

A Fresh & Simple **Easter Feast** P.110

# Cooking Light®

MARCH 2016

## *EASY* **One-Pot Pastas** *TO THE RESCUE!*

**A Carb-Conscious Guide to Healthier Noodles**

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Susan Sarandon

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Jennifer Causey

##### FOOD STYLING

Chris Lanier

##### PROP STYLING

Heather Chaddock Hillegas



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PHOTOGRAPHY: (TOP & BOTTOM RIGHT) DYLAN + JENI, JENNIFER CAUSEY

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TO COOK RIGHT NOW



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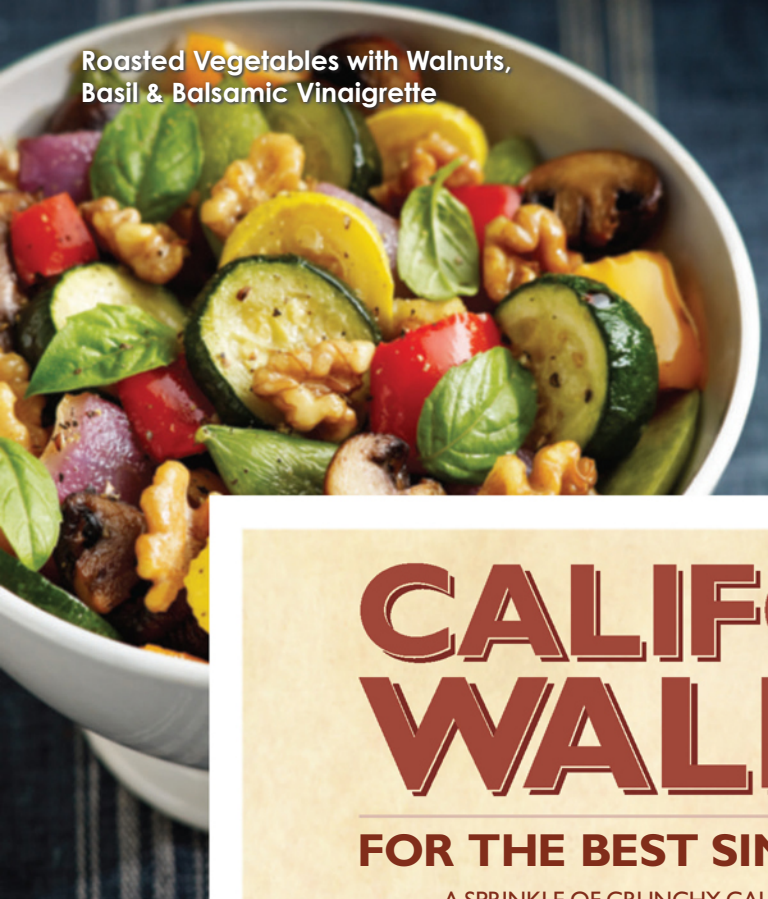
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Roasted Vegetables with Walnuts,  
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Pomegranate Glazed Carrots



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[walnuts.org](http://walnuts.org)   

Green Beans with Olives, Sun-Dried  
Tomatoes & Walnuts



Sweet & Spicy Brussels Sprouts



\* Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid (the plant based omega-3).

# note *f*rom the editor

## ONE PASTA NIGHT IN AMERICA

### LAST NIGHT I MADE A

pretty good pasta on the fly. It started with a pot of boiling, lightly salted water and a link of leftover chorizo, which I cut into half-moons and sautéed in a big skillet slicked with shimmering green olive oil. Then I squeezed a few garlic cloves through a press, scraping the stubborn bits lodged in the holes of the garlic press into the pan with a paring knife. In went a pinch of crushed red pepper.

The pungent smells drew my youngest daughter to the stove, and together we dumped a 16-ounce bag of frozen kale in the skillet and checked on the doneness of the whole-grain spaghetti simmering in the pot. When the noodles were cooked about three-quarters of the way through, I tonged them into the skillet and poured in a cup or so of the cloudy, concentrated pasta water.

As the spaghetti finished cooking and the pasta water reduced and thickened into a silky sauce, we scrounged around the fridge and stirred in two fistfuls of baby spinach and mint left wilting in their plastic clamshells. Then I twirled the pasta onto four plates and showered each with crumbled feta, lemon zest, and lots of cracked black pepper. And for what seemed like the first time in weeks, my girls sat down at the

dinner table for longer than a minute and ate without protest. They asked for seconds. High fives all around: a 20-minute back pocket pasta, for the win!

Dinner inspiration came from my friend Colu Henry, who coined the term *back pocket pasta* and is writing a smart cookbook of the same name due out early next year. Colu recommends stocking your pantry with pasta basics like anchovies, nuts, and olives, along with a few fresh, seasonal ingredients so you can conjure up dinner at a moment's notice. Like me, she's a big fan of using the pasta water. "Finish the pasta in the skillet to bring the dish together," Colu says.

Not ready to wing it yet? Try our recipes on page 98 and eliminate the pot of boiling water altogether. Simply combine pasta, liquids like milk or stock, and aromatics in one pan. The pasta will cook al dente as the liquids, aided by the starches in the pasta, reduce into a creamy sauce. Your Italian friends may roll their eyes at the technique, but they won't argue with the results. You might even get a high five.

*Hunter*

HUNTER LEWIS  
hunter@cookinglight.com  
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## LETTERS



### START A BREAKFAST REVOLUTION!

When I saw your breakfast salads (Jan/Feb, p. 82), I balked. Are you kidding? Salads at breakfast? Then I tried the Fried Egg and Crunchy Breadcrumb Breakfast Salad (p. 85) for a late brunch one weekend. I'm a total convert! Sure, you can get all the added fiber and nutrients, but a hearty, filling, refreshing salad at breakfast just makes so much more sense than oatmeal and coffee. It's time this country started demanding more from our breakfasts!

ANN GABLETON  
FORT MYERS, FL

### WHERE'S THE SUGAR?

My husband and I are coaches guiding people to weight loss and a healthier lifestyle through low-glycemic eating. While we often refer our clients to *Cooking Light* magazine, I am disappointed that sugar is not listed among the nutritional facts. We emphasize to our clients the importance of paying attention to the sugar content when making food and recipe choices. That's pretty difficult to do when the information is not provided.

DENISE CAPOSELLA  
WAYNE, NJ

### Editor's reply:

We agree! That's why, as of our January/February 2016 issue, all of our recipes now include sugar information (both added and naturally occurring). Learn more at [cookinglight.com/guidelines](http://cookinglight.com/guidelines).

### A HELPING HAND

I simply want to say, "Thank you." Your publication was a valuable resource for me this past summer during my son's two-month-long radiation therapy while we were away from home. With his diagnosis of cancer, we made many changes to our daily eating habits. The recipes and articles are wonderful additions to our newfound interest to cook healthy meals.

SANDRA ANDERSON  
VIA EMAIL

### SLOW COOKER SALMON?! IS THIS REAL LIFE?

I was skeptical about preparing salmon in the slow cooker (December, p. 148), but it was easy and the results were wonderful. Instead of dill cream, I served it over a salad.

N.N.  
SOLOMON, OH



### Spaghetti Squash Lasagna with Spinach

December 2015

I was shocked at how good this was.

APRIL MARTIN MCELROY



### Curried Butternut Soup

December 2012

I just made this for a dinner party—big hit!

KATHLEEN  
ABERNETHY PARAS



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

## Cooking Light. DIET

“It's easy to follow, it's not expensive, and the recipes are delicious. There's something for everyone. I've lost 35 pounds\*, and that was strictly following your recipes and your plan. And I'll be honest ... there aren't even a ton of salads on this diet. It's food. You can have sandwiches. You can have a grilled cheese. It's different things, but [the Cooking Light Diet] is a tool to teach you a better, healthier way of doing it. This is absolutely something I will continue to follow. And, in my opinion, everyone should be doing it.”

AMY PERRONE  
SYRACUSE, NY

➔ Read more of Amy's story  
at [cookinglight.com/amy](http://cookinglight.com/amy).

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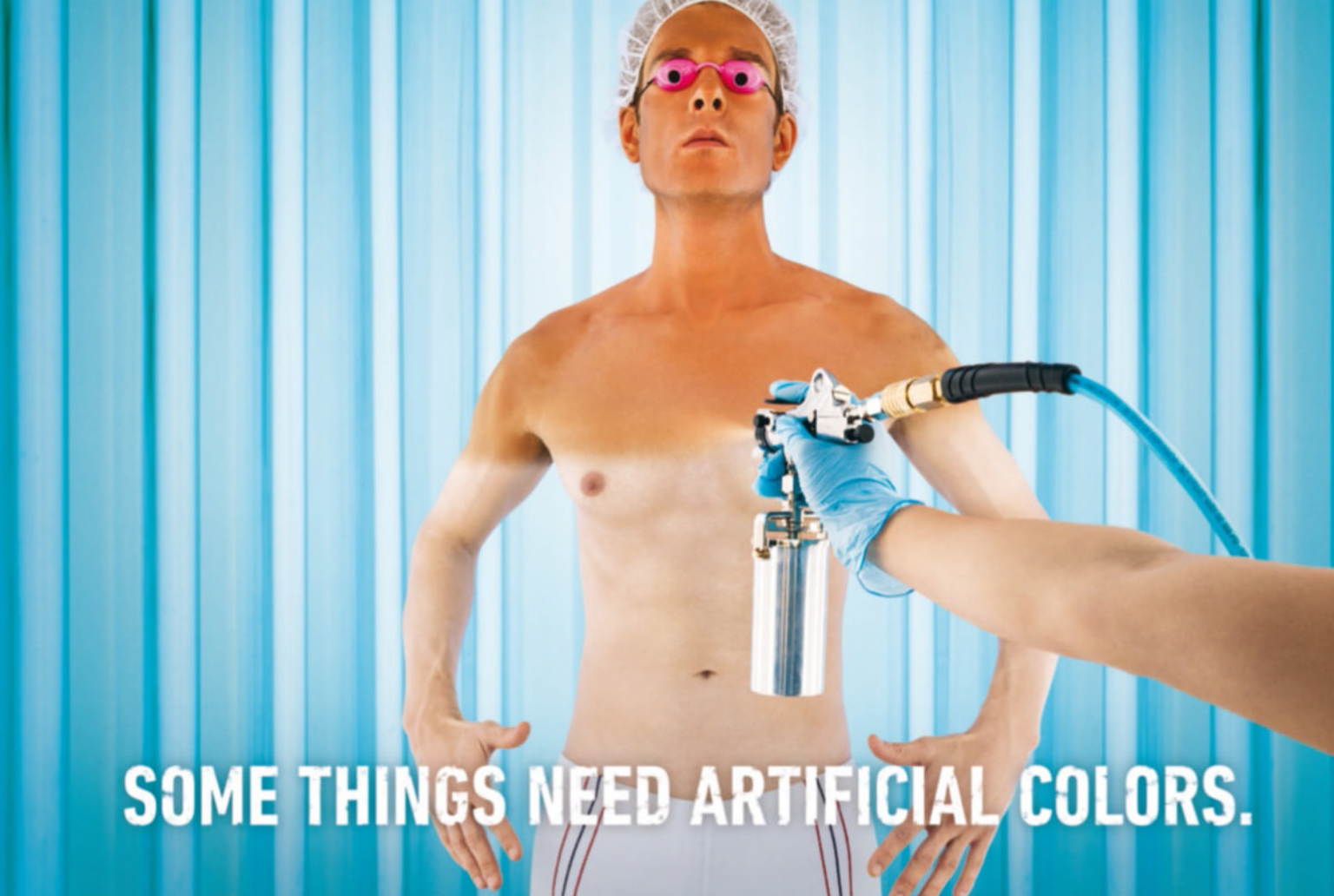


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TRENDING  
TASTES  
from  
COOKING  
LIGHT'S  
EDITORS

# let's get COOKing!



TODAY'S SPECIAL

## Fava and Mushroom Crostoni

Rocky Mountain chef  
Jennifer Jasinski  
highlights one of  
spring's jewels.

BY TIM CEBULA

**Y**ou know spring has sprung when fava beans come back to markets and menus. Colorado chef Jennifer Jasinski, whose Denver restaurants include Rioja and Bistro Vendôme, says she's uniquely positioned to get the most out of fava season: In early spring, Colorado gets favas from neighboring states, while the local fava growing season stretches until June.

"It's fantastic. We get almost five whole months of fresh favas," Jasinski says. "I love their sweet, delicate flavor and creaminess. When the spring-time comes, I just want to see their young, bright-green color."

Goat cheese  
and veggie-  
topped toasts  
with the most  
*Recipe p. 12*

# let's get cooking!

Because the beans have such delicate flavor and texture, Jasinski says it's best to feature them simply, without a lot of other ingredients that might mask their subtleties. Dishes like pasta tosses or even just scrambled eggs let the beans come through in all their verdant glory.

Jasinski's crostini is another great example of a simple fava dish. Paired with tangy goat cheese and meaty mushrooms on crunchy toasted bread, the favas get the seasonal star treatment. "I just wanted to make a simple little appetizer, a nice party snack, where the favas wouldn't be overwhelmed," she says. She succeeds deliciously. Try Jasinski's original version this month at Rioja in Denver.

## FAVA BEAN AND MUSHROOM CROSTINI

**Hands-on: 60 min.**

**Total: 60 min.**

**STAFF FAVE** *Nutty fava beans get the spotlight here in this festive spring appetizer. Lemon and goat cheese balance the deep umami notes from the mushrooms.*

- 2 tablespoons olive oil
- 1 cup shallots, quartered (about 4 ounces)
- 2 fresh thyme sprigs
- 2 cups chopped oyster mushrooms
- 2 garlic cloves, thinly sliced
- 1 cup shelled fava beans (about 1 pound unshelled)
- 2 tablespoons fresh lemon juice
- 1/4 cup fresh flat-leaf parsley leaves
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 2 tablespoons fat-free milk

- 1/2 tablespoons chopped fresh parsley
- 1/2 tablespoons chopped fresh basil
- 1/2 teaspoons grated lemon rind
- 3 ounces goat cheese (about 1/3 cup)
- 16 (1/4-ounce) thin, diagonal slices sourdough baguette, toasted

1. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add shallots and thyme; cook 3 minutes or until lightly browned, stirring occasionally. Reduce heat to low; cook 4 minutes or until shallots are completely tender. Place shallots in a large bowl; leave thyme in pan. Increase heat to medium. Add mushrooms and garlic to pan; cook 5 minutes or until mushrooms are tender, stirring occasionally. Remove thyme sprigs; discard. Add mushroom mixture to shallots in bowl.
2. Cook fava beans 1 minute in boiling water; drain and place immediately into ice water for 30 seconds. Drain well. Remove outer membranes from beans; discard membranes. Add beans, juice, 1/4 cup parsley leaves, pepper, and salt to mushroom mixture; toss well.
3. Combine milk, 1 1/2 tablespoons chopped parsley, basil, rind, and cheese in a bowl. Spread 1 1/2 teaspoons cheese mixture over top of each bread slice. Top each bread slice with 1 tablespoon mushroom mixture.

**✓ SERVES 8** (serving size: 2 crostini)  
**CALORIES** 132; **FAT** 6.2g (sat 2.2g, mono 3.3g, poly 0.6g); **PROTEIN** 6g; **CARB** 14g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 5mg; **IRON** 2mg; **SODIUM** 187mg; **CALC** 41mg

## CORK DORKS

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or she has the option to swap a bottle before the box ships. Users decide when and how often they receive the bottles, so sippers can enjoy at their own pace. **firstleaf.club**

—DARCY LENZ

## BOOKS FOR COOKS

### Around the Fire

Need to thaw out? Try Portland chefs Gabrielle Quinónez Denton and Greg Denton's inspired grilling recipes, particularly for vegetables, and slather their Black Gold, a basting sauce created by heating herbs and garlic in rendered animal fat, on everything. (Ten Speed Press, \$35, 272 pages)



—HUNTER LEWIS

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[ let's get cooking! ]

SHAKE IT UP

## Froth 'Em City

For a naturally low-cal, mind-blowing way to elevate your cocktails, use egg whites. In shaken cocktails, whites transform into a creamy froth that lends rich mouthfeel and clean flavor. We found that unpasteurized raw eggs work best in this application, as they create a more stable and flavorless foam; however, pasteurized eggs are a fine swap if you have food safety concerns.\*

### 1 RAMOS GIN FIZZ

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

- 2 tablespoons thawed orange juice concentrate
- 4 teaspoons sugar
- 1 tablespoon fresh lemon juice
- 2 ounces gin
- 1 tablespoon heavy cream
- 1 large egg white
- 1/3 cup chilled club soda

1. Combine concentrate, sugar, and juice in a cocktail shaker; shake 30 seconds.
2. Add gin, cream, and white; fill shaker with ice. Shake 2 minutes or until frothy. Strain into 2 glasses; top with soda.

➤ **SERVES 2** (serving size: about 3/4 cup)

**CALORIES** 162; **FAT** 2.9g (sat 1.7g, mono 0.8g, poly 0.1g); **PROTEIN** 2g; **CARB** 16g; **FIBER** 0g; **SUGARS** 15g (est. added sugars 8g); **CHOL** 10mg; **IRON** 0mg; **SODIUM** 40mg; **CALC** 14mg

### 2 GREEN GRAPE PISCO SOUR

Hands-on: 7 min. Total: 7 min.

- 3/4 cup green grapes
- 2 teaspoons sugar
- 1 teaspoon grated lime rind
- 3 ounces pisco
- 1 1/2 tablespoons fresh lime juice
- 2 dashes Angostura bitters
- 2 large egg whites

1. Combine grapes, sugar, and rind in a cocktail shaker; muddle. Add pisco and juice; shake 30 seconds.
2. Add bitters and whites; fill shaker with ice. Shake vigorously 2 minutes or until frothy. Strain into 2 glasses.

➤ **SERVES 2** (serving size: about 3/4 cup)

**CALORIES** 170; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 0g; **SUGARS** 11g (est. added sugars 4g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 56mg; **CALC** 8mg

### 3 POM CLOVER CLUB

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

- 1/2 cup pomegranate arils
- 1 tablespoon sugar
- 2 ounces gin
- 2 1/2 tablespoons fresh lemon juice
- 1 ounce Grand Marnier
- 2 large egg whites

1. Combine arils and sugar in a small saucepan. Press with a potato masher to release juice. Cook over

medium-high heat until sugar dissolves; strain. Discard solids. Cool.  
2. Combine syrup, gin, juice, Grand Marnier, and whites in a cocktail shaker; fill with ice. Shake 2 minutes or until frothy. Strain into 2 glasses.

➤ **SERVES 2** (serving size: about 3/4 cup)

**CALORIES** 171; **FAT** 0.4g (sat 0g, mono 0g, poly 0g); **PROTEIN** 4g; **CARB** 16g; **FIBER** 1g; **SUGARS** 14g (est. added sugars 9g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 56mg; **CALC** 6mg

—Recipes by Katie Barreira

\*Consuming raw eggs may increase your risk of food-borne illness. Opt for pasteurized if you are uncomfortable consuming or serving raw egg whites.



SOMETHING  
*Sweet* <sup>To</sup> delight



SOMETHING  
**SPICY** <sup>TO</sup> **EXCITE**



Something  
**BOLD** <sup>TO</sup> **SATISFY**



[ let's get cooking! ]



HELP ME, KENJI

## Q: Can I make tasty Neapolitan-style pizza at home?

**A:** If you ask any *pizzaiolo* what the most important element for great Neapolitan pizza is, it's the 900° wood-fired oven that transforms simple ingredients into the poofy, blistered, charred, light, and crisp pizza that has taken over the world. Because of the high heat of a pizza oven, areas in the crust that protrude even a little above or areas that are just a bit thinner than their surroundings will brown much faster. This

creates the pattern of dark and light spots you see on a good Neapolitan pizza crust. The intense heat cooks pizzas in just a minute or two, giving you that great contrast between crisp crust and moist, airy center.

A regular home oven simply doesn't have the power to cook a crust this fast. But there are a few ways we can jack up the heat. The first is to swap out a standard baking stone for a baking steel. Steel can hold more heat energy than stone and, more important, can transfer that energy to a baking crust much faster. Baking on a preheated baking steel, as opposed to a baking stone, significantly improves the height and color of a crust.

For an even puffer, airier crust, ditch the baking mode on your oven and use its broiler function instead; it produces tons of radiant heat energy to rapidly char the top of a pizza.

Preheat the steel at 550° for at least 45 minutes. Then carefully transfer it to a rack just inches below the broiler. Switch the broiler to high; then stretch out and top the pizza dough (store-bought



**A baking steel or cast-iron skillet amplifies your oven heat.**

dough works great for this). Carefully slide the pizza onto the hot steel. With the metal below and the broiler above, a blistered, poofy, crisp pizza takes just a few minutes, so keep an eye on it.

Don't have a baking steel at home? You can get similar results using a preheated cast-iron skillet. Preheat

the skillet on the stovetop over high heat while your broiler preheats. Place a disk of raw pizza dough directly in the skillet, remove skillet from heat, and then top the pizza, working quickly. Place the skillet under your broiler, and cook until the pizza is puffed and crisped. The end result of either method is about as close as you can get to real Neapolitan pizza without having to build yourself a wood-fired oven in the backyard (not that I haven't thought of doing that myself).

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



SLÁINTE, ST. PADDY!

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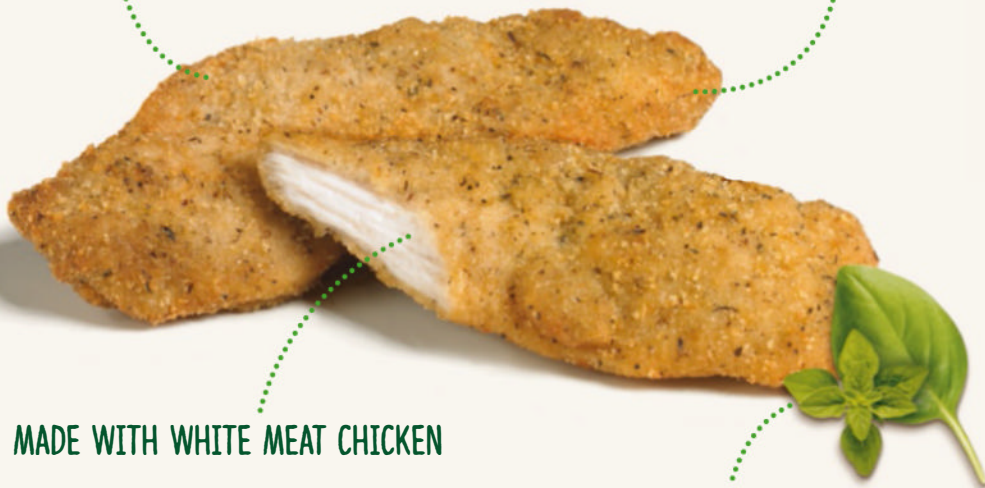


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from the *Cooking Light Kitchen*

# dinner tonight

**FAST  
FAMILY  
RECIPES**

**19 PAGES OF  
EASY MEALS**



**SUPERFAST**  
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**Slow  
Cooker**  
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**Kids  
in the  
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**LET'S COOK**  
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Once,  
Eat 3x**  
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**FREEZE IT**  
P. 64

**Caramelized Cabbage  
with Whole-Wheat  
Penne and Provolone**  
Recipe p. 26





MINUTES

## buffalo quinoa burgers

*This is the kind of satisfying, protein-rich veggie burger everyone will love, kicked up with a splash of hot sauce.*

- 7 teaspoons canola oil, divided
- 3/4 cup finely chopped onion
- 1/2 cup finely chopped peeled carrot
- 3 garlic cloves, minced
- 3/4 cup water
- 1/3 cup uncooked quinoa
- 1/2 cup panko

- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups canned unsalted chickpeas, rinsed and drained
- 1 large egg
- 2 tablespoons hot sauce (such as Tabasco)
- 4 (1 1/2-ounce) whole-wheat hamburger buns, toasted
- 4 romaine lettuce leaves
- 4 (1/4-inch-thick) slices tomato

**1.** Heat a saucepan over medium-high heat. Add 2 teaspoons oil; swirl to coat. Add onion, carrot, and garlic; sauté 3 minutes. Add 3/4 cup water and quinoa; bring to a boil. Cover, reduce heat to medium, and simmer 18 minutes or until liquid is absorbed. Spoon cooked quinoa onto a large plate; cool 5 minutes. Combine quinoa mixture, panko, salt,

pepper, chickpeas, and egg in a food processor; pulse until chickpeas are slightly mashed and mixture comes together. Shape quinoa mixture into 4 (1/2-inch-thick) patties.

**2.** Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add patties to pan; cook 3 minutes on each side or until lightly browned.

**3.** Combine remaining 2 teaspoons oil and hot sauce in a bowl. Place patties on bottom halves of buns; top evenly with hot sauce mixture, lettuce, tomato, and top halves of buns.

➤ **SERVES 4** (serving size: 1 burger)

**CALORIES** 407; **FAT** 13.4g (sat 1.5g, mono 6.4g, poly 4g); **PROTEIN** 14g; **CARB** 59g; **FIBER** 10g; **SUGARS** 8g (est. added sugars 4g); **CHOL** 47mg; **IRON** 3mg; **SODIUM** 531mg; **CALC** 134mg

### SERVE WITH GREEN BEANS WITH DILLY SAUCE

*Dunk crisp-tender green beans in the buttermilk sauce, a cooling contrast to the spicy burger.*

- 2 teaspoons olive oil
- 1 (12-ounce) package fresh green beans, trimmed
- 1/4 cup water
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/3 cup plain nonfat Greek yogurt
- 2 tablespoons low-fat buttermilk
- 2 teaspoons chopped fresh dill
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon paprika

**1.** Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add green beans to pan; cook 3 minutes. Add 1/4 cup water; cook 3 minutes or until liquid evaporates and beans are crisp-tender. Sprinkle with salt and pepper.

**2.** Combine yogurt and remaining ingredients in a bowl, stirring with a whisk. Serve with green beans.

➤ **SERVES 4** (serving size: about 1/2 cup green beans and 1 1/2 tablespoons sauce)

**CALORIES** 61; **FAT** 2.5g (sat 0.4g, mono 1.7g, poly 0.4g); **PROTEIN** 4g; **CARB** 7g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 140mg; **CALC** 54mg

### MAKE AHEAD

Make the patties a couple days ahead, wrap, and refrigerate. They'll hold their shape even better in the pan.



### GAME PLAN

**WHILE QUINOA MIXTURE SIMMERS**  
Make dilly sauce and hot sauce mixture.

**WHILE PATTIES COOK**  
Cook green beans.



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MINUTES

## GAME PLAN

WHILE OVEN  
PREHEATSPrepare potatoes  
and carrots.WHILE  
POTATOES AND  
CARROTS BAKEPrepare  
mustard mixture.  
Sear chicken.sheet pan  
chicken  
with roasted  
baby potatoes

A very hot oven quickly roasts the potatoes and finishes the chicken without overcooking. You can substitute fingerling potatoes, halved lengthwise, for the small Yukon gold potatoes.

## Cooking spray

- 8 ounces small Yukon gold potatoes (about 1 inch)
- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon whole-grain mustard
- 1 tablespoon minced fresh tarragon
- 1 tablespoon dry white wine
- 1½ teaspoons minced fresh thyme
- 1 teaspoon honey
- 2 (6-ounce) skinless, boneless chicken breast halves
- ¼ teaspoon kosher salt, divided



## FLAVOR HIT

Tarragon and mustard are a perfect pair—the herb's slightly sweet anise notes balance the mustard's pungency.

- ¼ teaspoon freshly ground black pepper, divided
- 1 teaspoon canola oil

1. Place a jelly-roll pan in oven. Preheat oven to 500° (leave pan in the oven as it preheats).
2. Carefully remove pan from oven. Coat pan with cooking spray. Add potatoes to pan; bake at 500° for 10 minutes.
3. Combine olive oil and next 5 ingredients (through honey) in a small bowl, stirring with a whisk. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Heat a large skillet over medium-high heat. Add canola oil to pan; swirl to coat.

Add chicken to pan; cook 5 minutes. Turn chicken over; drizzle chicken evenly with about 2 tablespoons mustard mixture.

4. Add chicken to jelly-roll pan with potatoes; bake at 500° for 10 minutes or until potatoes are tender and chicken is done. Drizzle potatoes with remaining mustard mixture; sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper.

👉 **SERVES 2** (serving size: 1 chicken breast half and about ½ cup potatoes)

**CALORIES** 420; **FAT** 18.1g (sat 2.6g, mono 10.2g, poly 2.5g); **PROTEIN** 40g; **CARB** 23g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 109mg; **IRON** 2mg; **SODIUM** 606mg; **CALC** 29mg

SERVE WITH  
CHILE AND LIME  
ROASTED CARROTS

- 1 teaspoon olive oil
- ¼ teaspoon crushed red pepper
- 8 ounces baby carrots, trimmed
- ¼ teaspoon kosher salt
- 2 lime wedges

1. Preheat oven to 500°.
2. Combine oil, pepper, and carrots on a baking sheet. Bake at 500° for 15 minutes, stirring after 10 minutes. Sprinkle with salt. Serve with lime wedges.

👉 **SERVES 2** (serving size: about ½ cup)  
**CALORIES** 63; **FAT** 2.4g (sat 0.3g, mono 1.7g, poly 0.3g); **PROTEIN** 1g; **CARB** 10g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 209mg; **CALC** 37mg

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MINUTES

## GAME PLAN

WHILE WATER  
FOR PASTA COMES  
TO A BOIL

Prepare salad.

WHILE  
PASTA COOKS

Cook cabbage mixture.

## caramelized cabbage with whole-wheat penne and provolone

*This pasta toss is inspired by a similar dish at Franny's restaurant in Brooklyn. The cabbage caramelizes in the pan and becomes just tender enough to bind with the pasta without losing its toothsome texture. Fresh red chile is a must for a pop of color and heat—don't skip it.*

- 6 ounces uncooked whole-wheat penne
- 3 tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 6 cups coarsely chopped green cabbage
- 1/2 teaspoon kosher salt

- 1/4 teaspoon freshly ground black pepper
- 1 Fresno chile, thinly sliced
- 2 teaspoons grated lemon rind
- 3 ounces aged provolone cheese, shredded and divided (about 3/4 cup)
- 1 tablespoon fresh thyme leaves

1. Bring a large saucepan filled with water to a boil. Add pasta; cook 7 to 9 minutes or until al dente. Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
2. Heat a large skillet over medium heat. Add oil; swirl to coat. Add garlic to pan; sauté 30 seconds or until beginning to brown.

Remove garlic from pan with a slotted spoon; set aside. Increase heat to medium-high. Add cabbage to pan; cook 6 minutes or until browned and tender, stirring occasionally. Stir in salt, black pepper, and chile; cook 2 minutes. Stir in pasta, reserved 1/4 cup pasta cooking liquid, and reserved garlic. Stir in rind and 1.5 ounces cheese. Divide pasta mixture among 4 bowls. Sprinkle evenly with remaining 1.5 ounces cheese and thyme.

**Y** SERVES 4 (serving size: about 2 cups)  
**CALORIES** 359; **FAT** 18.1g (sat 5.1g, mono 9g, poly 2.7g); **PROTEIN** 14g; **CARB** 44g; **FIBER** 7g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 15mg; **IRON** 4mg; **SODIUM** 471mg; **CALC** 320mg

### SERVE WITH SHAVED RADISH AND PINE NUT SALAD

*Crisp, peppery radishes take center stage in this salad, where they're brightened with orange juice and vinegar.*

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice
- 1 tablespoon white wine vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 cups very thinly sliced radishes
- 1 cup fresh flat-leaf parsley leaves
- 5 teaspoons pine nuts, toasted

1. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add radishes, parsley, and pine nuts to bowl; toss to combine.

**Y** SERVES 4 (serving size: about 3/4 cup)  
**CALORIES** 107; **FAT** 9.4g (sat 1.2g, mono 5.7g, poly 2g); **PROTEIN** 2g; **CARB** 5g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 163mg; **CALC** 45mg

## SHOP IT

Aged provolone (provolone piccante) is sharper and saltier than unaged; it pairs well with spicy food. You can also sub Asiago.

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MINUTES

## GAME PLAN

WHILE OVEN  
PREHEATS

Sear pork.

Prepare potatoes  
and asparagus.WHILE POTATOES,  
ASPARAGUS, AND  
PORK BAKEPrepare  
mustard mixture.smoky pork  
tenderloin  
with roasted  
sweet potatoes

Two teaspoons of smoked paprika may seem like a lot, but it will help to form a nice crust on the pork as it sears in the pan. You can also sub 1 teaspoon ground cumin plus 1 teaspoon chipotle chile powder.

- 1 (1-pound) pork tenderloin, trimmed
- 2 teaspoons smoked paprika
- $\frac{3}{4}$  teaspoon kosher salt, divided
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{2}$  teaspoon ground cumin
- 2 tablespoons canola oil, divided
- 2 large sweet potatoes, peeled and cut into 8 wedges each (about 11 ounces each)
- $\frac{1}{4}$  cup cider vinegar
- 3 tablespoons honey
- 1 teaspoon Dijon mustard

- 2 thyme sprigs
- 1 tablespoon unsalted butter

1. Preheat oven to 450°.
2. Sprinkle pork evenly with paprika,  $\frac{1}{4}$  teaspoon salt, pepper, and cumin. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add pork to pan; cook 8 minutes, turning to brown on all sides.
3. Place potatoes on a baking sheet; drizzle with remaining 1 tablespoon oil. Bake at 450° for 10 minutes. Add pork to pan with potatoes; stir potatoes. Bake at 450° for 15 minutes or until potatoes are tender and a thermometer inserted into the thickest portion of the tenderloin registers 140°.

Remove pan from oven. Sprinkle potatoes with  $\frac{3}{8}$  teaspoon salt. Let pork stand 5 minutes before cutting into slices.

4. Combine remaining  $\frac{1}{8}$  teaspoon salt, vinegar, honey, mustard, and thyme in a small saucepan; bring to a boil. Cook 3 minutes or until thickened. Add butter, stirring with a whisk until melted. Remove thyme sprigs; discard. Drizzle mustard mixture over potatoes. Serve with pork.

👉 **SERVES 4** (serving size: 3 ounces pork, 4 potato wedges, and about 1 tablespoon sauce)  
**CALORIES** 392; **FAT** 12.6g (sat 3.2g, mono 6.1g, poly 2.6g); **PROTEIN** 26g;  
**CARB** 44g; **FIBER** 5g; **SUGARS** 22g (est. added sugars 13g); **CHOL** 81mg; **IRON** 2mg; **SODIUM** 536mg; **CALC** 38mg

SERVE WITH  
ROASTED ASPARAGUS  
WITH ALMONDS

- 1 pound asparagus, trimmed
- 2 teaspoons olive oil
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 tablespoons toasted sliced almonds

1. Preheat oven to 450°.
2. Place asparagus on a baking sheet; drizzle with oil. Bake at 450° for 8 to 10 minutes, stirring once after 5 minutes. Sprinkle with salt, pepper, and almonds.

👉 **SERVES 4** (serving size: about 3 ounces)  
**CALORIES** 68; **FAT** 4.5g (sat 0.5g, mono 3g, poly 0.8g); **PROTEIN** 3g; **CARB** 5g;  
**FIBER** 3g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 0mg; **IRON** 3mg;  
**SODIUM** 122mg; **CALC** 39mg



## TARGET TEMP

Remove the pork from the oven just as it reaches 140°. The temp will climb to an ideal 145°, and the meat will be just right.

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MINUTES

## sweet and sour turkey meatballs with polenta

**STAFF FAVE** This Asian twist on an Italian-style favorite just plain works. The four sauce ingredients create an instant, incredibly balanced barbecue-type lacquer, full of vinegar and chile punch, caramel notes, and umami richness.

- 3 cups unsalted chicken stock (such as Swanson)
- ¼ teaspoon kosher salt
- ¾ cup stone-ground polenta
- 1 tablespoon unsalted butter
- 1¼ pounds 93% lean ground turkey
- 2 tablespoons dark sesame oil
- Cooking spray
- ¼ cup water
- ¼ cup unsalted ketchup
- 2 tablespoons Sriracha (hot chile sauce)
- 1½ tablespoons oyster sauce
- 1½ teaspoons Worcestershire sauce

1. Bring stock and salt to a boil in a medium saucepan over medium-high heat. Gradually add polenta,

stirring constantly with a whisk. Reduce heat, and simmer 25 minutes or until liquid is absorbed and polenta is thickened. Add butter, stirring until melted.

2. Combine turkey and sesame oil in a medium bowl. Divide and shape turkey mixture into 20 meatballs. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add meatballs to pan; cook 6 minutes, turning to brown on all sides. Remove meatballs from pan. Add ¼ cup water and remaining ingredients to pan, stirring with a whisk; bring to a boil. Return meatballs to pan. Cover, reduce heat, and

simmer 5 minutes or until meatballs are done. Serve over polenta.

➤ **SERVES 4** (serving size: ½ cup polenta, 5 meatballs, and about 2 tablespoons sauce)  
**CALORIES** 428; **FAT** 19.2g (sat 5.3g, mono 6.7g, poly 5.8g); **PROTEIN** 34g; **CARB** 30g; **FIBER** 2g; **SUGARS** 5g (est. added sugars 3g); **CHOL** 89mg; **IRON** 4mg; **SODIUM** 673mg; **CALC** 20mg

### SERVE WITH SESAME SAUTÉED SPINACH

- 1 tablespoon dark sesame oil
- 16 ounces fresh baby spinach
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons toasted sesame seeds

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add spinach to pan in batches, cooking each batch for 2 minutes or until just beginning to wilt before adding more. Stir in pepper. Sprinkle with toasted sesame seeds.

➤ **SERVES 4** (serving size: about ½ cup)  
**CALORIES** 86; **FAT** 4.2g (sat 0.6g, mono 1.6g, poly 1.7g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 6g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 0mg; **IRON** 4mg; **SODIUM** 180mg; **CALC** 95mg

—Recipes by Katie Barreira, Adam Hickman, and Michelle Klug

### MIX IT UP

Rice may be more traditional here, but we love the contrast of creamy polenta with the sweet heat of the sauce.



## GAME PLAN

**WHILE STOCK MIXTURE COMES TO A BOIL**  
 Make turkey mixture; shape into meatballs.

**WHILE POLENTA COOKS**  
 Cook meatballs and sauce.  
 Cook spinach.

If you can't make  
*Vodka &  
Electricity*  
with it,  
**IT'S NOT A  
SUPERFOOD.**



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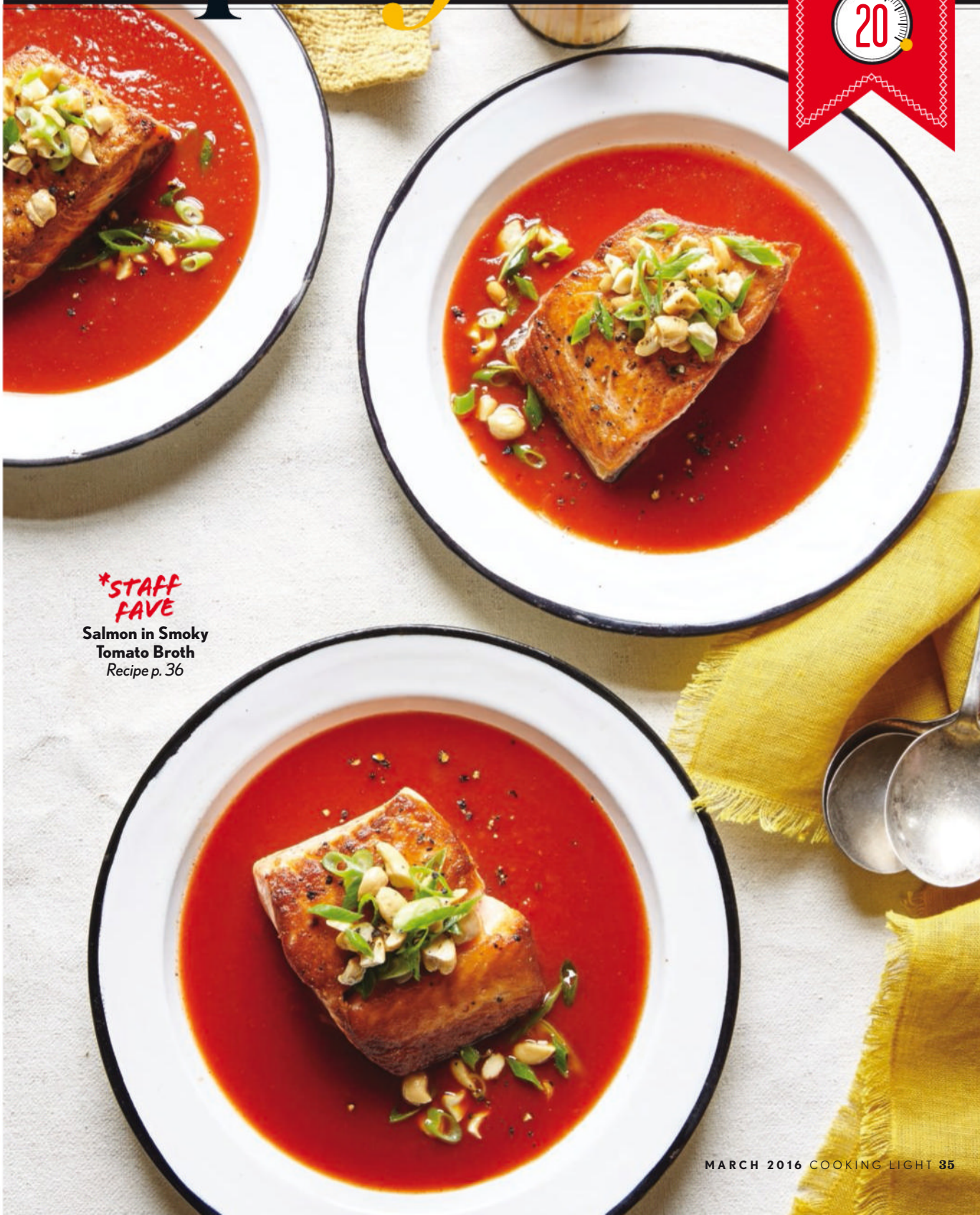
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# superfast!

DINNER  
TONIGHT

TWENTY-  
MINUTE  
COOKING

20



**\*STAFF  
FAVE**

**Salmon in Smoky  
Tomato Broth**  
*Recipe p. 36*

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



MINUTES

## salmon in smoky tomato broth

This delicate broth is a grade-A example of how to build big flavor—fast. Keep this recipe on deck for last-minute company.

- 1 cup canned unsalted diced tomatoes, undrained
- ¼ cup unsalted chicken stock
- ¼ cup dry white wine
- 2 tablespoons sherry vinegar, divided
- 1 teaspoon smoked paprika
- ¾ teaspoon kosher salt, divided
- 2 tablespoons olive oil, divided
- 4 (6-ounce) salmon fillets
- ½ teaspoon black pepper, divided
- 3 tablespoons roasted, unsalted cashews, coarsely chopped
- 3 green onions, thinly sliced

**1.** Combine tomatoes, stock, wine, 1½ teaspoons vinegar, paprika, and ¼ teaspoon salt in a blender; process until smooth. Transfer mixture to a small saucepan over medium-high heat; bring to a boil. Simmer 10 minutes, stirring occasionally; remove from heat.

**2.** Heat a nonstick skillet over medium-high heat. Add 1½ teaspoons oil. Sprinkle salmon with ¼ teaspoon salt and ¼ teaspoon pepper. Add salmon to pan. Cook 4 minutes on each side.

**3.** Combine remaining 1½ tablespoons vinegar, remaining ¼ teaspoon salt, remaining 1½ tablespoons oil, remaining ¼ teaspoon pepper, cashews, and onions in a bowl; toss to coat.

**4.** Divide stock mixture among 4 bowls. Place 1 salmon fillet in each bowl; top fillets with cashew mixture.

➤ **SERVES 4** (serving size: about ¼ cup stock mixture, 1 fillet, and about 1 tablespoon cashew mixture)

**CALORIES** 373; **FAT** 20.6g (sat 3.2g, mono 10.3g, poly 5.6g); **PROTEIN** 36g; **CARB** 7g; **FIBER** 1g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 94mg; **IRON** 3mg; **SODIUM** 454mg; **CALC** 46mg

Got leftovers? Pile this tempeh and veggie combo into a whole-wheat wrap for a perfect to-go lunch.



### TEMPEH WITH CHARRED PEPPERS AND KALE

Ever tried tempeh? This soybean-based veggie protein is a great option for vegetarian or vegan sandwiches and wraps because of its firm texture and incredible flavor adaptability. We love it here with a quick soy sauce hit, layered over earthy kale.

- ¼ cup canola oil, divided
- 1 (14-ounce) package tempeh, cut into (⅓-inch-thick) slices
- 2 tablespoons lower-sodium soy sauce
- 1 cup vertically sliced onion

- 1 red bell pepper, thinly sliced
- 4 cups thinly sliced Lacinato kale (about 1 bunch)
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon cider vinegar

**1.** Heat a large cast-iron skillet over medium-high heat. Add 2 tablespoons oil to pan. Add tempeh; cook 4 minutes, turning to brown evenly. Drizzle soy sauce into pan. Immediately remove tempeh from pan; keep warm.

**2.** Increase heat to high. Add remaining 2 tablespoons oil to pan. Add onion and bell pepper. Cook 3 minutes, stirring occasionally. Add kale, salt, and pepper to pan; cook 1 minute, tossing to combine. Add vinegar to kale mixture; toss to coat. Divide mixture evenly among 4 plates; top evenly with tempeh.

➤ **SERVES 4** (serving size: one-fourth of tempeh and about ½ cup kale mixture)

**CALORIES** 384; **FAT** 25.4g (sat 3.3g, mono 11.9g, poly 8g); **PROTEIN** 22g; **CARB** 23g; **FIBER** 3g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 4mg; **SODIUM** 569mg; **CALC** 214mg



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MINUTES

## crispy chicken thighs with white beans

*This method for cooking chicken—often referred to as “chicken under a brick”—creates a crispy skin coupled with a succulent interior.*

- 2 tablespoons olive oil, divided
- 4 skin-on, boneless chicken thighs (about 1 pound)
- $\frac{3}{4}$  teaspoon kosher salt, divided

- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 1 cup finely chopped red onion
- 1 Fresno pepper, thinly sliced
- 1 (15-ounce) can unsalted cannellini beans, undrained
- $\frac{1}{3}$  cup prepared pesto

**1.** Heat a large skillet over high heat. Add 1 tablespoon oil to pan; swirl to coat. Sprinkle chicken evenly with  $\frac{1}{4}$  teaspoon salt and pepper. Add chicken to pan, skin side down. Cook 2 minutes. Reduce heat to medium-high; place another heavy skillet, bottom-side down, directly onto chicken (if your skillet isn't heavy, you can place

1 to 2 canned goods on top to weigh it down). Cook 5 minutes or until skin is crispy. Remove top skillet. Turn chicken over; cook 2 minutes or until done. Remove chicken from pan.

**2.** Return pan to high heat. Add remaining 1 tablespoon oil to pan. Add onion and pepper to pan; sauté 2 minutes or until lightly charred. Add beans to pan; cook 1 minute. Stir in remaining  $\frac{1}{2}$  teaspoon salt. Gently stir in pesto.

**▶ SERVES 4** (serving size: 1 chicken thigh and about  $\frac{1}{2}$  cup bean mixture)  
**CALORIES** 423; **FAT** 26.9g (sat 6.2g, mono 14.9g, poly 3.3g); **PROTEIN** 23g; **CARB** 22g; **FIBER** 8g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 96mg; **IRON** 3mg; **SODIUM** 615mg; **CALC** 224mg

## 5-INGREDIENT DISHES



## SPANISH “TORTILLA” OMELET

*Say hello to next-level breakfast for dinner. Inspired by a traditional crispy, potato-studded Spanish tortilla, our quick-fix fluffy omelet is topped with potato chips for a touch of crunch.*

- 2 tablespoons olive oil, divided
- 1 cup thinly vertically sliced onion
- 4 garlic cloves, minced
- 2 tablespoons chopped fresh oregano, divided
- $\frac{3}{8}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 4 large eggs
- 1 ounce reduced-fat potato chips (such as Kettle Brand), coarsely crumbled and divided

**1.** Heat a medium nonstick skillet over medium-high heat. Add 1 tablespoon oil. Add onion and garlic; cook 6 minutes, stirring frequently. Remove onion mixture from pan; set aside.

**2.** Combine 1 tablespoon oregano, salt, pepper, and eggs in a small bowl, stirring with a whisk. Stir in half of crumbled potato chips. Return pan to medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add egg mixture; cook 1 minute. Lift edges of omelet with a rubber spatula, tilting pan to roll uncooked egg onto bottom of pan. Cook 1 minute or until center just begins to set but is still very soft. Arrange onion mixture evenly over center of omelet. Run spatula around edges and under omelet to loosen from the pan; fold in half. Slide omelet onto a plate; cut in half. Sprinkle halves evenly with remaining 1 tablespoon oregano and remaining potato chips.

**▶ SERVES 2** (serving size:  $\frac{1}{2}$  omelet)  
**CALORIES** 374; **FAT** 26.3g (sat 5.3g, mono 15.8g, poly 3.9g); **PROTEIN** 15g; **CARB** 21g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 372mg; **IRON** 2mg; **SODIUM** 588mg; **CALC** 105mg





FAMILY FRIENDLY

DINNER TONIGHT  
SUPERFAST!



MINUTES

## TURKEY TACO BURRITOS

Speedy assembly and bold, familiar flavors earn these burritos a regular place in the dinner rotation. For an extra boost, char the tortillas on a stovetop burner before you assemble the burritos.

- 1 tablespoon canola oil
- 12 ounces 93% lean ground turkey breast
- 1 cup prechopped onion
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 1 cup unsalted chicken stock
- 1 tablespoon fresh lime juice
- 1½ ounces tortilla chips, coarsely crumbled
- 4 (8-inch) whole-wheat tortillas
- ¼ cup reduced-fat sour cream
- ⅓ cup shredded reduced-fat cheddar cheese
- ½ cup chopped tomato
- 4 lime wedges

**1.** Heat a nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add turkey; cook 4 minutes, stirring to crumble. Add onion and next 4 ingredients; cook 2 minutes, stirring occasionally. Stir in stock and juice; bring to a boil. Simmer 3 minutes or until thickened. Stir in chips.

**2.** Heat tortillas according to package directions. Place tortillas on a work surface; spread 1 tablespoon sour cream over each tortilla. Divide turkey mixture evenly among tortillas; sprinkle evenly with cheese and tomato. Roll burritos tightly to close. Serve with lime wedges.

➤ **SERVES 4** (serving size: 1 burrito)

**CALORIES** 410; **FAT** 19g (sat 5.5g, mono 3g, poly 2.3g); **PROTEIN** 27g; **CARB** 37g; **FIBER** 5g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 63mg; **IRON** 2mg; **SODIUM** 569mg; **CALC** 203mg

## pork chops with sautéed apples and Brussels sprouts

Guaranteed to be a fast favorite, this recipe plays on the sweet-savory match made in flavor heaven: pork + apples.

- 12 ounces Brussels sprouts, halved
- 2 tablespoons canola oil, divided
- ⅝ teaspoon kosher salt, divided
- ½ teaspoon black pepper, divided

Cooking spray

- 4 (4-ounce) boneless center-cut loin pork chops
- 2 tablespoons unsalted butter, divided
- 12 ounces sliced Honeycrisp apple (1 large apple)
- ⅓ cup unsalted chicken stock
- ⅛ teaspoon ground nutmeg

- 3 tablespoons maple syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon chopped fresh flat-leaf parsley

**1.** Preheat broiler to high. Set the oven rack on the middle shelf.

**2.** Combine sprouts, 1 tablespoon oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a bowl; toss to coat. Arrange sprouts in a single layer on a jelly-roll pan coated with cooking spray. Broil 12 minutes, stirring every 3 minutes.

**3.** Heat a large skillet over medium-high heat. Add remaining 1 tablespoon oil; swirl to coat. Sprinkle pork with ¼ teaspoon salt and remaining ¼ teaspoon pepper; add to pan. Cook 3 minutes.

Turn; cook 2 minutes or until done. Transfer pork to a plate.

**4.** Add 1 tablespoon butter and apple to pan; sauté 2 minutes. Add stock and nutmeg; bring mixture to a boil. Stir in remaining ¼ teaspoon salt, remaining 1 tablespoon butter, syrup, Dijon mustard, and parsley; cook 1 minute. Divide chops among 4 plates; top evenly with apple mixture. Serve with sprouts.

➤ **SERVES 4** (serving size: 1 pork chop, about ½ cup apple slices, and about 3 ounces sprouts)

**CALORIES** 376; **FAT** 18.9g (sat 5.9g, mono 8g, poly 2.9g); **PROTEIN** 22g; **CARB** 30g; **FIBER** 4g; **SUGARS** 22g (est. added sugars 9g); **CHOL** 82mg; **IRON** 2mg; **SODIUM** 605mg; **CALC** 71mg





MINUTES



## black pepper and herb mashed potatoes

- 1¼ pounds red potatoes, quartered
- ½ cup whole buttermilk
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1½ teaspoons chopped fresh tarragon
- ½ teaspoon kosher salt
- ½ teaspoon cracked black pepper

**1.** Arrange potatoes in a microwave-safe dish; cover tightly with plastic wrap. Cut a ½-inch slit in plastic. Microwave at HIGH 8 minutes or until tender; transfer to a bowl. Microwave buttermilk in a microwave-safe cup 30 seconds; pour buttermilk and oil over potatoes. Mash until mostly smooth.

**2.** Stir in parsley and the remaining ingredients; serve potatoes immediately.

➤ **SERVES 4** (serving size: about ¾ cup)  
**CALORIES** 180; **FAT** 8g (sat 1.6g, mono 5.2g, poly 0.9g); **PROTEIN** 4g; **CARB** 24g; **FIBER** 3g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 3mg; **IRON** 1mg; **SODIUM** 298mg; **CALC** 54mg



### 1 BACON AND ONION MASHED POTATOES

Follow base recipe through step 1. While potatoes cook, heat 3 slices **center-cut bacon** in a skillet over medium heat; cook until crisp, turning frequently. Transfer bacon to a paper towel-lined plate; cool and crumble. Add ¾ cup chopped **white onion** and ½ teaspoon **sugar** to drippings in pan; cook 5 minutes. Stir bacon, onion, ¾ teaspoon **kosher salt**, and ¼ teaspoon **black pepper** into potatoes. Sprinkle with 1 tablespoon chopped **green onions**.

➤ **SERVES 4** (serving size: ¾ cup)  
**CALORIES** 212; **FAT** 9.5g (sat 2.3g, mono 5.2g, poly 0.9g); **PROTEIN** 6g; **CARB** 28g; **FIBER** 3g; **SUGARS** 5g (est. added sugars 1g); **CHOL** 9mg; **IRON** 1mg; **SODIUM** 341mg; **CALC** 58mg

### 2 BROCCOLI AND CHEDDAR MASHED POTATOES

Follow base recipe through step 1. While potatoes cook, heat 2 teaspoons **olive oil** in a large skillet over medium-high heat. Add 1 cup prechopped **broccoli florets** to pan; cook 2 minutes, stirring frequently. Add 2 teaspoons **fresh lemon juice** and 2 teaspoons **water** to pan; cover, reduce heat, and cook 4 minutes or until tender. Stir broccoli, 1¼ ounces shredded **cheddar cheese**, ½ teaspoon **kosher salt**, and ¼ teaspoon **black pepper** into potatoes.

➤ **SERVES 4** (serving size: ¾ cup)  
**CALORIES** 239; **FAT** 13.2g (sat 3.8g, mono 7.7g, poly 1.2g); **PROTEIN** 6g; **CARB** 25g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 13mg; **IRON** 1mg; **SODIUM** 358mg; **CALC** 123mg

### 3 SPINACH AND GARLIC MASHED POTATOES

Follow base recipe through step 1. While potatoes cook, heat 1½ teaspoons **olive oil** in a large skillet over medium heat. Add 2 teaspoons minced **fresh garlic** to pan; cook 1 minute or until fragrant. Add 2 cups chopped **fresh spinach** to pan; cook 1 minute or until spinach wilts, stirring constantly. Stir spinach mixture, ½ teaspoon **kosher salt**, and ¼ teaspoon **black pepper** into potatoes.

➤ **SERVES 4** (serving size: ¾ cup)  
**CALORIES** 199; **FAT** 9.7g (sat 1.8g, mono 6.4g, poly 1.1g); **PROTEIN** 4g; **CARB** 25g; **FIBER** 3g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 3mg; **IRON** 2mg; **SODIUM** 310mg; **CALC** 68mg

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**double-chocolate cereal treats**

These decadent chocolate-on-chocolate cookies boast full satisfaction and a dose of whole-grain goodness. And they're ready to eat in a fraction of the time needed to prepare typical sweet treats.

- 2 cups miniature marshmallows
- 2 tablespoons unsalted butter
- 1 tablespoon unsweetened cocoa

- 1/4 teaspoon vanilla extract
- 1/8 teaspoon salt
- Cooking spray
- 3 cups whole-grain cereal (such as Kashi Go Lean)
- 1/2 cup semisweet chocolate chips

1. Combine first 5 ingredients (through salt) in a large microwave-safe bowl. Microwave at HIGH for 1 minute. Remove bowl from microwave; stir with a large rubber spatula coated

with cooking spray until smooth. Stir in cereal. Stir in chocolate chips.  
 2. Coat a 1/4-cup dry measuring cup with cooking spray. Lightly pack measuring cup with cereal mixture; drop onto a parchment paper-lined baking sheet (you should have 15 cookies). Freeze 8 minutes or until firm.

**✓ SERVES 15** (serving size: 1 cookie)  
**CALORIES** 92; **FAT** 3.5g (sat 2g, mono 1g, poly 0.2g); **PROTEIN** 3g; **CARB** 15g; **FIBER** 2g; **SUGARS** 8g (est. added sugars 5g); **CHOL** 4mg; **IRON** 1mg; **SODIUM** 43mg; **CALC** 17mg

—Recipes by Robin Bashinsky, Darcy Lenz, and Deb Wise

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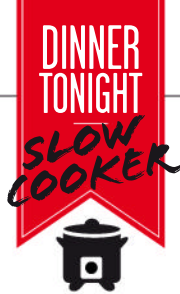
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### SLOW COOKER BARBACOA BRISKET

**Hands-on: 15 min.**

**Total: 8 hr. 15 min.**

**STAFF FAVE** *Slow cooking tougher cuts of meat, such as beef brisket, gives you a meltingly tender texture. For tacos, serve the saucy barbacoa in tortillas with green and red onion, cilantro leaves, jalapeño slices, and fresh lime wedges.*

- 1 tablespoon finely chopped fresh oregano
  - 1 tablespoon dark brown sugar
  - 2 tablespoons olive oil
  - 1 tablespoon minced chipotle chiles in adobo sauce
  - 1 tablespoon adobo sauce
  - 1 teaspoon ground cumin
  - $\frac{3}{4}$  teaspoon kosher salt
  - $\frac{1}{2}$  teaspoon freshly ground black pepper
  - 3 garlic cloves, grated
  - 1 pound trimmed beef brisket
  - 2 medium tomatoes, chopped (about 2 cups)
  - $\frac{1}{2}$  medium onion, chopped (about 1 cup)
  - 1 red bell pepper, chopped (about 1 cup)
  - 1 jalapeño pepper, seeded and chopped
1. Combine first 9 ingredients (through garlic) in a medium bowl, stirring well to combine. Rub mixture into brisket.

2. Arrange tomatoes, onion, bell pepper, and jalapeño in the bottom of a 6-quart slow cooker. Place the brisket on top of vegetables, and drizzle any remaining spice mixture over brisket and vegetables. Cover and cook on LOW for 8 hours.
3. Remove the brisket from the slow cooker, and shred meat with 2 forks. Return brisket to cooker, and toss with the vegetables.

**✓ SERVES 4** (serving size: 1 cup beef mixture)

**CALORIES** 303; **FAT** 15.7g (sat 3.9g, mono 9g, poly 1.1g); **PROTEIN** 25g; **CARB** 15g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 3g); **CHOL** 70mg; **IRON** 3mg; **SODIUM** 540mg; **CALC** 42mg

—Recipe by Deb Wise

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

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# Sunny-Side Egg Cups

Lure kids into eating a fulfilling breakfast with this cute all-in-one dish. **BY KATIE WORKMAN**

## EGG AND TOAST CUPS

**Hands-on: 20 min.**

**Total: 38 min.**

- 6 (3/4-ounce) slices whole-wheat bread
- 1 tablespoon unsalted butter, melted
- 1 ounce shredded reduced-fat cheddar cheese (about 1/4 cup)
- 1/4 cup finely chopped tomato
- 6 large eggs
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 bacon slices, cooked and crumbled
- 1 tablespoon chopped fresh chives (optional)

1. Preheat oven to 375°.
2. Flatten each bread slice with a rolling pin until very thin. Trim crusts off bread. Lightly brush both sides of bread slices with melted butter. Cut each bread slice in half diagonally.
3. With cut sides facing, place 2 bread halves in each

of 6 muffin cups, making sure to cover bottom entirely and allowing bread corners to extend above rims. Bake at 375° for 5 minutes or until bread is slightly firm. Remove pan from oven; sprinkle 2 teaspoons shredded cheese into each cup. Top each cup with 2 teaspoons chopped tomato. Crack 1 egg into each cup; sprinkle eggs evenly with salt and pepper. Bake an additional 18 minutes or until whites are set and yolks are still a bit runny or to desired degree of doneness. Remove egg cups from pan; sprinkle evenly with bacon and chives, if desired.

**✓ SERVES 6** (serving size: 1 egg cup)  
**CALORIES 170; FAT 9.4g** (sat 3.9g, mono 3.4g, poly 1.3g); **PROTEIN 11g; CARB 10g; FIBER 2g; SUGARS 2g** (est. added sugars 1g); **CHOL 197mg; IRON 1mg; SODIUM 348mg; CALC 96mg**

*Katie Workman is the author of Dinner Solved! and The Mom 100 Cookbook. She is also the creator of themom100.com blog, where you'll find more real-life solutions for family meals.*



You can cater to individual tastes with this easy dish: Add chives to one cup and spinach to another, or exchange the bacon for ham.



## WHAT THE KIDS CAN DO



**1 FORM BREAD CUPS**  
 Overlap the bread pieces, and press into the cups using fingers to help mold them.



**2 CRACK THE EGGS**  
 Tap egg on a flat surface to crack shell. Press thumbs into the crack to break open.

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



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## fish nuggets with crispy asparagus “fries”

**Hands-on: 20 min. Total: 25 min.**  
Serve this kid classic with simply steamed carrots, if you like.

- 1 pound tilapia fillets
- $\frac{3}{8}$  teaspoon salt, divided
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{3}$  cup cornstarch
- 1 tablespoon water
- 1 large egg
- 1 cup whole-wheat panko (Japanese breadcrumbs)

### Cooking spray

- 2 tablespoons canola oil
- 1 pound asparagus, trimmed
- $\frac{1}{4}$  cup canola mayonnaise (such as Hellmann's)
- 1 tablespoon dill pickle relish
- 1 tablespoon finely chopped green onions

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SERVINGS



**1 PREHEAT** oven to 450°. Place a large jelly-roll pan in oven (leave pan in oven as it preheats). **CUT** fish into  $1\frac{1}{2}$ -inch pieces; sprinkle evenly with  $\frac{1}{4}$  teaspoon salt and pepper. Place cornstarch in a shallow dish (such as a pie plate).



**2 COMBINE** 1 tablespoon water and egg in a shallow bowl; stir with a fork. Place panko in a shallow dish. Dredge fish in cornstarch; shake off excess. Dip fish in egg mixture. **DREDGE** in panko. Carefully remove pan from oven; coat with cooking spray. Drizzle oil over pan; tilt pan to coat with oil.



**3 ARRANGE** asparagus on one side of pan and fish on the other. Sprinkle asparagus with  $\frac{1}{8}$  teaspoon salt. Bake at 450° for 12 minutes or until done, turning fish and stirring asparagus after 8 minutes. **COMBINE** mayonnaise, relish, and onions. Arrange 3 ounces fish,  $\frac{1}{4}$  of asparagus, and 1 tablespoon sauce on each of 4 plates.

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### **✓** SERVES 4

**CALORIES** 351; **FAT** 14.6g (sat 1.6g, mono 7.8g, poly 4g); **PROTEIN** 29g; **CARB** 26g; **FIBER** 3g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 103mg; **IRON** 3mg; **SODIUM** 498mg; **CALC** 35mg

—Recipe by Ann Taylor Pittman



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April 2014

TRA563107-01

# weekend warrior

DINNER  
TONIGHT

GET-AHEAD  
COOKING



COOK ONCE,  
EAT 3X

## WHITE BEANS

Soak and simmer dried beans over the weekend for a luscious puree tonight and a beans-and-greens sauté and soup during the week.

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

**I**  
Peppered Shrimp with  
White Bean and Cauliflower Puree  
*Recipe p. 60*

## **I** PEPPERED SHRIMP WITH WHITE BEAN AND CAULIFLOWER PUREE

**Hands-on: 35 min.**

**Total: 9 hr. 50 min.**

*If you'd like a smoother puree, process the bean-cauliflower mixture in a food processor before stirring in the butter and cheese.*

- 1 (16-ounce) package dried Great Northern beans
- 6½ cups unsalted chicken stock (such as Swanson), divided
- 4 cups water
- 10 ounces finely chopped cauliflower florets (about 2 cups)
- 2½ tablespoons olive oil, divided
- ½ cup chopped onion
- 1 tablespoon minced garlic
- 1 cup 2% reduced-fat milk
- ½ cup coarse-ground yellow cornmeal or polenta
- ½ teaspoon kosher salt, divided
- 1 tablespoon unsalted butter
- 2 ounces reduced-fat cheddar cheese, shredded (about ½ cup)
- 1 pound large shrimp, peeled and deveined
- 1 cup chopped tomato, divided
- ¼ cup dry white wine
- ½ teaspoon freshly ground black pepper
- ¼ cup fresh flat-leaf parsley leaves

**1.** Place beans in a large bowl; cover with water. Refrigerate overnight.

**2.** Drain beans; place in a large Dutch oven. Add 4½ cups stock and 4 cups water to pan; bring to a boil. Cover, reduce heat, and simmer 55 minutes or until beans are tender. Cool. Drain in a colander over a bowl, reserving cooking liquid. Place 1 cup beans in a bowl; mash with a fork. Return remaining beans to reserved cooking liquid; reserve mixture for Recipes 2 and 3.

**3.** Place cauliflower in a food processor; process until finely chopped.

**4.** Heat a large saucepan over medium heat. Add 2 tablespoons oil to pan; swirl. Add onion and garlic to pan; sauté 5 minutes or until tender. Add remaining 2 cups stock, mashed beans, cauliflower, milk, cornmeal, and ¼ teaspoon salt; bring to a simmer. Reduce heat, and simmer 20 minutes or until cauliflower is tender. Remove pan from heat; stir in butter and cheese.

**5.** Heat a large skillet over high heat. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add shrimp to pan; cook 2 minutes. Stir in remaining ¼ teaspoon salt, ¾ cup tomato, wine, and pepper; cook 3 minutes or until shrimp are done. Place 1 cup bean mixture in each of 4 shallow bowls. Top each serving with about ¾ cup shrimp mixture. Top evenly with remaining ¼ cup tomato and parsley.

**▶ SERVES 4**

**CALORIES** 445; **FAT** 17.8g (sat 5.9g, mono 8g, poly 3.1g); **PROTEIN** 31g; **CARB** 38g; **FIBER** 6g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 166mg; **IRON** 3mg; **SODIUM** 668mg; **CALC** 419mg



## **2** COLLARD GREENS SAUTÉ WITH CHICKEN AND WHITE BEANS

**Hands-on: 12 min.**

**Total: 12 min.**

- 3 tablespoons olive oil
- 2 tablespoons cider vinegar
- 2 tablespoons chopped fresh tarragon
- 1 tablespoon chopped fresh thyme
- ½ teaspoon black pepper
- 2½ cups cooked white beans
- ½ cup bean cooking liquid
- 8 ounces skinless, boneless rotisserie chicken breast (about 2 cups)
- 2 center-cut bacon slices
- 1½ cups vertically sliced red onion
- 2 tablespoons sliced garlic
- 1 tablespoon unsalted butter
- 8 cups thinly sliced collard greens
- ½ teaspoon kosher salt
- ½ teaspoon sugar

Dash of hot pepper vinegar (optional)

- 1.** Combine oil, cider vinegar, tarragon, thyme, and pepper in a bowl. Heat a saucepan over medium-high heat. Add beans, cooking liquid, and chicken; cook 5 minutes. Add vinegar mixture; toss.
- 2.** Cook bacon in a large skillet over medium heat 3 minutes or until crisp. Remove bacon from pan with a slotted spoon; crumble. Add onion, garlic, and butter to drippings in pan; sauté 3 minutes. Add collard greens, salt, and sugar; cook 3 minutes. Top collard greens mixture with chicken mixture. Sprinkle with bacon and hot pepper vinegar, if desired.

**▶ SERVES 4** (serving size: about 1 cup greens and 1 cup chicken mixture)

**CALORIES** 399; **FAT** 16.8g (sat 4.2g, mono 9.7g, poly 1.6g); **PROTEIN** 31g; **CARB** 34g; **FIBER** 9g; **SUGARS** 3g (est. added sugars 1g); **CHOL** 61mg; **IRON** 4mg; **SODIUM** 547mg; **CALC** 226mg

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**COOK ONCE, EAT 3X**



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## 3 TWO-BEAN SOUP WITH TOMATO- CHIVE CROSTINI

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

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh thyme
- 1½ tablespoons white miso
- 4 cups unsalted chicken stock (such as Swanson), divided
- 2 cups cooked white beans, divided
- ¼ teaspoon kosher salt
- 2 bay leaves
- 1 (15.5-ounce) can unsalted black beans, rinsed and drained

- 2 cups coarsely chopped fresh spinach leaves
- 8 (½-ounce) slices whole-grain French bread baguette
- Cooking spray
- ½ cup chopped fresh tomato
- 3 tablespoons minced fresh chives

1. Preheat oven to 400°.
2. Heat oil in a large Dutch oven over medium heat. Add onion, garlic, and thyme; sauté 6 minutes. Stir in miso; cook 1 minute. Add 1 cup stock, stirring until miso dissolves. Stir in remaining 3 cups stock. Lightly mash 1 cup beans. Add mashed beans, remaining 1 cup beans, salt, bay leaves, and black beans to stock

mixture in pan; bring to a simmer. Reduce heat, and simmer 15 minutes. Remove pan from heat; discard bay leaves. Stir in spinach until wilted.

3. Arrange bread slices on a baking sheet coated with cooking spray. Bake at 400° for 5 minutes or until toasted. Combine tomato and chives in a bowl. Divide tomato mixture evenly over bread. Place about 1½ cups soup in each of 4 bowls; top each serving with 2 topped bread slices.

**✓ SERVES 4**  
**CALORIES** 368; **FAT** 4.6g (sat 0.7g, mono 2.8g, poly 0.7g); **PROTEIN** 25g; **CARB** 58g; **FIBER** 13g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 0mg; **IRON** 7mg; **SODIUM** 668mg; **CALC** 187mg  
**—Recipes by Adam Hickman**





*Jenny's*  
**Cheesy Stuffed**  
**SAUSAGE**  
**Pasta Bake**

*Cheesy Stuffed Sausage Pasta Bake*

*Prep Time: 15 minutes    Bake Time: 30 minutes    Makes: 8 Servings*

*Ingredients:*

- 1 lb rigatoni or penne pasta*
- 1 pkg Jimmy Dean® Regular Flavor Pork Sausage Roll*
- 1 jar (24 oz) spaghetti sauce*
- 2 tsp dried Italian seasoning*
- 1/4 tsp salt*
- 1 container (15 oz) ricotta cheese*
- 2 cups (8 oz) shredded mozzarella cheese, divided*
- 3 tbsp grated Parmesan cheese*
- 2 tbsp chopped fresh parsley, optional*

*Directions:*

- 1.) Preheat oven to 350° F. Cook pasta and remove from heat 1 min. before suggested cook time; drain and set aside.*
- 2.) Cook and stir sausage in large skillet over med-high heat 8-10 minutes or until thoroughly cooked. Drain and return to skillet. Stir in sauce, Italian seasoning, salt and cooked pasta. Layer half of pasta mixture in a greased 13X9-inch baking dish.*
- 3.) Mix ricotta and 1 cup of mozzarella and Parmesan cheese. Spread over pasta. Top with remaining pasta and mozzarella cheese. Sprinkle with parsley.*
- 4.) Bake for 30 mins or until hot and cheese is melted.*

JENNY FLAKE OF PICKY PALATE CREATED THIS RECIPE BY PUTTING TOGETHER A FEW OF HER CHILDREN'S FAVORITE THINGS. NOW IT'S A STAPLE AROUND HER TABLE THAT BRINGS THE WHOLE FAMILY TOGETHER.

**RECIPES TASTE BETTER WITH STORIES BEHIND THEM.**  
**SEE MORE AT [JIMMYDEAN.COM/FAMILYTABLE](http://JIMMYDEAN.COM/FAMILYTABLE).**



# A Hearty Spin on Chicken & Dumplings

With stew and biscuits in the freezer, an easy, comforting dinner is in the bag.



**HOW-TO**

**FREEZE**

Cool stew and biscuits completely. Freeze separately in zip-top plastic freezer bags.

**THAW**

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

**REHEAT**

Pour stew into a Dutch oven; simmer 20 minutes. Bake biscuits at 350° for 25 minutes.

**TURKEY AND VEGETABLE STEW WITH WHOLE-GRAIN BISCUITS**

**Hands-on: 40 min.**

**Total: 55 min.**

- 4.5 ounces self-rising flour (about 1 cup)
- 4.5 ounces white whole-wheat flour (about 1 cup), divided
- 6 tablespoons cold unsalted butter, cubed
- 9 tablespoons nonfat buttermilk
- 2 tablespoons plus 2 teaspoons chopped fresh thyme, divided
- 1¼ teaspoons salt, divided
- Cooking spray
- 3 tablespoons olive oil, divided

- 2 pounds skinless, boneless turkey breast, cut into 1-inch pieces
- 3 cups chopped onion
- 2 cups diced carrot
- 3 tablespoons chopped fresh sage
- 2 tablespoons minced garlic
- 2 teaspoons black pepper
- 2 (8-ounce) packages sliced cremini mushrooms
- 6 cups unsalted chicken stock (such as Swanson)
- 3 cups diced peeled Yukon gold potato
- 4 thyme sprigs (optional)

1. Preheat oven to 350°.
2. Weigh or lightly spoon self-rising flour and ½ cup white whole-wheat flour into dry measuring cups;

level with a knife. Place flours in a medium bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk, 2 teaspoons thyme, and ¼ teaspoon salt; toss with a fork until moist. Drop dough by tablespoonfuls onto a foil-lined baking sheet coated with cooking spray (about 24 total). Bake at 350° for 25 minutes or until browned. Cool.

3. Heat a Dutch oven over medium-high heat. Add 1½ tablespoons oil to pan; swirl. Add half of turkey; cook 3 minutes. Remove cooked turkey from pan. Repeat with remaining turkey.

4. Add remaining 1½ tablespoons oil to pan. Add remaining 2 tablespoons thyme, ½ teaspoon salt, onion, and next 5 ingredients (through mushrooms); cook 5 minutes. Combine remaining ½ cup white whole-wheat flour and stock in a bowl. Add stock mixture to pan; bring to a boil. Add potato; cook 5 minutes. Stir in remaining ½ teaspoon salt and turkey; simmer 15 to 20 minutes or until stew is thickened. Top with thyme sprigs, if desired, and serve with biscuits, or follow freezing instructions.

**👉 SERVES 12** (serving size: about 1¼ cups turkey mixture and about 2 biscuits)  
**CALORIES** 310; **FAT** 10.2g (sat 4.3g, mono 4.1g, poly 0.9g); **PROTEIN** 24g; **CARB** 29g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 60mg; **IRON** 3mg; **SODIUM** 511mg; **CALC** 106mg

—Recipe by Deb Wise

# nutrition

(*Making sense of all that science*) *made* easy



## The Healthy Cook's Guide to **PASTA!**

Your supermarket-to-stove guide to the best whole-grain varieties

BY SIDNEY FRY, MS, RD

**IN JUST ONE** serving of whole-grain pasta, you can meet your daily whole-grain needs (plus a few extra) at the cost of about \$0.25 a serving. Add in supporting ingredients like healthy oils, seafood, greens, nuts, veggies, and beans, and you've got yourself a winning weeknight dinner. But not every noodle is as pleasantly slurpable as the next, and navigating the endless pasta aisle can be a bit overwhelming. We tasted more than 60 varieties in order to give you our 12 favorite brands. The verdict: Whole-grain pasta is tastier than ever, and on the following pages you'll find the tips, tricks, and tasting notes you need to make good pasta even better.

## THE TASTE TEST

# Healthy Pasta Matrix: Our 12 Favorites

Pair wheatier pastas with hearty meat sauces or a good oil and roasted veggies. Pestos and cream sauces go well with a more neutral noodle.

Flavor

MILD



**MARKET PANTRY (TARGET STORE BRAND)**  
So delicate it was creamy; a lovely stand-in for traditional white pasta.

**WILD OATS ORGANIC**  
Toss this tender noodle with something simple: a bright pesto or olive oil-dressed tomatoes.



**ALMA'S PENNE**  
This neutral noodle will let the sauce shine beautifully. Best if kept al dente.



**BIONATURAE LASAGNA**  
This top pick builds a sturdy frame for saucy layers, but its mild profile won't compete with other ingredients.



**LUNDBERG BROWN RICE SPAGHETTI**  
Elegant and delightfully chewy: Splash with olive oil, and toss with roasted veggies.



**TINKYÁDA BROWN RICE ELBOW**  
Silky, nutty, and mildly sweet—perfect for mac and cheese (see our recipe on page 104).

Texture

DELICATE



**TRADER JOE'S BROWN RICE QUINOA**  
Silky and springy; the only quinoa-based noodle we tasted with no bitterness.

**DELALLO NO BOIL**  
No-boil lasagna with bounce! Coat entire noodle in sauce to avoid crunchy edges.



**BARILLA SPAGHETTI**  
Elegantly thin, pleasantly bran-flavor-forward, and great under a hefty sprinkle of Parmesan.

STURDY



**BARILLA PENNE**  
Nice and nutty; built with grooves to keep sauce clinging on the outside.



**BARILLA LASAGNA**  
We love the hearty chew this one lends to a gooey, supersaucy white lasagna.



**WHOLE FOODS 365**  
A top pick for those who want an earthy profile. Thick and sturdy, it's perfect for a hearty meat sauce or Bolognese.

ROBUST

## WHAT ABOUT BEAN PASTAS?

Legume-based pastas have an impressive protein and fiber count, some with as much protein as meat. Just don't expect these to taste—or be firm to the bite—like traditional pasta.



**Banza Chickpea Pasta**  
With 14g protein and 8g fiber per serving, this pasta is starchy like its main ingredient and goes best with something it won't soak up—a few glugs of good olive oil, garlic, fresh tomatoes, and feta cheese.



**Explore Asian Edamame & Mung Bean Fettuccine**  
Thin strands with a bouncy, springy texture, much like tofu. A 2-ounce portion has 24g protein (as much as a 3-ounce steak) and 10g fiber. Try it with an herby or garlicky pesto.

# FALL BACK IN LOVE WITH SOYMILK

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you more protein!*

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gives you  
plenty to love.*

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# THE WHOLE-GRAIN PASTA PRIMER

## Whole-Wheat Pasta

Whole-wheat pastas are thirsty. They absorb a lot more liquid than traditional white pasta, so be sure to keep extra pasta cooking water on hand when preparing. They work better in a very loose sauce, and lots of it (see our one-pot pasta recipes on page 98).

Serve immediately. The longer whole-grain pasta sits, the more sauce it will soak in.

Whole-grain pasta includes the bran and germ part of the kernel, which lowers the percent of gluten in each noodle, making it structurally less sturdy than refined pasta, with a greater tendency to fall apart if it isn't made well (see details on drying below).

### THE DETAILS

## Gluten-Free Pasta

Gluten-free (GF) pastas are weaker in structure. Traditional pasta is made from durum semolina, a hard wheat that's naturally high in gluten—a protein that adds strength and structure to pasta.

Pasta without gluten has a greater tendency to fall apart during cooking.

Start checking for doneness a few minutes before the recommended cooking time. Most of the GF pastas we tested did not need to cook as long as the box directions stated.

GF pasta does not make for good leftovers, especially if your sauce is very thin or loose. For best next-day success, keep pasta and sauce separate, and mix just before serving.

### THE INGREDIENTS

Just two: Whole-grain durum wheat flour and water. That's it.

Many GF pastas are made from refined grains. We limited our discussion and tasting to those made with 100% whole grains—mostly brown rice and quinoa.

### THE TEXTURE

#### THE MILLING OF THE WHEAT

A smaller particle size eliminates sandy texture and bitterness.

#### THE QUALITY OF THE WHEAT

Better wheat makes a better pasta.

#### THE DRYING AND EXTRUDING

If dried too quickly, pasta has a greater tendency to crumble after boiling. Extruding the dough through bronze dies (instead of Teflon) gives the pasta a rougher surface, allowing sauce to cling better to the noodle.

#### BROWN RICE-BASED PASTA

Brown rice pasta has a bright, springy texture with a slick mouthfeel.

It's a bit more forgiving if you boil this pasta *past al dente*; it'll be less likely to dissolve into your sauce.

#### QUINOA-BASED PASTA

Many quinoa pastas have refined grains added to improve texture. Those made with 100% quinoa rapidly shift from toothy to overcooked and crumbly, so be sure to taste often during the boiling process.

### THE NUMBERS

#### PER 2 OUNCES DRIED

(about 1-1½ cups cooked)

**CALORIES:** 180 (fewer calories than most granola bars)

**PROTEIN:** 8g (more than an egg)

**FIBER:** 6g (the amount in 2 packets of oatmeal)

**WHOLE GRAINS:** 56g (more than 3 servings of whole grains)

#### PER 2 OUNCES DRIED

(about 1-1½ cups cooked)

**CALORIES:** 200-210 calories

**PROTEIN:** Most GF varieties have

4g-5g per serving, about half that of whole-wheat pasta.

**FIBER:** 1g-4g (less than whole-wheat but more than a refined grain)

**WHOLE GRAINS:** 45g-56g

**Quick trick:** Look for white spots. More spots on uncooked pasta means it was dried too quickly and will likely fall apart in your sauce.

Gluten is a combination of two proteins. Pasta without it will naturally have less protein.

## CARB-CONSCIOUS?

There's good news about pasta for you, too.

Whole-grain pasta has a low glycemic index (32-37, about half that of white bread). The lower the number, the longer it takes to digest, and the less it affects your blood sugar. Translation: You'll stay fuller longer and have steady fuel to support energy levels.

healthy hearts for adventures ahead

.....

Keep up with the life you love.  
100% whole grain Quaker Oats can help reduce  
cholesterol as part of a heart healthy diet.\*

.....



*off you go*

\*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

## THE RECIPE MAKEOVER

## Lighter Vegetable Lasagna

**IT MAY SEEM** an unlikely makeover, but the idea that vegetable lasagna is more virtuous than its meat-filled counterpart is actually a bit of a myth. How so? No amount of eggplant, squash, or tomato can lighten the hefty 1½ pounds of cheese and creamy béchamel sauce that blanket the buttery noodles of this classic dish, which packs over 700 calories and 22g sat fat into just one slice. The challenge: Re-create this dish to highlight the vegetables but still keep plenty of creamy, cheesy, layered goodness.

Béchamel is a butter-and-milk-based sauce often used in vegetable lasagnas. Light and bright as it may seem, all that butter actually

makes it as calorie-dense as a hefty meat sauce. We skip the butter altogether and look instead to hearty butternut squash, which becomes velvety and creamy when blended with a little garlic and milk—the perfect vegetable-based sauce that gets even better with a little nutty Gruyère and buttery mozzarella cheese. Whole-wheat noodles make a sturdy bed for sautéed greens and mushrooms that we cover in a layer of billowy part-skim ricotta cheese. Our saucy lasagna packs more than 2 cups of vegetables into each slice, is overflowing with melty cheese, and has half the calories of the original. Our only regret? Not having enough room in the pan for another layer.

## Inside the Layers

## THE CHEESES

Gruyère and melty mozzarella balance the sweet butternut sauce, ricotta lightens between layers, and Parm adds a salty pop on top, saving **149 calories** and **6.4g sat fat** per slice—a four-cheese punch that trims a whole pound off the original.

## THE VEGETABLES

In addition to the 3 cups of squash “hiding” in our sauce, we pack a cup of buttery Swiss chard and meaty mushrooms into each slice.

## THE PASTA

Lasagna needs a strong noodle to separate layers. Whole-grain not only does it best but also adds an extra 2.5g fiber to each slice. We love Bionaturae for its neutral profile, but see page 68 for more whole-grain pasta picks.

## THE BÉCHAMEL

Creamy, silky butternut squash replaces the classic butter-, flour-, and milk-based béchamel to save **90 calories** and **6g sat fat** per serving.



See page 75  
for recipe.

## PASTA GUIDE

### VEGETABLE LASAGNA WITH BUTTERNUT BÉCHAMEL

**Hands-on: 36 min. Total: 1 hr. 34 min.**

*Here's a sauce so good you'll want to eat it by the spoonful. Make a double batch, and stir into whole grains, drizzle over vegetables, or use as a sauce for lighter mac and cheese.*

- 3 cups cubed peeled butternut squash
- 1 cup plus 1 tablespoon organic vegetable broth, divided
- 1 cup fat-free milk
- 4 garlic cloves
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Dash of ground nutmeg

- 2 ounces cave-aged Gruyère cheese, shredded (about ½ cup)
- 3 ounces part-skim mozzarella cheese, shredded (about ¾ cup), divided
- 1 tablespoon olive oil
- 1 small onion, chopped (about ¾ cup)
- 1 pound sliced cremini mushrooms
- 1 bunch Swiss chard, trimmed and very thinly sliced (about 5 cups)
- 3 tablespoons pine nuts, toasted and chopped

Cooking spray

- 6 whole-wheat lasagna noodles (such as Bionaturae), cooked
- ¾ cup part-skim ricotta cheese
- 1 ounce finely grated fresh Parmigiano-Reggiano cheese (about ¼ cup)

**1.** Preheat oven to 375°.

**2.** Combine squash, 1 cup broth, milk, and garlic in a medium saucepan; bring to a boil. Reduce heat to medium; simmer until squash is tender (about 20 minutes). Remove from heat.

**3.** Place squash mixture in a blender. Add salt, pepper, and nutmeg. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Place blended squash mixture in a bowl; add Gruyère cheese and 1.5 ounces

mozzarella cheese, stirring until cheese melts and mixture is smooth.

**4.** Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion and mushrooms; cook 7 minutes or until browned and liquid evaporates. Add chard and remaining 1 tablespoon broth. Cover and cook 2 minutes or until chard wilts. Place chard mixture in a fine sieve; drain 5 minutes. Place chard mixture in a bowl. Add pine nuts; toss to combine.

**5.** Spread ½ cup squash sauce in bottom of a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with half of chard mixture. Dollop ricotta cheese on top of chard. Spread half of remaining sauce over top. Arrange 3 noodles over sauce. Top with remaining chard mixture; top with remaining sauce. Sprinkle evenly with remaining 1.5 ounces mozzarella cheese and Parmigiano-Reggiano cheese. Cover with foil coated with cooking spray. Bake at 375° for 35 minutes. Uncover and bake an additional 10 minutes or until bubbly.

**6.** Preheat broiler to high. (Keep lasagna in oven.)

**7.** Broil lasagna 3 minutes or until cheese is golden brown. Remove from oven; let stand 10 minutes.

👉 **SERVES 6** (serving size: 1 piece)

**CALORIES** 363; **FAT** 16.2g (sat 6.3g, mono 5.2g, poly 2.2g); **PROTEIN** 22g; **CARB** 36g; **FIBER** 7g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 33mg; **IRON** 3mg; **SODIUM** 584mg; **CALC** 444mg

### THE SAVINGS

#### OUR VEGETABLE LASAGNA

saves 367 calories,  
16g sat fat, and 473mg  
sodium over traditional.  
**BONUS:** Over 2 cups of  
vegetables per serving.

# OPEN WIDE

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# healthy habits

+ Beauty: Coffee & Caffeine p. 81 + Diet: Learn to Interpret Health Studies p. 86

## Create a Healthy **EATING ENVIRONMENT**

Make it easier to eat better with a few small tweaks to your surroundings.

BY ALISON ASHTON

**E**ating right can feel like a lot of work—but what if there's a simpler way?

There is. Instead of trying to change your behavior, change your environment. It's easier and more effective, says Brian Wansink, PhD, author of *Slim by Design*. As the director of the Food and Brand Lab at Cornell University, he has observed people in countless kitchens, restaurants, and cafeterias. And regardless of gender, age, or nationality, the result is the same. "We're creatures of convenience, hard-wired to choose the easiest option by default," he says. "If your surroundings aren't in order, they can push you to eat more or eat worse."

It comes down to having easy access to better options. "Two-thirds of what people take will be the first three things they see," Wansink

says. In one of his studies, a woman who keeps just one box of cereal anywhere in sight will weigh an average of 20 pounds more than her neighbor who doesn't.

So put healthful fare front and center, both on your counter and in the fridge. Don't stash produce in the crisper drawer—instead use

that spot to hide indulgent food out of sight. The less convenient junk food is, the less likely you are to eat it.

The rules also apply at the table: The first thing we eat can set the tone for a meal, so use that natural tendency toward convenience to your advantage by starting dinner with salad or soup. "It primes

your family to eat healthier for the rest of the meal," Wansink says.

Once you've made a few environmental tweaks, it becomes easier to make healthful eating the easiest option. "You'll start eating better without thinking about it. It puts eating right on autopilot," Wansink says.



“The less convenient junk food is, the less likely we are to eat it.”

## 3 Easy Changes to Make Now

### 1 BANISH KITCHEN CHAOS

Nothing gets in the way—or makes you more likely to call for pizza—than a kitchen cluttered with mail, rarely used appliances, and other junk. Ditch gadgets you never use, clear counters, and create a serene environment where you want to spend time. “The key is making cooking at home easier and more appealing, because every time you eat out, on average, you’re consuming 200 to 300 more calories than if you were eating at home,” says Dan Buettner, author of *The Blue Zones Solution: Eating and Living Like the World’s Healthiest People*.



### 2 DOWNSIZE DISHES

Our plates have ballooned to 11 and even 12 inches in diameter, and portion sizes have followed suit. “People serve 22% more food on larger plates,” Wansink warns, so keep yours to 10 inches max. “It’s almost guaranteed that if a person uses a smaller plate, they’ll eat less,” he says.

Time to replace your refrigerator? Downsize that, too, says Buettner. “There’s a correlation between how much you eat and how much food you have in your refrigerator,” he notes.

### 3 DO MORE BY HAND

When it comes to actually cooking, though, Buettner advocates a little less convenience. Our kitchens are filled with gadgets that do the work for us. But preparing food by hand is a great form of physical activity. “We should be on our feet at least a half-hour every day cooking our own food,” he says. The physical exertion will burn calories—and it’s more delicious than a trip to the gym. So grind spices with a mortar and pestle instead of an electric grinder, chop instead of using a food processor, and knead bread by hand instead of using a stand mixer.



#### 5 TIPS FOR EATING OUT

“Nobody wants to start a diet in a restaurant,” says Wansink. But a few small tweaks make it easier to order healthfully.

➤ **Choose a well-lit spot.** People eat more when they’re hidden away in dark corners.

➤ **And do sit down.** Avoid the temptation to eat on the run. A recent study in the *Journal of Health Psychology* found that women who ate while walking gobbled more calories than those who were seated.

➤ **Always start smart.** Skip the bread basket, Wansink advises, and make sure the first thing you eat is a fruit or a vegetable to trigger healthful choices for the rest of the meal.

➤ **Decode the menu.** “Seasoned,” “roasted,” “marinated,” “fresh,” and “broiled” signal healthful dishes. “Buttery,” “creamed,” “crispy,” “smothered,” and “loaded” add up to lots of calories, saturated fat, and sodium.

➤ **“Shop” the buffet before you choose.** Buffets are an invitation to overeat. Instead, says Wansink, peruse your options, and then grab the smallest plate available for the items you really want. You can always go back for seconds.



➤ **At the Office** Wansink’s research found that office workers keep an average of 476 calories within reach, and those who keep junk food in or on their desks weigh an average of 15.4 pounds more than those who don’t.

# Perk Up with a Hit of Java

Products infused with coffee and caffeine help wake up your beauty routine. BY CINDY HATCHER



## LA ROCHE-POSAY PIGMENTCLAR EYES

Caffeine assists in encouraging circulation in delicate under-eye skin, with results visible within four weeks of use. \$43, [laroche-posay.us](http://laroche-posay.us)

COFFEE AND ITS SEED OIL ARE  
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## FRANK BODY

**LIP SCRUB** Finely ground coffee and coffee seed oil bust flaky skin and stimulate blood flow. Comes with a coffee-packed lip balm for maximum softness. \$15, [frankbody.com](http://frankbody.com)

## BOBBI BROWN

**SKIN NOURISH FACE MASK**  
This intense moisture-delivery system works to instantly plump the appearance of skin and soothes any irritation with caffeine and algae extract. \$47, [bobbibrowncosmetics.com](http://bobbibrowncosmetics.com)

# The BEAUTY HABIT

CINDY HATCHER  
BEAUTY  
EDITOR



## What I'm loving

**Clarisonic Mia Fit** (\$189, clarisonic.com)  
Every beauty editor I know is obsessed with the brand's facial cleansing brushes that keep skin smooth and clear. This new version evolves that dirt-busting power into a mini design that's perfect for traveling.



### WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light's* beauty editor. Tell her what products you're loving right now at [cindy\\_hatcher@timeinc.com](mailto:cindy_hatcher@timeinc.com).



### MURAD

#### ADVANCED ACNE & WRINKLE REDUCER

Breakouts can happen, regardless of your age. Combat them while fighting fine lines with this caffeine-packed treatment. Use between cleansing and moisturizing. \$44, [murad.com](http://murad.com)

### PHILOSOPHY

#### WHEN HOPE IS NOT ENOUGH EYE CREAM

This multitasker helps banish discoloration, fine lines, and puffy lids and protects from future environmental damage. Coffee seed extract provides an instant perk-up. \$54, [qvc.com](http://qvc.com)

GROUND COFFEE BEANS ARE A NATURAL EXFOLIANT, LEAVING SKIN SMOOTH AND INVIGORATED.

## Empower Your Shower

Four great new body washes for winter

### TO HYDRATE

**Dove Dry Oil Moisture Body Wash** (\$7, [dove.us](http://dove.us)) Moroccan argan oil helps replenish important nutrients in this formula that penetrates skin's outer layers for deeper levels of moisturizing.



### TO SMOOTH

**St. Ives Fresh Skin Apricot Body Scrub** (\$5, [stives.com](http://stives.com)) The full-body version of the face scrub classic. Natural exfoliants buff dry skin while still protecting more sensitive types.



### TO BEAUTIFY

**Olay Age Defying Body Wash** (\$5.50, [olay.com](http://olay.com)) Intense amounts of moisturizer are added to this wash to instantly improve the look of skin, revealing a youthful, healthy glow.



### TO FRESHEN

**Caress Enchant Forever Body Wash** (\$4, [houseofcaress.com](http://houseofcaress.com)) A new scent in the brand's highly fragranced lineup. Formulated to release a scent burst every time skin is touched.



PHOTOGRAPHY: (APRICOT SCRUB) COURTESY OF ST. IVES; PORTRAIT: RANDY MAYOR; HAIR AND MAKEUP STYLING: CELINE C. RUSSELL

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\*Individual results may vary. Based on the SlimFast Plan (a calorie-reduced diet, regular exercise, and plenty of fluids). Check with your doctor if nursing, pregnant, under 18, following a doctor prescribed diet. © 2016 SlimFast.



TOGETHER WE EAT  
CONTEST  
EVERY RECIPE  
HAS A STORY

IKEA launched the **Together, We Eat** contest to give families a chance to share their time-honored recipes and tell us how those meals have brought them together.

Meet our Grand Prize winners now at

[TogetherWeEat.com/contest](http://TogetherWeEat.com/contest)

We hope it inspires you to start your own family food tradition.

Food brings people together. That's why IKEA celebrates life in and around the kitchen, be it growing, cooking, serving or storing. For inspiration and ideas, visit us at [IKEA-USA.com](http://IKEA-USA.com)



## The BEAUTY HABIT

# What's in Your Bag, <sup>SARAH MICHELLE</sup> ~~GELLAR~~? This mom of two stirs up family fun in the kitchen.



ADD A POP OF COLOR  
Dip-Dye Spoons,  
\$10, [foodstirs.com](http://foodstirs.com)



**SARAH MICHELLE GELLAR** graced our screens both big and small for years, but her latest endeavor takes her into our kitchens. Gellar is the cofounder of Foodstirs, which brings families together via baking kits and cooking accessories. She extends her love of baking to beauty products, as well. "Sugar scrubs are one of my favorite things to experiment with at home," she says.

**1** **MAYBELLINE**  
FULL 'N SOFT MASCARA  
"I have tried all of the expensive brands, but I always go back to this one." The formula conditions lashes with vitamin E and helps them look fuller. \$7, [maybelline.com](http://maybelline.com)

**2** **DRYBAR**  
DETOX DRY SHAMPOO  
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**3** **LAURA MERCIER**  
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**4** **KAI**  
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laughing,  
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and a place to  
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# Don't Eat That. Wait. Never Mind.

In a world of ever-changing advice,  
here's how to make sense of nutrition news.



**F**ile this under things we wish were true: Eating chocolate every day will help you lose weight. That was the conclusion of a 2015 study titled “Chocolate with High Cocoa Content as a Weight Loss Accelerator.” Unfortunately, the study was pseudoscientific hoey, the work of journalist John Bohannon, PhD, and colleagues, concocted to

show just how easy it is to publish bad science promising good nutrition news.

Bohannon is passionate about science and impatient with researchers' and health care providers' failure to make clear to the public one truth: Nutrition science is not simple. “It seems like it should be easy because we all relate to it—we all eat. But nutrition is more complicated than astrophysics, and we know far less about it,” he says.

If a blog or article is offering advice based on research, “look up the research, and read the actual study,” advises Alisha Farris, PhD, a childhood obesity extension specialist at Virginia Tech. “Many times findings are hyped up to get attention.”

ILLUSTRATION: SARAH WILKINS



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San Diego's best chefs showcased their culinary talent at the 12<sup>th</sup> Annual San Diego Bay Wine + Food Festival's Chef of the Fest Competition—an epic (and delicious) competition held during the annual wine and food classic. Executive Chef Aron Schwartz of Marina Kitchen located in the Marriott Marquis San Diego Marina was awarded the grand prize for his Bacon Wrapped Pork Tenderloin with Purslane and Aji Chili Vinaigrette.

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# “Nutrition is more complicated than astrophysics, and we know less about it.”

So how does your average I'm-just-trying-to-eat-right person sort the legitimate nutritional news from the let's-all-eat-candy nonsense that we all come across regularly? Here are three things to look for in a study.

## MORE PEOPLE

“The best studies will be in humans,” says Walter Willett, MD, MPH, DrPH, author and chair of the department of nutrition at Harvard's T.H. Chan School of Public Health. Make that lots of humans. Thousands are good; tens of thousands even better. “A few people don't mean very much, while a large, varied population is more likely to be reliable,” says Willett.

## MORE TIME

Willett also notes that the studies should follow their subjects for long periods. “From a scientific standpoint, short-term studies in humans can provide us with some interesting leads, but they should not be the basis for making decisions about diet,” he says. How long is long enough? “In general, weight loss studies should last a minimum of a year,” he says. That's the bare minimum. Willett and his fellow researchers are collecting and analyzing data from studies that have been following groups for decades.

## MORE STUDIES

To the more subjects/more time rule, add more studies. “It's so important

that we don't depend on one study,” Willett says. “Rarely would a single study be enough to make conclusions upon which to base your diet. An important part of the scientific process is making sure that results can be replicated, and that multiple studies reach the same conclusions,” Willett explains. “When a finding shows up repeatedly, it's more likely to be true.”

Now that you know what falsehoods to look out for, what truths should you seek when thinking about your own weight loss goals?

“Learn to be happier with your body. That's solid advice. That's something we should all get behind,” says Bohannon.

—JENNIFER DRAWBRIDGE



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### KEEP IT CLOSE

Easy access to tools and equipment was a priority for Bruno: "This helps me be creative and not feel constrained," he says.



### PANTRY PLUS

Aristokraft's Pantry SuperCabinet aids the kitchen's family-friendly mission. "The kids can reach healthy snacks without help," Bruno says.

Caesarstone countertops in Frost Carrina offer a bright look, durability, and easy cleanup.

## A HEALTHY COOK'S KITCHEN

# A FRESH PLACE TO GATHER

Seamless design encourages a Minnesota family to eat well.

BY CINDY HATCHER

**B**loggers Alicia Lacy and Bruno Bornshtein estimate they've seen thousands of kitchens in their time at the helm of Curbly.com, a DIY design community. So they were able to set clear goals when it came time to renovate their own St. Paul, Minnesota, kitchen.

These goals—making the room a family space, creating a seamless design that integrated into their home, and crafting a clean and put-together look—were essential to the couple, as they use their kitchen daily to prep healthy food for themselves and their two young children, Ayla, 6, and Zev, 3. "Everything was done intentionally

## BACKSPLASH

The couple chose Carrara marble in a trapezoid shape for their backsplash. "It's a modern shape, but the marble gives it a traditional look and feel," Alicia says.



## IT'S A FAMILY AFFAIR

Because Bruno and Alicia's house has an open floor plan, with the kitchen visible from most rooms, they imagined their new kitchen as a space where everything from homework to arts and crafts to entertaining to their blog work could take place. The family also grows herbs and produce in a small garden just outside the back door.



to encourage cooking and make it more fun. We have a very organized kitchen, where ingredients are easy to find and accessible," Alicia says.

Bruno and Alicia's Dutch Colonial-style home was built in 1907, and they made changes throughout to brighten it up. "We kept the original vibe but really brought the house's old character into the future," Bruno says. The biggest compliment they've received? "We've had guests who didn't know about the renovation and thought the new kitchen was original," Alicia says.

The cabinets were the first big decision the couple made for their new kitchen. They worked with a designer at Aristokraft Cabinets and chose the brand's Winstead Shaker-style cabinets in maple with a white finish. "It's

very classic, simple, and flexible," Alicia says. They added a large pullout pantry and sliding racks for accessories to help maximize space. The family puts these features to use in rituals like a weekly taco night—an easy way to use up leftovers or "hide" veggies for picky eaters.

"If you start from the idea that healthy cooking requires a commitment of time and money, you want your kitchen to get out of the way and let you do the cooking. Otherwise that's when you wind up snacking and picking up takeout," Bruno says. "The allure of unhealthy food is that it's easy and saves time, so having a kitchen that's functional and beautiful fights back against that."

## A HEALTHY COOK'S KITCHEN



1



2

## KEY FEATURES

### 1 ADD POPS OF COLOR

Go neutral for bigger items, like paint, tile, and countertop colors, so you can easily add bursts of color via accessories and artful displays.

### 2 MAKE SMALL CHANGES, YIELD BIG RESULTS

If you're not ready for a full renovation, there are simple, affordable tweaks you can make, like adding a window treatment or a rug in a fun pattern. "Wool rugs are very durable and easy to clean," Bruno says.

### 3 BYPASS TRENDS THAT DON'T WORK FOR YOU

The couple considered open shelving, a popular trend, but instead opted for closed doors and lots of drawers for storage. "One section has glass cabinets, and that's our compromise. We can put more special dishes and colorful things there," Alicia says.

### 4 BE OPEN TO NEW THINGS

They wanted to maximize counter space and were hoping to build a spot for a microwave into the upper cabinets, but their designer suggested Sharp's Microwave Drawer Oven instead. "It's easy to clean, and we don't even know it's there most of the time. It's so cool and makes us feel like we're in *Star Trek*," Bruno says.

### 5 CONSIDER CLEANUP

Tidying up is not the most fun part of cooking, but Bruno and Alicia love their Kohler Touchless faucet. A quick wave of the hand turns it on, useful when hands are messy with pizza dough. And their Kohler Indio sink comes with a cutting board that fits over the sink to make cleanup easier.



3



4



5



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# Overnight Bulgur Bowls

A no-cook trick has breakfast ready when you roll out of bed.

**\*START HERE**

Combine 1 cup uncooked bulgur and 1½ cups 1% low-fat milk in a bowl. Cover and refrigerate overnight. Fluff grains; then top and toss with one of our two tasty combos, ready in a snap.

**1 CRUNCHY BULGUR BOWL WITH KALE, CHICKEN, AND PEAR**

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

- 2 tablespoons olive oil
- 1½ tablespoons fresh lemon juice
- ¾ teaspoon Dijon mustard
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- 4 cups thinly sliced stemmed Lacinato kale
- 1 cup shredded skinless, boneless rotisserie chicken breast
- ½ cup chopped Asian pear
- 1.5 ounces shredded Manchego cheese (about ⅓ cup)
- 3 cups presoaked bulgur
- 2 tablespoons roasted, salted sunflower seed kernels

1. Combine first 5 ingredients in a large bowl, stirring well with a whisk. Add kale, chicken, pear, and cheese; toss. Stir in bulgur. Divide bulgur mixture evenly among 4 bowls; sprinkle evenly with seeds.

➤ **SERVES 4** (serving size: about 1½ cups bulgur and 1½ teaspoons seeds)

**CALORIES** 388; **FAT** 15.7g (sat 4.8g, mono 6.2g, poly 2.7g); **PROTEIN** 24g; **CARB** 42g; **FIBER** 9g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 49mg; **IRON** 2mg; **SODIUM** 426mg; **CALC** 365mg

**2 BULGUR BOWL WITH APPLES, ALMOND BUTTER, AND GOAT CHEESE**

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

- 3 cups presoaked bulgur
- 2 tablespoons creamy almond butter
- ¼ teaspoon ground cinnamon
- 1 cup chopped peeled tart-sweet apple
- ¼ cup plain 2% reduced-fat Greek yogurt
- 2 ounces goat cheese, crumbled
- 2 tablespoons thinly sliced almonds, toasted
- 2 teaspoons honey

1. Combine bulgur, almond butter, and cinnamon, stirring well. Add apple; toss. Combine yogurt and goat cheese, stirring until smooth. Divide bulgur mixture among 4 bowls; top evenly with yogurt mixture. Sprinkle with almonds, and drizzle with honey.

➤ **SERVES 4** (serving size: about 1 cup bulgur, 1 tablespoon yogurt mixture, 1½ teaspoons almonds, and ½ teaspoon honey)

**CALORIES** 298; **FAT** 10.5g (sat 3.4g, mono 4.5g, poly 1.7g); **PROTEIN** 14g; **CARB** 41g; **FIBER** 8g; **SUGARS** 12g (est. added sugars 3g); **CHOL** 12mg; **IRON** 2mg; **SODIUM** 121mg; **CALC** 193mg

—Recipes by Sidney Fry, MS, RD



➤ Make these simple whole-grain dishes part of your Cooking Light Diet meal plan. Sign up at [diet.cookinglight.com/bulgur](http://diet.cookinglight.com/bulgur).

# A Man, a Plan, a Leg of Lamb

Every year at Easter, chef and sustainability expert Barton Seaver resurrects a decades-old plastic tub for a flavorful family tradition.

**M**y father says he never thought of it as ritual, “just damn good eating.” Well, it has all the makings of a ritual: an organized sequence of events, regularly and invariably practiced, all leading to one of the most anticipated meals of the year. This dish, springing up just around Easter, celebrated the resurrection of our grill, symbolically breaking winter’s bond over our Washington, D.C., home.

When I recall my childhood, the first memories are always of dinner. Much of the time our family spent together was dedicated to food: shopping, prepping, eating, cleaning. The menu was always an amalgam of whatever was on sale, and we loathed when a single ingredient was discounted for any extended period. (Food is a blessing, but two cases of Lucky Charms quickly becomes penance). All variety in our daily menu was determined by Giant Food Stores’ grocery circular, but this one dish never changed.

Lamb is the harbinger of spring and symbol of rebirth; everything about this meal elicited more than a sense of just season and tradition, for its rhythm was sacramental.



**\*STAFF  
FAVE**

**Dad's Grilled  
Leg of Lamb**  
Recipe p. 96



The author with his dad, Leigh Seaver, in 2001, the Easter after Barton graduated from culinary school.



The Seaver men prepare the Easter feast.



Starting the night before, my father, Leigh, expertly butchered a leg of lamb; he boned and butterflied it, trimmed its fat and silver skin, relieved it of its tendon, showered it with kosher salt, and then marinated it. He massaged garlic, lemon juice, mint, and olive oil into the meat and left it overnight in the fridge in the same plastic dish, likely as old as I am, still in use today. It's a dish only to be used for this purpose, having become so laden with the gamey scent of fat, potent garlic, and vintage lemon.

Once cooked on a searing hot charcoal grill, the meat revealed a tasty tangle of muscles that made slicing a bit of a puzzle. My father,

his faded train conductor-stripped apron loosely hanging over his uncuffed church clothes, found the meandering grain deftly enough and cut rosy slices that he laid out on a platter and generously drizzled with olive oil before delivering to the Easter table.

As this rite of spring has become mine, I add a tin of anchovies to the marinade to further accentuate the lamb flavor. (Anchovies elevate other flavors, especially lamb, with their heavy umami boost, while their own fish flavor becomes indistinguishable.) Editing tradition? Yes. But what is a ritual if not ever-evolving? It celebrates the best of our heritage, and we enrich it with our own ingredients.



## DAD'S GRILLED LEG OF LAMB

**Hands-on: 30 min. Total: 5 hr.**

*Barton Seaver likes to serve this to his own family with turnips glazed with brown sugar, vinegar, and butter. Haricots verts also make a good companion. Look for a boneless, butterflied leg of lamb, preferably Colorado or Icelandic, and trim any excess fat.*

- 1 (3-pound) boneless leg of lamb, butterflied and trimmed
  - 1 tablespoon kosher salt
  - 2 teaspoons freshly ground black pepper
  - ½ cup fresh lemon juice (about 3 lemons)
  - 1 cup fresh mint leaves, torn and divided
  - 6 tablespoons olive oil, divided
  - 6 garlic cloves, minced
  - 1 ounce anchovies, chopped (about 4 fillets)
  - 1 cup applewood chips
- Cooking spray

1. Sprinkle lamb evenly with salt and pepper; let stand 10 minutes. Combine juice, ¾ cup mint, ¼ cup oil, garlic, and anchovies in a large zip-top plastic bag.

Add lamb to bag; toss to coat. Refrigerate at least 4 hours and up to 24 hours, turning occasionally.

2. Remove grill rack from grill; set aside. Prepare grill for indirect grilling, heating one side to high (if using a gas grill, heat other side to medium). Add wood chips directly to flames. Coat grill rack with cooking spray; place grill rack on grill.

3. Remove lamb from marinade; discard marinade. Add lamb over hot side of grill. Cover and grill 8 minutes or until lamb is lightly charred. Turn lamb over, and place on cooler side of grill; cover and grill 4 to 6 minutes or until desired degree of doneness. Remove from grill; let stand 15 minutes. Cut lamb across the grain into thin slices; place on serving platter. Drizzle slices with remaining 2 tablespoons olive oil; sprinkle with remaining mint leaves.

➤ **SERVES 12** (serving size: 3 ounces)  
**CALORIES** 188; **FAT** 9.6g (sat 3.2g, mono 4.8g, poly 0.6g); **PROTEIN** 23g; **CARB** 0g; **FIBER** 0g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 76mg; **IRON** 2mg; **SODIUM** 310mg; **CALC** 12mg



## MY RITUAL DISH

This early-'80s-era Tupperware dish is a cultural artifact of my father's curiosity and love of cooking. The colors are all optimism, plastics, wave of the future. It's this funny, retro thing that serves one single, perfect purpose:

marinating a leg of lamb. Its battle scars tell you it got a little too close to the grill a few times. —BARTON SEAVER



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# TO THE RESCUE

Don't bother with the colander! These easy **one-dish** recipes minimize kitchen prep and cleanup while delivering maximum flavor at the dinner table.

*Recipes by Maureen Callahan • Photography by Jennifer Causey*



**CREAMY  
ASPARAGUS  
AND PANCETTA  
PENNE**

*Recipe p. 104*



Speedy PANTRY DINNER

Staff  
Fave

**BUCATINI  
PUTTANESCA**  
Recipe p. 104



Easy, COMPANY-WORTHY STUNNER

**LINGUINE  
AND CLAM  
SAUCE**

Recipe p. 106

**GROUND BEEF  
AND PASTA  
CASSEROLE**

*Recipe p. 106*

→ *Hearty, Healthy* **FAMILY MEAL**





**SPAGHETTI  
WITH  
PISTACHIO-  
MINT PESTO  
AND SPINACH**

*Recipe p. 106*

*Fast, Fresh* **SPRINGTIME DISH**



Gluten-Free COMFORT CLASSIC

Staff  
Fave

**ROASTED  
TOMATO MAC  
AND CHEESE**

Recipe p. 104



**CREAMY ASPARAGUS AND PANCETTA PENNE**

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

- 2 tablespoons all-purpose flour
- 2 tablespoons butter, softened
- 1 teaspoon olive oil
- 2 ounces chopped pancetta
- 1 (8-ounce) package sliced cremini mushrooms
- 1/4 cup white wine or 2 tablespoons each lemon juice and water
- 1 teaspoon salt, divided
- 4 cups unsalted chicken stock
- 3 cups 1% low-fat milk, divided
- 12 ounces uncooked whole-wheat penne (such as Barilla)
- 1 bay leaf
- 1 cup frozen green peas
- 12 ounces asparagus, trimmed and cut into 2-inch pieces
- 1 tablespoon chopped fresh thyme
- 3 tablespoons chopped fresh parsley
- 1 teaspoon grated lemon rind
- 3/4 teaspoon black pepper

**1.** Combine flour and butter in a bowl until a paste forms.  
**2.** Place a large high-sided sauté pan over medium-high heat. Add oil to pan; swirl to coat. Add pancetta; cook 2 minutes, stirring frequently. Add mushrooms; sauté 5 minutes or until browned and liquid evaporates. Add wine; cook 2 minutes or until liquid is absorbed, stirring to loosen browned

bits. Stir in 1/4 teaspoon salt. Transfer mixture to a plate.  
**3.** Add stock, 2 cups milk, penne, and bay leaf to pan; bring to a boil. Cook 8 minutes, stirring occasionally. Stir in peas, asparagus, and 1/2 teaspoon salt; cook 2 minutes, stirring frequently. Stir in remaining 1/4 teaspoon salt, remaining 1 cup milk, and thyme; cook 2 minutes. Add butter-flour paste, in pieces, stirring constantly to combine and thicken. Remove from heat; stir in mushroom mixture, parsley, rind, and black pepper.

**▶ SERVES 6** (serving size: about 1 1/2 cups)  
**CALORIES** 397; **FAT** 11.8g (sat 4.7g, mono 1.9g, poly 0.4g); **PROTEIN** 23g; **CARB** 54g; **FIBER** 7g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 25mg; **IRON** 4mg; **SODIUM** 721mg; **CALC** 218mg



**ROASTED TOMATO MAC AND CHEESE**

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

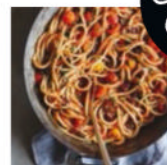
*Make this dish gluten-free by using the brown rice elbow pasta and brown rice flour options listed in the ingredients.*

- Cooking spray**
- 5 plum tomatoes, cut into 1/2-inch-thick slices (about 16 slices)
  - 2 tablespoons brown rice flour or all-purpose flour
  - 2 tablespoons butter, softened
  - 4 cups unsalted chicken stock
  - 3 cups 1% low-fat milk, divided
  - 3/4 teaspoon salt
  - 3/4 teaspoon Dijon mustard
  - 18 ounces brown rice elbows (such as Tinkyáda) or whole-grain pasta shells
  - 4 1/2 ounces (1/2 package) frozen artichoke hearts, thawed and halved

- 6 ounces reduced-fat sharp cheddar cheese, shredded (about 1 1/2 cups)
- 3 ounces fontina cheese, shredded (about 3/4 cup)
- 2.5 ounces Parmesan cheese, grated and divided (about 10 tablespoons)
- 1/2 teaspoon freshly ground black pepper

**1.** Remove top oven rack, and cover with foil; lightly coat with cooking spray. Preheat broiler to high.  
**2.** Arrange tomato slices on prepared rack; lightly coat with cooking spray. Broil 8 to 10 minutes or until tomatoes are lightly browned. Transfer tomatoes to a plate; set aside.  
**3.** Combine flour and butter in a bowl until a paste forms.  
**4.** Place a large high-sided sauté pan over medium-high heat. Add stock, 2 cups milk, salt, and mustard, stirring with a whisk. Add pasta to pan; bring to a boil. Cook 12 minutes or until pasta is done, stirring frequently. Stir in remaining 1 cup milk and artichokes; cook 2 minutes. Add butter-flour paste, in pieces, stirring constantly to blend and thicken. Remove from heat; stir in cheddar, fontina, 6 tablespoons Parmesan, and pepper.  
**5.** Arrange broiled tomato slices on top of pasta. Sprinkle with remaining 4 tablespoons Parmesan. Broil 2 minutes or until cheese begins to brown.

**▶ SERVES 12** (serving size: 1 cup)  
**CALORIES** 299; **FAT** 11.3g (sat 6g, mono 2.5g, poly 0.4g); **PROTEIN** 15g; **CARB** 37g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 29mg; **IRON** 1mg; **SODIUM** 489mg; **CALC** 330mg



*Cook the Cover!*

**BUCATINI PUTTANESCA**

**Hands-on: 24 min. Total: 24 min.**

*Bucatini are long noodles with a hole through the center that captures some of the sauce. As a substitute, use thick spaghetti.*

- 1/4 cup extra-virgin olive oil
- 6 garlic cloves, minced
- 4 anchovy fillets
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon crushed red pepper
- 4 cups unsalted chicken stock
- 12 ounces bucatini or thick spaghetti
- 3 pints multicolored cherry or grape tomatoes, halved
- 2 tablespoons unsalted tomato paste
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 24 pitted kalamata olives, chopped
- 3 tablespoons capers
- 1/8 teaspoon salt

**1.** Heat a large high-sided sauté pan over medium heat. Add oil to pan; swirl to coat. Add garlic, anchovies, oregano, and red pepper; cook 2 minutes, stirring constantly to break up anchovies. Add stock and pasta to pan; bring to a boil. Cook 10 minutes, stirring occasionally. Add tomatoes and tomato paste. Cook 2 to 3 minutes or until pasta is done. Remove pan from heat; add remaining ingredients, tossing to combine.

**▶ SERVES 6** (serving size: about 1 1/2 cups)  
**CALORIES** 368; **FAT** 12.2g (sat 1.5g, mono 6.8g, poly 1.5g); **PROTEIN** 14g; **CARB** 52g; **FIBER** 4g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 2mg; **IRON** 4mg; **SODIUM** 569mg; **CALC** 83mg



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**LINGUINE AND CLAM SAUCE**

**Hands-on: 30 min. Total: 30 min.** Traditionally made with crushed red pepper, this recipe uses fresh chiles. Serrano chiles are hot; for less heat, use Fresno chiles.

- 1/4 cup extra-virgin olive oil, divided
- 6 garlic cloves, finely chopped
- 3 1/4 cups water, divided
- 1 cup dry white wine
- 2 1/2 dozen littleneck clams, scrubbed
- 1 cup clam juice
- 8 ounces uncooked whole-wheat linguine or spaghetti (such as Wild Oats)
- 1/2 teaspoon salt
- 6 tablespoons chopped fresh parsley, divided
- 2 tablespoons minced seeded red serrano or Fresno chile
- 4 lemon wedges

1. Place a 12-inch high-sided sauté pan over medium-high heat. Add 1 tablespoon oil; swirl to coat. Stir in garlic; cook 30 seconds, stirring constantly. Add 1/2 cup water, wine, and clams; cover and cook 6 minutes or until clams open. Discard any unopened shells. Remove clams with a slotted spoon to a plate. Place 12 clams on another plate; cover to keep warm. Remove meat from remaining clams; coarsely chop, and add to plate. Re-cover; keep warm.

2. Return pan to medium-high heat. Add clam juice, 2 3/4 cups water, and pasta; bring to a boil. Cook 10 minutes or until pasta

is done, stirring frequently. Stir in salt, 3 tablespoons oil, parsley, chile, and chopped clams; toss. Divide pasta among 4 bowls; top each with 3 clams in the shell. Serve with lemon wedges.

**▶ SERVES 4** (serving size: 1 cup pasta and about 7 1/2 clams)  
**CALORIES** 417; **FAT** 16.2g (sat 2g, mono 10g, poly 3.1g); **PROTEIN** 18g; **CARB** 47g; **FIBER** 7g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 22mg; **IRON** 4mg; **SODIUM** 470mg; **CALC** 85mg



**SPAGHETTI WITH PISTACHIO-MINT PESTO AND SPINACH**

**Hands-on: 43 min. Total: 43 min.**

- 1/3 cup packed fresh mint
- 1/3 cup packed fresh basil
- 1/3 cup packed fresh parsley
- 2 teaspoons finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 2 ounces Parmigiano-Reggiano cheese, grated (about 1/2 cup)
- 2 small garlic cloves, coarsely chopped
- 1/4 cup shelled dry-roasted, unsalted pistachios
- 3/4 teaspoon salt, divided
- 5 tablespoons extra-virgin olive oil, divided
- 1/3 cup finely chopped shallots
- 4 cups unsalted vegetable stock
- 12 ounces whole-wheat spaghetti or linguine (such as Wild Oats)
- 1 (5-ounce) package fresh baby spinach, cut into 1/2-inch-thick strips
- 3 ounces Burrata cheese
- 1 1/2 tablespoons chopped shelled dry-roasted, unsalted pistachios
- 1/4 to 1/2 teaspoon crushed red pepper (optional)

1. Combine first 7 ingredients in a mini chopper; add 1/4 cup pistachios, and process until finely chopped. Add 1/2 teaspoon salt; pulse to combine. Add 3 tablespoons oil; process until blended.

2. Heat a Dutch oven over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Stir in shallots; sauté 2 minutes, stirring constantly. Stir in stock, remaining 1/4 teaspoon salt, and pasta; bring to a boil. Cook 10 minutes or until pasta is done, stirring occasionally. Remove pan from heat. Stir in pesto and spinach. Divide pasta mixture among 6 shallow bowls; top evenly with Burrata, and drizzle with remaining 1 tablespoon oil. Sprinkle with chopped pistachios and crushed red pepper, if desired.

**▶ SERVES 6** (serving size: about 1 cup pasta mixture, 1/2 ounce Burrata, and 3/4 teaspoon pistachios)  
**CALORIES** 397; **FAT** 20.1g (sat 4.3g, mono 9.8g, poly 3.6g); **PROTEIN** 13g; **CARB** 50g; **FIBER** 8g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 11mg; **IRON** 3mg; **SODIUM** 527mg; **CALC** 162mg



**GROUND BEEF AND PASTA CASSEROLE**

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

- 2 small onions, peeled and quartered
- 2 large carrots, peeled and cut into 3-inch pieces
- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt, divided

- 1 pound extra-lean ground sirloin
- 3 1/2 cups unsalted chicken stock
- 6 tablespoons sliced fresh basil, divided
- 2 tablespoons unsalted tomato paste
- 1 tablespoon red wine vinegar
- 12 ounces uncooked whole-wheat chioccioline or rigatoni (such as Bionaturae)
- 1 (26.46-ounce) carton strained tomatoes (such as Pomi)
- 4 ounces fresh mozzarella cheese, cut into 1/8-inch-thick slices
- 1 ounce Parmigiano-Reggiano cheese, grated (about 1/4 cup)

1. Place onions in a food processor; pulse until finely chopped. Add carrots; pulse until finely chopped.

2. Preheat oven to 350°.

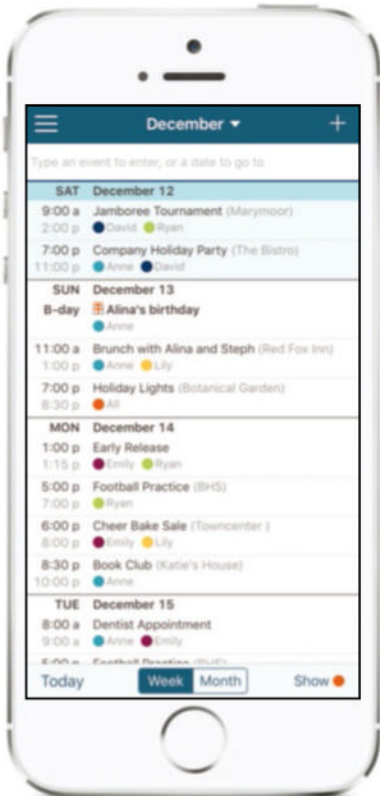
3. Heat a large high-sided sauté pan over medium heat. Add oil to pan; swirl to coat. Add onion mixture; cook 4 minutes. Add garlic; cook 2 minutes. Add Italian seasoning, red pepper, and 1/4 teaspoon salt. Add beef; cook 5 minutes. Stir in stock, 4 tablespoons basil, tomato paste, vinegar, pasta, and tomatoes. Bring mixture to a boil; cook 13 minutes or until pasta is almost done, stirring frequently. Stir in remaining 1/4 teaspoon salt.

4. Arrange mozzarella over pasta mixture. Sprinkle with Parmigiano-Reggiano; bake at 350° for 15 minutes or until pasta is done. Sprinkle with remaining 2 tablespoons basil.

**▶ SERVES 6** (serving size: 1 1/2 cups)  
**CALORIES** 469; **FAT** 12.7g (sat 5.2g, mono 3.4g, poly 0.7g); **PROTEIN** 32g; **CARB** 57g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 58mg; **IRON** 4mg; **SODIUM** 480mg; **CALC** 209mg



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*Emily Henderson*

is an LA-based stylist and author with a knack for creating modern home design with a vintage spirit.

For more style tips, find her book, *Styled: Secrets for Arranging Rooms, from Tabletops to Bookshelves*, at [stylebyemilyhenderson.com](http://stylebyemilyhenderson.com).





Celebrate  
Easter *in*  
**BRIGHT**  
*and Breezy*  
**STYLE**

Recipes by DAVID BONOM ✨ Photography by DYLAN + JENI

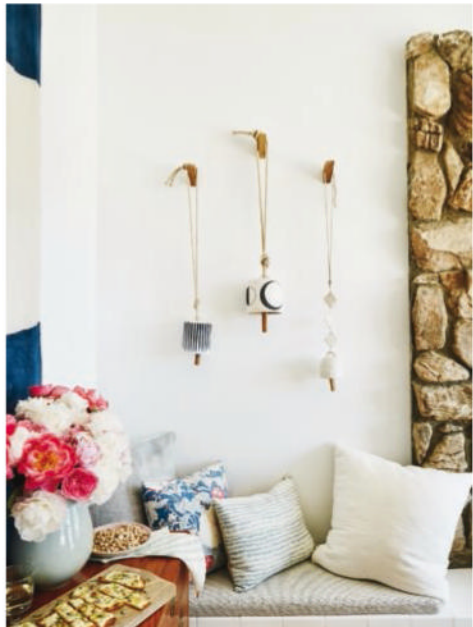
Wow your peeps with our holiday menu popping with spring colors and fresh flavors, and take **Emily Henderson's** style cues to create a fuss-free tabletop and casually elegant look.



**Style Tip**

“Creating a color palette is always the first step to success. Pick one or two colors that reflect the desired vibe for your event. If you’re mixing vintage with mod serving pieces, stick with a palette that feels clean and refined.”

—Emily Henderson (pictured at home in LA with friends and family)



# Get the Look

(left) Nate Berkus taper candleholders in gold, \$13-\$15, [target.com](#); Uno linen napkin in mint, \$7, [cb2.com](#); Abbesses dinner plate in gold, \$25, [cavashomestore.com](#); Threshold Izon flatware in gold, \$20, [target.com](#); (above) Threshold marble tray with gold trim, \$30, [target.com](#); bowls, \$3, [cb2.com](#)

←  
Minty Pea Soup  
with Parmesan  
Croutons  
Recipe p.117



### Style Tip

“Every table needs lighting (candles), something sculptural (flowers or plants), and room to breathe. Make sure one of those elements has height, but be careful not to cut off conversation with a massive flower arrangement in the center of the table. If you want to get crazy, scatter pretty leaves, branches, or confetti.”

## LEMON-RICOTTA HERBED FLATBREAD

**Hands-on: 25 min. Total: 25 min.**  
*A light layer of creamy ricotta sprinkled with fresh herbs dresses up store-bought crust in this bread starter. Lemon juice and rind add just the right flavor lift.*

- 1/2 cup part-skim ricotta cheese
- 1 tablespoon grated fresh pecorino Romano cheese

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon kosher salt
- 1 (10.5-ounce) whole-wheat pizza crust (such as Stonefire)
- 1 tablespoon chopped fresh chives
- 1/4 teaspoon freshly ground black pepper

1. Place a large cast-iron skillet in oven; preheat oven to 400°.
2. Combine first 6 ingredients in a small bowl. Spread ricotta mixture evenly over crust, leaving a 1/2-inch border around the edges. Place crust on preheated cast-iron pan.
3. Bake in the center of the oven at 400° for 12 minutes or until crust is crisp. Place

crust on a cutting board. Sprinkle evenly with chives and pepper; cut into 16 pieces. Serve warm or at room temperature.

**✓ SERVES 8** (serving size: 2 pieces)  
**CALORIES** 153; **FAT** 6.8g (sat 2.3g, mono 3.5g, poly 0.4g); **PROTEIN** 6g; **CARB** 1g; **FIBER** 3g; **SUGARS** 2g (est. added sugars 1g); **CHOL** 5mg; **IRON** 1mg; **SODIUM** 272mg; **CALC** 89mg

## ASPARAGUS AND PEAS WITH WARM TARRAGON VINAIGRETTE

**Hands-on: 13 min. Total: 20 min.**  
Fresh spring produce needs little embellishment, although a quick toss with bacon never hurts.

- 3 quarts water
- 2 cups fresh or frozen green peas, thawed
- 1½ pounds asparagus, trimmed and halved crosswise
- 1 pound sugar snap peas
- 5 center-cut bacon slices
- 3 tablespoons extra-virgin olive oil
- ¾ cup chopped shallots
- 2 tablespoons tarragon vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh tarragon
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ teaspoons grated lemon rind

**1.** Bring 3 quarts water to a boil in a large Dutch oven over high heat. Add green peas, asparagus, and snap peas; cook 3 minutes. Drain; rinse under cold water. Drain.

**2.** Cook bacon in a large nonstick skillet over medium heat until crisp. Drain bacon on paper towels; crumble.

**3.** Discard all but 1 tablespoon bacon drippings; add oil to pan over medium heat. Add shallots; cook 4 minutes, stirring occasionally. Add vinegar and mustard; cook 30 seconds. Add asparagus mixture, tarragon, salt, and pepper; cook 1 minute. Remove from heat; stir in crumbled bacon and rind.

➤ **SERVES 8** (serving size: about 2/3 cup)  
**CALORIES** 136; **FAT** 6.2g (sat 11g, mono 3.7g, poly 0.6g); **PROTEIN** 7g; **CARB** 15g; **FIBER** 5g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 3mg; **IRON** 3mg; **SODIUM** 254mg; **CALC** 60mg

## Get the Look

Warm and cool pastels paired with elegant neutrals create a balanced aesthetic.

(left) Antipasto cheese board, \$148, anthropologie.com; Gilded rim stemless glass, \$20, anthropologie.com; (below) *Staff bave*   
 Pudding Bowl, wonkiware.co.za



➤ *Staff bave*

## ROASTED SALMON WITH THYME AND HONEY-MUSTARD GLAZE

**Hands-on:** 10 min.

**Total:** 40 min.

A bed of fragrant fresh thyme lends wonderful flavor to the fish. Have your fishmonger remove the pin bones from the fillet, and choose one cut toward the head end of the fish.

- 10 thyme sprigs
- 1 (3-pound) skin-on salmon fillet (preferably sustainable), pin bones removed
- ¼ cup country Dijon mustard
- 2 tablespoons honey
- 1 teaspoon white wine vinegar
- 2 teaspoons fresh thyme leaves
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 lemon, thinly sliced

1. Preheat oven to 450°.
2. Line a baking sheet with parchment paper. Arrange thyme sprigs in a long row on parchment. Place salmon, skin side down, on top of thyme.
3. Combine mustard, honey, and vinegar in a bowl. Brush mixture evenly over top of salmon. Sprinkle salmon with 2 teaspoons thyme leaves, salt, and pepper. Arrange lemon slices over salmon.
4. Bake salmon at 450° in center of oven 26 minutes or until desired degree of doneness. Serve hot or at room temperature.

**SERVES 8** (serving size: about 6 ounces salmon)

**CALORIES** 387; **FAT** 17.4g (sat 4.1g, mono 7.6g, poly 4.2g); **PROTEIN** 48g; **CARB** 6g; **FIBER** 0g; **SUGARS** 4g (est. added sugars 4g); **CHOL** 116mg; **IRON** 1mg; **SODIUM** 527mg; **CALC** 29mg



For more Easter recipes and entertaining tips, visit [cookinglight.com/easter](http://cookinglight.com/easter).



## MINTY PEA SOUP WITH PARMESAN CROUTONS

**Hands-on: 13 min. Total: 32 min.**

- 2½ ounces whole-wheat baguette, cubed
- Cooking spray
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon olive oil
- 2 cups chopped onion
- 4 garlic cloves, minced
- 5 cups unsalted chicken stock (such as Swanson)
- 4 cups fresh green peas
- ¼ cup mint leaves, divided
- 2 teaspoons sugar
- ½ cup fat-free Greek yogurt
- 2 teaspoons grated lemon rind
- ¾ teaspoon black pepper
- ½ teaspoon kosher salt

1. Preheat oven to 425°.
2. Arrange bread on a baking sheet; coat with cooking spray. Bake at 425° for 6 minutes. Place in a bowl. Add cheese; toss well.
3. Heat a Dutch oven over medium heat. Add oil, onion, and garlic; cook 11 minutes. Stir in stock, peas, 3 tablespoons mint, and sugar. Bring to a boil. Reduce heat; simmer 20 minutes.
4. Place half of pea mixture and remaining mint in a blender. Remove center piece of lid; secure lid on blender. Place a towel over lid. Blend until smooth; pour into a bowl. Repeat with remaining mixture. Return soup to pan. Add yogurt, rind, pepper, and salt. Top with croutons.

➤ **SERVES 10** (serving size: 1 cup soup and about 1 tablespoon croutons)

**CALORIES** 152; **FAT** 2.2g (sat 0.5g, mono 1.1g, poly 0.4g); **PROTEIN** 11g; **CARB** 23g; **FIBER** 5g; **SUGARS** 9g (est. added sugars 1g); **CHOL** 1mg; **IRON** 2mg; **SODIUM** 228mg; **CALC** 78mg



## CARROT-ZUCCHINI CAKE WITH COCONUT-CREAM CHEESE FROSTING

**Hands-on: 26 min.**

**Total: 1 hr. 44 min.**

*Zucchini makes a brilliant addition to carrot cake, adding a verdant note to the sweet carrot.*

- 9 ounces white whole-wheat flour (about 2 cups)
- 1½ teaspoons baking powder
- 1½ teaspoons baking soda
- 1½ teaspoons ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon ground nutmeg
- ¾ cup granulated sugar
- ½ cup dark brown sugar
- ½ cup canola oil

Mix and match vintage plates with fresh, vibrant finds. Always include solids with patterns. 1948° dessert plate, \$32, jonathanadler.com

- 3 large eggs
  - 1 cup grated carrot
  - 1 cup grated zucchini
  - ¾ cup drained canned crushed pineapple in juice
  - Cooking spray
  - 4 ounces ⅓-less-fat cream cheese, softened
  - 1 tablespoon unsalted butter, softened
  - 2 cups powdered sugar
  - ½ cup flaked sweetened coconut, toasted
1. Preheat oven to 350°.
  2. Combine first 6 ingredients in a bowl. Combine sugars, oil, and eggs in a separate bowl, stirring with a whisk. Stir carrot, zucchini, and pineapple into sugar mixture. Add flour mixture

to sugar mixture; stir until moistened. Spoon batter into a 13 x 9-inch metal baking pan coated with cooking spray. Bake at 350° for 33 minutes or until done. Cool on a wire rack.

3. Combine cream cheese and butter in a bowl; beat with a mixer until smooth. Add powdered sugar; beat just until smooth. Spread evenly over top of cake. Sprinkle with coconut flakes. Cut into 16 pieces.

➤ **SERVES 16** (serving size: 1 piece)  
**CALORIES** 292; **FAT** 11.3g (sat 2.9g, mono 5.4g, poly 2.3g); **PROTEIN** 4g; **CARB** 44g; **FIBER** 2g; **SUGARS** 33g (est. added sugars 31g); **CHOL** 42mg; **IRON** 1mg; **SODIUM** 243mg; **CALC** 55mg

BY  
**DARCY LENZ**  
PHOTOGRAPHY BY  
**CHRISTOPHER  
TESTANI**

# Wield the **POWER** of **SOUR**

*When cooking with less fat, salt, and sugar, acid is a key ingredient for next-level recipes. Here's how to deploy **citrus** and **vinegars** to enhance flavors and brighten your healthy dishes.*



## Brighten

Tart lime and tangy yogurt provide a necessary fresh, bright kick to balance robust earthy notes from spices like curry.

**STAFF  
FAVE**

**Golden Chicken with  
Cilantro-Cashew Pesto  
and Coconut Rice**

*Recipe p. 129*

**T**alk to any serious cook for more than five minutes and you're likely to hear the term "balanced" a lot, referring to the graceful equilibrium a dish achieves when it is properly seasoned. More critical than knife skills or an encyclopedic knowledge of French terms detailing ways to heat food in a pan, mastering the art of seasoning is *the* factor that distinguishes expert-level cooking. And folks, it's much more than salt and pepper. Knowing when and where (and why) to use acidic

ingredients is among the most critical yet commonly misunderstood aspects of seasoning. A squeeze of lemon or a drizzle of vinegar more often than not makes the difference between flat-line flavor and food that sings. Each of these recipes celebrates a different function of acid application—a collective exploration of what defines the power of sour. From providing the final touch of brightness in an earthy soup to simultaneously tenderizing and flavoring raw meat, acid is the multidisciplinary workhorse that always has your back.



**Balsamic Hanger  
Steak with Greens  
and Parmesan**  
*Recipe p. 129*



**MARINATE**

Balsamic vinegar does double duty,  
both tenderizing the steak and  
imparting robust flavor.

## Balance

Like salt, sour's contrasting flavor keeps sweetness in check, ultimately boosting it to its sweetest potential.

**Citrus Upside-Down  
Cake with Sour  
Whipped Cream**  
*Recipe p. 126*

## POWER of SOUR

### RHUBARB-BASIL SHRUB COCKTAILS

**Hands-on: 15 min.**

**Total: 27 hr. 15 min.**

- 1 pound frozen rhubarb, thawed
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup chopped fresh basil, packed
- 6 ounces red wine vinegar
- 21 ounces gin
- 14 ounces club soda
- $3\frac{1}{2}$  ounces fresh lemon juice
- 14 lemon rind twists
- Fresh basil leaves (optional)

**1.** Combine first 3 ingredients in a large bowl, stirring well and mashing fruit with the back of a wooden spoon to release juices. Cover tightly, and refrigerate 24 hours. Stir in vinegar. Cover tightly, and refrigerate 3 hours. Stir well, and strain through a fine-mesh sieve, pressing gently on solids. Discard solids.

**2.** To prepare each cocktail, combine  $1\frac{1}{2}$  ounces gin, 1 ounce vinegar mixture,

1 ounce club soda, and  $\frac{1}{4}$  ounce fresh lemon juice in an ice-filled shaker. Shake vigorously 30 seconds; strain into a Collins glass. Garnish with a lemon twist and fresh basil leaves, if desired.

**▶ SERVES 14** (serving size: about  $\frac{1}{2}$  cup)  
**CALORIES** 151; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 13g; **FIBER** 1g; **SUGARS** 11g (est. added sugars 11g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 8mg; **CALC** 68mg

### SHAVED ASPARAGUS AND FENNEL SALAD WITH MEYER LEMON DRESSING

**Hands-on: 15 min.**

**Total: 15 min.**

- 1 pound large asparagus spears
- $\frac{1}{2}$  cup thinly sliced red onion
- 1 medium fennel bulb, very thinly sliced (about  $1\frac{1}{2}$  cups)
- 2 tablespoons chopped fennel fronds, divided
- 3 tablespoons extra-virgin olive oil
- $\frac{3}{4}$  teaspoon grated Meyer lemon rind
- 7 teaspoons fresh Meyer lemon juice
- $1\frac{1}{2}$  tablespoons chopped fresh dill
- $\frac{3}{8}$  teaspoon kosher salt, divided
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon freshly ground black pepper, divided

$\frac{1}{2}$  ounce Manchego cheese, grated (about  $\frac{1}{2}$  cup)

- 1.** Working with 1 spear at a time, shave asparagus into ribbons with a vegetable peeler, stopping short of tips. Combine asparagus ribbons, tips, onion, fennel, and 1 tablespoon fronds in a bowl.
- 2.** Combine olive oil, rind, juice, dill,  $\frac{1}{8}$  teaspoon salt, sugar,  $\frac{1}{8}$  teaspoon pepper, and cheese in a medium bowl, stirring with a whisk. Pour dressing over asparagus mixture. Toss gently to coat; refrigerate 10 minutes.
- 3.** Sprinkle salad evenly with remaining 1 tablespoon fennel fronds, remaining  $\frac{1}{4}$  teaspoon salt, and remaining  $\frac{1}{8}$  teaspoon pepper.

**▶ SERVES 4** (serving size:  $\frac{3}{4}$  cup)  
**CALORIES** 156; **FAT** 11.7g (sat 2.3g, mono 7.4g, poly 1.1g); **PROTEIN** 4g; **CARB** 11g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 4mg; **IRON** 3mg; **SODIUM** 235mg; **CALC** 107mg

### CREAMY ARTICHOKE SOUP WITH CRISPED PROSCIUTTO

**Hands-on: 30 min.**

**Total: 60 min.**

- $1\frac{1}{2}$  ounces prosciutto, cut into thin strips
- $1\frac{1}{2}$  tablespoons olive oil
- 2 cups sliced leek
- 6 garlic cloves, minced
- 1 large Yukon gold potato, peeled and diced
- 24 ounces frozen artichoke hearts, thawed
- 4 cups unsalted chicken stock
- $\frac{2}{3}$  cup half-and-half
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper, divided

- $1\frac{1}{2}$  tablespoons unsalted butter
- $3\frac{1}{2}$  teaspoons sherry vinegar
- 2 teaspoons fresh thyme leaves

- 1.** Arrange prosciutto in a skillet; place pan over medium-high heat. Cook 4 minutes or until crisp.
- 2.** Heat olive oil in a large stockpot over medium heat. Add leek and garlic; cook 30 seconds, stirring frequently. Add potato; cook 4 minutes, stirring frequently. Add artichokes and stock; bring to a simmer. Cover and simmer 25 minutes or until vegetables are tender, stirring occasionally.
- 3.** Reduce heat to medium-low. Stir in half-and-half, salt, and  $\frac{1}{4}$  teaspoon pepper. Remove from heat; let stand 5 minutes. Transfer soup to a blender. Remove center piece from blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid. Blend until smooth.
- 4.** Return soup to pan over medium-low heat. Stir in butter and vinegar. Cook until warm, stirring frequently. Ladle soup into 12 serving bowls. Sprinkle evenly with remaining  $\frac{1}{4}$  teaspoon black pepper and thyme. Garnish with crisped prosciutto.

**▶ SERVES 12** (serving size:  $\frac{2}{3}$  cup)  
**CALORIES** 119; **FAT** 5.8g (sat 2.2g, mono 2.1g, poly 0.3g); **PROTEIN** 5g; **CARB** 13g; **FIBER** 4g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 11mg; **IRON** 1mg; **SODIUM** 309mg; **CALC** 63mg

# ! PUNCTUATE

Vinegar extracts and retains flavor from fresh fruits and herbs while dissolving sugar to create a sweet-tart vinegar simple syrup.





## Elevate

Swirling in rich sherry vinegar toward the end of cooking is the difference between flat earthiness and dynamic deliciousness.

## Dress

Sunny Meyer lemon juice softens asparagus, tames raw fennel, and partners with oil to coat each element with vibrant flavor.

**CHARRED LEMON  
PAPPARDELLE  
WITH MUSHROOMS  
AND SHRIMP**

**Hands-on: 21 min.**

**Total: 21 min.**

- 3 lemons
- 2½ tablespoons half-and-half
- ½ teaspoon grated lemon rind
- ¼ teaspoon crushed red pepper
- 2 ounces Parmesan cheese, grated and divided (about ½ cup)
- 3 large egg yolks
- 2 tablespoons olive oil, divided
- 1 tablespoon unsalted butter
- 1 large shallot, minced (about ⅓ cup)
- 4 garlic cloves, minced (about 1½ teaspoons)
- 2 cups halved chanterelle or shiitake mushrooms, cleaned
- 1 pound medium shrimp, peeled and deveined
- 1 teaspoon kosher salt, divided
- ½ cup dry white wine
- 1 pound fresh pappardelle pasta
- 3 tablespoons chopped fresh basil
- ¼ teaspoon freshly ground black pepper

**1.** Heat a cast-iron skillet over medium-high heat. Cut lemons in half crosswise. Arrange lemons in pan, cut side down; cook 3 to 4 minutes or until cut side of lemon is charred. Remove lemons from pan; cool.

**2.** Squeeze 3 charred lemon halves to equal 2 tablespoons lemon juice; cut remaining lemon halves into 6 wedges, and set aside. Combine juice, half-and-half, rind, red pepper, 1 ounce Parmesan, and yolks in a medium bowl, stirring with a whisk. Set aside.

**3.** Heat 1 tablespoon oil and butter in a large skillet over medium heat. Add shallot and garlic; cook 30 seconds, stirring constantly. Add mushrooms to pan; cook 4 minutes or until mushrooms release their juices. Remove mixture from pan; keep warm.

**4.** Increase heat to medium-high. Add remaining 1 tablespoon oil to pan; swirl to coat. Add shrimp to pan; sprinkle evenly with ¼ teaspoon salt. Cook 2 minutes. Add wine to pan; cook 2 minutes or until liquid reduces to about 2 tablespoons. Remove pan from heat.

**5.** Cook pasta 2 minutes in a large pot of boiling water. Reserve 2 cups pasta cooking liquid; drain pasta. Immediately return pasta to pan over low heat. Add egg

yolk mixture to hot pasta, tossing noodles quickly with tongs to coat completely. Stir in mushroom mixture; add pasta water a little at a time (start with 1 cup) to thin sauce to desired consistency. Stir in remaining ¾ teaspoon salt, basil, and half of shrimp mixture.

Divide pasta mixture evenly among 6 plates; top evenly with remaining shrimp mixture. Sprinkle evenly with remaining Parmesan and black pepper. Serve with charred lemon wedges.

**🍴 SERVES 6** (serving size: 1⅓ cups)  
**CALORIES** 426; **FAT** 14.7g (sat 5.1g, mono 6.1g, poly 1.9g); **PROTEIN** 25g; **CARB** 47g; **FIBER** 4g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 258mg; **IRON** 3mg; **SODIUM** 606mg; **CALC** 191mg

*Lighten*

Juice from charred lemons cuts the density of fat in a silky sauce like this, keeping its richness in check.



I call this  
the calm before  
the shake.



Like you, we at Natural Balance believe every dog has something that makes them unique. Which is why they deserve food made with ingredients such as venison, salmon, duck and sweet potato.

**Food with substance *for* dogs with character.™**





**CITRUS UPSIDE-DOWN CAKE WITH SOUR WHIPPED CREAM**

**Hands-on: 45 min.**

**Total: 2 hr. 15 min.**

**Cooking spray**

**Topping:**

3 tablespoons unsalted butter

1/3 cup packed light brown sugar

2 small blood oranges, divided

1 small grapefruit

**Cake:**

4.5 ounces white whole-wheat flour (about 1 cup)

1/2 cup semolina flour

1 teaspoon baking powder

1 teaspoon ground cardamom

1/2 teaspoon salt

1/4 teaspoon baking soda

2/3 cup granulated sugar

1/3 cup packed light brown sugar

1/4 cup unsalted butter, softened

1/4 cup canola oil

2 large eggs

1 teaspoon vanilla extract

1/3 cup reduced-fat sour cream

1/3 cup 1% low-fat milk

2 tablespoons white wine

1 tablespoon fresh blood orange juice

3/4 teaspoon fresh thyme leaves

**Sour whipped cream:**

1/2 cup reduced-fat sour cream

1/4 cup heavy whipping cream

1 tablespoon powdered sugar

1/4 teaspoon vanilla extract

**1.** Preheat oven to 350°. Coat a 9-inch round cake pan with cooking spray. Line bottom of pan with parchment paper; lightly coat paper with cooking spray.

**2.** To prepare topping, melt 3 tablespoons butter in a small saucepan over medium heat; add 1/3 cup brown sugar to pan, stirring with a whisk until sugar dissolves. Pour mixture into prepared pan, spreading evenly with a silicone spatula. Grate rind from 1 blood orange and grapefruit; set aside. Peel 1 blood orange and grapefruit; cut each crosswise into thin slices (you should have 5 to 6 slices of each). Carefully remove seeds from fruit. Arrange citrus rounds over sugar mixture in pan.

**3.** To prepare cake, weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, baking powder, cardamom, salt, and baking soda in a bowl, stirring with a whisk; set aside.

**4.** Combine granulated sugar, 1/3 cup brown sugar, 1/4 cup butter, and oil in the bowl of a stand mixer fitted with the paddle attachment; beat at medium speed 4 to 5 minutes, scraping down sides of bowl as necessary. Add eggs, 1 at a time, beating well after each addition. Beat in citrus rinds and 1 teaspoon vanilla.

**5.** Combine 1/3 cup sour cream, milk, wine, and blood orange juice (from remaining 1 orange) in a small bowl, stirring with a whisk until smooth. Add flour mixture and sour cream mixture alternately to butter mixture, beginning and ending with flour mixture, beating just

until combined. Pour batter over fruit in pan, smoothing with a spatula. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean.

Cool in pan 20 minutes on a wire rack. Loosen cake from sides of pan using a knife. Place a serving plate upside down on top of cake; carefully invert pan onto plate. Let stand 5 minutes or until cake releases from pan; carefully remove pan and

parchment paper. Sprinkle cake evenly with thyme.

**6.** To prepare sour whipped cream, combine 1/2 cup sour cream and remaining ingredients in a chilled metal bowl; beat with a whisk until mixture thickens. Serve with cake.

**▶ SERVES 16** (serving size: 1 wedge and about 1 tablespoon cream)

**CALORIES** 247; **FAT** 12.4g (sat 5.6g, mono 4.2g, poly 1.4g); **PROTEIN** 3g; **CARB** 31g; **FIBER** 1g; **SUGARS** 21g (est. added sugars 18g); **CHOL** 48mg; **IRON** 1mg; **SODIUM** 146mg; **CALC** 69mg

## NEXT-LEVEL

# SOUR STUFFS

### You Ought to Know

**GOSE** An unfiltered German wheat beer (pronounced “gose-uh”) brewed with malted wheat and malted barley. Fermented with yeast and lactic bacteria, it’s crisp with acidic tang tempered by saltiness.

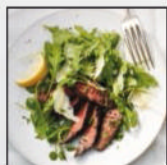
**YUZU** This Japanese citrus fruit is treasured for its aromatic rind. The distinctly sour juice packs a potent punch in marinades, vinaigrettes, and soups.

**LABNEH** This soft, creamy Lebanese cheese made from strained yogurt is tangy and rich, but low in calories and fat. It’s an ideal base for dips, spreads, and the like.

**TAMARIND** This tropical tree produces pods bearing an exceptionally potent sweet-sour pulp that provides tangy backbone in Indian, Middle Eastern, and Mediterranean cuisine.

**KOMBUCHA** Made by adding yeast and bacteria to sweetened black or green tea, the fermented beverage has a refreshing sour effervescence that is brilliant in cocktails or on its own.

**KEFIR** A tangy, nutrient-dense milk beverage characterized by its fermentation with a unique milk culture. Kefir contains probiotic bacteria similar to yogurt, making it a healthy aid to digestion.



**BALSAMIC HANGER STEAK WITH GREENS AND PARMESAN**

**Hands-on: 21 min.**

**Total: 4 hr. 21 min.**

- 1¼ pounds hanger steak, trimmed and central membrane removed
- 9 tablespoons extra-virgin olive oil, divided
- 6 tablespoons balsamic vinegar
- ¼ cup red wine
- ½ teaspoon freshly ground black pepper, divided
- 8 garlic cloves, peeled and crushed
- Cooking spray
- ¾ teaspoon kosher salt, divided
- 2½ cups baby arugula
- 2½ cups watercress
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1.5 ounces Parmesan cheese, shaved (about ⅓ cup)
- 4 lemon wedges

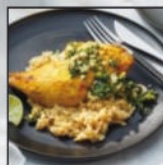
1. Cut steak lengthwise into 2 pieces. Combine 7 tablespoons olive oil, vinegar, wine, ¼ teaspoon black pepper, and garlic cloves in a medium bowl, stirring with a whisk. Pour oil mixture into a large zip-top plastic bag. Add steaks to bag; press air out, and tightly seal bag. Turn 3 to 4 times to coat steaks with vinegar mixture, firmly rubbing vinegar mixture into surface of steaks. Refrigerate 4 hours, turning bag 1 to 2 times while marinating.

2. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Remove steaks from bag, and discard marinade. Sprinkle steaks evenly with ½ teaspoon salt. Add steaks to pan, and cook 3½ minutes on each side or until desired degree of doneness. Remove from heat. Transfer steaks to a cutting board; let stand for 5 minutes.

3. While the steaks rest, combine arugula and watercress in a medium bowl. Drizzle with 1 tablespoon olive oil and lemon juice; toss to coat. Divide dressed greens evenly among 4 plates.

4. Slice steak diagonally across the grain into thin strips; sprinkle evenly with remaining 1 tablespoon oil and remaining ¼ teaspoon salt. Arrange steak strips evenly over arugula mixture on plates. Sprinkle steak evenly with parsley, chives, and shaved Parmesan. Serve with lemon wedges.

**✓ SERVES 4** (serving size: 3 ounces steak, 1 cup salad, and about 2 tablespoons cheese)  
**CALORIES** 376; **FAT** 24.5g (sat 7.2g, mono 13g, poly 1.3g); **PROTEIN** 35g; **CARB** 2g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 56mg; **IRON** 1mg; **SODIUM** 629mg; **CALC** 183mg



**GOLDEN CHICKEN WITH CILANTRO-CASHEW PESTO AND COCONUT RICE**

**Hands-on: 15 min.**

**Total: 65 min.**

- ½ cup plain 2% reduced-fat Greek yogurt
- ¼ cup plus 2 teaspoons fresh lime juice, divided
- 3½ tablespoons extra-virgin olive oil, divided
- 1 tablespoon curry powder
- 2 teaspoons brown sugar
- ½ teaspoon garlic powder
- 4 chicken leg quarters, skinned (about 1½ pounds)
- Cooking spray
- ¾ teaspoon kosher salt, divided
- ¼ cup chopped fresh cilantro
- 3 tablespoons dry-roasted, unsalted cashews, finely chopped
- 2 tablespoons chopped fresh mint
- ½ teaspoon honey
- ¼ teaspoon grated lime rind
- 3 teaspoons finely minced garlic, divided
- 1 green onion, finely chopped
- 1 cup unsalted chicken stock
- ¾ cup uncooked brown basmati rice
- ¾ cup light coconut milk

1. Preheat oven to 425°. Line a large jelly-roll pan with foil.

2. Combine yogurt, 3 tablespoons lime juice, 1 tablespoon oil, curry powder, sugar, and garlic powder in a large bowl, stirring with a whisk. Add

chicken leg quarters to yogurt mixture; gently toss well to coat. Let stand 30 minutes. Place chicken on prepared pan coated with cooking spray. Sprinkle chicken with ¼ teaspoon salt.

3. While chicken stands, combine 1 tablespoon lime juice, remaining 2½ tablespoons oil, ¼ teaspoon salt, cilantro, cashews, mint, honey, rind, 1 teaspoon minced garlic, and onion in a small bowl; stir to combine. Set aside.

4. Place chicken in oven; bake at 425° for 35 minutes or until a thermometer inserted into thickest part registers 165°.

5. While chicken cooks, combine remaining 2 teaspoons garlic, stock, rice, and milk in a saucepan over medium-high heat; bring to a boil. Stir once to separate rice; cover, reduce heat, and simmer 40 minutes. Remove from heat; let stand 10 minutes. Remove lid; stir in remaining 2 teaspoons lime juice and remaining ¼ teaspoon salt.

6. Divide rice among 4 plates; arrange 1 chicken leg quarter on top of each serving. Top evenly with cilantro mixture.

**✓ SERVES 4** (serving size: ½ cup rice, 1 chicken leg quarter, and 2 tablespoons cilantro mixture)  
**CALORIES** 505; **FAT** 24.1g (sat 4.8g, mono 12.8g, poly 3.3g); **PROTEIN** 40g; **CARB** 34g; **FIBER** 2.6g; **SUGARS** 6g (est. added sugars 3g); **CHOL** 159mg; **IRON** 3mg; **SODIUM** 579mg; **CALC** 64mg



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Our

25

all-Time  
Greatest  
Kitchen Hacks

PHOTOGRAPHY BY JENNIFER CAUSEY  
ILLUSTRATIONS BY OLIVIER KUGLER

Genius ideas from the *Cooking Light* brain trust show you how to save time, minimize effort, make do deliciously, and not let anything get in your way when it comes to cooking.

**MAKE HARD-COOKED EGGS A CINCH TO PEEL**

Instead of boiling the traditional way, steam up to a dozen eggs in a steamer basket suspended over boiling water for 15 to 16 minutes; shells slip right off.

I



2

### MAKE THE BEST ROASTED VEGGIES

Place the pan in the oven as it preheats; when the vegetables hit that hot surface, they get a delicious jump-start on browning.



3

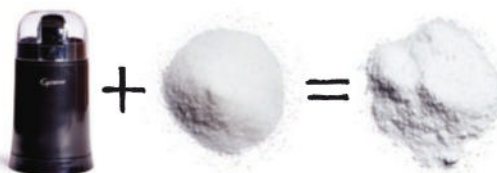
### IMPROVISE A BRUSH

When you can't find your pastry or basting brush—or don't have one—make a quick, disposable stand-in: Fold a piece of parchment paper over and over to make a small rectangle. Cut fringe with kitchen scissors, and marvel at your makeshift brush.

4

### Make powdered sugar

If you find that you're out of powdered sugar when you really need it, pulverize granulated sugar in a spice grinder to make your own.



5

**WARM THINGS UP**

This pro move keeps dishes that tend to set up quickly, like risotto or creamy pasta (including mac and cheese), nice and loose: Serve on warm plates. Use your oven set to "warm" to heat plates.



6

**COOL THINGS DOWN**

If you are sautéing onions and they start to get too brown, toss in an ice cube to chill down the pan fast. The water will evaporate quickly, and your onions will be saved.



**Speed up meat loaf**

When you've got a hankering for a hunka meat but don't want to wait an hour or more for meat loaf to cook, divide and conquer: Divvy the meat into individual portions in a muffin tin, and bake at 450° for 15 minutes.

**COOK UP TASTIER GRAINS**

Enhance the flavor of quinoa, millet, brown rice, or bulgur by cooking in tea-infused water—Lapsang souchong (smoky black tea), Earl Grey, and chai are especially robust.



9

**MAKE WINE CUBES**

Have a bottle of wine that you just can't finish up, and don't want to waste the little bit left over? Pour the wine into ice-cube trays, and freeze. Pull out a few cubes for a pan sauce that needs oomph, or toss some into a wine spritzer or pitcher of sangria.

10

**Go with serrated**

When you're overdue on sharpening your knives and just can't get to the sharpening stone, switch to your serrated knife for all your cutting tasks. The sawlike blade will do a much better job than your dull straight-bladed knives.



11

**IGNORE EGG DATES**

We often joke that eggs never go bad (that's really just a joke; they certainly can and do go bad). But the sell-by date on the carton isn't your guide to whether the *oeuf* is still *bien*; don't automatically toss them after that date. Instead, place an egg in a glass of water: Good eggs sink; bad eggs float.



12

**FORGET THE SPOUT**

We know you've had frustrations with that spout on your box of kosher salt—injuring yourself under your fingernail or struggling to pour the last bit out of that tiny, poorly placed hole. Instead, slice a corner off the box with a serrated knife. Easy, efficient, sanity-saving.



**13**

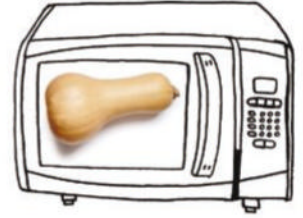
## Easily clean your grill pan

Use a grill brush to clear debris without ruining a dish sponge or kitchen towel. For caked-on messes, invert the pan over a gas burner turned to high, and blast the bits off.

**14**

### **TAME THAT BUTTERNUT**

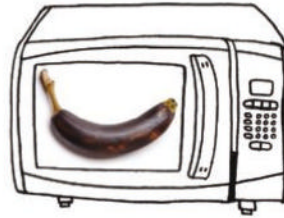
Pop a whole butternut squash in the microwave, and zap it for 2 to 3 minutes. It'll be much easier to peel, seed, and cube.



**15**

### **SOFTEN AND SWEETEN BANANAS FAST**

Ready to make banana bread, but your fruit isn't ripe enough? Place the bananas, in their peels, on a parchment-lined pan or plate, and toss in the oven as it preheats or in the microwave for a few minutes to speed-ripen them. When skins are blackened, bananas are ready.



**16**

### **SAVE WILTY GREENS**

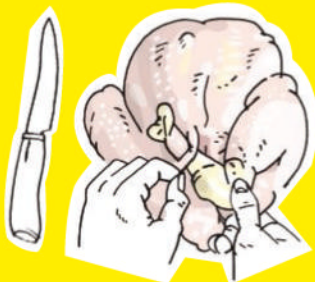
When your spinach or kale is on the verge of going bad and you have more than you'll be able to use tonight, freeze it in a zip-top freezer bag. Next time you need greens for a cooked application (sauté, soup, omelet, stir-fry), just pull them out of the freezer and toss them in.



**17**

### **MAKING SOME? MAKE MORE**

When toasting nuts (at 325°, the perfect temp to coax out natural oils), toast a lot. Freeze extras, and save a step in the future (no need to thaw before using).



18

**TRUSS A CHICKEN WITHOUT TWINE**

Make a slit in the excess skin on either side of the cavity, and thread drumsticks through the slits—works like a charm. (Why truss in the first place, you ask? It helps the bird cook more evenly and maintains its nice, compact shape.)



20

**TRY A BETTER BUTTERMILK SUB**

You've probably seen the tip about adding vinegar or lemon juice to milk to make your own buttermilk—but that mixture never gets quite thick and creamy enough to really suffice. Instead, use thinned-out plain Greek yogurt: Whisk together  $\frac{3}{4}$  cup yogurt and  $\frac{1}{4}$  cup water or skim milk.



19

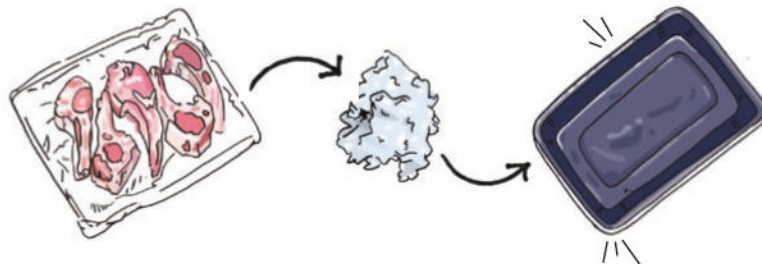
**COOK PERFECT FISH EVERY TIME**

Start with 6-ounce fillets, and place as many as you need 2 inches apart on a foil-lined baking sheet coated with cooking spray. Season or glaze as you desire. Bake at 400° for 10 minutes.

21

**Save yourself some washing**

When taking raw meat to the grill, transport it on a foil-lined platter or baking sheet. After food is on the grill, discard the foil; cooked food can go on the pan without your having to wash it first.



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†Among Gastroenterologists who recommended peppermint oil for IBS. Alpha ImpactRx ProVoice October 2015 survey.

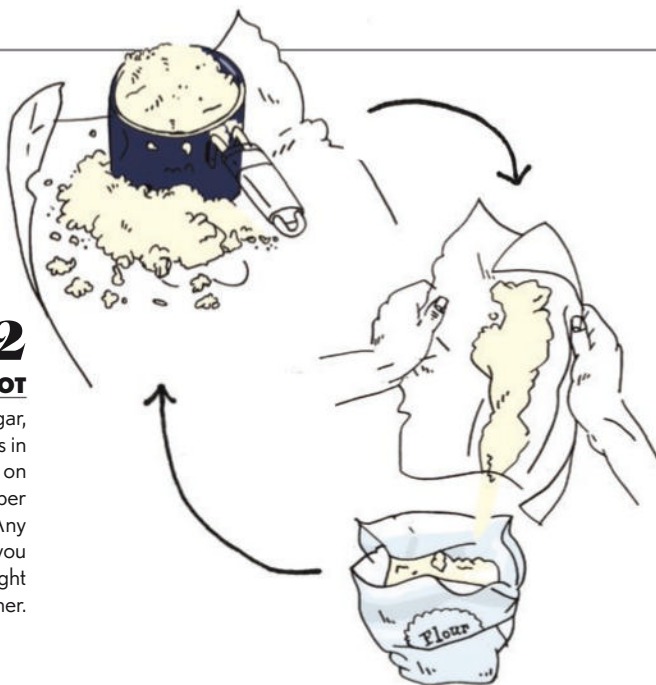
Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.

25 Hacks

22

WASTE NOT

Measure flour, sugar, and other dry ingredients in a dry measuring cup set on top of a sheet of wax paper or parchment paper. Any that gets scraped off as you level can be poured right back into the container.



24

Save yourself from yourself

Build in portion control with your next batch of cookies. Dollop dough onto a parchment-lined baking sheet. Instead of baking the tray, freeze it. When firm, transfer dough to a zip-top freezer bag—then pull out one cookie to bake “on demand” whenever you need a fix and don’t want to overdo it.



23

STEADY THE BAG

When pouring gravy or leftover soup into a zip-top plastic bag, place the bag in a large glass measuring cup or bowl; cuff the top of the bag by folding it over, which holds the bag open and keeps things tidy.



◆ TED DENNARD

of Savannah Bee Company® combined honey, blackberries and goat cheese.



25

**MAKE STOCK  
WHILE YOU SLEEP**

No time to fuss over a steaming stockpot? Place stock ingredients in a Dutch oven, and bake, uncovered, at 225° for 8 hours or overnight. (For a slightly less rich-tasting stock, cook in a slow cooker on LOW overnight.) In the morning, skim, strain, bring to room temp, and refrigerate.

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berrhoneycheescuit

WHAT WILL YOU MAKE?

Triscuit

madeformore



# march recipe index

## KEY

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

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

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- Rhubarb-Basil Shrub Cocktails **p.122**

## NUTRITION UPDATE

The government's newly released USDA Dietary Guidelines recommend limiting added sugars to no more than 10% of total daily calories (about 50g).

To help you meet this recommendation, we've included estimated added sugars with every recipe. Go to [cookinglight.com/guidelines](http://cookinglight.com/guidelines) to learn more about the new guidelines and what does (and doesn't) go into a *Cooking Light* recipe.

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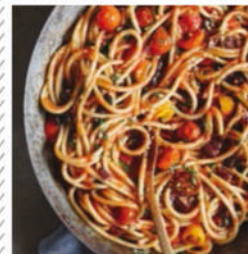
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## STAFF RAVE

Our Highest-Rated Recipe from This Issue

### BUCATINI PUTTANESCA **p.104**

"Meaty, briny olives, anchovies, garlic, slightly melted tomatoes—what's not to love? The thick, spaghetti-like noodles are ideal for slurping."

—HANNAH KLINGER  
ASSOCIATE FOOD EDITOR

Check out all of our staff faves in red.

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# WOW!

*You've got to try this*

▶ Watch our how-to video at [cookinglight.com/wow](http://cookinglight.com/wow).

## EGG RAVIOLI

**Hands-on:** 32 min.

**Total:** 32 min.

*The ingredients for these delightful appetizers can easily be halved if you're serving a smaller crowd.*

- 1/2 cup fat-free ricotta cheese
- 2 1/2 tablespoons chopped fresh basil
- 4 teaspoons extra-virgin olive oil
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 2/3 ounce Parmesan cheese, grated
- 16 round gyoza skins (pot sticker wrappers)
- 8 unbroken egg yolks
- 1 large egg white, lightly beaten
- 4 teaspoons chopped fresh chives
- Grated lemon rind (optional)

1. Combine first 7 ingredients in a small bowl.
2. Roll each gyoza skin to 4 inches in diameter; set aside 8 wrappers.
3. Divide ricotta mixture into 8 portions (about 1 tablespoon each).

Place 1 portion in the center of each of 8 skins. Make a well about 1 1/2 inches wide (about the diameter of a large egg yolk) in the center of each portion using the back of a tablespoon. Place 1 yolk (without breaking) in each well. Brush the edge of each gyoza skin with egg white. Cover each with 1 reserved gyoza skin, pressing edges firmly between your thumb and forefinger to seal ravioli tightly.

4. Bring a large pot of water to a gentle boil; carefully drop each ravioli into water. Cook 2 1/2 minutes or until dough is cooked and yolk is cooked but still runny. Remove each ravioli with a slotted spoon to a small plate. Sprinkle with chives and additional lemon rind, if desired. Serve immediately.

▶ **SERVES 8** (serving size: 1 ravioli)  
**CALORIES** 121; **FAT** 6.4g (sat 2.2g, mono 3g, poly 0.9g); **PROTEIN** 6g;  
**CARB** 8g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 191mg;  
**IRON** 1mg; **SODIUM** 198mg;  
**CALC** 78mg

—Recipe by Cheryl Slocum

### RAVIOLI HACK

These ravioli come together easily thanks to pot sticker wrappers, which are made with the same ingredients as pasta dough.

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