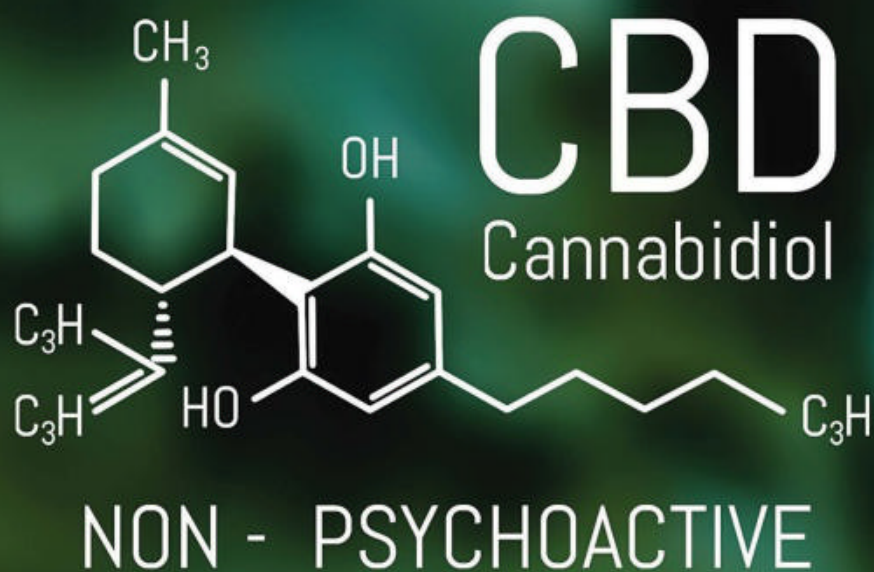
MINI ME

Few dishes elicit more smiles than when they're served miniature. Add a mini cast-iron skillet and everyone will swoon. Bonus: Lodge's 3.5-inch cast-iron skillet arrives seasoned. **\$9, [lodgecastiron.com](https://www.lodgecastiron.com)**



SLICE, SLICE BABY

The most fundamental of kitchen tools, the knife, is also a work of art. Just hold New West KnifeWorks' 6-inch petty with an engineered composite handle for proof. **\$220, [newwestknife](https://www.newwestknife.com)**



MY LIFE WITH CBD...

Feels, well, just a little bit easier.

Life really does fly by. Before I knew it, my 40's had arrived, and with them came some new gifts from dear ol' Mother Nature—frequent stress, low energy and sleeplessness. Now, I'm a realist about these things, I knew I wasn't going to be young and springy forever. But still, with "middle-age" nearly on my doorstep, I couldn't help but feel a little cheated. That is until I found my own secret weapon. *Another gift from Mother Nature.*

It began a few months back when I was complaining about my stress to my marathon-running niece, Jen. She casually mentioned how she uses CBD oil to help with her. She said that CBD gave her more focus and clarity throughout the day and that her lingering muscle and joint discomfort no longer bothered her. She even felt comfortable signing up for back-to-back marathons two weekends in a row this year.

That made even this self-proclaimed skeptic take notice. But I still had some concerns. According to one study in the Journal of the American Medical Association, 70% of CBD products didn't contain the amount of CBD stated on their labels. And, as a consumer, that's terrifying!

If I was going to do this, I needed to trust the source through and through. My two-fold research process naturally led me to Zebra CBD.

First, I did a quick online poll—and by that, I mean I posed the CBD question on my Facebook page. Call me old fashioned but I wanted to know if there were people whom I

trusted (more than anonymous testimonials) who've had success using CBD besides my niece. That is how I found out that Zebra CBD has a label accuracy guarantee which assures customers like me what is stated on the label is in the product.

Secondly, I wanted cold hard facts. Diving deep into the world of CBD research and clinical studies, I came across Emily Gray M.D., a physician at the University of California at San Diego (UCSD) Medical School and medical advisor to Zebra CBD who is researching the effects of CBD. Dr. Gray wrote "early results with CBD have been promising and we have a lot of research underway now. I've had several patients using CBD with good success. It's important that you know your source of CBD and how to use it properly."

After hearing it from the doctor's mouth, I returned to my online poll and was amazed by the number of close friends and family who were already on the CBD train. Apparently, I was the only one without a clue! And funny enough, a couple of friends who commented were using the same brand as my niece—Zebra CBD. There was no consensus as to why they were using CBD, but the top reasons given were for tension & stress, muscle & joint discomfort, mood support, sleep support, as well as supporting overall health & wellness.

Eventually, even the most skeptical of the bunch can be won over. With a trusted CBD source in mind, I decided to give it a go.

When I viewed Zebra CBD's selection online, I was impressed by its array of products, including CBD oils called tinctures, topicals, chewable tablets, mints and gummies. After reading on their website that all their products are made with organically-grown hemp, I ordered... and it arrived within 2 days!

The first product I tried was the rub. Now this stuff was strong. Immediately after rubbing it on my knee, the soothing effects kicked in. It had that familiar menthol cooling effect, which I personally find very relieving. And the best part is, after two weeks of using it, my knee pain no longer affected my daily mobility.

The Zebra Gummies, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest chewing thoroughly. This was simple enough, and the taste was, well, *lemony*. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly; it's definitely not a "high" feeling. It's more like an overall sense of relaxation—a chill factor. Needless to say, I've really enjoyed the gummies.

While it hasn't been a catch-all fix the fact that I worry about everything, it has eased the level and frequency of tension. And it sure doesn't seem like a coincidence how much better I feel.

All-in-all, CBD is one of those things that you have to try for yourself. Although I was skeptical at first, I can safely say that I'm now a Zebra CBD fan and that I highly recommend their products.

Also, I managed to speak to a Zebra CBD representative and negotiate an exclusive offer. If you order this month, you'll receive \$10 off your first order by using promo code "CE10" at checkout. You can try it yourself and order Zebra CBD at ZebraCBD.com/Clean or by calling 888-762-2699.



1. RAY OF LIGHT
Allsop's ethereal
**Mediterranean Solar
Market 12-inch
Lanterns** look light
and airy but since
they're made from a
Tyvek-paper blend,
they're durable too.
\$50, [food52.com](https://www.food52.com)

sun dappled

Summer is all about getting outside, soaking up the vibe and celebrating alfresco. Settle in, because these must-haves ratchet up the chill factor.

BY AMANDA M. FAISON



2



3



4

editors'
pick



5



6



7



8



9

2. ALL IN ONE Pottery Barn's white enamel flatware caddy is cute enough to sit right on the table. \$40, potterybarn.com
3. MOVIE NIGHT The pocket-size Kodak Luma 150 portable projector streams directly from your smart phone or iPad. Watch a movie or project images for a background vibe. \$220, amazon.com
4. INSTANT AMBIENCE Mexican river pebbles offset the clean, geometric-lines of Williams Sonoma Home's TerraFlame Geo tabletop fire bowl. \$100, williams-sonoma.com
5. KEEP YOUR COOL Plastic coolers don't lend much character. Instead, chill the drinks in BREKX's gorgeous anchored double-walled beverage tub in rose copper. \$97, brekx.com
6. SINK INTO IT The bean bag has come a long way. Want proof? Enter the fade- and weather-resistant (and dreamy) Sunbrella outdoor bean bag from West Elm. \$300, westelm.com
7. JAM BAND Designed to withstand water, dust and even a bruise or two, the go-everywhere Bose SoundLink Flex Bluetooth portable speaker brings the party wherever you go. \$150, bose.com
8. SHOWPIECE Woven from ketak, a grass that grows wild in the peat fields of Lombok, Indonesia, Crate & Barrel's Artesia tray can be used to carry items to the patio just as well as it can sit on the coffee-table holding collectibles. \$45, crateandbarrel.com
9. DRINK RESPONSIBLY Pair style with outdoor function with Guzzini's Tierra low plastic drinking glasses. \$55, wayfair.com ●



[FIVE THINGS]

The Accidental Entrepreneur

Kristy Lewis' undying love of popcorn led to Quinn Snacks.

BY AMANDA M. FAISON



Kristy Lewis, founder and chief visionary officer of Boulder, Colorado-based Quinn Snacks, got into the snack business by accident. When she was 22, Lewis dissected a bag of unpopped microwave popcorn. She found metal and plastic receptors and a congealed yellow pad of “butter,” and remembers thinking, “We shouldn’t be eating this.” Lewis began popping organic kernels in paper lunch bags and then adding her own toppings. When, in 2002, health concerns arose about diacetyl, a chemical imparting buttery flavor, she felt justified. “I kept thinking, someone should come out with a clean, healthy option so we can have that classic Americana snack back,” Lewis says. Eight years later, she decided to do it herself.

PHOTOS BRAYDEN HEATH PHOTOGRAPHY

1 – The search for nostalgia... As a child of the '80s, Lewis would bike to her best friend's house where they would anxiously wait while kernels of Orville Redenbacher or Pop Secret would bloom into popcorn. "The snack ties my core memories together," she says. In her early 20s, when Lewis landed what she thought was her dream job in publishing, she was, instead, miserable. Every day she would go home and make microwave popcorn and watch movies. Microwave popcorn was fast, yes, but Lewis thought, "Something was off. I kept thinking 'What has happened to this real food?'"

2 – Now or never... When Lewis was on maternity leave with her first child, Quinn, she decided it was go-time. "After waiting eight years, I thought 'I can go in and do this for three months and if it doesn't work, I'll just go back to work.' I hit every dead-end but somehow I just kept going."



3 – A passion becomes a mission... "It's important to know that why I got here isn't why I stayed. When we started it was, 'How do we take the fake stuff out?' I had no understanding of the food industry. I started opening a can of worms and I realized there was no transparency. It became, 'We need to reimagine this category and, wow, we need to reimagine the whole food system and, wow, we need to challenge everyone.'"

4 – The leap... When Lewis' son couldn't tolerate wheat, she widened the company's vision to include snacks beyond natural popcorn. It expanded into gluten-free pretzels and then gluten-free peanut butter pretzel nuggets. "We launched at Whole Foods to see what would happen, and it just worked," she says. "Consumers were looking for gluten-free nuggets that were also free of corn, soy, wheat and dairy. They started to understand that Quinn makes pretzels as well as popcorn. Without the nuggets, [the company] probably would have just kept chugging along."



5 – The sky's the limit... "We go after the difficult—that's what makes us different. That's where you can change things for the better. It's challenging, it's costly, but we're paving a new path around snacking," Lewis says. That energy underscores the company's "Be Better. Do Better." pledge, which entails pushing agriculture in the right direction by supporting regenerative farming, investing in and furthering soil science and leaving a mark through policy action. ●



BOOST IT!

Dig into collagen-rich dishes like kefir ranch chicken with veggies. Visit cleaneating.com/kefir-chicken



The Multitasker

Collagen usually makes headlines for its skin-saving benefits. But did you know that it's also an essential nutrient for joint health? (Especially if you sit at a desk all day.)

BY VERA TWEED

PHOTO DARREN KEMPER

Spending long hours at a computer in any setting is stressful on the joints.

But working from home can be especially challenging because it eliminates the need to get up and move around like we would in an office setting. Hurrying over to a coworker's desk, going out for lunch or walking down the hall to a meeting may seem like minor activities. But without these, many people just sit at a computer for hours on end. And that immobilization may be bad for joint health.

When working from home, it's a good idea to take walk or exercise breaks. And supplementing with Type 2 collagen and collagen peptides may provide extra nutritional support to keep your joints in good shape (with the added benefit of healthier skin).

TOP REASONS TO TAKE COLLAGEN

Collagen—the most abundant protein in the body—is the main component of connective tissue, which provides structure to skin, tendons, ligaments and other tissues. Although our bodies make it from amino acids, you may not be getting enough from your diet alone.

On product labels, you may see terms such as “peptides,” “hydrolysate,” or “hydrolyzed.” All of these terms mean that the collagen

has been broken down into a form that can easily be assimilated by the human body. Some benefits include:

■ Joint-Pain Relief:

A meta-analysis, published in 2019 in *International Orthopaedics*, reviewed the effect of collagen supplementation on osteoarthritis. The review found that many studies suggest that collagen is effective in improving osteoarthritis symptoms.

Another study tested 39 subjects, aged 45 to 70, who suffered from osteoarthritis of the knee. They were divided into two groups; one group received 10 mg daily of collagen combined with acetaminophen, the other acetaminophen alone. After 90 days, significant improvement in joint pain, function and quality of life was found in the collagen combined with acetaminophen group.

■ Skin Health: In a study published in 2019, a group of 72 healthy women, aged 35 years or older, were given either a placebo or a mixture containing 2.5 grams of collagen peptide for 12 weeks. The result: The collagen mixture significantly improved skin hydration, elasticity and roughness.

COLLAGEN IN PILL FORM

UC-II, short for “undenatured type II collagen” and often referred to as Type 2

collagen, is a major component of the cartilage that cushions the ends of bones at the joints and helps to keep joint motion fluid. UC-II supplements promise to help reduce the inflammation that damages joints and causes pain. In one study in *Nutrition Journal*, 191 subjects were divided into three groups. The group receiving 40 mg of UC-II daily for 180 days reported a significant reduction in knee osteoarthritis symptoms.

POWDER VS. PILLS

Powders can be used just like any other type of protein supplement. Collagen is tasteless and can dissolve in any type of liquid—such as coffee, plant milk, smoothies and soups—and can even be mixed into foods with a lot of water content, like oatmeal. Most supplements suggest a daily dose. Research suggests that dosage depends on *why* you're taking the supplement, but doses between 2.5 and 15 grams daily appear to be safe and may offer benefits.

FOOD SOURCES

Collagen is most concentrated in the bones, tendons, ligaments and skin of animals and fish—parts that most people don't typically eat. (While the protein occurs only in animal tissues, vegan supplements may benefit those who choose not to consume animal products.)

Aside from the more obvious sources (like chicken and fish and simmering bone broth low and slow), egg whites are also a reliable source because they contain proline, an amino acid that promotes collagen production.

Meanwhile, Vitamin C (from foods like sweet peppers, citrus, kiwi, pineapple, berries, tomatoes, broccoli and Brussels sprouts) boosts our internal collagen production. Spirulina is also a mighty source of Vitamin C—and it can easily be added to smoothies.

Per usual, a varied diet does the body (and its joints and skin) good. ●

“Collagen—the most abundant protein in the body—provides structure to skin, tendons, ligaments and other tissues.”

WHAT IS AVAXHOME?

AVAXHOME-

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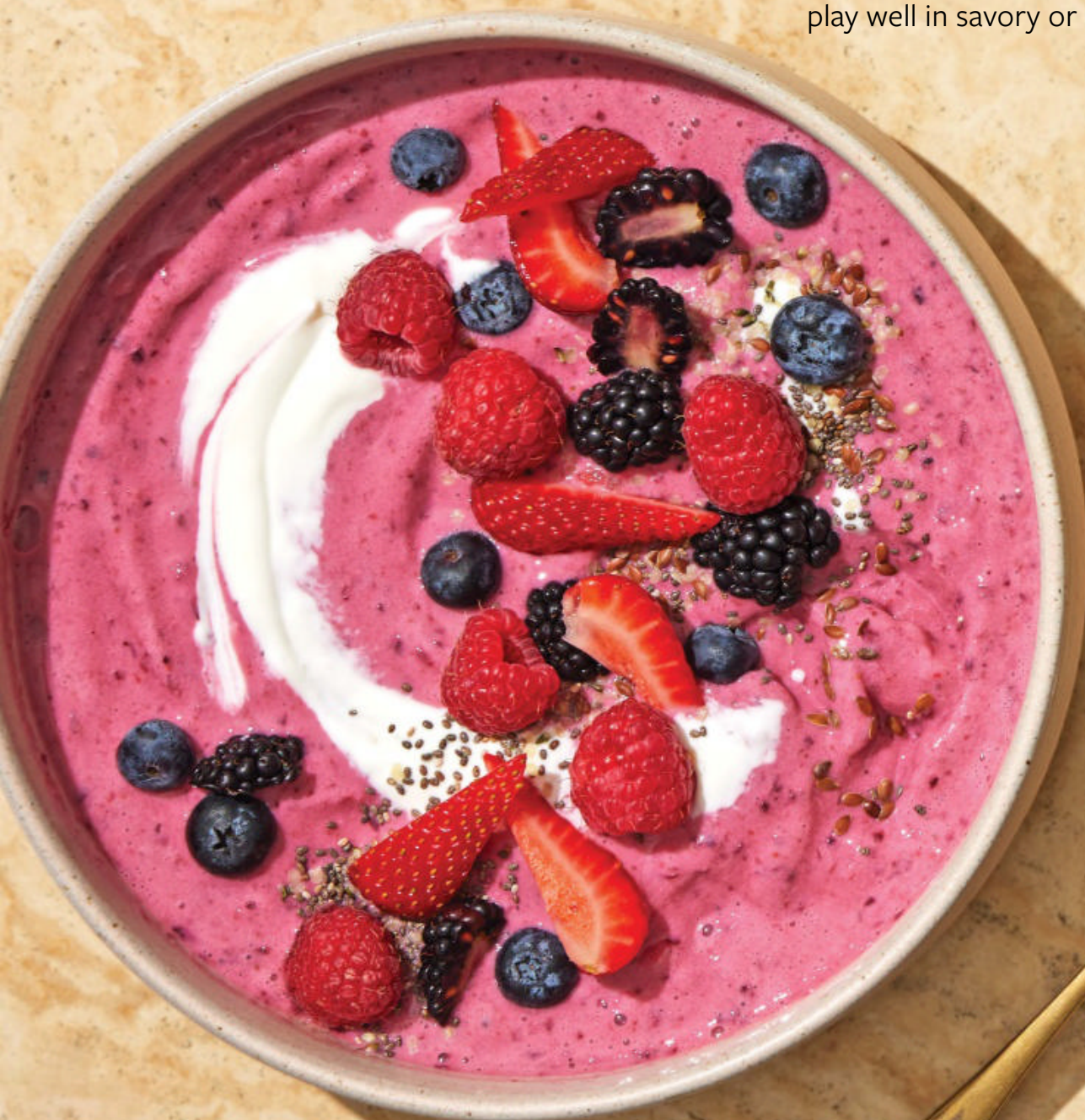


[THREE WAYS]

Tropical Punch

RECIPES BY SARAH SWEENEY, PHOTOGRAPHY BY ROB FIOCCA

Of African origin, hibiscus or Jamaican sorrel, is an important staple in West Indian and Mexican cooking. Hibiscus is sour enough to make you pucker and tropical enough to evoke the islands. Popularly brewed as a tea, the dried petals play well in savory or sweet recipes, too.



FOOD STYLING MICHAEL ELLIOT, PROP STYLING CAITLIN SPEERS

**HIBISCUS EMPANADAS**

(TOP): Bite into these pastries and find a burst of color from hibiscus and smokiness from the chipotle peppers. Dip into crème fraîche and serve with a side salad.

HIBISCUS BARBECUE

SAUCE (MIDDLE): This sauce is defined by its brilliant hue and its grill-friendly tang. Plus it's sweetened with molasses and honey.

HIBISCUS-BERRY SMOOTHIE BOWL

(BOTTOM): The infinitely customizable smoothie bowl gets a radiant reboot with vitamin C-rich hibiscus. Don't skip the frozen banana, it lends creaminess and balances the tartness.



Find dried “flor de Jamaica” at specialty markets and tea shops.

■ *To rinse hibiscus, place it in a large bowl and cover with hot water. After 10 minutes, massage to loosen any grit. Drain and rinse several times, until the water is clear of grit.*

Hibiscus Empanadas

SERVES 8.

HANDS-ON: 45 MINS. TOTAL: 2 HRS, 30 MINS.

EMPANADA

- 2¼ cups white whole-wheat pastry flour
- 1½ tsp salt
- ½ cup coconut oil
- 1 large egg
- ⅓ cup ice water
- 1 tbsp apple cider vinegar

FILLING

- 2 tsp extra-virgin olive oil
- 1 small white onion, diced
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 2 tbsp adobo sauce from a jar of chipotle chiles
- 1½ cups hibiscus petals, soaked and rinsed thoroughly
- 1 tbsp honey
- 1 lime, juiced
- ½ tsp salt and pepper, each
- ½ cup finely chopped fresh cilantro
- 1 large egg

1. Whisk flour and salt in a large bowl. Blend in coconut oil with a pastry cutter until the mixture resembles a coarse meal.
2. Beat egg, water and vinegar in a small bowl. Add to flour mixture, stirring until just incorporated.
3. Turn out mixture onto a lightly floured surface and gather together. Knead gently with the heel of your hand once or twice, just enough to bring the dough together. Form into a flat rectangle and chill, wrapped in plastic wrap, at least 1 hour.

4. Heat oil over medium heat in a large sauté pan. Add onion and cook until soft and translucent, about 4 minutes. Add garlic, cumin and adobo; continue cooking for another 3 minutes. Add hibiscus, honey, lime juice, salt, pepper and 3 cups water. Bring to a simmer. Reduce heat to low, simmer for 20 minutes, until liquid is reduced and hibiscus is tender. Stir in cilantro.

5. Divide chilled dough into 8 pieces and roll one out into a 5-inch circle. Place ¼ cup of filling on one half. Fold over the disc to seal the edges. Start at one corner of the empanada, and fold a triangle of dough from the seal edge down over itself. Press down to seal it, and fold and twist a second triangle right next to the first. Press it down to seal and repeat, continuing all the way around the edge. Place on a parchment-lined baking sheet and refrigerate for 30 minutes.

6. Preheat oven to 400°F. Whisk the egg with a splash of water and brush over empanadas. Bake for 20 to 22 minutes until golden brown.

⅓ of recipe: Calories: 345, Total Fat: 16 g, Sat. Fat: 12 g, Carbs: 44 g, Fiber: 3 g, Sugars: 4 g, Protein: 5 g, Sodium: 525 mg, Cholesterol: 23 mg

Hibiscus Barbecue Sauce

MAKES 1½ CUPS.

HANDS-ON: 20 MINS. TOTAL: 35 MINS.

- 1 tbsp extra-virgin olive oil
- 1 small onion
- 2 cloves garlic, chopped
- 1 tsp paprika
- 1 tsp onion powder
- 6 oz organic tomato paste
- ¾ cup hibiscus petals, soaked and rinsed thoroughly
- ¼ cup apple cider vinegar
- 2 tbsp blackstrap molasses
- 2 tbsp Dijon mustard
- 2 tbsp honey

1. Heat oil in a saucepan over medium heat. Add onions; cook until translucent, about 4 minutes.

Add garlic, paprika, onion powder and tomato paste. Stir and cook for 2 minutes. Stir in hibiscus, vinegar, molasses, Dijon, honey and ¾ cup water. Simmer 15 minutes, until hibiscus has softened and liquid has reduced. Remove from heat and cool slightly.

2. Transfer to a high-speed blender and blend on high for 1 minute; until smooth. Brush on chicken, pork, shrimp, veggies or fruit before grilling. Store leftovers in an airtight container in the refrigerator for up to 2 weeks.

¼ of recipe: Calories: 179, Total Fat: 4 g, Sat. Fat: 0.6 g, Carbs: 33 g, Fiber: 3 g, Sugars: 20 g, Protein: 4 g, Sodium: 223 mg, Cholesterol: 0 mg

Hibiscus-Berry Smoothie Bowl

SERVES 2.

HANDS-ON: 10 MINS. TOTAL: 10 MINS.

- 2 tsp chia seeds
- 2 tsp golden flax seeds
- 2 tsp hemp hearts
- 1 cup full-fat yogurt, divided
- ½ cup hibiscus petals, soaked and rinsed thoroughly
- ½ cup unsweetened almond milk
- 1 banana, sliced and frozen
- 1 cup strawberries, frozen
- 1 tbsp honey
- ½ cup mixed berries, sliced

1. In a small bowl, stir together the chia seeds, flax seeds and hemp hearts. Set aside.
2. Place ⅔ of the yogurt in a high-speed blender or food processor. Add hibiscus, almond milk, banana, frozen strawberries and honey. Blend on high for 1 minute until smooth.
3. Pour mixture into two bowls. Swirl in the remaining yogurt. Sprinkle chia mixture over smoothie and top with mixed berries.

½ of recipe: Calories: 289, Total Fat: 9 g, Sat. Fat: 3 g, Carbs: 48 g, Fiber: 8 g, Sugars: 28 g, Protein: 9 g, Sodium: 108 mg, Cholesterol: 16 mg

Since hibiscus is often grown alongside or in close proximity to peanuts, those with severe peanut allergies should avoid it. ●



EAT GREAT, FEEL GREAT

Morning Shake Can Help You Lose Weight

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy

and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined

to make the first natural, non-GMO nutritional shake & green superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for our readers: if you order this month, you'll receive \$10 off your first order by using promo code **"CE10"** at checkout. You can order INVIGOR8 today at www.Invigor8.com or by calling 1-800-958-3392.

Lighten Up

If you've had an air fryer in your online cart since the start of the pandemic, it's time to commit. Let's just say it'll change your life.

BY ELIZABETH SHAW, MS, RDN, CPT, PHOTOGRAPHY BY ROB FIOCCA

AIR-FRYER
CRISPY FISH
P. 34

AIR-FRYER
FRENCH FRIES
P. 34

It happens all the time: A cooking fad or kitchen gadget rockets to it-girl status—and then flames out. That is *not* the case with the air fryer. This miracle of a tool (which delivers crispy crunch with minimal fat) adds incredible dimension to your cooking. Even if you rolled your eyes initially, now's the time to hop on the bandwagon. Five reasons why:

1. Buy back time Because they're more compact and efficient than your traditional oven, air fryers drastically lessen cooking duration for many recipes. Lauren Manaker, MS, RDN, LD, registered dietitian and author of *Fueling Male Fertility*, agrees: “I didn’t realize how quickly I could cook my favorite foods. Sides and main meals that my entire family loves come to life in 10 minutes or so!”

2. Save money Cooking in a fraction of time means you're also saving energy. Consider this: It's mid-July and you're craving cookies. You turn on the oven and then compensate by turning up the AC. Not so with an air fryer. An added bonus: Since cooking is faster than ever, you'll likely dine out less often. That's a win-win for your health and your wallet.

3. Ratchet up the nutrition Many brands promote that air frying can decrease a recipe's total fat by up to 75 percent. This, of course, depends on what you're making but it's largely true. When you submerge or deep-fry items in gobs of oil, they retain fat and calories. Air-fried foods, on the other hand, use just a tablespoon or so of oil.

4. Eat more veggies While air fryers may be best known for creating more health-conscious “fried” foods, they're also a fantastic tool for varying your veggies. Manaker makes air-fried potato wedges to pair with hummus and air fries apple slices for a quick, crunchy snack to eat with nut butter. “Think outside the traditional carrot and celery stick,” she says. “Pop your favorite produce picks into the air fryer to make eating more fruits and vegetables easy and interesting.”

5. Make food fun Looking to get your family or friends involved in the kitchen? A fun new gadget like an air fryer (look, kids, magic!) can do the trick.

Just Do It!

Must-have models—from entry-level to pro.



CURIOUS BUT NOT

100% COMMITTED

A great entry point, the Cuisinart AFR 25 is affordable yet reliable. Two drawbacks: manual controls and a tray that only swaps direction by hand. But, it's also a toaster oven.

\$100, amazon.com



WHEN AIR FRYING IS

YOUR NEW FAVE THING

The Cruxgg 6-in-1 9-quart air fryer looks pretty and it's got a double-basket option, allowing you to fry on one side and roast on the other. Digital precision makes it a breeze to press it and set it. **Starting at \$170, cruxgg.com**



ALL IN WITH

ZERO REGRETS

From reheating to air frying to making pizza, the Ninja Foodi 13-in-1 Dual Heat Air Fry Oven also folds up, saving you valuable countertop space.

\$300, ninjakitchen.com

Air-Fryer Crispy Fish

SERVES 4.

It's the crispy, crunchy texture you crave when eating fried fish, but with less than half the fat. Here we call for snapper for its flaky texture, but you can just as easily swap in catfish.

HANDS-ON: 10 MINS.
TOTAL: 24 MINS.

- ¼ cup yellow cornmeal
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- ¼ tsp salt and pepper, each
- 1 large egg
- ⅔ cup whole-wheat panko
- 2 snapper fillets* (about 5 to 6 oz each, 12 oz total)
**US farm-raised catfish is a sustainable second choice.*
- 2 tsp avocado oil (or avocado oil mist, to coat)
- lemon wedges and tartar sauce or desired dipping sauce, for garnish

1. In a shallow dish, combine cornmeal, garlic powder, cayenne pepper, salt and pepper; set aside. Crack the egg into a second dish, beat, then set aside. To a third dish, add the whole-wheat panko.
2. Pat the fish dry, then take a sharp knife and cut each fillet into 3 long strips. Cut the strips in half, yielding 6 pieces per fillet.
3. Preheat air fryer basket to 400°F. Dredge the fish in the cornmeal and spice mixture, shaking off any excess. Then dip spiced fish pieces into the egg, allowing excess to drip off before coating both sides with whole-wheat panko. Place on parchment-lined tray. Repeat until all pieces are coated.
4. Using a kitchen brush, lightly coat fish with avocado oil before placing in the air fryer basket. You can also use an avocado oil mist.
5. Air fry for 4 minutes, then flip, and cook for another another 3

minutes. (Fish should reach an internal temperature of 145°F.) Remove and let cool for 2 to 3 minutes before serving. Cook in batches—you may need to do two rounds, depending on your air fryer.

6. Garnish with lemon wedges, tartar sauce or desired dipping sauce. Serve with Air-Fryer French Fries, below.

■ *Air fryer temperatures vary slightly with each model. Pay close attention while cooking and remove once fish reaches 145°F.*

¼ of recipe: Calories: 231, Total Fat: 9 g, Sat. Fat: 2 g, Carbs: 18 g, Fiber: 2 g, Sugars: 1 g, Protein: 18 g, Sodium: 319 mg, Cholesterol: 96 mg

Air-Fryer French Fries

SERVES 4.

The hallmark of air-fryer fries is their crispiness. The key is leaving plenty of space between the sliced potatoes for the air to circulate while cooking.

HANDS-ON: 20 MINS.
TOTAL: 40 MINS.

- 2 medium Yukon gold potatoes
- 2 cups filtered water
- 2 tsp avocado oil
- ¼ tsp salt
- chopped parsley and dipping sauce for serving

1. Wash potatoes under cool, running water. Use a paper towel to scrub away any dirt. ■ *This step helps to reduce the starch in the potatoes, lowering acrylamide production.*
2. Fill a clean bowl with filtered water. Using a sharp knife, cut away any bruised areas of the potato, then cut lengthwise into fourths. Cut each fourth into 4 to 6 long fry pieces, depending on thickness preference. Repeat until all fries are cut, then toss them in the water and let sit for 15 minutes.
3. Preheat the air-fryer basket to 400°F. Remove fries from water and

pat dry with a clean towel. Once dry, toss fries in a bowl with avocado oil and salt.

4. Set fries in the air-fryer basket, making sure to leave enough space between them to crisp.
 5. Air fry for 5 minutes, then shake the basket every 5 minutes until outer edges begin to brown and fries are crisp but not charred. Fries will be done within 15 to 20 minutes, depending on the air fryer. Cook in batches—you may need to do two to three rounds, depending on the size of your air fryer.
 6. Garnish with chopped parsley and enjoy with desired dipping sauce.
- *Air fryer temperatures vary slightly with each model. Pay close attention while cooking and remove once browning starts.*

¼ of recipe: Calories: 103, Total Fat: 2 g, Sat. Fat: 0.3 g, Carbs: 21 g, Fiber: 2 g, Sugars: 1 g, Protein: 2 g, Sodium: 157 mg, Cholesterol: 0 mg ●

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Meals in Minutes

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n' Eat



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The Minimalist

Summer cooking is all about fresh
and fast—and avoiding the stove.

BY SARAH SWEENEY
PHOTOGRAPHY AND STYLING BY COSTAS MILLAS





EVERYTHING SPICE SALMON



MELON, PROSCIUTTO AND MOZZ SALAD



SUMMER GAZPACHO



HONEY-SRIRACHA GRILLED SHORT RIBS

MELON, PROSCIUTTO AND MOZZ SALAD

SERVES 4. TOTAL: 15 MINS.

- 4 cups arugula
- ½ small cantaloupe, scooped with a melon baller
- ½ small honeydew, scooped with a melon baller
- 3½ oz prosciutto slices, halved
- 8 oz fresh mozzarella ball, torn into 1-inch pieces
- 2 tbsp extra-virgin olive oil
- 1 tbsp sherry vinegar
- ¼ tsp salt and pepper, each
- ¼ cup fresh basil leaves, torn, for garnish

1. Arrange arugula, cantaloupe, honeydew, prosciutto and mozzarella on a platter.
2. Drizzle with olive oil and sherry vinegar. Season with salt and pepper, to taste. Sprinkle with basil leaves, if desired.

EVERYTHING SPICE SALMON

SERVES 4. TOTAL: 25 MINS.

- 3 tsp poppy seeds
- 3 tsp white sesame seeds
- 3 tsp black sesame seeds
- 2 tsp dried minced garlic
- 2 tsp dried minced onion
- ½ tsp salt
- 1½ lb salmon fillet
- 1 tbsp avocado mayonnaise
- 1 lemon, sliced, for garnish
- ¼ cup dill sprigs, for garnish

1. Preheat oven to 425°F. In a small bowl, combine the poppy seeds, sesame seeds, dried garlic, dried onion and salt. Stir to combine. Pat salmon dry and smear mayonnaise on top. Sprinkle seasoning over the salmon, pressing so it sticks.
2. Bake for 18 to 20 minutes until salmon is cooked through. Garnish with lemon and fresh dill, if desired.

HONEY-SRIRACHA GRILLED SHORT RIBS

SERVES 4. TOTAL: 25 MINS.

- ⅓ cup balsamic vinegar
- 2 tbsp red wine vinegar
- 2 tbsp honey
- 2 cloves garlic
- 1 tbsp sriracha
- 1½ lb ¼-inch thick flanken-cut beef short ribs
- cilantro, for garnish

1. Whisk balsamic, red wine vinegar, honey, garlic and sriracha together in a shallow baking dish. Add ribs and turn to coat in marinade.
2. Preheat grill to medium-high. Remove ribs from marinade. Transfer the marinade to a small saucepan; bring to a simmer on low. Simmer for 5 minutes, until reduced by half.
3. Grill ribs, covered, until cooked, 2 to 3 minutes per side. Transfer to a platter and drizzle with marinade reduction. Garnish with cilantro, if desired.

SUMMER GAZPACHO

SERVES 4. TOTAL: 20 MINS.

- 2 lb ripe Roma tomatoes, cored and chopped + more for garnish
- 1 medium red pepper, cored and chopped
- ½ English cucumber, peeled and chopped
- ½ small red onion, peeled
- 3 tbsp extra-virgin olive oil
- 2 tbsp sherry vinegar
- ½ tsp salt and pepper, each
- chopped heirloom tomatoes, chives, basil and olive oil, for garnish

1. Combine ingredients in a high-speed blender. Purée for 1 minute, until smooth.
2. Refrigerate for 3 to 4 hours, until gazpacho is completely chilled.
3. To serve, top with heirloom tomatoes, chives, basil and a drizzle of olive oil, if desired. ●



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The classic low-country boil
is a celebration of place,
tradition—and ratio.

just right

BY AMANDA M. FAISON, PHOTOGRAPHY BY ROBERTO CARUSO

Ricky Moore, the James Beard-nominated chef and owner of Saltbox Seafood Joint in Durham, North Carolina, loves a good seafood boil. The experience—the cooking of shrimp, sausage, corn, red potatoes and savory spices in an enormous pot before it’s dumped onto a newspaper-lined picnic table—means just one thing: an occasion. “It’s always been a celebratory thing,” he says. “It’s 4th of July, after church on Sunday, graduation, a marriage. It’s a feast.”

The low-country boil, as it’s often referenced, hails from South Carolina, Moore says. But the boil is, in fact, regional, and its components entirely depend on where you’re from and what’s available. “It could be crab, it could be clams, it could be what’s growing in the garden,” he says. “And everyone has their own secret seasoning.” What’s constant is that a boil is accessible and not complicated: You cook it all in a huge pot, drain it into a delicious pile and then

get your hands dirty peeling shrimp, squeezing lemon, dashing on hot sauce and swiping into butter and dips.

As free flowing as it sounds, there is a method. The key to any boil, emphasizes Moore, is balance. “It’s understanding the ratio of corn to potato to sausage to shrimp. I’m going to be a bit offended if the majority of my plate is sausage. For me, shrimp is a priority and everything else is the supporting cast. It’s a seafood dish first.”

Moore underscores this in his 2019 book *Saltbox Seafood Joint Cookbook*. “It’s not a big book, but it’s intense,” he laughs. “It’s like taking a sauce and reducing it down. You intensify it. The book is a reduction of information on southeastern seafood and things I grew up with. A lot of those dishes and that terroir don’t get recognition—it gets jumped over.”

Moore’s last bit of advice: “Season the water aggressively; season the bejesus out of it. That’s where you’re getting your flavor from.”



“

Season the water aggressively; season the bejesus out of it. That’s where you’re getting your flavor from.

FOOD STYLING LINDSAY GUSCOTT, PROP STYLING EMILY HOWES

**CHEF RICKY MOORE'S
"SHORE COUNTRY" BOIL**

PG. 42



Chef Ricky Moore's "Shore Country" Boil

SERVES 10-12.

HANDS-ON: 35 MINS. TOTAL: 1 HR.

- 1 bag seafood seasoning (such as Zatarain's)
 - 6 bay leaves
 - 2 12-oz cans beer
 - 1 cup apple cider vinegar
 - ½ cup Worcestershire sauce
 - ¼ cup hot sauce (such as Crystal)
 - 5 lbs new potatoes
 - 3 lbs cooked kielbasa sausage, sliced 1-inch thick
 - 8 ears fresh corn, husks and silks removed, halved
 - 4 lbs fresh shrimp
 - 2 cups fresh parsley, chopped
 - 1 lb lemons, cut into wedges, for seasoning
- Shrimp Dip (below)**

1. Bring a very large (5- to 6-gallon) stock pot of water to a boil over an outdoor cooker, or on medium-high heat indoors. Add seafood spice, bay leaves, beer, vinegar, Worcestershire and hot sauce and bring to a boil. Add potatoes and sausage; cook until tender, about 10 minutes. Add corn; cook for 5 minutes. When everything is almost done, add shrimp and cook for 4 minutes. Add parsley and stir once to incorporate.

2. Drain off the water and pour the contents out onto a picnic table covered with newspaper. Place a bowl of lemon wedges and a bowl of shrimp dip on the table. Grab a paper plate, multiple napkins, a beer and enjoy!

SHRIMP DIP

- 1 cup mayonnaise
- ¼ cup ketchup
- 2 tbsp Dijon mustard
- 2 tsp hot sauce

Combine all ingredients into a bowl, stir and serve.



DIY seafood seasoning

Moore says every family has a secret recipe. Here's a starting point for yours:

Toss together mustard seeds, coriander seeds, whole allspice, dill seeds and black peppercorns with a smaller amount of whole cloves and red pepper flakes. Eye the amounts—you're aiming for about ¾ cup of seasoning. Place in cheesecloth, pull up the corners and tie tightly with kitchen twine. Lightly crush the contents before adding to the pot.

Salt of the Sea

A champion for North Carolina's seafood culture.

Moore spent most of his formative years in New Berm, North Carolina. The city sits at the confluence of the Neuse and Trent rivers, and Moore grew up exploring and catching all the fish he could. He enlisted in the army, learned the discipline of being a soldier and saw the world, but never did he forget the waters that taught him the beauty of fresh fish. He returned stateside and attended the Culinary Institute of America. When Moore opened Saltbox Seafood Joint in Durham in 2012, he pledged to highlight the rich tradition of the Carolina coast and its fish shacks and camps. He published his book *Saltbox Seafood Joint Cookbook* to further that message. And it's catching on: Moore was nominated for a James Beard Award for Best Chef Southeast in 2020 and again in March. The winners will be announced in June. ●



PHOTO: SALTBOX SEAFOOD JOINT

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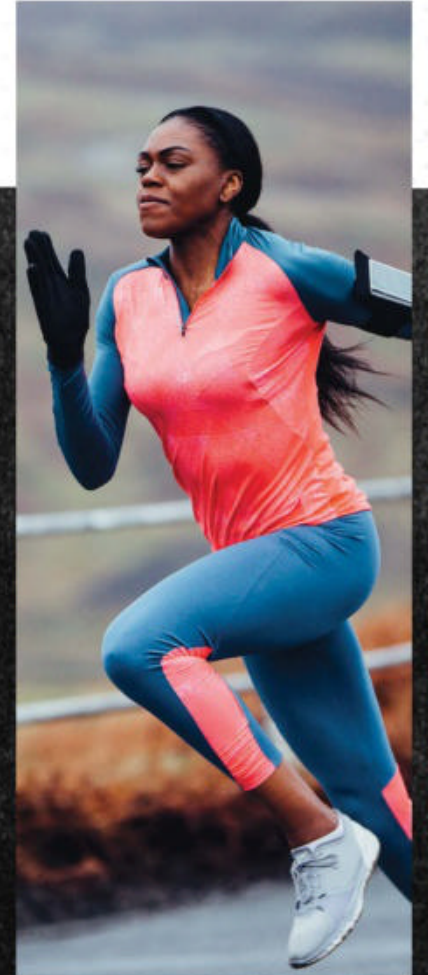
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you had me at

tacos

**BIRRIA-INSPIRED
BRAISED LAMB TACOS**

P. 47

RECIPES BY
BETH LIPTON

PHOTOGRAPHY
BY ROBERTO CARUSO

**CHILE-LIME
FISH TACOS**

P. 54

**SPICY CHIPOTLE
CHICKEN TACOS**

P. 51

**CAULIFLOWER-
JALAPEÑO TACOS**

P. 48

“When it’s done properly, taco should be a verb,” declared Jonathan Gold, the late restaurant critic of the *Los Angeles Times*. Tacos are much more than a meal; they’re an action.

The beauty of tacos is that they’re simultaneously simple and complicated. They can be filled a little or a lot. They can be crunchy or soft. They can be folded or merely held. They’re customizable—add this, remove that. They fit right in at breakfast, lunch or dinner. They are never not messy, and they are always, always delicious.

So, top, fold and start living like every day is Taco Tuesday.



SERVES 6. HANDS-ON: 25 MINS. TOTAL: 3 HRS, 25 MINS.

Birria-Inspired Braised Lamb Tacos

Birria tacos are made from meat braised in a chile-flecked broth that's later served as a dipping sauce. A combination of dried chiles and spices is key to its layered flavor.

- 1 large or 2 small dried ancho chiles
- 3 dried guajillo chiles
- 2 dried chiles de árbol
- ¼ cup apple cider vinegar
- 1 15-oz can diced fire-roasted tomatoes
- 5 cloves garlic, roughly chopped
- 1 tsp dried oregano
- 1 tsp paprika
- 1½ tsp smoked paprika
- 1 tsp ground cumin
- ¾ tsp cinnamon
- ⅛ tsp ground cloves
- 1 tbsp avocado oil, divided
- 3 lb boneless lamb shoulder, trimmed of large pieces of fat, cut into 2-inch chunks
- 1½ tsp salt, divided
- ½ tsp pepper
- 1 medium white onion, chopped
- 1 cup chicken broth
- 2 bay leaves
- 4 sprigs thyme
- corn tortillas, for serving

1. In a medium bowl, combine dried chiles. Cover with boiling water; let stand until chiles have softened, 10 to 15 minutes. Reserve soaking liquid; transfer chiles to a cutting board. Remove

stems and seeds and place chiles in a blender. Add vinegar, tomatoes, garlic, oregano, paprikas, cumin, cinnamon, cloves and 1 cup of the reserved soaking liquid. Blend until smooth.

2. Preheat oven to 300°F. Warm half the oil in a large Dutch oven over medium-high heat. Pat the lamb dry and season all over with 1 teaspoon salt and the pepper. Working in batches, sear the lamb in a single layer, turning with tongs, until browned on the outside, 5 to 6 minutes. Transfer to a bowl. Repeat with remaining lamb.

3. Add the onion to the pot, sprinkle with ½ teaspoon salt, reduce heat to medium and cook, stirring, until tender, about 5 minutes. Add the lamb and any juices back to the Dutch oven. Add broth; stir and scrape any browned bits off the bottom of the pot. Stir in the blended chiles. Tuck bay leaves and thyme sprigs into the mixture. Bring to a simmer, cover the pot and transfer it to the oven. Braise until the meat is cooked through and falling apart, about 3 hours. Discard bay and thyme. Transfer lamb to a large bowl; shred with two forks and stir in 1 cup of braising liquid.

4. Dip tortillas into braising liquid and place on a hot griddle. When browned, about 1 minute, flip and top each with braised lamb. Fold tacos over and griddle one minute per side. Divide among plates; serve tacos with small bowls of reserved braising liquid for dipping.

½ of recipe: Calories: 296, Total Fat: 14 g, Sat. Fat: 5 g, Carbs: 10 g, Fiber: 2 g, Sugars: 2 g, Protein: 30 g, Sodium: 582 mg, Cholesterol: 91 mg

SET THE TABLE

Involve kids in creating the ultimate taco.

BY BETH LIPTON

Sometimes the best way to get kids to try things is to... back off. Taco night is a perfect way to offer lots of choices and let them experiment. The key is to keep it fun and pressure-free. Have a “most creative taco” contest and make your kid the judge. Place hard shells and soft corn and flour tortillas on the table, a protein or two plus bowls of toppings and see what happens. Try these:

- shredded iceberg or romaine lettuce
- cheddar, jack or Cotija cheese
- mild salsa and/or chopped tomatoes
- sliced radishes
- chopped bell peppers
- chopped white onion or scallions
- mayo-based slaw
- sour cream
- avocado slices and/or guacamole
- sliced ripe olives
- lime wedges
- chopped cilantro
- assorted beans



DIY your taco seasoning: Stir together a few shakes of ground cumin, ground coriander, chili powder, dried oregano and a bit of salt and pepper. Add a dash of cayenne if you like heat. Then stir into your protein of choice for taco time.

the world is your taco

There's life beyond the basics. Liven up dinner with these options.

BY BETH LIPTON

SEAFOOD

Shrimp or lobster: Top delicately flavored shellfish with a mango- or pineapple-based salsa or slaw.

Salmon: Dollop on some Creamy Adobo Slaw (p. 54) for a perfect pairing.

Tinned sardines, packed in olive oil or tomato sauce: Garnish with a crunchy cabbage slaw.

VEGETARIAN

Tofu or tempeh: Scramble extra-firm tofu or tempeh with onions, plenty of chili (or ancho) powder, smoked paprika, cumin and garlic.

MEAT

Steak (beef or bison): Marinate a cut like flank in lime juice and olive oil, then toss on the grill.

Pork or goat shoulder: Use this cut instead of lamb for birria tacos.

Ground turkey or bison: Season with chili powder, cumin and garlic. Sauté until cooked through.

Tongue: A favorite in Mexico, tongue (lengua) is rich in iron and zinc. Slow cook it, or order "tacos de lengua" at your favorite Mexican restaurant.

Cauliflower- Jalapeño Tacos with Pepita Salsa

A pesto-like salsa of cilantro and pumpkin seeds brightens roasted cauliflower and jalapeños in these satisfying vegan tacos.

- 1 large cauliflower, cut into florets (about 6½ cups)
- 4 tbsp avocado oil, divided
- ¾ tsp salt, divided
- 1 medium jalapeño, thinly sliced, seeds removed if desired
- 1 small lime, scrubbed and dried
- ⅓ cup chopped cilantro
- ¼ cup roasted, salted pumpkin seeds
- ¼ tsp ancho chile powder
- ⅛ tsp smoked paprika
- ¼ tsp agave

1. Preheat oven to 425°F. Place a large-rimmed baking sheet in the oven as it preheats.

2. In a large bowl, combine the cauliflower with 3 tablespoons of the oil and ½ teaspoon salt; toss to coat. Set the bowl with residual oil aside.

3. Spread cauliflower in a single layer on the hot baking sheet and roast until tender and golden, 25 to 30 minutes, tossing halfway through. Add the jalapeño to the bowl with the residual oil and salt; toss. Stir the cauliflower halfway through roasting and add the jalapeño slices.

4. Grate ½ teaspoon zest off the lime, then halve the lime and squeeze 1½ tablespoons juice. In a small food processor, combine zest and juice, the remaining 1 tablespoon oil, the cilantro, pumpkin seeds, chile powder, paprika, agave and leftover pinch of salt. Pulse until a coarse paste forms. (Alternatively, use a mortar and pestle, or finely chop all of the dry ingredients together on a cutting board, transfer to a bowl and stir in the juice and oil.)

5. Transfer the cilantro mixture to a large bowl. Add the hot cauliflower, toss and serve.

¼ of recipe: Calories: 214, Total Fat: 18 g, Sat. Fat: 2 g, Carbs: 11 g, Fiber: 4 g, Sugars: 4 g, Protein: 6 g, Sodium: 437 mg, Cholesterol: 0 mg



Corn Tortillas

Makes 12.

Making your own tortillas takes practice—but once you get the hang of the motions, you'll never go back to store-bought.

2 cups masa harina (such as Masienda)

½ tsp salt

1¾ cups warm water (about 90°F)

1. In a large bowl, whisk together the masa harina and salt. Make a well in the center; add $\frac{2}{3}$ cup water. Mix well, kneading when necessary. Dough should feel thick, stiff and slightly damp. If dry, mix in 1 tablespoon water at a time (be careful not to add too much). Cover; rest until dough feels pliable and holds together, 10 to 15 minutes. (If it's crumbly, knead in more water 1 teaspoon at a time.)

2. Divide dough into 8 pieces, rolling each into a ball. Place back in bowl; cover loosely. Warm a cast-iron skillet over medium-low heat until hot. Line a tortilla press with 2 sheets of parchment. Place a ball of dough in the middle and press flat. (You can also roll it out with a rolling pin.)

3. Place tortilla in the skillet and cook until it starts to gently come up at the edges, 30 to 45 seconds. Carefully flip and cook on the other side for 30 seconds, pressing down lightly with a spatula. Transfer to a plate; cover with a slightly damp kitchen towel. Repeat with the remaining masa.



CREAMY ADOBO

SLAW P. 54



CUCUMBER SALSA

**WITH CORN AND
TOMATOES P. 54**



GUTTER CREDITS HERE

SERVES 6-8. HANDS-ON: 25 MINS. TOTAL: 1 HR, 45 MINS.

Spicy Chipotle Chicken Tacos

Oven-braised chicken thighs turn luscious in a super flavorful combination of chipotle chiles, garlic and orange juice.

- 2 **canned chipotle chiles in adobo (seeds removed) + 2 tbsp sauce**
- $\frac{1}{2}$ **cup chicken broth**
- $\frac{1}{3}$ **cup fresh orange juice**
- 2 **tsp tomato paste**
- 1 **tsp honey**
- 1 **tbsp avocado oil**
- $1\frac{1}{2}$ **lb boneless, skinless chicken thighs, trimmed of excess fat, cut into 2-inch chunks**
- 1 **tsp salt, divided**
- 1 **small onion, diced**
- 2 **cloves garlic, minced**

1. Preheat oven to 325°F. Place the chipotles, adobo sauce, broth, orange juice, tomato paste and honey into a blender; blend until smooth.

2. Warm the oil in a large Dutch oven over medium-high heat. Add the chicken, season with $\frac{1}{2}$ teaspoon salt and cook, turning once, until golden in spots, 2 to 3 minutes (chicken will not be cooked through); transfer to a bowl. Reduce heat to medium, add onion, season with remaining $\frac{1}{2}$ teaspoon salt and stir occasionally, until tender, about 5 minutes. Add garlic; sauté 1 to 2 minutes. Add chicken back in, along with any collected juices. Add chipotle mixture, stir, scraping the bottom of the pot. Simmer 1 to 2 minutes.

3. Cover, transfer to oven and cook until chicken is cooked through and very tender, 75 to 90 minutes. Using a slotted spoon, remove chicken and shred. Place the uncovered pot over medium-high heat and boil, stirring occasionally, until the sauce has reduced and thickened, 1 to 3 minutes. Stir chicken into sauce. Season to taste and serve.

$\frac{1}{6}$ of recipe: Calories: 187, Total Fat: 8 g, Sat. Fat: 2 g, Carbs: 5 g, Fiber: 1 g, Sugars: 4 g, Protein: 23 g, Sodium: 516 mg, Cholesterol: 107 mg



**CHILE-LIME
FISH TACOS**
P. 54

GUTTER CREDITS HERE



**MANGO-JICAMA
SLAW P. 54**

TACO THE TOWN

There are times when you just want to go out and *order* tacos. A few of our top picks from around the country.

1 MAÍZ

SEATTLE, WASHINGTON

Inside this tiny, neon-lit spot at Pike Place Market, chef-owner Aldo Góngora alkalizes dried non-gmo heirloom corn (a process called nixtamalization) in order to make his own masa. Taste the ultimate tortilla topped with any of the guisados (stews).
maizseattle.com

2 JOSÉ

DALLAS, TEXAS

At José, executive chef Anastacia Quinoñes-Pittman highlights the food and culture of Guadalajara and Jalisco. Order whatever she has on special. If you're lucky, it'll be cilantro-lime shrimp served on a tortilla made of carrot-infused masa.
jose.mx

3 TACO MARÍA

COSTA MESA, CALIFORNIA

Taco María is known far and wide for chef-owner Carlos Salgado's blend of Mexican and Californian ingredients. Order the shiitake mushroom "chorizo" taco with queso fundido on a tortilla made with blue corn that Salgado nixtamalizes himself.
tacomaria.com

Chile-Lime Fish Tacos

Makes 4 tacos.

Fish tacos don't have to be deep fried. Here, flaky baked cod stands in for its crispy counterpart. You can sub in any mild, firm-fleshed fish.

HANDS-ON: 10 MINS. TOTAL: 55 MINS.

- 2 **tblsp extra-virgin olive oil**
- 1 **tsp lime zest**
- 2 **tblsp lime juice**
- 1 **tsp garlic powder**
- ½ **tsp chile powder**
- ¼ **tsp cumin**
- ¼ **tsp paprika**
- 1 **lb cod, thawed if frozen**
- ½ **tsp salt**
- ¼ **tsp pepper**

1. In a shallow bowl or casserole dish, whisk together the oil, lime zest and juice, garlic powder, chili powder, cumin and paprika. Thoroughly pat the fish dry, cut into 1½-inch-wide strips and add to the lime marinade, turning to coat. Cover; refrigerate for at least 30 minutes or up to 2 hours.
2. Preheat oven to 400°F. Uncover; transfer fish and marinade to a 7 x 11-inch casserole dish if it isn't in one already. Season fish all over with salt and pepper. Bake until cooked through; fish will be opaque and flake easily with a fork, 12 to 15 minutes. Serve hot.

¼ of recipe: Calories: 163, Total Fat: 8 g, Sat. Fat: 1 g, Carbs: 2 g, Fiber: 0.4 g, Sugars: 0.2 g, Protein: 20 g, Sodium: 313 mg, Cholesterol: 49 mg

Cucumber Salsa with Corn and Tomatoes

Makes about 2½ cups.

This trio of cucumbers, corn and tomatoes adds a fresh snap of color.

In a small bowl, combine ¼ cup diced red onion and 1 clove finely minced garlic. Pour 3 tblsp lime juice and 1 tblsp cider vinegar over the mixture; let stand for 30 minutes. In a medium

bowl, combine ½ English cucumber (quartered lengthwise and sliced), kernels from 1 ear of corn, ½ cup quartered cherry tomatoes, 1 small jalapeño (seeded and minced) and 1 tblsp chopped fresh mint. Add the onion mixture; toss. Season with ¼ tsp salt and ⅛ tsp pepper. Serve, or cover and chill. Salsa will hold for 2 days. Stir, taste and reseason, if needed.

Creamy Adobo Slaw

Makes about 3 cups.

When it comes to tacos, the crunch of cabbage is king. Here, earthy, smoky adobo sauce gives coleslaw a south-of-the-border kick.

In a medium bowl, whisk together ¼ cup avocado-oil mayo, 1 tblsp adobo sauce (from canned chipotles), 1 tblsp lime juice, 1 tsp raw honey, ¼ tsp salt and ⅛ tsp pepper. Add 3 cups coleslaw mix or shredded cabbage and 2 tblsp chopped fresh cilantro; toss. Cover and chill for up to 8 hours; refrigerate and allow at least an hour for the flavors to develop. Stir, taste and reseason, if needed.

Mango-Jicama Slaw

Makes about 3 cups.

This tropical slaw would also pair with grilled protein at a summer barbecue.

In a small, unheated skillet, combine 3 tblsp extra-virgin olive oil and 3 cloves minced garlic. Place over low heat and cook until the mixture sizzles. Let cook undisturbed for 30 seconds, then transfer to a large bowl. Whisk in 3 tblsp lime juice, ½ tsp raw honey, ¼ tsp ancho chile powder, ½ tsp salt and ¼ tsp pepper. Add 2 cups shredded jicama, ½ medium mango (peeled and cut into thin strips), 1 cup shredded green cabbage, 1 small thinly sliced jalapeño and 2 tblsp chopped fresh cilantro. Toss to coat. Season to taste. Let stand 10 to 15 minutes or cover and chill for up to one day. Stir well before serving.

Pineapple-Red Pepper Salsa

Makes about 2½ cups.

Fruits like pineapple, mango and even nectarine pair beautifully with fish, shrimp and pork.

In a small bowl, combine 3 chopped green onions, 1 finely minced garlic clove and ¼ cup lime juice; let stand for 30 minutes. In a medium bowl, combine 1 cup diced fresh pineapple, 1 medium red bell pepper (seeded and diced) and ⅓ cup roughly chopped fresh cilantro. Add the onion mixture; toss. Season with ¼ tsp salt and ⅛ tsp pepper. Serve, or cover and refrigerate for up to 8 hours. Stir, taste and reseason, if needed.

Chunky Avocado Salsa

Makes about 2½ cups.

Not quite guacamole, not quite salsa, this condiment can top tacos or be scooped up with chips.

In a small bowl, combine ¼ cup diced onion, 2 cloves minced garlic and ¼ cup lime juice; let stand for 30 minutes. In a medium bowl, combine 1 medium vine tomato (seeded and diced), 1 small jalapeño (seeded and diced), 1 medium ripe but not mushy avocado (diced) and 3 tblsp chopped cilantro. Add the onion mixture, ½ tsp salt and ¼ tsp pepper; gently toss. Taste and season with additional salt and pepper, if desired. Serve, or cover and refrigerate for up to 2 hours. Stir, taste and reseason if needed. ●

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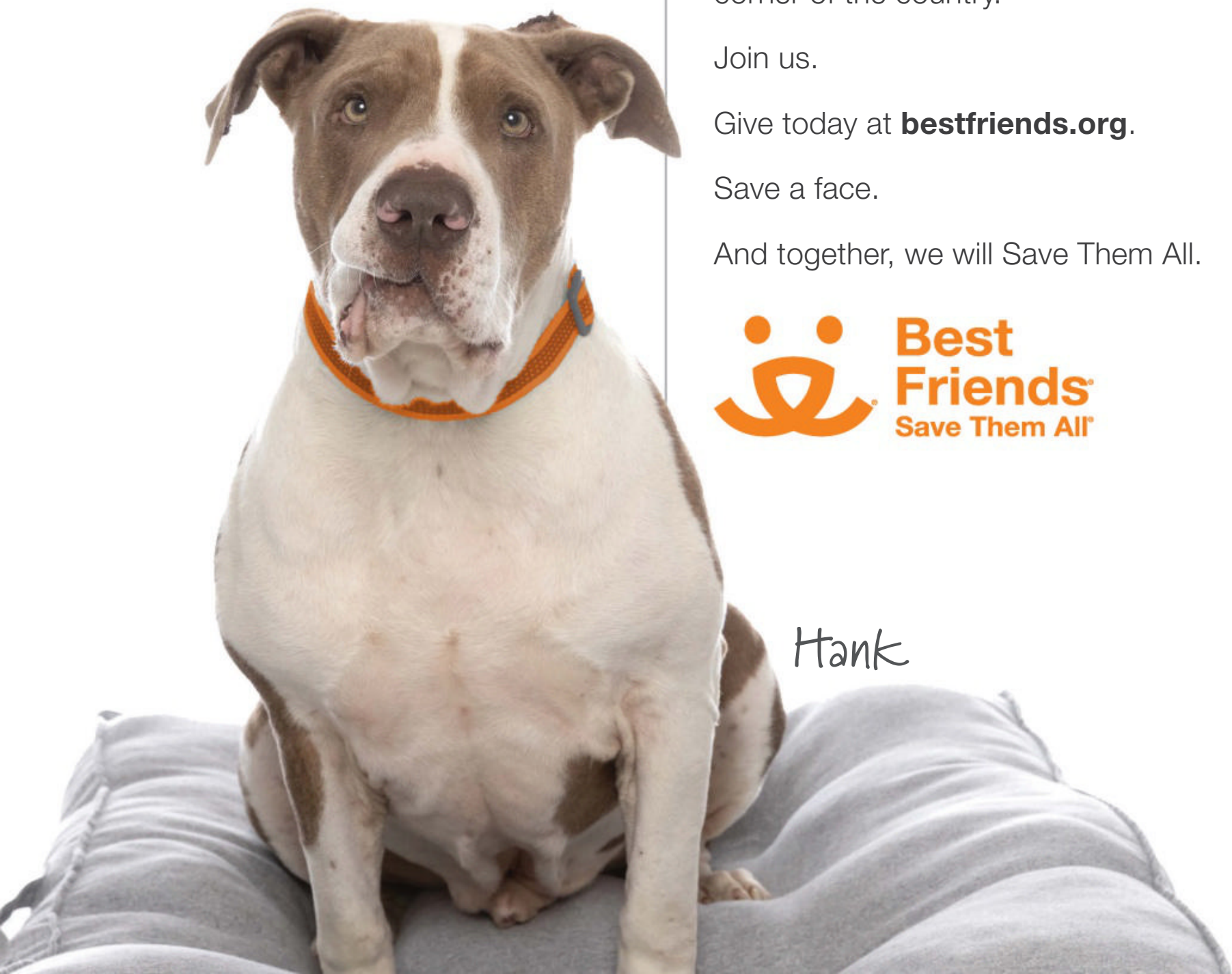
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Hank





Fire It Up

Whether you're car camping or backpacking, the campfire—and the many meals cooked over it—are central to the experience.

Cooking along the 500-mile Colorado Trail

into the wild

taught *Clean Eating* editor Amanda M. Faison

how to transform the campfire into a kitchen.

RECIPES BY SARAH SWEENEY
RECIPE PHOTOGRAPHY BY MAYA VISNYEI
LIFESTYLE PHOTOGRAPHY BY NICK COTE

RECIPE FOOD STYLING CLAIRE STUBBS, RECIPE PROP STYLING JANE HARDIN, LIFESTYLE FOOD STYLING NICK COTE

Growing up in Colorado, I learned the connection with Mother Nature that comes from spending time under a star-filled sky, cooking over the campfire and basking in the silence of the woods. I was—and am—hooked.

A few summers ago, when my husband, Heath Kirschner, embarked on running the nearly 500-mile Colorado Trail, I saw it as a dual challenge: He and his buddy, Paul Landry, would run the monster distance and I would fuel their monster appetites. Neither challenge would be easy, but that was the appeal.

For this journey—one that topped out at 13,334 feet above sea level, crossed six national forests, six wilderness areas, five river systems and eight mountain ranges—I didn't want to rely on the idea that everything tastes better outside. Instead, I wanted to nourish and replenish. I wanted to make real food in the forest and transform the campfire into a kitchen.

Just as Heath and Paul prepped for months prior to setting foot on the Trail, I did too. Amid the stacks of maps and books, the yellow satellite phones, the portable water filter small enough to fit into one of their lightweight packs and too many bags of Skratch Labs hydration mix to count, I had my own piles: cookbooks, printed recipes and “camping pantry” lists. I took apart and restocked our camping bins stuffed with everything from matches to a French press. I started a Pinterest board to help organize my thoughts. I began

looking at food and cooking through a different lens. What could be rejiggered and prepared on the Trail?

As a food journalist and an avid cook, there are few things that make me happier than studying food, cooking it and, of course, eating it. This journey, though, was a unique riddle: Meals needed to be jammed with calories and healthy nutrients and there needed to be a meatless option for Paul, who is a pescatarian. Plus, I wanted the creative challenge of cooking gourmet, you-can't-make-that-in-the-wild dishes.

We had the benefit of car camping and thus, giant Yeti coolers and Dutch ovens and cast-iron skillets. Heath and Paul would run multiple legs in a day—often 40 miles—to the next car-accessible campsite. (Sometimes “car-accessible” meant Lisa, Paul's wife, and I drove barely passable roads for hours on end, crawling into the campsite with a sigh of relief before jumping out to set up tents, make a fire and get rolling on dinner.) By the time the guys arrived, we'd have a feast in process with kids chopping

ingredients at picnic tables and ice-cold beer at the ready.

We also had the benefit of time. Heath and Paul weren't running the Trail in one fell swoop. Because of life, jobs and kids' schedules, this trek took place over a series of long weekends, stretching from early May to Labor Day. If that seems like a cheat way to make your way across 500 miles, well, it turned out to be a gift. It gave Heath and Paul's bodies the chance to recover, it presented us time to reflect on a once-in-a-lifetime exploration of our state and it provided me time to plan and prep the next round of meals.

Some spreads were as simple as pasta tossed with fresh herbs, hunks of feta and sun-dried tomatoes, but I also made tortilla Española, apple dumplings with caramel sauce, bahn mi sandwiches with pickled cherries, porchetta (salmon en papillote for Paul) and orange-scented birthday cakes over an open fire. There was also breakfast and lunch (usually simple, and usually just for Lisa, the kids and me as the guys were en route), but dinner was the main event. Each night, the evening meal became a party—cooked, served and enjoyed under a wide-open sky.

The recipes and dishes that follow were inspired, in part, by our trek and they marry the principles of the home kitchen with the focal point of any campsite: the fire.

—Amanda M. Faison

“I began looking at food and cooking through a different lens. What could be rejiggered and prepared on the Trail?”



Starting a cooking fire

A good cooking fire begins with building a classic campfire. At least 30 minutes before cooking, create a teepee of kindling over tinder or a wadded up newspaper, ensuring ample space for air to circulate. Light the newspaper and, while gently blowing on the flame, slowly add larger kindling, working up to full-size logs. Meanwhile, arrange flat rocks to one side of the fire for the grate to sit on. Scoop glowing coals under the grate and use tongs to arrange them. Note hot spots, for accurate cooking temperatures.



Note: Only start fires in approved areas under safe weather conditions. Always extinguish fires when cooking is complete.





**Lemony Barley and
Mushroom Salad**
p. 68

What's not to love about barley? It's already a superstar grain for its potassium and iron content (good for sore muscles), but when cooked over the fire, its nutty chew intensifies and takes on a smoky freekeh quality. Add earthy mushrooms, greens and lemon for a fine feast. If you have leftovers, top with a fried egg in the morning.





Skirt Steak with Salsa Verde

p. 68

Being outside makes us crave red meat—it must have something to do with needing iron or fat or... just something hearty and delicious. Steak is also easy: marinate it beforehand (even overnight) and pop it right on the grate or in a cast-iron skillet. Let the fire's searing flames do the rest of the work. The salsa verde can be made ahead of time and refrigerated.

Foil-Pack Veggies

p. 68

Just because you're camping, doesn't mean you can skip the veggies. In fact, you probably need their energy-providing nutrients more than ever. This recipe calls for an array, but pick and choose what you like (and what you have on hand) and then wrap in foil and toss over the grate or into the coals.



The Best-Laid Plans

It takes a lot of effort to plan for outdoor cooking—even more so if you're backpacking—but do it a few times and you'll begin modifying recipes in your head. Can I prep this ahead? Can I simplify this? Can this be cooked over a fire? Yes, yes and yes.

The key to cooking outdoors is organization. Pre-measure, peel and prep anything you can. If you only need a cup of flour, only pack a cup of flour. (But always bring extra salt, pepper and lemons.) Make sauces, marinades, pancake batter, whatever you can, ahead of time. When you think about dinner, also consider breakfast and lunch because many dishes work as simplified seconds.

Don't overlook the logistics. Think about things like dirty dishes (do you have tubs for washing? Do you have enough water? How about biodegradable soap and towels?). Think about food storage (use the most perishable items first, and store those at the bottom of the cooler). Think about trash and bear proofing. Think about picnic tables—will there be one? Think about fire restrictions and be proactive. Think about bad weather because it *will* rain or snow or both. A folding table, tarps and extra stakes are your friends, as is a propane-fueled cooking stove.



Don't know where to start? Scan the code for a comprehensive packing list.

Tortilla Española

SERVES 6.

Think frittata but better. This potato and egg omelette (of sorts) is a classic in Spain, where small squares or slivers are often served as part of a tapas course. Here, it's the main event.

HANDS-ON: 20 MINS.

TOTAL: 30 MINS.

ROMESCO SAUCE

- ¾ cup roasted bell pepper, chopped**
- ½ cup slivered almonds, toasted**
- 1 garlic clove, roughly chopped**
- 3 tbsp tomato paste**
- 2 tbsp chopped flat-leaf parsley**
- 1 tbsp sherry vinegar**
- 1 tsp smoked paprika**
- 3 tsp extra-virgin olive oil**
- ½ tsp salt and pepper, each**

TORTILLA

- 8 large eggs**
- 1 tsp salt, divided**
- ¼ tsp pepper, divided**
- 6 tbsp extra-virgin olive oil, divided**
- 1 sweet onion, thinly sliced**
- 1 bell pepper, red or yellow, thinly sliced**
- 1 cup baby spinach, roughly chopped**
- 2 medium Yukon gold potatoes, thinly sliced**

1. Pulse the red pepper, almonds, garlic, tomato paste, parsley, vinegar and paprika in a food processor until very finely chopped. With motor running,

drizzle in oil until smooth. Season with salt and pepper, to taste.

2. Prepare campfire or grill for medium heat. Preheat cast-iron skillet on a barbecue grate over the fire. In a medium bowl, whisk the eggs, half the salt and half the pepper together.

3. Add one third of the oil to skillet. Add onion and peppers and cook, stirring, until onions are translucent, 3 to 4 minutes. Stir in spinach, cook for 2 minutes. Remove to a paper towel-lined plate. Move pan to medium-high heat, add another third of the oil, the potatoes and remaining salt and pepper. Cook for 5 minutes, stirring gently, until tender with some browning. Scoop potato mixture into the eggs; add the pepper and onions.

4. Wipe out the skillet, add the remaining oil. Pour in the egg-potato mixture, cover and cook 5 minutes, until the edges are set and the bottom is browned.

5. Using heat-proof gloves, invert a cutting board and turn out the tortilla onto it. Slide the tortilla (now flipped over) back into the pan and continue cooking until completely set in the middle, 4 to 6 minutes. Allow to sit for 5 minutes before slicing. Serve with Romesco sauce. ■ *For ease, the Romesco can be made ahead of time and stored refrigerated, in an airtight container for five days.*

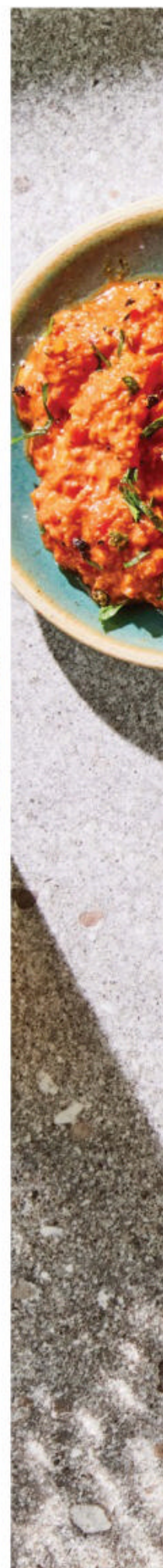
½ of recipe: Calories: 321, Total Fat: 22 g, Sat. Fat: 4 g, Carbs: 19 g, Fiber: 5 g, Sugars: 6 g, Protein: 12 g, Sodium: 670 mg, Cholesterol: 248 mg



Eggs are a near perfect food. They contain multiple nutrients, including vitamins A, B2 and D. Plus, they are an excellent source of protein, which will help power you through any adventure.

Hot stuff

To make the fritatta, you'll need a cast-iron skillet, as well as fire gloves or heavy-duty oven mitts and a large cutting board (the latter two are for flipping the piping-hot dish).



“

When you think about dinner, also think about breakfast and lunch because many dishes work as simplified seconds. Tortilla Española makes a fantastic sandwich the next day, ditto for grilled chicken or foil-packet veggies. Whip up some extra polenta at dinner and turn into fritters drizzled with maple syrup for breakfast.





The right tools

Unlike wooden skewers, metal ones don't need to be pre-soaked (and who wants to waste precious water on that anyway). Plus, metal will hold up better over the fire and they're reusable, too.



“

I didn't want to rely on the idea that everything tastes better outside. Instead, I wanted to nourish and replenish. I wanted to make real food in the forest.



Sweet & Spicy Chicken and Pineapple Skewers

SERVES 4.

Marinated chicken and pineapple are already a perfect match: stick them on skewers with red bell pepper and green onion, and they're suddenly an occasion.

HANDS-ON: 15 MINS. TOTAL: 25 MINS
+ 6 HRS MARINADE TIME.

- 1 tbsp extra-virgin olive oil
- 2 tbsp coconut aminos
- 1 lime, juiced
- 1 tsp ancho chile powder
- pinch cayenne
- ½ tsp kosher salt
- 1 lb boneless skinless chicken thighs, cut into 1-inch pieces
- 2 cups pineapple, sliced into ¼-inch thick pieces
- 1 red pepper, cubed
- 1 bunch green onions, cut into 1½-inch pieces

1. Whisk together oil, coconut aminos, lime juice, ancho chile powder, cayenne and salt. In a resealable container, add the chicken. Refrigerate for at least 6 hours or overnight.

2. Thread 2 pieces of chicken followed by 1 piece of pineapple, red pepper and green onion onto metal or pre-soaked wooden skewers. Repeat until all skewers are assembled.

3. Prepare campfire or grill for medium heat. Preheat barbecue grate over fire. Grill the skewers over medium-high heat for 4 to 5 minutes then flip and grill another 3 to 4 minutes or until the chicken is cooked through. ■ *Step one can be done one day in advance. Chicken and pineapple can also be grilled ahead of time and frozen.*

¼ of recipe: Calories: 221, Total Fat: 8 g, Sat. Fat: 2 g, Carbs: 16 g, Fiber: 3 g, Sugars: 11 g, Protein: 21 g, Sodium: 409 mg, Cholesterol: 104 mg

Lemony Barley and Mushroom Salad

SERVES 4.

HANDS-ON: 30 MINS. TOTAL: 45 MINS.

- 3 tbsp extra-virgin olive oil, divided
- 2 lb mixed mushrooms, torn into 2-inch pieces, divided
- ½ tsp salt, divided
- ½ tsp pepper, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- ¾ cup pearl barley
- 3 sprigs thyme
- 2½ cups vegetable broth
- 1 cup each radicchio and kale, torn
- zest and juice of 1 lemon
- ⅓ cup Parmesan cheese, optional
- lemon wedges and parsley, for garnish

1. Prepare campfire or grill for medium heat. Place a large heat-proof pot on a barbecue grate over fire. Heat one third of the oil. Add half the mushrooms, season with half of the salt and pepper; cook for 6 minutes, until browning and beginning to crisp. Transfer to a bowl and repeat with remaining mushrooms.

2. Heat remaining oil, add onion and sauté for 4 minutes, until starting to color. Add garlic, barley and thyme, sauté for 2 minutes, while stirring. Pour in broth and bring to a boil. Reduce heat, cover and simmer until barley is tender, about 15 minutes. Remove the lid and continue to simmer until all the liquid is absorbed, 3 minutes. Stir in radicchio, kale, mushrooms and lemon zest and juice. Cook for 2 minutes, until kale is wilted. Garnish with Parmesan, if using, lemon wedges and parsley.

■ *For ease, the barley can be prepared ahead of time and stored, refrigerated, in an airtight container for three days.*

¼ of recipe: Calories: 320, Total Fat: 12 g, Sat. Fat: 2 g, Carbs: 49 g, Fiber: 12 g, Sugars: 6 g, Protein: 10 g, Sodium: 354 mg, Cholesterol: 0 mg

Skirt Steak with Salsa Verde

SERVES 4.

HANDS-ON: 15 MINS. TOTAL: 25 MINS
+ 12 HRS MARINADE TIME.

- 1 cup loosely packed fresh parsley
- ¼ cup cilantro
- 1 tbsp capers, drained
- zest and juice of ½ lemon
- 2 anchovy fillets, roughly chopped
- 1 clove garlic, roughly chopped
- ⅓ cup extra-virgin olive oil, + 1 tbsp, divided
- ¼ cup liquid aminos (such as Bragg’s Liquid Aminos)
- 2 tbsp red wine vinegar
- 1 tbsp maple syrup
- 2 cloves minced garlic
- 1 lb skirt steak
- 1 red onion, quartered
- cilantro and lemon for garnish

1. For salsa verde, pulse parsley, cilantro, capers, lemon zest and juice, anchovies and garlic until finely chopped. Add ⅓ cup oil and 2 tbsp water and pulse until smooth.

2. For marinade, combine remaining olive oil, liquid aminos, vinegar, syrup and garlic in a container. Add steak; marinate for 12 hours or overnight.

3. Prepare campfire or grill for medium heat. Preheat a barbecue grate over fire. Grill steak 4 to 5 minutes per side for medium-rare, turning once. Meanwhile, place onion on the grate and grill for 5 minutes, turning occasionally. Transfer steak to a cutting board, cover loosely with foil and let rest for 5 minutes. Thinly slice the steak against the grain. Serve with onions and salsa verde. Garnish with cilantro and lemon.

■ *The salsa verde can be made ahead of time and stored, refrigerated, for five days.*

¼ of recipe: Calories: 419, Total Fat: 33 g, Sat. Fat: 8 g, Carbs: 5 g, Fiber: 1 g, Sugars: 2 g, Protein: 27 g, Sodium: 505 mg, Cholesterol: 81 mg

Foil-Pack Veggies

SERVES 4.

HANDS-ON: 20 MINS.
TOTAL: 40 MINS.

- DILL SAUCE
- ⅓ cup buttermilk
 - ⅓ cup sour cream
 - 3 tbsp dill, chopped
 - ½ tsp garlic powder
 - zest and juice of half a lemon
 - ¼ tsp salt and pepper, each
- VEG PARCELS
- ¼ cup unsalted butter, room temperature
 - 3 tbsp prepared or homemade basil pesto
 - 1 cup fingerling potatoes, sliced lengthwise ¼-inch thick
 - 1 bunch baby carrots, halved lengthwise
 - 2 cobs corn, cut into 1-inch pieces
 - 1 small red onion, sliced into thin strips
 - 1 cup green or yellow beans, trimmed
 - 1 bunch asparagus, cut in half
 - 1 cup mini peppers, halved

1. Place all the ingredients for the dill sauce in a jar and shake to combine. Set aside.

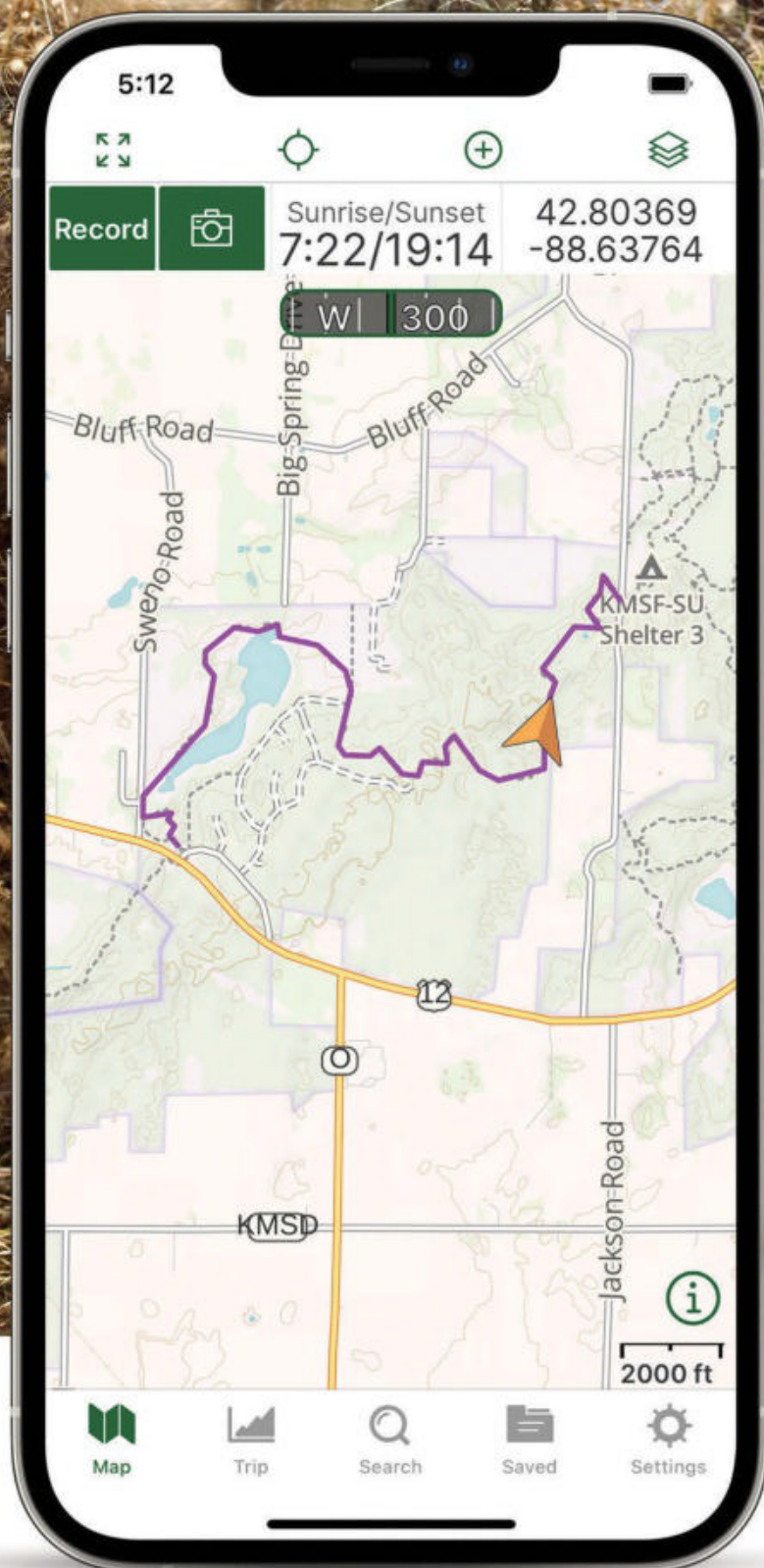
2. Prepare campfire or grill for medium heat. Preheat a grate over the fire. Lay out four 12 x 14-inch pieces of aluminum foil.

3. In a small bowl, mix together butter and basil pesto.

4. In a medium bowl, toss all of the veggies together and divide between the foil pieces. Top each with ¼ of the butter-pesto. Fold edges of foil together and pinch seams to form a closed parcel.

5. Place parcels seam-side up on grate. Cook for 20 to 22 minutes until veggies are tender-crisp. Carefully open packets; serve with dill sauce.

¼ of recipe: Calories: 311, Total Fat: 21 g, Sat. Fat: 10 g, Carbs: 28 g, Fiber: 5 g, Sugars: 10 g, Protein: 6 g, Sodium: 291 mg, Cholesterol: 42 mg ●



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RECIPES BY SARAH SWEENEY
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FOOD S YLING MA THEW KIMURA, PROP STYLING FRANNY ALDER



**PORTOBELLO
BURGER
WITH GOCHUJANG
MAYO P. 76**

Less is more—that’s the essence of the “reducetarian” lifestyle. The growing trend is centered around eating fewer animal products in order to improve one’s health and that of the environment. Next-level flexitarianism, it sacrifices none of the flavor in its quest to reduce negative impacts.

Sea Pesto Crostini

p. 76

If you hear the word “kelp” and automatically flash on seaweed salad, there’s a whole new world for you to discover. Sure, the superfood is jammed with fiber, omega-3s and essential amino acids, but it’s also wildly versatile as these pesto-style crostini show.



Rather than an all-or-nothing diet, reducetarianism champions the holistic idea of making less of an impact.



**Eggplant BLT
Sandwiches**
p. 77

Nothing spells summer like a glorious BLT stacked with a generous sweep of mayo, sun-ripened tomatoes, crispy lettuce and... eggplant bacon. Yep, you got that right. These umami-loaded strips (thanks to tamari, coconut aminos and a touch of maple syrup) will do you—and your sandwich—right.



**Lemon and Herb
Plant-Based Chicken**
p. 77

You can buy plant-based chicken (just check the meat and freezer section of pretty much any grocery store) or you can go all in and make your own. This recipe, which is largely tofu-based, takes some time and effort—but the results wowed our editors.

Blackberry-Lemon Cashew Milk Ice Cream

SERVES 6.
Don't skimp on soaking the cashews, as that's the source of real creaminess. Churn in an ice-cream maker for best results.

HANDS-ON: 15 MINS.
TOTAL: 3 HRS, 45 MINS.

- $\frac{3}{4}$ cup raw cashews, soaked in cold water for a least 4 hours**
- 1 tbsp arrowroot**
- $\frac{1}{2}$ tsp lemon zest**
- 2 cups blackberries**
- $\frac{1}{3}$ cup honey**

1. Soak and drain cashews. Rinse, then add to a high-speed blender with $2\frac{1}{2}$ cups fresh water. Blend on high for 2 minutes, until smooth.
2. Add the cashew milk to a medium pot. Bring to a simmer over medium-high heat. Cover the pot, reduce the heat to low and simmer for 5 minutes. Dissolve the arrowroot in 1 tablespoon water; slowly drizzle into the cashew milk, whisking constantly. Simmer for 1 minute. Remove from heat, whisk in lemon zest.
3. Place the blackberries and honey in a high-speed blender. Blend on high for 30 seconds. Strain to remove seeds. Whisk into cashew mixture and set aside until cool, then refrigerate until completely chilled, about 3 hours.
4. Churn the ice cream per the manufacturer's instructions, 20 to 30 minutes. Serve immediately, or freeze in an airtight container for up to 3 weeks.

$\frac{1}{6}$ of recipe: Calories: 168, Total Fat: 8 g, Sat. Fat: 1 g, Carbs: 24 g, Fiber: 1 g, Sugars: 18 g, Protein: 3 g, Sodium: 4 mg, Cholesterol: 0 mg



Portobello Burger with Gochujang Mayo

SERVES 4.

HANDS-ON: 15 MINS. TOTAL: 25 MINS.

PORTOBELLOS

- ¼ cup coconut aminos
- 2 tbsp extra-virgin olive oil
- 1 tbsp honey
- 2 tsp sesame oil
- 1 garlic clove, minced
- 4 large portobello mushrooms, stems removed

GOCHUJANG MAYO

- ⅓ cup avocado or vegan mayonnaise
- 1 tbsp gochujang
- 1 tbsp tomato paste
- 1 tsp honey

BURGER ADD-ONS

- 4 whole-wheat buns, toasted
- 2 cups baby arugula
- ½ cup red onion, thinly sliced
- shaved carrots, charred Broccolini and crispy beet spirals, optional (right)

1. In a shallow baking dish, whisk together the coconut aminos, olive oil, honey, sesame oil and garlic. Add mushrooms and turn to coat. Marinate for 20 minutes, turning occasionally.
2. Meanwhile, in a small bowl, stir together the mayonnaise, gochujang, tomato paste and honey.
3. Preheat the grill to medium-high heat. Grill mushrooms for 4 minutes per side.
4. Divide arugula between buns, top with red onion, grilled portobellos, and gojuchang mayo. Add shaved carrots, charred Broccolini and crispy beet spirals, if using.

1/4 of recipe: Calories: 370, Total Fat:21 g, Sat. Fat: 3 g, Carbs: 36 g, Fiber: 5 g, Sugars: 13 g, Protein: 3 g, Sodium: 626 mg, Cholesterol: 20 mg

Burger Add-Ons SHAVED CARROTS

HANDS-ON: 5 MINS. TOTAL: 5 MINS.

- 2 cups carrots, thinly shaved lengthwise with a peeler or mandoline
- 2 tbsp cilantro leaves
- 2 tbsp apple cider vinegar
- 1 tbsp extra-virgin olive oil
- ¼ tsp salt and pepper, each

Combine all ingredients together in a medium bowl. Set aside until ready to use.

CHARRED BROCCOLINI

HANDS-ON: 5 MINS. TOTAL: 5 MINS.

- 1 bunch Broccolini, trimmed
- 1 tbsp extra-virgin olive oil
- ¼ tsp salt and pepper, each

1. Heat a cast iron skillet over medium-high heat for 5 minutes.
2. Slice Broccolini lengthwise through the stem. Toss in a small bowl with olive oil, salt and pepper. Sear for 2 to 3 minutes per side, until charred.

CRISPY BEET SPIRALS

HANDS-ON: 5 MINS. TOTAL: 25 MINS.

- 2 large beets, peeled and spiralled
- ½ tsp salt and pepper, each

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Spread beet spirals out on baking sheet. Spray with olive oil cooking spray and season with salt and pepper. Toss to coat.
3. Bake for 20 minutes, tossing the spirals with tongs every 5 minutes or so. Beets should be dark and crispy.

Sea Pesto Crostini

SERVES 8-10.

HANDS-ON: 10 MINS. TOTAL: 45 MINS.

PESTO

- 1 oz dried kelp, broken into pieces
- 1 cup basil, roughly chopped
- ⅓ cup slivered almonds, toasted
- 1 clove garlic, roughly chopped
- zest and juice from half a lemon
- ¼ tsp red chile flakes
- ¼ tsp salt and pepper, each
- ¼ cup extra-virgin olive oil
- 3 tbsp water

CROSTINI

- 1 demi whole-wheat baguette, sliced ½-inch thick
- 3 tbsp extra-virgin olive oil
- ¼ tsp salt and pepper, each

OPTIONAL TOPPINGS

radishes, peas, cucumbers, cherry tomatoes, vegan cheese and toasted nuts

1. To make the pesto: Place kelp in a large bowl and cover with boiling water. Let soak for 15 minutes. Rinse thoroughly and pat dry. Roughly chop.
2. Place the kelp, basil, almonds, garlic, lemon zest and juice, chile flakes, salt and pepper in a food processor and purée for 60 seconds until smooth, scraping down occasionally. Drizzle in olive oil and water while blending.
3. To make the crostini: Preheat oven to 350°F. Arrange baguette slices on two large rimmed baking sheets; brush both sides with oil and season with salt and pepper.
4. Bake until golden, 10 to 12 minutes, flipping halfway through. Top crostini with pesto and any desired toppings.

⅛ of recipe: Calories: 215, Total Fat: 15 g, Sat. Fat: 2 g, Carbs: 17 g, Fiber: 2 g, Sugars: 0.4g, Protein: 5 g, Sodium: 247 mg, Cholesterol: 0 mg

Eggplant BLT Sandwiches

SERVES 4.

HANDS-ON: 10 MINS. TOTAL: 35 MINS.

EGGPLANT BACON

- 1 large eggplant, trimmed
- 3 tbsp extra-virgin olive oil
- 2 tbsp tamari
- 1 tbsp coconut aminos
- 1 tbsp maple syrup
- 1 tsp smoked paprika
- 1 tsp garlic powder

SANDWICH

- 1 lb heirloom tomatoes, sliced
- ¼ tsp salt and pepper, each
- ¼ cup vegan mayonnaise
- 8 slices whole-grain bread, toasted
- 4 oz heirloom baby lettuces
- 4 cornichon pickles, optional

1. Preheat the oven to 350°F. Line two baking sheets with parchment. Slice the eggplant lengthwise into four pieces. Slice each piece into ⅛-inch thick strips using a knife or a mandoline.
2. In a medium bowl, mix together olive oil, tamari, coconut aminos, maple syrup, paprika and garlic powder. Add in eggplant and gently mix until all slices are evenly coated.
3. Arrange the eggplant strips on the two baking sheets. Bake for 12 minutes, remove from oven and flip over. Return to oven and bake for another 10 to 12 minutes.
4. Assemble the sandwiches: Season the tomatoes with salt and pepper. Spread mayonnaise over four slices of bread, divide lettuce, tomatoes and eggplant bacon and top each with a second slice of bread. Secure with a skewer, garnish with a pickle, if using.

¼ of recipe: Calories: 350, Total Fat: 16 g, Sat. Fat: 2 g, Carbs: 44 g, Fiber: 10 g, Sugars: 15 g, Protein: 11 g, Sodium: 1,032 mg, Cholesterol: 4 mg

Lemon and Herb Plant-Based Chicken

SERVES 4.

HANDS-ON: 30 MINS. TOTAL: 1 HR, 25 MINS + 2 HRS CHILL TIME.

PLANT-BASED CHICKEN

- 8 oz medium tofu, patted dry, cubed
- 2½ tbsp extra-virgin olive oil, divided
- 1 tbsp apple cider vinegar
- 1 tbsp white miso
- ½ tsp salt
- 1 tsp onion powder
- 1 tsp paprika
- ¾ cup vital wheat gluten
- ¼ cup whole-wheat flour
- ¼ tsp baking soda

MARINADE

- zest and juice of half a lemon
- 3 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 1 tbsp rosemary, finely chopped
- 1 tbsp thyme, finely chopped
- ¼ tsp red chile flakes

CHIVE-CASHEW SAUCE

- ⅓ cup cashews, soaked for 15 minutes, drained
- ½ cup chives, chopped
- half a lemon juiced
- ¼ tsp salt and pepper, each

TOMATO-CUCUMBER SALAD

- 3 mini cucumbers, thinly sliced
- 1 cup cherry tomatoes, halved
- juice of a half a lemon
- 1 tbsp extra-virgin olive oil
- ¼ tsp salt and pepper
- ½ cup parsley leaves
- ¼ cup dill fronds

1. Add the tofu, oil, cider vinegar, miso, salt, onion powder, paprika and ⅓ cup water to the blender. Blend on high speed for about 30 seconds, or until very smooth.

2. Transfer the mixture to the bowl of a standing mixer fitted with a paddle. Add the gluten, flour and baking soda. Beat on medium for 18 minutes, until stretchy. Divide mixture into four equal pieces. Shape each piece into a smooth ball and stretch into an oblong chicken-breast shape.

3. Lay out four 12 x 14-inch pieces of aluminum foil. Line with a 10 x 10-inch square of parchment paper. Place one portion of plant-based chicken in the center of each piece of parchment and fold edges of foil together. Pinch seams to form a tightly sealed parcel.

4. Fill an Instant Pot or pressure cooker with 3 cups of water. Place the aluminum parcels on a metal trivet inside the cooker. Cook on high for 30 minutes, release the pressure. Remove and allow to cool.

5. Mix all of the ingredients for the marinade together and add the plant-based chicken. Refrigerate for at least 2 hours or overnight.

6. For the chive sauce, place the cashews, chives, lemon juice, salt, pepper and ⅓ cup water in a high-speed blender and blend until smooth.

7. Preheat a skillet over medium-high heat. Sauté plant-based chicken in remaining oil for 5 minutes per side.

8. Mix all the ingredients together for the salad. Serve the salad with the plant-based chicken. Drizzle chive sauce over the chicken.

¼ of recipe: Calories: 437, Total Fat: 27 g, Sat. Fat: 4 g, Carbs: 27 g, Fiber: 3 g, Sugars: 5 g, Protein: 24 g, Sodium: 739 mg, Cholesterol: 0 mg

By all accounts, reducetarianism can feel less restrictive than other diets. Its appeal comes from knowing you're making an effort.

spotlight

Five better-for-you better-for-the-Earth products we love.



SALTY LIKE THE SEA

To say a shake of Burlap & Barrel's dried Wild Icelandic **kelp** functions like salt makes it sound boring and one-dimensional, but this dried and ground sea plant from the freezing waters of Iceland's Westfjords is wildly dynamic. **\$10, burlapandbarrel.com**



INSTANT UMAMI

Dried **mushrooms** are a pantry staple that add that *je ne sais quoi* to nearly any dish. Food52 bundled Wine Forest's premium-dried mushrooms (a near lifetime supply of porcini, mousserons, morels and black trumpets) so you'll never be left wanting. **\$76, food52.com**



ALMOST EDIBLE

We love **jackfruit** as a meat alternative, but as a candle? Yep! Perch Candle House combines jackfruit, mango, and persimmon essences #ftw. **\$28, theperchco.com**



CUCKOO FOR...

Made from the fermented sap of the coconut palm and a bit of sea salt, New Primal **coconut aminos** offers the umami of soy sauce without the soy or gluten. Plus, it adds a hint of wasabi heat. **\$10, gtfoitsvegan.com**



MYLK MUSTACHE

When you don't have time to make your own oat milk, **Good Mylk** is a close second. Just thaw and add cold water. **Six for \$68, goodmylk.com**

The Ultimate Plant-Based Caesar Salad

SERVES 4.

You've heard of a Capstone project—it's the culmination of Herculean effort and time—well, this is that in salad form. You've already put in the work (via the other recipes), now it's time to build a revolutionary Caesar.

HANDS-ON: 25 MINS.

TOTAL: 40 MINS.

CASHEW-KELP CAESAR DRESSING

- ¼ cup raw cashews
- 1 2-inch piece of dried kelp
- 2 small garlic cloves, minced
- juice of 1 lemon
- 2 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 2 tsp nutritional yeast
- ¼ tsp salt

CROUTONS

- 1½ cups multigrain bread, cubed into 1-inch pieces
- 2 tbsp extra-virgin olive oil
- ¼ tsp salt and pepper, each

SEARED MUSHROOMS

- 1 tbsp extra-virgin olive oil
- 6 oz oyster or maitake mushrooms
- salt and pepper, to taste

SALAD

- 1 large head romaine, chopped
- cashew dressing
- ½ recipe eggplant bacon, chopped into 2-inch pieces

croutons

seared mushrooms

½ recipe plant-based chicken, shredded

vegan Parmesan, optional

1 lemon, cut into wedges, for garnish

1. Place cashews and kelp in a small bowl and cover with boiling water. Allow to sit for 15 minutes; drain. Add cashews, kelp, garlic, lemon juice, olive oil, Dijon, nutritional yeast, salt and ¼ cup water into a high-speed blender. Blend until completely smooth, about 30 seconds.

2. Preheat oven to 350°F. Toss cubed bread, olive oil, salt and pepper together in a medium bowl. Spread bread onto a baking sheet and bake for 12 to 15 minutes, stirring halfway, until golden brown.

3. Heat oil in a large skillet over medium-high. Arrange mushrooms in a single layer and cook until the bottom side is golden brown, about 3 minutes. Season with a pinch of salt and pepper, flip the mushrooms, and continue to cook, until golden brown, about 3 minutes more.

4. In a large bowl, thoroughly mix the romaine and cashew dressing, add in the eggplant bacon, croutons and mushrooms. Top with plant-based chicken and vegan Parmesan, if using. Garnish with lemon wedges.

¼ of recipe: Calories: 483, Total Fat: 32 g, Sat. Fat: 5 g, Carbs: 35 g, Fiber: 9 g, Sugars: 9 g, Protein: 18 g, Sodium: 1,008 mg, Cholesterol: 0 mg ●

cashew-kelp
Caesar dressing

eggplant
bacon

seared
mushrooms

plant-based
chicken



COVER
RECIPE

SUMMER FRUIT

PAVLOVA P. 85



LEAD PHOTO MAYA VISNYEI, FOOD STYLING CLAIRE STUBBS, PROP STYLIST JANE HARDIN



Bushels of berries, peaches, nectarines, cherries, plums and more beckon at the market. Buy them all and soak up the sun in these bejeweled desserts.

RECIPES BY SARAH SWEENEY, PHOTOGRAPHY BY ROB FIOCCA

summer lovin'

FOOD STYLING MICHAEL ELLIOT, PROP STYLING CAILEN SPEERS



PEACH AND GOAT
CHEESE TARTS

P. 85





Banana-Cashew Cream Pie

p. 84

Where the perfect banana cream pie is a celebration of buttery pie crust, fresh banana slices, creamy vanilla pudding and a mountain of whipped cream, this pie takes the creamy and fluffy confection to another level. Caramel, which sits atop a layer of bananas, adds another dimension while the coconut whip brings a tropical note. Plus, a sprinkling of whole cashews across the top gives each bite a satisfying crunch.



Individual Nectarine and Raspberry Trifles

p. 84

Traditionally made with ladyfingers soaked in sherry or fortified wine, this trifle eschews the spirits and gets its chew from almond cake. The gluten-free cake, which is made with a combo of almond and coconut flours, provides a density that holds up against the summer fruit and mascarpone filling. Choose whichever fruit is in its prime but note that the prettiest trifles feature fruit with different colors and textures.

Banana-Cashew Cream Pie

SERVES 8.

The magic of this pie is, in part, the dreamy coconut whip across the top. For best results, chill your can of coconut milk overnight.

HANDS-ON: 40 MINS. TOTAL: 3 HRS.

CRUST

- 2 cups organic gluten-free graham crackers, broken up**
- ½ cup roasted cashews, plus more for garnish**
- 2 tbsp organic cane sugar**
- ½ cup coconut oil, melted**
- 1 tsp vanilla**

CARAMEL

- ¼ cup organic cane sugar**
- ¼ cup cashew butter**
- 1 tsp vanilla**
- pinch salt**

PUDDING

- 2 tbsp arrowroot**
- ¼ cup organic cane sugar**
- 1 cup cashew milk**
- 1 egg**
- 1 egg yolk**
- 1 tsp pure vanilla extract**

COCONUT WHIP

- 1 can coconut milk, chilled**
- 2 tbsp organic cane sugar**

TOPPING

- 2 ripe bananas, peeled and sliced, divided**

1. Preheat oven to 350°F and grease a 9-inch pie plate.
2. Add graham crackers, cashews and sugar to a food processor and pulse to a fine meal. Add coconut oil, vanilla and 1 tbsp water. Pulse and mix on low until a loose dough forms. Transfer mixture to the pie pan. With your fingers, press down firmly on the bottom and up the sides.

3. Bake for 20 minutes, until the edges are golden brown. Remove from the oven and set aside to cool.

4. For the caramel, place the sugar and ½ cup water in a small pot over medium-high heat. Whisk until dissolved. Bring to a boil; simmer for 3 minutes. Whisk in cashew butter and heat for 2 minutes to a thick sauce. Remove from heat and stir in vanilla and salt. Set aside.

5. Prepare the pudding by adding arrowroot and sugar to a small saucepan and whisking in cashew milk to avoid clumps. In a separate bowl, whisk together the egg and egg yolk.

6. Place saucepan over medium heat and cook until bubbling, whisking frequently. Reduce heat to low and continue cooking for 2 to 3 minutes, using a rubber spatula to scrape the sides and bottom almost constantly. While whisking, slowly pour mixture into the bowl with the eggs. Return mixture to pot and heat over low. Cook, while using a rubber spatula to scrape the sides and bottom almost constantly until thick, 3 to 4 minutes.

7. Remove from heat, whisk in vanilla, and let cool 10 minutes. Transfer to a glass or ceramic bowl and cover with plastic wrap, making sure the plastic is touching the surface or it will form a skin on top. Refrigerate until cooled and set, 2 to 3 hours.

8. Make the coconut whip by gently scooping out the hardened cream from the coconut milk and placing it in a medium bowl. (Save remaining coconut milk for another use.) Add the sugar. Use a handheld mixer to whip the coconut cream until it begins to look like whipped cream, 2 to 3 minutes. Set aside in the refrigerator.

9. To assemble, layer half of the sliced bananas over the baked crust. Cover with caramel. Then top with pudding, followed by the coconut whip. Top with the remaining banana slices. Chop remaining cashews and sprinkle overtop.

⅓ of recipe: Calories: 516, Total Fat: 36 g, Sat. Fat: 23 g, Carbs: 45 g, Fiber: 3 g, Sugars: 26 g, Protein: 6 g, Sodium: 110 mg, Cholesterol: 46 mg

Individual Nectarine and Raspberry Trifles

SERVES 6.

Because you want the cake to hold its shape, make sure to use almond flour and not coarser almond meal.

HANDS-ON: 20 MINS. TOTAL: 45 MINS.

ALMOND CAKE

- 1 cup almond flour**
- ½ cup coconut flour**
- ⅓ cup organic cane sugar**
- ½ tsp baking powder**
- ¼ cup unsalted butter, melted**
- 1 egg, beaten**
- ½ tsp vanilla**
- ¼ cup sliced almonds**

FILLING

- 1 cup well-chilled light (35%) whipping cream**
- 2 tbsp organic cane sugar**
- 1 cup mascarpone cheese**
- 1 tsp lemon zest**

TRIFLE

- 2 cups raspberries**
- 4 nectarines, thinly sliced**
- 3 tbsp sliced almonds, toasted**

1. Preheat the oven to 350°F. Line an 8 x 8-inch pan with parchment.
2. In a medium bowl, combine flours, cane sugar and baking powder. Stir in butter, egg, vanilla and 3 tbsp water. Batter will be thick.
3. Press dough into the prepared pan, top with sliced almonds and press again. Bake for 25 minutes or until a toothpick inserted in the center comes out clean. Allow to cool completely and cut into 1-inch cubes.
4. Make the filling: Place whipping cream and sugar in the bowl of a standing mixer. Beat on high speed until soft peaks begin to form. Beat in mascarpone cheese and lemon zest.
5. To assemble, place a scoop of whipped filling in the bottom of each dish or glass, top with a layer of cake

cubes, and a handful of fruit, repeat layer and top with toasted almonds.

1/8 of recipe: Calories: 630, Total Fat: 50 g, Sat. Fat: 25 g, Carbs: 43 g, Fiber: 11 g, Sugars: 29 g, Protein: 12 g, Sodium: 83 mg, Cholesterol: 142 mg

Summer Fruit Pavlova

SERVES 8.

Making meringue is easy, but it can't be rushed. Letting the meringue begin to cool gradually in a vented oven, then cooling completely on the counter, yields the perfect finished texture.

HANDS-ON: 20 MINS. TOTAL: 3 HRS.

MERINGUE

- 6 large egg whites**
- 1 tsp white vinegar**
- 1/2 tsp vanilla**
- 1/4 tsp salt**
- 1 1/3 cups organic cane sugar**
- 2 tbsp potato starch**

TOPPINGS

- 3 cups mixed berries and stone fruit, sliced if desired**
- 2 tbsp lemon juice**
- 1 tbsp honey**
- 1 1/3 cups light (35%) whipping cream**
- 1 tsp vanilla extract**

1. Position a rack in the bottom third of the oven and preheat oven to 300°F. Line a large baking sheet with parchment paper.

2. Make the meringue: In the bowl of a standing mixer fitted with a whisk attachment, beat the egg whites on medium-high speed, until frothy. Add vinegar, vanilla and salt. Slowly pour in sugar. Beat for 20 minutes, until firm peaks form. Sift the potato starch into the meringue; gently fold it in.

3. Using a large spoon, dollop the meringue in the center of the prepared sheet. Spread into a 9-inch oval, slightly indented in the middle. Reduce oven temperature to 225°F and bake for 90 minutes, until crisp and very pale on the outside. Turn off the oven, prop the door open with

a wooden spoon; keep the meringue in the oven for 1 hour until slightly cool. Remove from the oven to cool completely.

4. Prepare the toppings: In a medium bowl, toss the fruit, lemon juice and honey to coat. Set aside, tossing occasionally, for at least 30 minutes, or until the fruit releases its juices. Place the cream in the bowl of an electric stand mixer fitted with a whisk attachment; whisk on medium-high until thick. Stir in the vanilla. Place the cooled meringue on a platter. Spoon the whipped cream on top of the meringue. Spoon the fruit over the cream and drizzle on any juices.

1/8 of recipe: Calories: 230, Total Fat: 6 g, Sat. Fat: 4 g, Carbs: 42 g, Fiber: 1 g, Sugars: 38 g, Protein: 4 g, Sodium: 109 mg, Cholesterol: 22 mg

Peach and Goat Cheese Tarts

SERVES 6.

White whole-wheat flour is packed with nutrients and bakes up a delicious golden brown; regular whole wheat will also work if white whole wheat is unavailable.

HANDS-ON: 20 MINS. TOTAL: 3 HRS.

- 1 3/4 cups white whole-wheat pastry flour, plus more for dusting**
- 1/4 tsp salt**
- 1/2 cup cane sugar, divided**
- 1/2 cup unsalted butter, cubed**
- 1 egg**
- 1 tbsp apple cider vinegar**
▶ such as Eden Foods' Apple Cider Vinegar
- 3 medium peaches, halved, pitted and sliced 1/4-inch thick**
- juice and zest of half a lemon**
- 1 cup goat cheese, room temperature**
- 1 large egg**
- thyme sprigs for garnish, optional**

1. Preheat oven to 400°F and line a baking sheet with parchment paper.

Place the flour, salt and 2 tbsp sugar in the bowl of a food processor and buzz until combined.

2. Add the cubed butter and pulse into a coarse meal. In a separate bowl, whisk together the egg, vinegar and 1/4 cup water. Drizzle into the flour mixture while pulsing.

3. Turn pastry dough out onto a lightly floured board. Roll into a square and then fold in half; repeat two more times. Wrap tightly and refrigerate for 30 minutes.

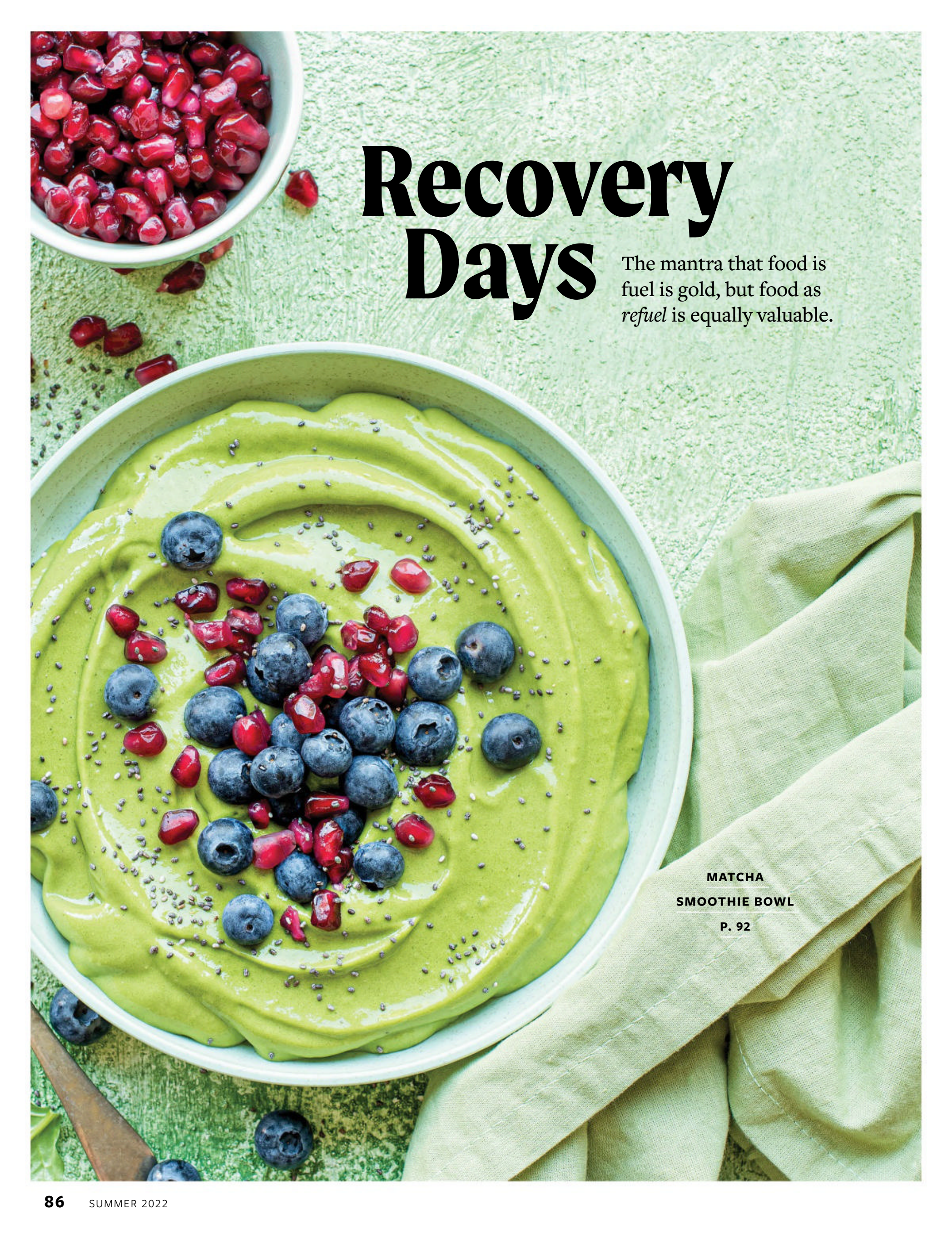
4. Stir together sliced peaches, lemon juice and 2 tbsp sugar. In a separate bowl, stir goat cheese, 2 tbsp sugar and zest together.

5. Roll out the pastry to a slightly oversized 12 x 8 rectangle. Cut six 4 x 4 squares. Divide goat cheese between tarts and spread leaving a 1/2-inch border. Top with peaches and any juices. Whisk egg together with splash of water and brush edges of the pastry. Sprinkle with the remaining 2 tbsp sugar.

6. Bake for 20 to 22 minutes until pastry is golden brown and cheese is browning on the edges. Garnish with thyme, if desired.

1/8 of recipe: Calories: 477, Total Fat: 26 g, Sat. Fat: 16 g, Carbs: 47 g, Fiber: 5 g, Sugars: 25 g, Protein: 15 g, Sodium: 277 mg, Cholesterol: 120 mg ●





Recovery Days

The mantra that food is fuel is gold, but food as *refuel* is equally valuable.

**MATCHA
SMOOTHIE BOWL**
P. 92

STORY BY AMANDA M. FAISON

RECIPES BY TIFFANI BACHUS AND ERIN MACDONALD

PHOTOGRAPHY BY OLIMPIA DAVIES

Alexandra Weissner had been running for years before she considered herself a runner.

“I was always an athlete and running was part of my cross-training, but I never would have called myself a ‘runner,’” she explains. Weissner only adopted the label after moving to New York, NY where all she could afford for exercise was a pair of sneakers. She began signing up for races and now, 13 years later at home in Denver, Colorado, she regularly tracks 25 to 30 miles a week and recently completed the Barcelona Marathon.

Weissner isn’t in it for speed, though. Sure, she has her own goals, like a sub two-hour half-marathon this season, but she puts one foot in front of the other for the greater goal of mental and physical health. In order to feel her best, she also fuels herself as the athlete she is. “We expect a lot from our bodies and we expect them to perform a certain way,” she says. “We’re often not taking care of ourselves from the inside out. To make gains in anything, it all starts with what you put into the body.”

Now a run coach and trainer (and also a marketing consultant), Weissner discusses all things wellness—nutrition, recovery, sleep and overall well-being—on her podcast “Behind the Sweat,” which is in its third season. Weissner is also the co-founder of bRUNch Running, a

Shopping List

proteins & dairy

7 eggs
1 carton unsweetened almond milk
1 carton unsweetened vanilla almond milk
1 jar ghee
1 lb butter
8 chicken drumsticks
1 small container sour cream
1 small wedge blue cheese
6 boneless, skinless chicken thighs
1 can black beans
1 wedge Cotija cheese
4 6-oz salmon fillets

veggies & fruits

1 small zucchini
2 sweet potatoes
4 mushrooms
1 shallot
1 head of garlic
1 container baby spinach
1 head cauliflower
1 banana
1 bag frozen mango
1 pomegranate or 1 small container pomegranate arils
1 pint blueberries
1 bag frozen organic corn
1 lime
1 bunch cilantro
4 medium beets
2 oranges
1 bunch green onions
1 bunch dill

nuts, seeds & oils

1 bag chia seeds
1 bottle extra-virgin olive oil
1 container pepitas

pantry staples

1 bag black rice
1 bag almond flour
1 box baking soda
1 jar pink Himalyan salt
1 jar cinnamon
1 jar ground ginger
1 jar ground cardamom
1 jar ground nutmeg
1 jar ground cloves
1 jar black peppercorns
1 jar za’atar
1 jar garlic powder
1 jar cumin
1 jar chile powder
1 container collagen peptides
1 bottle pure vanilla extract
1 bottle maple syrup
1 bag cacao powder
1 bottle Frank’s RedHot
1 box English Breakfast tea
1 small bag matcha
1 bottle apple cider vinegar
1 jar fire-roasted salsa
1 box chicken broth
1 jar Dijon mustard
1 bottle honey



Before going to the store, scan the code to download the shopping list.

fitness community that helps others fall in love with running via group runs, online programs and organized events.

And so, when we were looking for someone to test this meal plan, one that specifically addresses recovery, Weissner immediately leapt to mind. We wanted someone who had athletic goals but who wasn't a professional athlete with a team of experts overseeing their every move. Weissner looked the plan over, noted that it closely mimics how she already eats, and agreed to give it a try.

It turns out that Weissner has started her day with chai and collagen (opposite page) for years. "I'm not good at eating before 6:00 a.m. so that's my pre-workout," she explains. After her morning run, she'd refuel with a couple chocolate-zucchini muffins (opposite page). "They were easy to grab and delicious," she says. She's already planning on making them again—next time to help use up the massive amounts of zucchini her garden produces.

Her favorite of the dishes were the sweet potato halves (p. 90). "It was a good reminder to make eggs for lunch," she says. "They're super healthy and super easy, especially when working from home."

After eating from the plan for a week, Weissner had this to say: "From a macro standpoint, [the plan] had everything you need for post-workout. And it had everything you need from a protein perspective to rebuild, as long as you're not marathon training," she explains. "All the dishes had really good flavor and all were easy to make."

“
We expect a lot from our bodies and we expect them to perform a certain way. We're often not taking care of ourselves from the inside out. To make gains in anything, it all starts with what you put into the body.

Key Nutrients for Recovery:

■ **PROTEIN:** Optimum protein consumption is key to stimulating muscle protein synthesis and facilitating repair. To promote greater recovery, aim to consume approximately 0.8-1 gram of protein per pound of body weight per day. The branched chain amino acid, leucine, is vital for muscle repair. High-leucine foods (per 3.5 ounce) include those like beef, shrimp, herring, trout, chicken, lentils, salmon, quinoa, Swiss cheese and cashews.

■ **OMEGA-3 FATTY ACIDS:** Omega-3 fats aid in recovery by reducing inflammation. EPA and DHA are the most anti-inflammatory types of omega-3s and are found in wild-caught cold-water fish, including Alaskan salmon, Pacific halibut, herring, sardines and mackerel. Plant-based omega-3 fats come in the form of ALA and although they are poorly converted to EPA and DHA, they have many other health-promoting qualities. Walnuts, freshly ground flax seeds, chia seeds, pumpkin seeds and organic, non-GMO soybeans are all good sources of ALA. Aim to consume at least one omega-3-rich food per day.

■ **VITAMIN C AND ZINC:** Vitamin C is needed to make collagen as well as for repairing tendons, ligaments and healing surgical wounds. Good sources include citrus fruits, strawberries, kiwi, broccoli and bell peppers. Zinc is a mineral found in higher amounts in animal foods. Oysters contain more zinc per serving than any other food, but other

good sources include beef, poultry, beans, whole grains, dairy products, crab and lobster. It's best to get zinc from food, as high-dose zinc supplements can cause nausea and vomiting and can inhibit copper absorption.

■ **TURMERIC:** Turmeric is a root that has been used for centuries in Ayurvedic medicine for its anti-inflammatory and healing properties. The active compounds in turmeric, known as curcuminoids, need to be consumed with black pepper and fat to enhance absorption. Adding turmeric to soups and stews, stir-fries and even smoothies is an easy way to get in your daily dose.

■ **MUFAS:** Monounsaturated fatty acids are a type of healthy fat that reduce inflammation and promote healing. Best food sources include avocado, olives, extra-virgin olive oil, almonds, pistachios and macadamia nuts.

■ **HYDRATION AND ELECTROLYTES** Losing just 1 to 2 percent of body fluid puts you in a dehydrated state, making recovery much more difficult. Water is critical, but for the super active, drinking only water will not keep you adequately hydrated. Consuming extra electrolytes—essential minerals like sodium, calcium and potassium—is the key to keeping your cells functioning properly. Electrolytes are vital for proper nerve and muscle function. They help our cells, tissues and fluids communicate and allow our bodies to function properly.



SERVES 4. HANDS-ON: 10 MINS. TOTAL: 75 MINS.

Chocolate– Zucchini Muffins

- 1 cup finely shredded zucchini
- 1½ cups almond flour
- ¾ tsp baking soda
- ¼ tsp salt
- ¾ tsp cinnamon
- 5 tbsp collagen peptides
- 3 eggs
- 1 tsp pure vanilla extract
- ⅓ cup maple syrup
- 4 tbsp cacao powder

1. Preheat oven to 350°F. Grease or line 8 cups of a muffin tin. Set aside.

2. Place the shredded zucchini onto a clean kitchen towel. Gather up the sides and squeeze out as much moisture as possible. Set aside.

3. Whisk together the almond flour, baking soda, salt, cinnamon and collagen. Add the eggs, vanilla and maple syrup. Mix together.

4. Place ⅓ cup of the batter in another bowl and whisk in the cacao.

5. Fold the shredded zucchini into the plain batter. Divide the zucchini batter between the 8 muffin cups. Place a dollop of the cacao batter on top of each and use a knife to swirl the cacao batter into the zucchini batter.

6. Bake for 22 minutes, until the center springs back. Remove and let cool 30 minutes before removing from the pan.

¼ of recipe (2 muffins):
Calories: 438, Total Fat: 27 g,
Sat. Fat: 4 g, Carbs: 31 g,
Fiber: 7 g, Sugars: 19 g,
Protein: 22 g, Sodium: 436 mg,
Cholesterol: 140 mg



SERVES 4. HANDS-ON: 6 MINS. TOTAL: 10 MINS.

Chai Latte

- 4 cups unsweetened almond milk, divided
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground cardamom
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp pink Himalayan salt
- 3 black peppercorns, ground
- 2 tablespoons maple syrup
- 4 tea bags (English Breakfast)
- 4 scoops collagen peptides

1. Place 1 cup almond milk in a saucepan with the ground spices, salt and peppercorns. Bring to a boil; reduce to a simmer for 5 minutes. Add the maple syrup and tea bags; turn off the heat and allow to steep for 5 minutes. Remove tea bags and use an electric whisk to dissolve the spices into the milk.

2. Pour into a tall glass jar and add the remaining almond milk and collagen. Seal the jar with a lid and shake to dissolve the collagen. Store in the refrigerator.

3. Serve hot or cold.

¼ of recipe: Calories: 116, Total Fat: 3 g, Sat. Fat: 0.4 g, Carbs: 11 g, Fiber: 2 g, Sugars: 7 g, Protein: 11 g, Sodium: 320 mg, Cholesterol: 0 mg

SERVES 4.

Sweet Potato Halves with Over-Easy Eggs and Za'atar

HANDS-ON: 12 MINS.
TOTAL: APPROX. 1 HR.

- 2 sweet potatoes
- 1 tsp ghee
- 4 mushrooms, sliced
- 1 shallot, diced
- 2 cups baby spinach
- salt and pepper, to taste
- 4 eggs
- 1 tbsp za'atar

1. Preheat oven to 425°F. Place sweet potatoes on a baking sheet and prick a few times with a fork. Bake for 45 to 60 minutes, depending on the size of your sweet potato, until tender.

2. Heat a sauté pan over medium-high heat. When hot, add the ghee and heat to bubbling. Add the mushrooms and shallots, sauté for 2 minutes. Add the baby spinach and season with salt and pepper. Cook for 1 minute or until spinach is wilted. Remove from pan.

■ *You can prepare the sweet potatoes and sautéed veggies ahead of time and store in the refrigerator until ready to use. (We recommend cooking each egg to order.)*

3. Place the pan back on the stove. When hot, add the eggs. Cook for 2 minutes; flip and cook until your desired doneness.

4. Slice sweet potatoes in half and use a fork to mash the flesh, keeping the skin intact. Top each with a quarter of the sautéed veggies and an egg. Sprinkle with za'atar.

¼ of recipe: Calories: 156, Total Fat: 6 g, Sat. Fat: 2 g, Carbs: 16 g, Fiber: 4 g, Sugars: 5 g, Protein: 9 g, Sodium: 274 mg, Cholesterol: 189 mg



“

It was a good reminder to make eggs for lunch. They're super healthy and super easy, especially when working from home.

**SALMON WITH BLACK
RICE, BEETS AND
ORANGES P. 94**



**SLOW COOKER
CHICKEN CHILI P. 92**





Buffalo Drumettes with Blue Cheese Cauliflower Mash

SERVES 4.

HANDS-ON: 20 MINS. TOTAL: 45 MINS.

HOMEMADE BUFFALO SAUCE:

- ⅓ cup hot sauce (preferably Frank's RedHot)**
■ *If sodium is a concern, we suggest seeking out a low-sodium hot sauce instead.*
- 3 tbsp butter**
- 2 tsp apple cider vinegar**
- 2 tsp garlic powder**
- 1 tbsp maple syrup**

DRUMETTES

- 8 chicken drumsticks**
- ½ tsp pink Himalayan salt**

CAULIFLOWER MASH

- 1 head (24 oz) cauliflower, cut into florets**
- ¼ cup sour cream**
- ¼ tsp salt and pepper, each**
- 3 tbsp blue cheese, divided**

- 1.** In a saucepan over medium heat, bring sauce ingredients to a simmer. Whisk until fully incorporated and smooth. Keep warm over low heat.
- 2.** For the drumettes: Preheat the oven to 425°F. Line a sheet pan with parchment paper.

3. Pat drumsticks dry and place on sheet. Sprinkle with salt. Bake for 35 minutes. Flip and bake for another 20 to 25 minutes. Remove and toss with buffalo sauce.

4. Meanwhile, in a Dutch oven with 2 inches of water, steam cauliflower for 10 minutes, until tender. Strain and return to pot.

5. Add sour cream, salt and pepper. Purée with a hand blender. Stir in half of the blue cheese. Plate and garnish with remaining cheese.

¼ of recipe: Calories: 560, Total Fat: 34 g, Sat. Fat: 14 g, Carbs: 9 g, Fiber: 2 g, Sugars: 5 g, Protein: 52 g, Sodium: 1,421 mg, Cholesterol: 308 mg

Matcha Smoothie Bowl

SERVES 1.

HANDS-ON: 5 MINS. TOTAL: 5 MINS.

- 1 whole very ripe banana, peeled, sliced and frozen**
- ¼ cup unsweetened vanilla almond milk**
- ½ tsp matcha**
- ½ cup frozen mango**
- 2 scoops collagen peptides**
- 1 cup baby spinach leaves**

TOPPINGS:

- 2 tbsp pomegranate arils**
- 1 tsp chia seeds**
- ¼ cup blueberries**

1. Place banana, almond milk, matcha, mango, collagen and spinach in a food processor. Blend until smooth.

2. Top with pomegranate arils, chia seeds and blueberries. ■ *Blending in a food processor (rather than the blender) yields thicker results.*

1 recipe: Calories: 320, Total Fat: 2 g, Sat. Fat: 0.3 g, Carbs: 56 g, Fiber: 9 g, Sugars: 35 g, Protein: 25 g, Sodium: 145 mg, Cholesterol: 0 mg

Slow Cooker Chicken Chili

SERVES 4.

HANDS-ON: 8 MINS. TOTAL: 6 HRS.

- 6 boneless, skinless chicken thighs (about 1½ lb)**
- 1 15-oz can black beans, rinsed and drained**
- 2 cups frozen organic corn**
- 1 16-oz jar fire-roasted salsa**
- 1½ cups chicken broth**
- 1½ tbsp cumin**
- 1½ tbsp chile powder**
- 1 tbsp garlic powder**
- ½ tsp pink Himalayan salt**
- ½ tsp black pepper**

TOPPING:

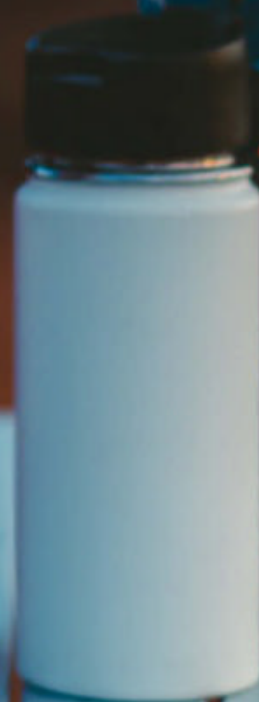
- 1 lime**
- ½ cup Cotija cheese**
- ¼ cup chopped cilantro**

1. In a crock-pot, combine chicken thighs, beans, corn, salsa, broth, cumin, chile powder, garlic powder, salt and pepper. Cover and cook for 6 hours on low.

2. Remove the lid and shred the chicken using two forks; stir into the stew. Portion into bowls and top with a squeeze of lime juice, 1 tablespoon crumbled cheese and 1 tablespoon chopped cilantro.

¼ of recipe: Calories: 507, Total Fat: 14 g, Sat. Fat: 5 g, Carbs: 46 g, Fiber: 11 g, Sugars: 8 g, Protein: 48 g, Sodium: 1,350 mg, Cholesterol: 175 mg

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Salmon with Black Rice, Beets and Oranges

SERVES 4.
HANDS-ON TIME: 20 MINS. TOTAL TIME: 1 HR.

- 4 medium beets
- 1¼ cups black rice
- 2 oranges
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- 1 garlic clove, minced
- 2 tbsp extra-virgin olive oil, divided
- ½ tsp salt, divided
- ½ tsp pepper, divided
- 4 green onions, chopped
- ⅓ cup pepitas
- ¼ cup dill, chopped
- 4 6-oz salmon fillets, 1¼-inch thick

- Place beets in a medium pot, cover with water and bring to a boil. Simmer on medium-low for 30 minutes or until tender when pierced with a fork. Drain and set aside until cool.
- Cook rice according to package directions.
- Segment one orange into a small bowl and set aside. Zest and juice the second orange and place in a second small bowl. Whisk in vinegar, Dijon, honey, garlic, two-thirds of the olive oil and half the salt and pepper. Add to cooked black rice, along with green onions and pepitas.
- Peel and dice the cooled beets, add to the segmented oranges. Stir in dill and a pinch of salt and pepper.
- Season salmon with remaining salt and pepper. Heat remaining oil in a cast iron skillet over medium-high heat. Cook fish, skin side down, until golden and crisp, about 4 minutes. Flip, reduce heat to medium, cook another 4 to 5 minutes.
- Serve salmon with rice and top with diced beets and orange segments.

¼ of recipe: Calories: 577, Total Fat: 20 g, Sat. Fat: 3 g, Carbs: 59 g, Fiber: 7 g, Sugars: 12 g, Protein: 44 g, Sodium: 646 mg, Cholesterol: 80 mg ●

The Meal Plan

	Breakfast	Lunch	Dinner
Monday	Chocolate-Zucchini Muffins save leftovers and Chai Latte save leftovers	Sweet Potato Halves with Over-Easy Eggs and Za'atar save leftovers	Salmon with Black Rice, Beets and Oranges freeze two portions of salmon and rice for later in the week; refrigerate beets and oranges
Tuesday	Sweet Potato Halves with Over-Easy Eggs and Za'atar leftovers	Salmon with Black Rice, Beets and Oranges leftovers	Buffalo Drumettes with Blue Cheese Cauliflower Mash save leftovers
Wednesday	Chocolate-Zucchini Muffins leftovers and Chai Latte leftovers	Buffalo Drumettes with Blue Cheese Cauliflower Mash leftovers	Slow Cooker Chicken Chili save leftovers
Thursday	Chocolate-Zucchini Muffins leftovers and Chai Latte leftovers	Sweet Potato Halves with Over-Easy Eggs and Za'atar leftovers	Slow Cooker Chicken Chili leftovers
Friday	Sweet Potato Halves with Over-Easy Eggs and Za'atar leftovers	Slow Cooker Chicken Chili leftovers	Buffalo Drumettes with Blue Cheese Cauliflower Mash leftovers
Saturday	Chocolate-Zucchini Muffins leftovers and Chai Latte leftovers	Buffalo Drumettes with Blue Cheese Cauliflower Mash leftovers	Salmon with Black Rice, Beets and Oranges thawed
Sunday	Matcha Smoothie Bowl	Salmon with Black Rice, Beets and Oranges thawed	Slow Cooker Chicken Chili leftovers

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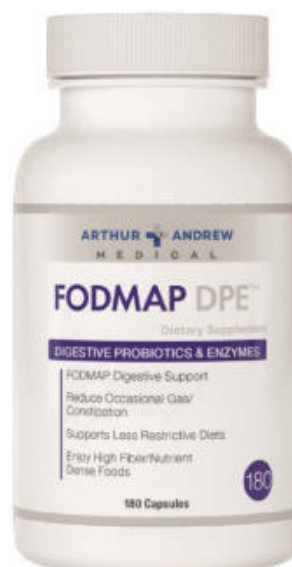


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Pop Culture

If there's a more perfect snack than popcorn, we haven't found it. Not only are the kernels high in fiber, they also contain phenolic acids—which work as antioxidants and may prevent cellular damage. Munch away on the trail, after a workout or while watching a movie.

MAKES 4½ CUPS. HANDS-ON: 10 MINS. TOTAL: 55 MINS.

RECIPE BY SARAH SWEENEY
PHOTOGRAPHY BY COSTAS MILLAS

Visit cleaneating.com/savorypopcorn for another version (*hello, cheddar bunnies and pretzels, pictured top*).

TRAIL-MIX POPCORN

- 4 cups freshly popped, salted popcorn
- ½ cup dry-roasted, lightly salted pumpkin seeds
- ⅓ cup dry-roasted, lightly salted peanuts
- 2 tbsp unsalted butter
- 1 tbsp maple syrup
- ½ tsp cinnamon
- ½ cup freeze-dried bananas
- ¾ cup freeze-dried strawberries
- ⅓ cup dark chocolate chips (70% cacao)

1. Preheat oven to 250°F and line a baking sheet with parchment paper. In a large bowl, combine popcorn, pumpkin seeds and peanuts.
2. Combine butter, maple syrup and cinnamon in a small skillet. Stir over low heat until butter has melted and ingredients are mixed well. Drizzle over the popcorn mixture. Toss.
3. Spread onto prepared baking sheet and bake until lightly toasted and mostly dried, about 45 minutes, stirring every 15 minutes. Transfer to a large bowl and let cool, tossing every few minutes.
4. When popcorn mixture has cooled completely, add bananas, strawberries and chocolate chips. Toss again. Portion into bowls and serve immediately or transfer to an airtight container for up to three days.

¼ of recipe: Calories: 332, Total Fat: 23 g, Sat. Fat: 7 g, Carbs: 26 g, Fiber: 5, Sugars: 10 g, Protein: 12 g, Sodium: 130 mg, Cholesterol: 14 mg ●

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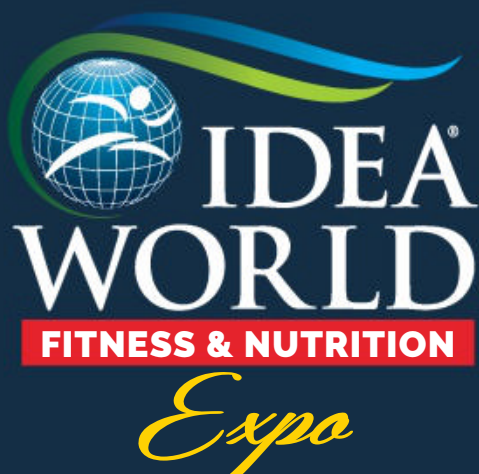
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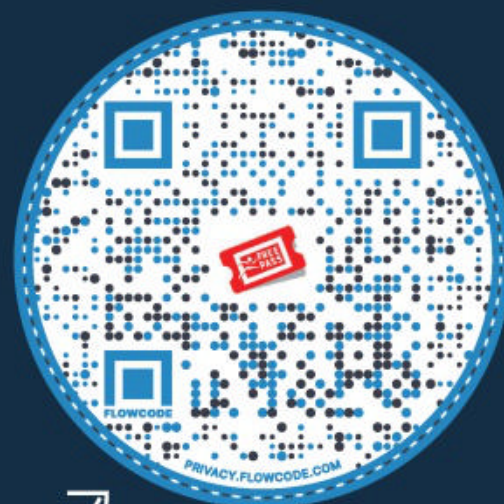
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