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Clean Eating

JULY/AUGUST 2020

**42 FAST &
FRESH RECIPES**

for Simple,
Seasonal Cooking

SALADS

All Summer Long

Summer Express

15-, 20- and 30-Minute Meals

**BUILD A
BETTER TACO**

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Clean Eating

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Olimpia Davies



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Q Quick *under 45 minutes*

V Vegetarian *may contain eggs and dairy*

GF Gluten-free

GFA Gluten-free adaptable *Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*

summer salads



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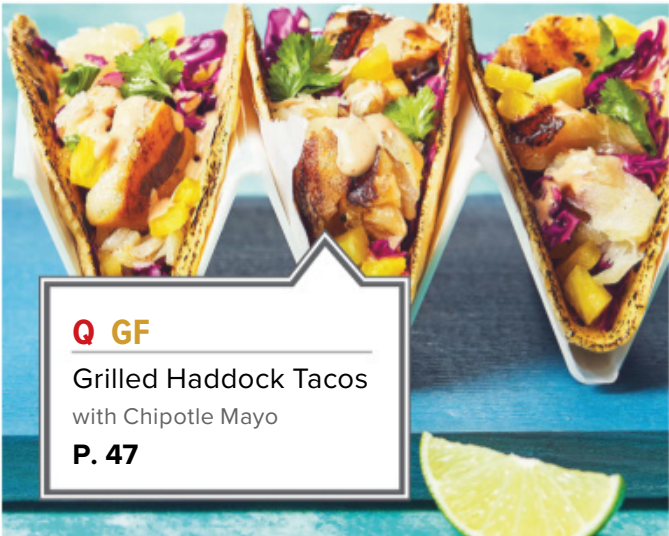
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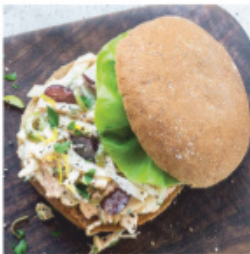
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DIG INTO MORE *CE* at cleaneating.com



Let's Get Social

If you make any recipe from this issue or cleaneating.com, we'd love to see pics of your creations on Instagram, Facebook and Twitter!

#[cleaneatingrecipes](https://www.instagram.com/explore/tags/cleaneatingrecipes)

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CE ASKS:

What's Your Favorite Comfort Food?

When you've had a stressful day, or you're fending off the feels, or maybe just because it's Wednesday, the only thing that's going to soothe your soul – and fill your stomach – is comfort food. Whether it's a cheesy bowl of pasta, a warming soup or a big, fresh veggie-packed salad, we want to hear about your favorite comforting dish. Let us know on Facebook or Instagram by using the hashtag **#gottahaveit** and don't forget to tag **@cleaneatingmag**.

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From Garden to Grill

Step aside, steaks and kebabs!

It's time to bring your prized garden veggies to the grill.

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A Skeptic's Journey With CBD

Everyone feels the hurt after you turn 40,
but you don't have to!

By: Jennifer Love

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

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

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

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

First, I did a quick online poll—and by that, I mean I posed the CBD question on my Facebook page. Call me old fashioned but I wanted to know if there were people whom I trusted (more than anonymous testimonials) who've had success using CBD besides my niece.

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

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

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

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

The first product I tried was the rub. Now this

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

The Zebra Mint Oil, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest holding the oil in your mouth for about 30 seconds. This was simple enough, and the mint taste was, well, minty. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly; it's definitely not a "high" feeling. It's more like an overall sense of relaxation—as if I just walked out of a spa, and now I'm ready to seize the day. Needless to say, I've really enjoyed the oil.

While it hasn't been a catch-all fix to every one of my health issues, it has eased the level and frequency of my aches. And it sure doesn't seem like a coincidence how much calmer and more focused I am.

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

Also, I managed to speak with a company spokesperson willing to provide an exclusive offer to Clean Eating's readers. If you order this month, you'll receive \$10 off your first order by using promo code "**CE10**" at checkout. Plus, the company offers a 100% No-Hassle, Money-Back Guarantee. You can try it yourself and order Zebra CBD at ZebraCBD.com.



Here's to Sunny Days Ahead

I hope this issue finds you safe and well. It goes without saying that the last few months have been trying for everyone. I hope you were able to still eat clean as much as possible and find some positivity most days.

At CE, we've been busy rethinking the content we deliver to ensure it's touching on the things that are important to you – immunity enhancers, at-home meal solutions, budget-friendly meals, ways to cook faster and eat better (with less cleanup), to name a few.

You may have noticed that some magazines decided to skip an issue or two during this time for various crisis-related reasons, from printers not printing to budget cuts and more. And you've probably noticed the issue you hold in your hands is a little slimmer than what you're used to. We considered skipping an issue, but we know how much you rely on healthy, at-home recipes right now, so we decided against it. We did, however, have a reduction in advertising pages as a result of everything going on, which is why this issue contains fewer pages. We want to wholeheartedly thank each and every one of you for your continued support, especially during this time. And we want to be there to support you in every way we can. Never hesitate to reach out with requests. We take each and every one of them into consideration.

With that in mind, and no matter what this summer will look like for you, we present “The Speedy Cook's Issue,” so you can churn out truly impressive meals all summer long that take a fraction of the time and maximize time spent outdoors. Be sure to cook your way through “Dinner Express” on page 38. Funny enough, as I write this letter to you in May, I'm halfway through cooking the entire feature, and my husband and I are loving the meals. The Herbed Ricotta & Fresh Tomato Tart was a huge hit in my home (try it on the grill for a fun twist!). These recipes are easier than any meal delivery kit and oh-so delicious. Also, be sure to stop by “Your Summer Cooking Playbook” on page 28 to find a dish you'll make on repeat for every possible occasion this season, even if it's just grilling in your backyard. This issue is packed with so many fantastic summer shortcuts, you'll be eating sensational, seasonal recipes all summer long – in record time.

Make the most of summer, wherever you are and however you can. The beauty of cooking and food is that it can transport you almost anywhere and connect you to loved ones, whether they are with you or not. I hope you find joy in the rest of the season and that these recipes play a starring role.



As a bonus to this issue, download our free *100 Clean, Green Salads* special issue at cleaneating.com/salads-issue

Alicia
Alicia Tyler
Editorial Director

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What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to — be it a clean take on high fat/low carb, Paleo or flexitarian — stick with it.

Choose organic whenever possible.

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

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A HEALTHY HOME COOK'S BEST FRIEND

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**Simplify summer
with our speedy-yet-
satisfying essential
recipes (p. 28).**



Shake Up Your Diet

Morning Protein Shake Can Help You Lose Weight

BY AMBER RIOS

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

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

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

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not

to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

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

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

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

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

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

The makers of INVIGOR8 were determined to make the first **natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the

grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3,6,9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity** and **digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

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

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code "**CLEAN10**" at checkout. You can order INVIGOR8 today at www.Invigor8.com or by calling 1-800-958-3392.

Q/ How can I prevent meat from drying out on the grill?

A/ Fat is your friend when it comes to juicy grilled beef. Choose steaks that have visible signs of marbling and are labeled “prime” or “choice.” For burgers, the leaner the beef, the drier the burger. If you’re using 90% lean ground, try adding sautéed veggies, condiments like a clean ketchup or a tablespoon of olive oil per pound of meat. (Be sure to check out our olive oil update on page 22!) When grilling chicken or lean pork, brine it before grilling and cook it over medium-low heat to make sure it cooks all the way through without burning the exterior.

Let all meats stand at room temperature for 30 minutes before they hit the grill to ensure even cooking, and use an instant-read thermometer to check for doneness. Finally, let the meat rest for 10 minutes to allow the juices to redistribute before slicing or serving.

– IVY MANNING

Mailbox

Be social! We want to hear from you!

Take a pic of your latest *CE* recipe, share your thoughts and let us know what you want to see more of by tagging **#CLEANEATINGMAG** or emailing **CEeditorial@aimmedia.com**.



Indulge Guilt-Free

When I saw this recipe (Cauliflower-Crust Pizza with Mushrooms & Olives, March/April), I knew I had to make it! The pizza is out-of-this-world good, and I didn’t feel guilty for having more than one piece. Thank you for such an easy and clean recipe! My whole family enjoyed it!

– LANA MOSKALYUK
YORBA LINDA, CALIFORNIA

Seafood Centerpiece

As a pescatarian, I’m always looking for new ways to amp up my seafood dishes. The addition of a creamy dill sauce that’s also Whole30-friendly made this (Sheet-Pan Salmon with Dill Aioli, March/April) the perfect dinner centerpiece.

– REED DUNN
@PESTOANDPOTATOES
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Meet Our Experts

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Brooklyn-based recipe developer, freelance writer, cookbook author and *Clean Eating’s* Contributing Culinary Nutritionist. Lipton is a graduate of the Natural Gourmet Institute’s health-supportive culinary school. Her work has appeared in *Paleo* magazine, *foodnetwork.com*, *Travel + Leisure*, *epicurious.com* and more.

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Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, **pamelasalzman.com**, offers healthful recipes and time-saving tips.

jill silverman hough

Recipe developer, culinary instructor, author of *Finger Lickin’ Chicken* and the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook*.

james smith MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.

marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

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bits & bites

3 WAYS WITH GRILLING SAUCES

Skip bottled condiments this summer with these easy-to-make takes on sauces for your barbecues, satays and sides.

BY SOO KIM, PHOTOGRAPHY BY OLIVE & MANGO

Peruvian Aji Verde

This traditional South American dipping sauce is spicy, tangy, fresh – and highly addictive.

Best Uses:

- As a dipping sauce for grilled chicken or fish
- Stirred into Greek yogurt or sour cream and used as a dip for crudité or grilled vegetables
- As a marinade for chicken
- Tossed with grilled potatoes for a vibrant potato salad
- Dolloped over deviled eggs or avocado toast
- Tossed with grilled bread, tomatoes and onions for a twist on a panzanella salad



Yellow Curry Sauce

Fragrant lemongrass, ginger and Thai chiles blend into coconut milk to create the ultimate flavorful marinade.

Best Uses:

- As a marinade for chicken, fish, shrimp or tofu (marinate at least 1 hour or overnight for best results)
- As a marinade for satays using your protein of choice
- As a dip for sturdy, grilled veggies such as cauliflower



Korean Gochujang Dressing

Gochujang is a fermented hot pepper paste and a staple in Korean cooking. Here, we use a few pantry staples to transform it into a spicy-sweet dressing.

Best Uses:

- Tossed with cold soba noodles and charred broccoli and cauliflower florets for a lively sweet, spicy and tangy salad
- As a marinade for pork, beef, chicken or tofu, or as a finishing sauce after grilling
- As a salad dressing, tossed with thinly sliced cucumbers, green onions and leaf lettuce for a refreshing salad with zip

Peruvian Aji Verde

Q V GF

MAKES 1¼ CUPS.

- 2 cups fresh cilantro
- ⅓ cup crumbled cotija cheese, queso fresco or full-fat feta cheese
- 1 jalapeño chile pepper, chopped with seeds
- 2 tbsp safflower oil
- 2 tsp aji amarillo paste
(NOTE: Aji amarillo paste is a Peruvian yellow hot pepper paste that can be found in Latin American grocery stores or purchased online. Omit if not able to find; there is no equal substitute.)
- 2 tsp fresh lime juice
- ½ cup sour cream or olive oil mayonnaise
- ½ tsp minced garlic
- Pinch sea salt

1. To a food processor, add cilantro, cheese, jalapeño, oil, aji amarillo paste and lime juice. Process until smooth, scraping sides of bowl as needed, and continue processing to a fine paste.

2. Add sour cream, garlic and salt and process until combined. Transfer to a serving bowl. Cover and refrigerate up to 4 days.

PER SERVING (¼ cup): Calories: 119, Total Fat: 12 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 4 g, Carbs: 2 g, Fiber: 0 g, Sugars: 1 g, Protein: 2 g, Sodium: 179 mg, Cholesterol: 19 mg

Yellow Curry Sauce

P F Q GF

MAKES 1½ CUPS.

- 1 cup full-fat coconut milk
- 3 stalks lemongrass, trimmed and chopped (see tip, below)
- 2 shallots, chopped
- 1–2 Thai chiles, chopped (1 for medium heat, 2 for spicy)
- 1 2-inch piece ginger, peeled and chopped
- 3 cloves garlic, chopped
- 2 tsp fish sauce, optional
- 1 tsp ground turmeric
- 1 tbsp fresh lime juice
- 1¼ tsp sea salt

In a high-speed blender, combine all ingredients and process until smooth. Cover and refrigerate up to 4 days.

TIP: To prepare lemongrass, trim the top and base of the stalk, using the bottom third. Peel off the tough outer layers and pound with the base of a chef's knife to soften, then chop.

PER SERVING (¼ cup): Calories: 89, Total Fat: 8 g, Sat. Fat: 7 g, Monounsaturated Fat: 0 g, Polyunsaturated Fat: 0 g, Carbs: 4 g, Fiber: 0.5 g, Sugars: 1 g, Protein: 1 g, Sodium: 407 mg, Cholesterol: 0 mg

Korean Gochujang Dressing

Q V GF A

MAKES ½ CUP.

- ¼ cup gochujang (aka Korean hot pepper paste; look for this condiment in Korean or Asian grocery stores and in the international aisles of your local market.)
- 2 tbsp sesame oil or safflower oil
- 2 tbsp rice vinegar
- 1 tbsp raw honey
- 2 tsp peeled and minced ginger
- 2 tsp roasted sesame seeds + additional for garnish
- 1 tsp reduced-sodium tamari

In a bowl, whisk together all ingredients until smooth. Serve with additional sesame seeds (if using). Cover and refrigerate up to 1 week.

PER SERVING (2 tbsp): Calories: 148, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 19 g, Fiber: 1 g, Sugars: 13 g, Protein: 1 g, Sodium: 1,189 mg, Cholesterol: 0 mg

HEALTH BENEFITS These homemade sauces contain only wholesome ingredients with high nutritional value. Aji amarillo paste, the star ingredient in our Aji Verde, is made from a Peruvian pepper with antioxidant and anti-inflammatory properties. The coconut milk in our Yellow Curry sauce contains medium-chain triglycerides (MCTs), fats that have been linked to weight loss and improved body composition. Trade in barbecue sauce for our Gochujang Dressing, flavored with vitamin C-rich Korean hot pepper as well as honey, famed for its antibacterial and antioxidant properties.

Soo Kim RECIPE DEVELOPER, TORONTO, CANADA

Contributor for Food Netflix Canada and formerly the food director at *Canadian Living* magazine, Soo Kim finds inspiration in the seasonal and local ingredients she finds at farmers' markets. When she isn't putting together recipes, she can be found decompressing through yoga and cycling.



The Gut-Brain Sugar Link

Struggling to curb sugar cravings? The culprit may be your gut. A study finds that the glucose molecule can activate sensors in the intestine that signal a part of the brain separate from the region that processes taste. In the study, mice were given the choice between sugar-flavored water and water flavored with the artificial sweetener acesulfame K. Despite being unable to distinguish between the two by taste, within a few days, the mice were drinking the sugar-water almost exclusively.

By observing brain activity, researchers pinpointed a region that responds solely to the glucose molecule: the caudal nucleus of the solitary tract (cNST). The cNST is a hub for information about the state of the body, and it exists separately from the region that processes taste. The pathway to the cNST begins in the lining of the intestine through the vagus nerve, which travels directly to the brain.

Charles Zuker, PhD, a neuroscientist at Columbia University, says this circuit helps explain how sugar directly impacts the brain to drive consumption. Glucose is a source of energy for all living things, which may explain the system's specificity for reacting to the molecule.

Try skipping the sweet stuff for a week to attempt a hard reset on sugar cravings. When you do reintroduce sweets, opt for fruits and clean desserts found on cleaneating.com in lieu of refined sugar-filled goodies.



Strawberry Coconut Ice Cream
cleaneating.com/strawberry-coconut

FEED YOUR BRAIN

The Mediterranean diet is linked to higher cognitive function, according to a new study by the National Institutes of Health.

Researchers examined the effects of components of the Mediterranean diet, including a focus on whole plant-based foods, fish and olive oil and a reduced intake in red meat and alcohol. Over years of evaluating test participants' cognitive function, the study found that those who adhered best to the diet had the lowest risk of cognitive impairment.

Lead researcher Emily Chew, MD, credits this effect to the diet's high fish and vegetable content. Oily fish like salmon and mackerel are a rich source of omega-3 fatty acids, which are essential structural components of the brain, can reduce inflammation and may lessen oxidative stress in the central nervous system. Numerous studies have suggested a link between a high intake of antioxidant-rich vegetables – such as garlic, eggplant and carrots – and slower rates of cognitive decline, which may be due to some capacity of these veggies to protect the brain from oxidative stress.

Begin boosting your brain's health by implementing mainstays of the Mediterranean diet such as whole grains, fresh fruit and vegetables, fatty fish and extra-virgin olive oil in your cooking.

To learn more, check out, "Why Eating Mediterranean Makes Sense" at cleaneating.com/med-diet.



Fresh Summer Finds

Grow a garden, reach new health goals, become wine savvy and travel the world from your couch with these summer launches.

BY ANIKA A. SYEDA

FEED YOUR WANDERLUST

Inspire your next travel destination from the comfort of home with *Street Food: Latin America*, launching on Netflix this July.

Explore the vivacious world of traditional South American fare and accompany award-winning creators David Gelb and Brian McGinn as they travel to six different countries to showcase the variety of tantalizing foods around the continent and the diverse stories of the chefs, vendors, traditions and politics behind them.



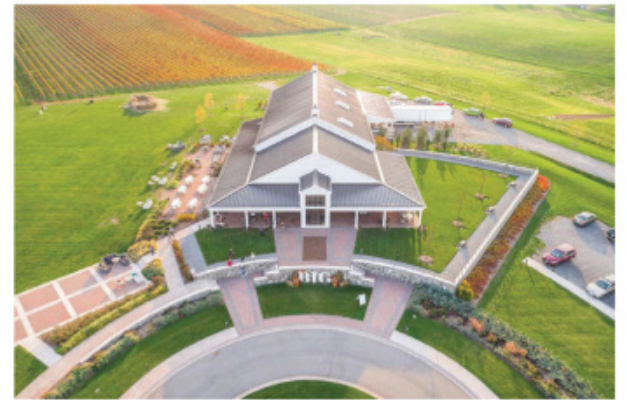
TOUR AMERICAN CUISINE

Join *Top Chef* host Padma Lakshmi as she explores the changing landscape of American cuisine on her new show launching on Hulu this summer. *Taste the Nation with Padma Lakshmi* travels across the United States visiting indigenous and immigrant communities in 10 different cities over 10 half-hour episodes to find out what American food looks like today.



BECOME AN OENOPHILE

Love wine? Take your passion to new heights and become an oenophile – someone who not only enjoys wine but is thoroughly knowledgeable about it. Thanks to Big Cork Vineyards, you and your crew can take part in free weekly virtual wine tastings. Order the wines used in the tasting and then tune in to sip and learn live with Master Winemaker Dave Collins every Wednesday evening. Bottles can be ordered from their website and shipped to 10-plus states listed on the site. Order six or more and get free shipping! Find out which wines you need for a virtual tasting the week before on Big Cork Vineyards' Facebook, Twitter and Instagram pages. bigcorkvineyards.com



GARDEN LIKE A PRO

Get ready to get your hands dirty because professional gardener and author John Tullock has compiled years of acquired gardening wisdom in his latest tome, *Grow Food at Home*. Whether you have acres of yard, a quaint balcony or a window, Tullock shows readers how easy it is to enjoy farm-fresh produce made with your own hands. In fact, the less space you have, the more you'll get out of this book, with many topics tailored to small-space gardening.

\$20, The Countryman Press



DO GOOD BY YOUR GUT

At *Clean Eating*, we've often discussed the importance of fermented foods for optimal gut health, so we'd be remiss not to mention lifelong fermenter Andy Hamilton's latest book, *Fermenting Everything*, out now. Whether you've never heard of kimchi or kombucha or you're an old hand at fermentation, this book is a compilation of seemingly endless recipes for any skill level. **\$22, The Countryman Press**

MAKE CHARITY A PRIORITY

That's exactly what Bay-Area food brand Amy's Kitchen did through exceptional charitable services during the COVID-19 crisis. The company donated over 150,000 meals to US food banks, delivered 6,000 surgical masks to local hospitals and provided free meals to Bay Area hospitals and to medical staff and first responders at their drive-through locations. They're also protecting their workers with masks and eye gear, offering paid leave to staff over 65 years old and adjusting operations so more people can work from home. amys.com/covid-19-updates



BIG CORK VINEYARDS PHOTO BY JACOB REID PHOTOGRAPHY



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Classic Health Foods at Walmart

Some of the best cult-favorite health foods available at Walmart, for less.

BY ANIKA A. SYEDA, ILLUSTRATIONS BY REJEANNE DE JONG



1. GOODBYE, GLUTEN

Bid your wheat flour farewell and opt for **Bob's Red Mill Super-Fine Almond Flour**. With a slight hint of nuttiness, this is a versatile, low-carb swap for everything from dessert recipes to breading chicken. **\$8**

2. FIZZ FACTOR

Spindrift Sparkling Water gives other seltzers a run for their money. Each can has a simple, clean ingredient list of just sparkling water and real, naturally sweet squeezed fruit. **\$22 per 24-can variety pack**

3. BREAKFAST IN A PINCH

Get a head start on your veggie intake with **Purely Elizabeth Cauli Hot Cereal** in Cinnamon Almond. This grain-free, non-GMO cereal is made from freeze-dried cauliflower and is lightly sweetened with coconut sugar. **\$3**

4. SWEET NOTHINGS

Satisfy your sweet tooth with **Base Culture Almond Butter Brownie**. This decadent, Paleo-friendly treat boasts an ingredient list that's free of gluten, dairy, soy, preservatives and GMOs! **\$1.50**

5. SAVORY SNACKING

Satiate salty cravings with **Vermont Smoke & Cure Minis** for a high-protein, gluten-free snack. Walmart stocks two flavors: Cracked Pepper Beef & Pork Sticks and Uncured Pepperoni Turkey Sticks. **\$4**

6. THE BEST OF BREAD

Carbs don't get much healthier than **Food for Life Ezekiel 4:9 Flourless Sprouted Grain Bread**: Low Glycemic Certified, containing 18 amino acids and rich in protein, vitamins, minerals and natural fiber. **\$5** ☺



EZEKIEL 4:9

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LIQUID GOLD

One of nature's richest sources of fats with anti-inflammatory properties, extra-virgin olive oil is linked to a wide range of benefits, from cardiovascular health to weight control to pain relief. We're taking the mystery out of buying, storing and using this Mediterranean superfood.

BY ERIN MACDONALD, RDN, PHOTOGRAPHY BY OLIVE & MANGO

Where It Comes From

Did you know that the olive is a fruit? It grows on trees and has a pit in the middle, and like most fruits, olives are rich in antioxidants. Olive oil is just the juice from pressed olives. According to experts from California Olive Ranch, there are over 2,000 varieties grown throughout the world, and each varietal has its own unique flavor profile. As a result, batches made with one type of olive will taste different than those made with another variety of olive.

How It's Made

In the Northern Hemisphere, the olive harvest takes place from fall (California, Italy, Greece) to as late as between December and March (Spain). In southern regions (Chile, Argentina, Australia), olives are picked between May and July. Typically, harvesting begins early when olives are green, continues through the ripening process and wraps up when the olives are more purple. When the olive is picked will influence its flavor.

Harvesting can either be done by hand, with rakes or by shaking the tree so that the fruit can fall into nets. A more modern and efficient technique is to machine harvest the olives. Conscientious harvesters minimize the damage to the olives by never letting them touch the ground and by getting them to the mill as soon as possible - ideally within 24 hours of harvest.

The basic procedure for making olive oil has remained the same for thousands of years: Harvest the olives, wash them, crush them into a paste, separate the solids from the liquid and further separate the water from the oil. No chemicals or solvents are used in this process.



Chive & Macadamia Nut Pesto
cleaneating.com/macadamia-pesto

6 Things to Look for WHEN BUYING EVOO

1. DARK GLASS BOTTLE: Light is one of EVOO's enemies, and dark glass bottles are the perfect foil for light. Store your EVOO in a dark pantry rather than on the kitchen counter.

2. HARVEST DATE: On the back of the bottle, you will find a "Best Before" date. That date is usually two years after the oil was bottled. More important is the "Harvest Date" that only some manufacturers put on the label. Choose a bottle with a harvest date closest to today's date. The fresher the better!

3. INGREDIENT LIST: The only ingredient in your EVOO should be EVOO. Some manufacturers will blend olive oil with other oils to save on cost. If that's the case, it's not EVOO, by definition.

4. SINGLE OIL VS. BLEND: Some bottles of EVOO contain the juice from a single variety of olive, while others are a blend of two or more olives. One

is not better than the other. In this case, it's purely a taste preference.

5. CERTIFIED: The Olive Oil Commission of California is the only regulatory body in the US that evaluates and mandatorily enforces grade determination for olive oil harvested in California (where most of the EVOO from the US is produced). Voluntary certification is available from several other bodies, like the North American Olive Oil Association and the California Olive Oil Council.

6. COUNTRY OF ORIGIN: Olives have been harvested for thousands of years, originating in the Mediterranean basin, then transplanted to Greece. Later, they expanded into Italy, North Africa and Spain. Later still, they were brought to the Americas and Australia. Each country produces different types of olives across varying climates, which can result in different flavor profiles.



How It Should Taste

Tasting EVOO is similar to wine tasting. You want to pour a small amount of oil into a glass and place the bottom of the glass in the palm of your hand to warm up the oil. Gently swirl the glass to release the aromas. Then sniff the oil and note the aromas – does it smell like grass or fruit? Next, take a small slurp and suck the oil to the back of your throat – this spreads the oil throughout your palate and helps release the flavors. Lastly, swallow the oil and take note of the flavors and any bitterness or pungency. A good EVOO will give you a slight burn after you swallow. This indicates the oil is rich in antioxidants called polyphenols. Bitterness at the back of your tongue tells you it's pure.

Bitter, pungent and fruity are positive flavor attributes of EVOO. You don't want your oil to taste moldy, yeasty or muddy. If it smells like crayons or stale nuts, it's likely old and the oil has gone rancid.

What Affects Quality

Because EVOO is a fresh-pressed juice, it is highly perishable. To maintain the freshness of your olive oil, consider the four factors that have the most impact on quality.



Time - Unlike wine, olive oil does not get better with age. Once bottled, olive oil will last 18 to 24 months in an unopened bottle. Once opened, use it within six months.



Light - Exposure to light will deteriorate the quantity and quality of antioxidants found in the oil. Store your oil in a pantry and minimize the amount of time it spends on the counter.



Heat - The optimal temperature to store olive oil is 65 to 73°F. Warmer conditions can cause unpleasant odors to develop.



Oxygen - Exposure to oxygen can cause oxidation, which will cause flavors to go off. Some bottles are topped off with nitrogen to protect the oil from oxygen until opened for the first time.

EVOO Health Benefits

There's a lot of talk about the health benefits of fat, but not all fat is created equal. EVOO is rich in monounsaturated fatty acids (MUFAs), which studies have found to contain anti-inflammatory properties. EVOO is also rich in antioxidants called polyphenols. Polyphenols can help protect against oxidative stress, which may decrease risk of myriad diseases.

• Heart Disease

According to the FDA, there is some evidence suggesting that 1.5 tablespoons of EVOO daily may reduce risk of heart disease when used to replace oils higher in saturated fat. This swap may improve levels of LDL cholesterol and triglycerides, as well as potentially lowering blood pressure.

• Alzheimer's Disease

Studies suggest that polyphenols in EVOO, such as oleocanthal, may reduce the cognitive decline associated with Alzheimer's disease.

• Diabetes

A lower-carbohydrate diet that's rich in healthy fats like EVOO has the potential to help regulate blood sugar levels and improve insulin sensitivity.

• Osteoporosis

EVOO may help the body absorb calcium into the bones, giving it the potential to help keep osteoporosis at bay among the elderly.

• Oxidative Stress

Environmental stressors, such as pollution and fried food, can cause free radicals to form, which may increase risk for a number of inflammatory disease states. The MUFAs and vitamin E (also an antioxidant) in EVOO may help combat inflammation and aid in protecting the body from free radical damage.

• Brain and Nerve Health

Your brain is about 60% fat, which means it needs fat for nourishment. Fat is also an important building block for cell membranes and nerve insulation.

With so many potential benefits, it's no wonder that countries where EVOO is liberally consumed, such as in the Mediterranean regions, have lower rates of heart disease, diabetes and obesity.

Cooking with EVOO

There's a long-standing belief that EVOO should not be used for cooking because it has a low smoke point. However, that is not always true. The fresher the oil, the higher the smoke point. High-quality EVOO's smoke point ranges from about 374°F to 425°F, which makes it perfect for baking, sautéing and frying – what a great way to impart flavor and keep your meals healthier! When baking or cooking with EVOO, choose one that's mild and buttery in flavor. For salad dressings and finishing oils, opt for a bolder and spicier EVOO.

Olive Oil Fraud

You've probably read the headlines and heard the stories: Olive oil isn't actually pure olive oil. It's been cut with cheaper, less flavorful oils, and it may not come from where the bottle claims it originates. This can be the case, but the vast majority of oil on the market is compliant with the regulations. There is no mandatory requirement for EVOO in the US yet, but the FDA is working on one. Currently, any producer that bottles or produces in California must comply with the Olive Oil Commission of California (OCCC) regulations. Any oil bottled in Europe, though it is sold in the US, must follow the EU's strict requirements and enforced mandatory standards. If a producer is a member of the California Olive Oil Council (COOC) or North American Olive Oil Association (NAOOA), it is required to ensure its products are compliant with strict regulations, including that the oil was bottled correctly and is pure.

Exceptional EVOOs

With expert input on selecting the best EVOOs on the market, we've curated this list so you can get the most out of every last polyphenol-packed drop.

BY ANIKA A. SYEDA



1. SALAD'S BEST FRIEND
Breathe new life into your salads with a drizzle of **California Olive Ranch Reserve Miller's Blend Extra Virgin Olive Oil**, bold and peppery in flavor. It is the recipient of multiple awards including winning Silver in Olive Japan. With a distinct scent of California olives and discernable notes of pepper, it brings flavor and freshness to an otherwise-ordinary salad. **\$15, californiaoliveranch.com**

2. ELEGANCE IN A BOTTLE
The award-winning **Castello Collemassari olio extravergine di oliva Toscano** is a blend of three classic Tuscan olive varieties, including the rare Olivastra Seggianese, grown only in Alta Maremma. The quality of olives used is evident in the oil's subtly spicy-meets-fruity aroma and flavor. Enjoy it as a drizzle over cooked or raw veggies. **\$35, manicaretto.com**

3. KITCHEN STAPLE
Bring North Africa into your kitchen with **Terra Delyssa Extra Virgin Tunisian Olive Oil**. Its smoothness blends into dishes without overpowering the ingredients, making it ideal for daily use. Terra Delyssa prides itself on producing 100% Tunisian olive oil, and starting this summer, each bottle will have a QR code you can scan to follow your oil's journey from orchard to mill to bottling and finally, to the retailer where you picked it up. **\$10, terradelyssa.com**



4. A TRIP TO CRETE
Kosterina Original Extra Virgin Olive Oil's grassy aroma will transport you to the orchards of Greece. Made from early-harvest olives with more chlorophyll than their older counterparts, Kosterina boasts a high polyphenol content of over 400 mg/kg. Our editors enjoy this versatile oil over greens, fresh pizza or for dipping ciabatta and sourdough. **\$24, kosterina.com**

5. A TOUCH OF LUXURY
Lucini Premium Select Extra Virgin Olive Oil has a complex flavor reminiscent of almonds. Produced from only the first cold press of olives from 100-year-old trees, it's a high-quality oil that's exceptionally low in acidity and can handle the heat of stove-top cooking while also being ideal for dipping and finishing. **\$21, lucini.com**

6. A DEPENDABLE DRIZZLE
Designed for versatility, **Origin 846 Unfiltered Organic Extra Virgin Olive Oil** is another Tunisian gem that can be used for drizzling, dipping, marinades, dressings, sautéing, roasting and baking. Each dark glass bottle is embossed with measuring markings so you can pour precisely what you need. **\$11, origin846.com**



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YOUR SUMMER COOKING PLAYBOOK

From the ultimate barbecued chicken to the salad you'll make all summer, these all-star recipes will have you covered for the season – and they can each be pulled together in 30 minutes or less.

RECIPES BY IVY MANNING,
PHOTOGRAPHY BY
ANGUEL DIMOV

**Crispy Lemon
Rosemary
Brick Chicken**
p. 33



EVERY RECIPE
30 Minutes &
10 Ingredients
or Less!

**Grilled Corn,
Nectarine &
Burrata Salad**
p. 30



Summer may look a little different this year: Instead of attending crowded concerts and the annual Fourth of July bash, you'll likely be savoring the season with quiet time outside with family, intimate backyard gatherings and picnics in the park with loved ones.

But this won't make the season any less sweet. After weeks of staying at home, simply getting outside, being active and enjoying the warmer weather will be key for supporting mental and physical health – plus, you deserve a little outdoor fun.

To help you enjoy the best of the season, we've created recipes for every occasion – the epic salad you'll make over and over, that make-ahead dish you can take for a quiet picnic in the park and even a patriotic Independence Day dessert that you can pull together in record time. In fact, every recipe in this section can be made in half an hour or less, with fewer than 10 ingredients, not including a few basic pantry staples.

So dive into the season with these delicious recipes in hand. Throughout this section, we suggest the best occasions to use each dish, but these are guidelines only, so you can mix and match according to your needs. With several staff favorites in the coming pages, we're almost certain you're going to get asked by your guests, "Where did you get that recipe?" And if you want to take credit for them – we won't tell!



THE SALAD YOU'LL MAKE ALL SUMMER

Grilled Corn, Nectarine & Burrata Salad

Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Grilling the corn and green onions in this salad gives it a smoky component that pairs beautifully with the sweet-tart flavor of peak-season nectarines and creamy burrata. Substitute a peach if nectarines are not available.

- 3 ears corn, shucked
- 2 tbsp extra-virgin olive oil, divided
- 3 green onions, roots trimmed, left whole
- 1 cup halved cherry tomatoes
- 4½ oz burrata or fresh mozzarella cheese, torn into bite-size pieces
- 1 large nectarine, pitted and cut into thin wedges
- ¼ cup basil leaves, torn
- 1½ tbsp apple cider vinegar
- ¼ tsp each sea salt and ground black pepper

1. Preheat a greased grill or grill pan (with lid) to medium-high. Brush corn with one-quarter of the oil. Place corn and onions on grill, cover and grill until onions are charred on

one side, about 3 minutes. Transfer onions to a cutting board. Rotate corn and continue to grill until kernels are bright yellow and charred in places, about 10 minutes more.

2. Chop onions and transfer to a platter. Hold a corn cob vertical to a cutting board and slice kernels off with a sharp knife. Repeat with remaining corn and add to platter with onions. Discard cobs.

3. To platter, add tomatoes, burrata, nectarine, basil, vinegar, salt and pepper and toss. Let salad stand for 10 minutes. Drizzle with remaining three-quarters of the oil and toss to combine.

PER SERVING (¼ of recipe): Calories: 241, Total Fat: 15 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 3 g, Sugars: 9 g, Protein: 10 g, Sodium: 203 mg, Cholesterol: 19 mg



**Spicy
Peanut Tofu
Noodle
Salad**
p. 34



PLANT POWER:

This gluten-free Thai-inspired salad will keep you full for longer, packed not only with vitamin-rich fruits and veg but also with plant-based proteins: Peanut butter is rich in healthy fats like oleic acid, which has been linked to improved insulin sensitivity, while tofu contains all the essential amino acids – the building blocks of protein – your body needs.



THE HEAVY-ROTATION DINNER

Korean Flanken Ribs

with Shaved Cucumber & Radish Salad



SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **30 MINUTES**.

Flanken ribs are short ribs cut into thin cross-section slices one-quarter to one-half inch thick and include three or four pieces of bone. This tender rib cut marinates in minutes, cooks quickly on the grill and has a delicious, beefy flavor – talk about a weeknight win! Look for flanken ribs at the butcher counter of your favorite grocery store and at Asian markets.

- ¼ cup** reduced-sodium soy sauce
- 3 tbsp** rice vinegar, divided
- 2 tbsp** gochujang (Korean chile-bean paste)
- 2 tbsp** toasted sesame oil, divided (**TRY:** Eden Toasted Sesame Oil)
- 1 tbsp** raw honey
- 1 tbsp** finely grated ginger

- ¼ tsp** coarse ground black pepper
- 2 lb** flanken-style bone-in beef short ribs
- 2** cucumbers, halved lengthwise, seeded
- 1 bunch** radishes
- ¼ tsp** sea salt
- 1 tbsp** toasted sesame seeds

1. In a large bowl, whisk together soy sauce, two-thirds of vinegar, gochujang, one-half of sesame oil, honey, ginger and pepper. Add ribs and toss to coat. Set aside at room temperature for 10 minutes.
2. Meanwhile, using a mandoline, cut or peel cucumber and radishes into strips (for the cucumber, create strips lengthwise). Place in a colander and toss with salt; set aside to drain for 10 minutes.
3. Preheat a greased grill to high. Place ribs on grill, cover and cook until browned and charred in places, about 3 minutes. Flip with tongs and cook on second side, covered, until browned on second side, about 3 minutes more. (Alternatively, preheat broiler to high and line a baking sheet with foil. Arrange ribs on prepared baking sheet and broil 4 inches from broiler element until charred, about 3 minutes per side. Discard any fat and juices in pan.)
4. Pat cucumber mixture dry with paper towels. In a large bowl, toss vegetables with remaining one-third of vinegar and one-half of sesame oil.
5. Snip short ribs into 2-inch lengths with clean kitchen shears and serve with salad. Garnish with seeds.

PER SERVING (¼ of recipe): Calories: 414, Total Fat: 35 g, Sat. Fat: 13 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 3 g, Carbs: 8 g, Fiber: 2 g, Sugars: 5 g, Protein: 18 g, Sodium: 465 mg, Cholesterol: 69 mg



THE BBQ FAVE

Crispy Lemon Rosemary Brick Chicken

P F Q GF

SERVES 4.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 30 MINUTES.

The Italian method of grilling chicken under a brick – known as *pollo al mattone* – produces delicious, perfectly juicy meat. Here, we create two temperature zones on the grill to achieve the ultimate crispy skin without burning. If you don't have bricks, use cast iron skillets.

- 2 tbsp** chopped fresh rosemary
- 3 cloves** garlic, chopped
- 1** lemon, zested
- ¾ tsp** each sea salt and ground black pepper, divided
- 1 tbsp** Dijon mustard
- 1 tbsp** olive oil
- 4 8-oz** bone-in, skin on chicken breasts

EQUIPMENT

- 4** bricks, wrapped in a double layer of foil, or 2 cast iron skillets

1. Preheat a greased grill to medium-high with one-half of the grill turned off to create a cool zone.
2. Mound rosemary, garlic, lemon zest and two-thirds of each salt and pepper on a board and finely chop to a sticky paste. Place in a small bowl; stir in mustard and oil.
3. Carefully slide fingers under chicken skin and rub herb mixture underneath. Season chicken on both sides with remaining one-third of each salt and pepper. (**MAKE AHEAD:** Prepare chicken up to 2 days ahead. Cover and refrigerate. Let stand at room temperature for 30 minutes before grilling.)
4. Arrange chicken skin side down on hot side of grill. Place a foil-wrapped brick on each chicken breast and cover grill. If using cast iron skillets, place a piece of foil over each chicken breast and then place skillets on top.
5. Cook until skin is golden brown and crispy, about 10 minutes, moving the chicken over to the cool zone if there are any flare-ups or chicken starts to burn. Remove bricks (or skillets and foil) with oven mitts, flip chicken with tongs and replace bricks (or foil and skillets) on top.
6. Grill, covered, until an instant-read thermometer inserted into thickest part of largest breast registers 165°F, 8 to 10 minutes more. Carefully transfer chicken to a platter, skin side up, and let rest for 5 minutes before serving.

PER SERVING (¼ of recipe): Calories: 301, Total Fat: 14 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 2 g, Fiber: 0 g, Sugars: 0 g, Protein: 40 g, Sodium: 543 mg, Cholesterol: 111 mg



THE PICNIC MUST-HAVE

Spicy Peanut Tofu Noodle Salad

Q GF

SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **25 MINUTES**.

This portable salad features rice noodles tossed with a spicy coconut-peanut sauce. The secret is in the prepared Massaman curry paste, which contains toasted spices including cardamom, cinnamon and cumin. Massaman curry paste is available at Asian markets and well-stocked grocery stores, but jarred Thai red curry paste works as well.

- 8 oz** pad Thai-style brown-rice noodles
- ½ cup** BPA-free canned full-fat coconut milk
- ¼ cup** unsalted crunchy peanut butter
- 3 tbsp** Massaman or Thai red curry paste
- 1** lime, zested and juiced, divided
- 1 tbsp** fish sauce
- 7 oz** baked tofu, cut into bite-size pieces (**TIP:** If you can't find baked tofu, simply cube firm tofu and sauté until lightly crisp.)
- 1** red bell pepper, thinly sliced
- 1** mango, pitted, peeled and thinly sliced
- 1 cup** lightly packed chopped cilantro leaves

- 1.** Prepare noodles according to package instructions. Rinse with cool water and drain.
- 2.** In a large serving bowl, whisk coconut milk, peanut butter, curry paste, lime zest and juice and fish sauce. Add drained noodles, tofu, bell pepper, mango and cilantro and toss to coat with dressing. (**MAKE AHEAD:** Salad can be stored in an airtight container for up to 3 days. Add a few tablespoons of warm water and toss to loosen dressing.)

PER SERVING (% of recipe): Calories: 344, Total Fat: 13 g, Sat. Fat: 5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 49 g, Fiber: 6 g, Sugars: 11 g, Protein: 12 g, Sodium: 499 mg, Cholesterol: 0 mg

BEACH-HOUSE SNACK

Mediterranean Nachos

Q V

SERVES **8**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **30 MINUTES**.

Whole-grain pita chips stand in for tortilla chips in this Mediterranean twist on nachos. Topped with ripe tomatoes, garlicky chickpeas and a cilantro-tahini sauce, this shareable snack is the ultimate warm-weather finger food.

- 4 9-inch** whole-wheat pitas (**TIP:** Look for Lebanese-style pita, which is typically thinner than other varieties.)
- 3 tbsp** extra-virgin olive oil, divided
- 4 tsp** za'atar (**TRY:** Frontier Co-op Za'atar Seasoning)
- ¼ cup** ice cold water
- 1** lemon, zested and juiced, divided
- ½ cup** loosely packed cilantro + additional for garnish
- ¼ cup** tahini
- 3 cloves** garlic, finely chopped, divided
- ¼ tsp** each sea salt and ground black pepper
- 1 15-oz** can unsalted chickpeas, rinsed and drained
- 1 cup** quartered cherry tomatoes
- ½** yellow bell pepper, diced
- ½ cup** crumbled full-fat feta cheese

1. Preheat oven to 400°F. Cut each pita in half horizontally, opening up pockets to peel apart into 2 thin pieces each. Brush bread with two-thirds of oil and sprinkle with za'atar. Place pieces on a large baking sheet and bake until crisp, stirring halfway, 8 to 10 minutes.

2. Break pita into large pieces, about the size of a large tortilla chip. Arrange pieces in an even layer on sheet. (**MAKE AHEAD:** Pita chips can be made up to 2 days ahead and stored in an airtight container.)

3. In a food processor, blend together ice water, one-half of lemon juice, cilantro, tahini, one-third of garlic, and salt and pepper until smooth. Set aside.

4. In a large nonstick skillet on medium, heat remaining one-third of oil. Add remaining two-thirds of garlic and sauté until fragrant, 30 seconds. Add chickpeas, remaining one-half of lemon juice, all the lemon zest and a splash of water and mash with a potato masher until chickpeas are crushed and mixture is heated, 3 minutes.

5. Spoon chickpea mixture over pita. Sprinkle tomatoes, bell pepper and cheese over chips.

6. Just before serving, bake nachos for 5 minutes, until heated through. Drizzle with tahini sauce and garnish with additional cilantro (if using).

PER SERVING (1/8 of recipe): Calories: 332, Total Fat: 14 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 45 g, Fiber: 7 g, Sugars: 4 g, Protein: 12 g, Sodium: 459 mg, Cholesterol: 8 mg





THE FOURTH OF JULY HIT
Easy Berry Lemon Trifle

Q V

SERVES 12. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

Store-bought pound cake layered with summer berries and whipped cream make for a beautiful, celebratory dessert that you can pull off in record time.

- | | | | |
|--------|--|---------|--|
| 1 pint | raspberries | 1 16-oz | container Greek lemon yogurt |
| 1 tbsp | orange liqueur (such as Grand Marnier) or fresh orange juice | 5½ oz | pound cake, cut into ¼-inch-thick slices |
| 2 cups | whipping cream | 1 pint | blueberries, rinsed and patted dry |
| 2 tbsp | organic evaporated cane juice (aka organic sugar) | 2 pints | strawberries, hulled and sliced |



NATURE'S
CANDY:

Seasonal berries are more than just sweet toppings: Strawberries are a good source of folate, a B vitamin important for tissue growth and cell function, while blueberries are often considered a superfood for being replete with antioxidants.

1. In a small bowl, mash raspberries and orange liqueur with a fork. Set aside. In a large mixing bowl, whip cream and cane juice until stiff peaks form. Gently fold yogurt into whipped cream. Set aside.
2. Place one layer of cake in the bottom of a 2-quart trifle dish or glass bowl. (**NOTE:** You will need multiple cake slices to create a layer; break up pieces as needed to fit.) Spoon one-half of raspberry mixture over cake, making sure to spoon around edges closest to the bowl. Sprinkle with one-half of blueberries. Spoon one-half of whipped cream over blueberries.
3. Place remaining cake in bowl over whipped cream mixture. Top with remaining raspberry mixture, one-half of strawberries and remaining one-half of whipped cream.
4. Arrange remaining blueberries in upper-left corner of trifle. Arrange remaining strawberries into horizontal lines to create stripes. Serve immediately or cover and refrigerate for up to 5 hours.

PER SERVING (1/12 of recipe): Calories: 278, Total Fat: 19 g, Sat. Fat: 11 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 3 g, Sugars: 17 g, Protein: 6 g, Sodium: 75 mg, Cholesterol: 59 mg

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**Herbed
Ricotta
& Fresh
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p. 44





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30 Minutes &
10 Ingredients
or Less!

dinner EXPRESS

Vibrant summer produce means there's
no need to complicate healthy eating.
Read on for simply delicious meals
made in 15, 20 or 30 minutes flat.

RECIPES BY BETH LIPTON, PHOTOGRAPHY BY OLIMPIA DAVIES



15 MINUTES



Seared Sesame Tuna Nori Wraps

Q GF

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 15 MINUTES.

The belly side of the tuna cooks up quickly, giving you melt-in-your-mouth fish in minutes. Wrapped up with buttery avocado and homemade wasabi mayo, these handheld tuna cones taste wonderfully indulgent.

- ½ cup** avocado or olive oil mayonnaise (**TRY:** Primal Kitchen Mayo with Avocado Oil)
- 3 tsp** wasabi paste
- 2 tsp** rice vinegar
- 1 tsp** raw honey
- 3 tbsp** sesame seeds
- 1 lb** tuna belly, patted dry (**NOTE:** Check seafoodwatch.org for information on sustainably sourced options.)

- 2 tbsp** avocado oil, divided
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 6** sheets unseasoned nori, cut in half widthwise (parallel to perforations)
- 1** avocado, pitted, peeled and sliced
- ½** English cucumber, quartered lengthwise, cut into 2-inch pieces
- 1** carrot, cut into matchsticks



FOCUS ON FATS:

Tuna is rich in omega-3 fatty acids, essential in supporting brain health and eye health. Avocados contain oleic acid, a monounsaturated fat that helps to support heart health and battle inflammation in the body.

- 1.** In a small bowl, combine mayonnaise, wasabi paste, vinegar and honey.
- 2.** Place sesame seeds in a large dish. Rub tuna with one-half of oil, then season with salt and pepper. Dredge fish in sesame seeds to coat.
- 3.** In a large skillet on medium-high, heat remaining one-half of oil. Add tuna to skillet, placing it away from you to avoid oil splatter; cook, turning once, until just seared on outside, 3 to 6 minutes, depending on thickness (do not overcook). Transfer to a cutting board; slice into strips.
- 4.** Arrange nori sheets on a work surface, shiny side facing down, long end in front of you. Place equal amounts of fish, avocado, cucumber and carrots at a 45-degree angle above the bottom-left corner of each sheet; lightly drizzle each with wasabi mayo. Roll into cones, sealing outer seam with a little water, if necessary. (**TIP:** Alternatively, try placing nori, fillings and wasabi mayo on the table family-style and let everyone roll their own.) Serve remaining wasabi mayo on the side.

PER SERVING (¼ of recipe): Calories: 521, Total Fat: 39 g, Sat. Fat: 5 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 6 g, Carbs: 12 g, Fiber: 5 g, Sugars: 4 g, Protein: 31 g, Sodium: 643 mg, Cholesterol: 74 mg

Moroccan Chicken Salad Sandwich



SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Salty olives, sweet grapes and fresh herbs give ordinary chicken salad a tantalizing twist. Harissa paste gives it a Moroccan flair, but if you can't find it, you can use a pinch of curry powder or skip it entirely.

- 1/3 cup olive oil or avocado oil mayonnaise
- 1 lemon, zested and juiced
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tbsp harissa paste
- 1/4 tsp ground black pepper
- 1/8 tsp sea salt
- 1 rotisserie chicken, meat removed and shredded (or about 4 cups any variety of leftover cooked and shredded chicken)

- 1 small bulb fennel, cored, chopped
- 1/3 cup halved red grapes
- 3 tbsp chopped pitted green olives
- 4 toasted whole-grain buns, for serving
- 8 leaves Boston lettuce, for serving

1. In a large bowl, whisk together mayonnaise, lemon zest and juice, parsley, harissa, pepper and salt. Stir in shredded chicken, fennel, grapes and olives.

2. Divide mixture among buns and top with lettuce.

PER SERVING (1/4 of recipe): Calories: 584, Total Fat: 27 g, Sat. Fat: 5 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 11 g, Carbs: 42 g, Fiber: 8 g, Sugars: 4 g, Protein: 45 g, Sodium: 667 mg, Cholesterol: 112 mg



THE BELOVED BIRD:

Chicken is low in calories and rich in protein, a macronutrient essential for repairing tissues and building muscle mass. Darker cuts like drumsticks and thighs are higher in iron, which keeps anemia at bay, and zinc, necessary for optimal immune function. This recipe makes use of a whole chicken, so no cut of meat is overlooked.



20 MINUTES

Greek Lamb Burger Salad with Yogurt Feta Drizzle

Q GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

A juicy, savory lamb burger is nestled into a fresh chopped Greek salad – no bun necessary. Instead of crumbled feta, we went to the next level and created an irresistible, creamy yogurt-feta sauce for drizzling.

- 1¼ lb** ground lamb or beef
- 1 tbsp** dried oregano
- ¼ tsp** ground black pepper + additional to taste
- ¾ tsp** sea salt + additional to taste
- 1 head** romaine lettuce, chopped
- 1 pint** cherry or grape tomatoes, halved
- ½** English cucumber, chopped
- ¼ cup** chopped pitted Kalamata olives
- 1** lemon, juiced
- 3 tbsp** extra-virgin olive oil
- ⅓ cup** full-fat yogurt
(**TRY:** Stonyfield Organic Probiotic Yogurt Plain Whole Milk)
- ¼ cup** crumbled full-fat feta cheese
- 1 tbsp** chopped fresh mint

1. Preheat a greased grill or grill pan to medium-high.

2. In a large bowl, combine lamb, oregano and pepper; mix with your hands until well combined, then form into 4 patties. Sprinkle patties with salt. Grill, flipping once, until an instant-read thermometer inserted into the thickest part reads 145°F, 3 to 4 minutes per side.

3. Meanwhile, in a large bowl, combine lettuce, tomatoes, cucumber and olives; gently toss. Add lemon juice and oil and toss to coat. In a small bowl, whisk together yogurt, feta, mint and additional salt and pepper, to taste. Divide salad among bowls. Top each with a burger patty and drizzle with yogurt sauce.

PER SERVING (¼ of recipe): Calories: 474, Total Fat: 35 g, Sat. Fat: 12 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 3 g, Carbs: 12 g, Fiber: 5 g, Sugars: 6 g, Protein: 29 g, Sodium: 670 mg, Cholesterol: 104 mg

Grilled Mussels “Scampi”

SERVES **4**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **20 MINUTES**.

Scampi, a garlicky dish typically made with shrimp, is also a fast and flavorful way to cook up mussels.

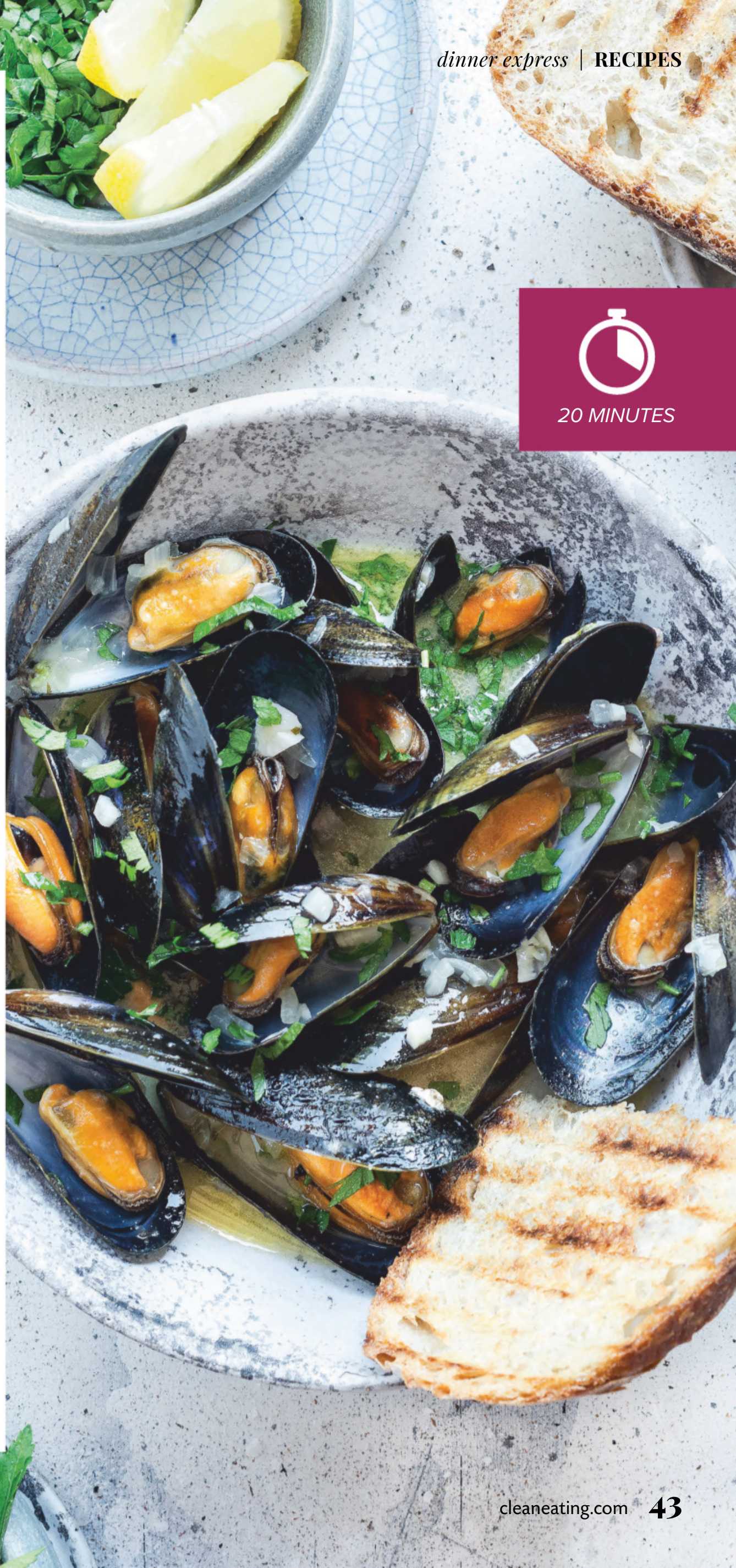
- ½ cup** organic unsalted butter, cut into pieces
- 1 small** shallot, minced
- 4 cloves** garlic, minced
- 3 tbsp** chopped fresh flat-leaf parsley
- 1 tbsp** fresh lemon juice
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 4 lb** mussels, scrubbed and debearded
- 8** slices sourdough bread, optional

- 1.** Preheat a grill or grill pan (with lid) to medium.
- 2.** Meanwhile, in a small saucepan on low, combine butter, shallot and garlic. Heat until butter melts; let mixture gently sizzle for 1 minute, then remove from heat. Stir in parsley and lemon juice; season with salt and pepper. Set aside.
- 3.** Place mussels on grill in a single layer, working in batches if necessary. Cover and cook until shells open, 4 to 6 minutes, discarding any that don't open. Transfer cooked mussels to a bowl. Place bread on grill (if using), cooking until grill marks appear, 1 to 2 minutes per side.
- 4.** Gently warm up butter mixture if needed. Divide mussels among bowls. Drizzle with butter mixture, or serve butter on the side in small bowls. Serve with bread (if using).

PER SERVING (¼ of recipe): Calories: 433, Total Fat: 29 g, Sat. Fat: 15 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 12 g, Fiber: 0 g, Sugars: 1 g, Protein: 31 g, Sodium: 717 mg, Cholesterol: 133 mg



20 MINUTES





30 MINUTES



Herbed Ricotta & Fresh Tomato Tart



SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **30 MINUTES.**

This celebration of summer combines lemon-herbed ricotta, juicy heirloom tomatoes and a scattering of fresh herbs onto premade crusts – easy as pie. Swap in gluten-free or grain-free crusts to accommodate any dietary restrictions.

- ¼ cup** extra-virgin olive oil, divided (**TRY:** Origin 846 Unfiltered Organic Extra Virgin Olive Oil)
- 2 cloves** garlic, minced
- 2** 8- to 10-inch frozen whole-grain pizza crusts
- 1 cup** whole-milk ricotta
- ½** lemon, zested and juiced
- ½ cup** chopped fresh basil + additional for garnish
- 3 tbsp** chopped fresh dill

- ¼ tsp** each fine sea salt and ground black pepper
- 3 cups** sliced heirloom tomatoes
- ¼ cup** shaved Parmesan cheese
- ¼ tsp** red pepper flakes
- ⅛ tsp** flaky sea salt, for garnish

1. In a small bowl, mix together one-half of oil with the garlic. Brush onto crusts; bake according to package directions. Set aside to cool slightly.

2. Meanwhile, in a food processor, blend ricotta, lemon zest and juice, basil and dill. Season with fine salt and pepper.

3. Evenly spread ricotta mixture over both crusts, leaving a 1-inch border. Top with tomatoes, Parmesan and pepper flakes and drizzle with remaining one-half of oil; scatter additional basil on top (if using). Sprinkle with flaky salt.

PER SERVING (¼ of recipe): Calories: 472, Total Fat: 25 g, Sat. Fat: 8 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 2 g, Carbs: 53 g, Fiber: 7 g, Sugars: 4 g, Protein: 18 g, Sodium: 656 mg, Cholesterol: 37 mg

Grilled Peach Halloumi Salad with Basil Balsamic Vinaigrette



SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Hello, halloumi: This salty, creamy grilling cheese tastes great with just about anything but especially when nestled in a salad alongside sweet grilled peaches, plenty of greens and a fresh basil dressing.

- ¼ cup** extra-virgin olive oil + additional as needed
- ¼ cup** chopped fresh basil
- 3 tbsp** balsamic vinegar
- ½ tsp** raw honey
- ½ tsp** grainy mustard
- 1 clove** garlic, chopped
- ¼ tsp** sea salt, divided
- ⅛ tsp** ground black pepper
- 2** ripe peaches, halved and pitted
- 8 oz** halloumi, cut into ¼-inch slices
- 4 cups** mixed greens
- ¼ cup** chopped toasted pistachios

1. Preheat a greased grill or grill pan to medium-high.

2. In a small food processor, blend oil, basil, vinegar, honey, mustard, garlic, one-half of salt and pepper.

3. Drizzle peaches and halloumi with additional oil, as needed, and rub in lightly; season peaches with remaining one-half of salt. Grill, turning once, until peaches are tender and grill marks appear on fruit and cheese, 3 to 5 minutes. Transfer to a cutting board. Slice peaches into wedges and cheese into bite-size chunks.

4. In a large bowl, toss mixed greens with enough vinaigrette to lightly coat leaves, adding more if desired. Divide salad among plates. Top each with peaches and halloumi. Sprinkle with pistachios and serve any remaining dressing on the side.

PER SERVING (¼ of recipe): Calories: 402, Total Fat: 31 g, Sat. Fat: 12 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 3 g, Carbs: 15 g, Fiber: 3 g, Sugars: 11 g, Protein: 17 g, Sodium: 827 mg, Cholesterol: 36 mg



30 MINUTES

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30 Minutes &
10 Ingredients
or Less!

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Taco

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RECIPES BY MARIANNE WREN,
PHOTOGRAPHY BY ANGUEL DIMOV

start here to
create your own

1.
TOSS
PROTEIN OR
VEG WITH
OIL AND
SEASONING

2.
GRILL UNTIL
PROTEIN
IS COOKED
THROUGH,
OR UNTIL
VEG IS
TENDER AND
LIGHTLY
CHARRED

5.
FINISH WITH
TOPPINGS
OF CHOICE:
CHOPPED
VEG, FRUIT,
HERBS OR
HOT SAUCE

4.
ADD A
FLAVORED
MAYO OR
CREMA
(OPTIONAL)

3.
ADD A
PICKLED
VEG OR
SALSA

FOOD & PROP STYLING BY BRI BEAUDOIN



GRILLED HADDOCK TACOS with Chipotle Mayo

Q GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Meaty haddock meets smoky chipotle sauce in these tasty tacos, but the unsung hero is the quick-pickled cabbage that lends a bit of sour crunchiness and elevates all the other flavors.

- 1 cup** finely sliced red cabbage
- 2 tsp** organic evaporated cane juice (aka organic cane sugar) (**TRY:** Wholesome Organic Cane Sugar)
- 1 tsp** sea salt, divided
- ½ cup** apple cider vinegar
- ⅓ cup** olive oil mayonnaise
- 1½ tbsp** chopped chipotle pepper in adobo sauce
- 1 tbsp** fresh lime juice
- 1 lb** haddock fillet (or other firm white fish)
- 1 tsp** extra-virgin olive oil
- 1 tsp** paprika
- ¼ tsp** ground black pepper
- 8 4-inch** corn tortillas
- 1 cup** diced pineapple

- 1.** Preheat a greased grill or grill pan to medium-high.
- 2.** Prepare pickled cabbage: To a medium glass or ceramic bowl, add cabbage. Sprinkle with cane juice and three-quarters of salt. Massage cabbage to incorporate ingredients, 1 minute. Pour in vinegar; cover loosely and set aside.
- 3.** Prepare mayo: In a small bowl combine mayonnaise, chipotle pepper and lime juice. Set aside.
- 4.** Brush haddock all over with oil; sprinkle with paprika, pepper and remaining one-quarter of salt. Grill fish, flipping once, until opaque and flakes easily, 4 to 5 minutes per side. (**TIP:** If cooking fish on an outdoor grill, use a grilling basket for easy flipping.)

- 5.** Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Transfer to a plate and wrap in a clean kitchen towel. (**NOTE:** Do not overcook tortillas or you'll end up with chips.)

- 6.** Break fish into bite-size pieces; divide evenly among tortillas. Top with chipotle mayo, drained pickled cabbage and diced pineapple. (**TIP:** Transfer any leftover pickled cabbage and brine to a clean jar; refrigerate for up to 1 week. Try it in your next quinoa bowl!)

PER SERVING (¼ of recipe): Calories: 320, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 9 g, Carbs: 21 g, Fiber: 3 g, Sugars: 6 g, Protein: 20 g, Sodium: 633 mg, Cholesterol: 65 mg



SPICED CHICKEN TACOS

with Cilantro Salsa

Q GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

Don't be fooled by the simple ingredients in these tacos. Together, the earthy, cumin-spiced chicken, sweet grilled onions and herbaceous salsa taste sensational.

- 2 6-oz** boneless, skinless chicken breasts
- 4 tsp** extra-virgin olive oil, divided
- 1 tsp** each ground coriander and cumin
- ½ tsp** each sea salt and ground black pepper, divided
- 1** red onion, sliced into ½-inch rounds
- 8 4-inch** corn tortillas

- 2 cups** fresh cilantro
- 1** jalapeño chile pepper, seeded and roughly chopped
- 1 large** lime, juiced
- 1 clove** garlic, crushed
- 1** Roma tomato, seeded and roughly chopped

1. Preheat a greased grill or grill pan to medium-high.
2. Rub chicken with one-quarter of oil, coriander, cumin and one-half of each salt and pepper. Grill chicken, flipping once, until no longer pink inside and internal temperature reaches 165°F, 15 to 18 minutes. Transfer to a cutting board; cover to keep warm.
3. Meanwhile, brush both sides of onion rounds with another one-quarter of oil. Grill onions, flipping once, until softened and charred, 2 to 3 minutes per side. Transfer to cutting board; slice into strips and cover to keep warm.
4. Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Transfer to a plate and wrap in a clean kitchen towel. (**NOTE:** Do not overcook tortillas or you'll end up with chips.)
5. To a food processor, add cilantro, jalapeño, lime juice, garlic, remaining one-half of oil and remaining one-half of each salt and pepper. Process to a chunky consistency. Add tomato and pulse until chunky.

6. Slice or shred chicken and divide among tortillas. Top with grilled onions and salsa.

PER SERVING (¼ of recipe): Calories: 217, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 18 g, Fiber: 3 g, Sugars: 2 g, Protein: 20 g, Sodium: 301 mg, Cholesterol: 47 mg

SMOKY CAULIFLOWER TACOS

with Avocado Crema

Q V GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

Grilled cauliflower florets stay meaty-firm, giving them great texture under a blanket of gooey cheese and zesty avocado-lime crema.

- 1 small** head cauliflower, broken into florets
- 4 tsp** extra-virgin olive oil, divided
- 1 tsp** smoked paprika (**TRY:** Simply Organic Smoked Paprika)
- ½ tsp** ground cayenne pepper
- ½ tsp** sea salt, divided
- 3 ears** corn, husked
- ¼ cup** full-fat sour cream
- 1** avocado, peeled, pitted and halved, divided
- 1** lime, juiced
- 8 4-inch** corn tortillas
- ⅓ cup** shredded Monterey Jack cheese
- ½ cup** fresh cilantro, optional

1. Preheat a greased grill or grill pan to medium-high.
2. In a large bowl, toss cauliflower florets with one-half of oil until well coated. Add paprika, cayenne and one-half of salt; toss to coat. Rub corn with remaining one-half

of oil. Grill cauliflower and corn, turning occasionally until softened and lightly charred, 12 to 16 minutes. (**TIP:** If your barbecue grates are widely spaced, use a grilling basket to prevent cauliflower from falling through.)

3. Meanwhile, in a small blender, combine sour cream, one-half of avocado, lime juice and remaining one-half of salt; blend until smooth.

4. Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Wrap tortillas in a clean kitchen towel to keep warm. (**NOTE:** Do not overcook tortillas or you'll end up with chips.)

5. Remove corn kernels from the cob using a sharp knife. Transfer cauliflower from grill to a bowl and immediately top with cheese. Cover dish to create steam and help melt cheese. Thinly slice remaining one-half of avocado. Divide cauliflower and corn among tortillas. Top each taco with avocado slices, corn kernels, avocado crema and cilantro (if using).

PER SERVING (¼ of recipe): Calories: 325, Total Fat: 19 g, Sat. Fat: 5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 8 g, Sugars: 7 g, Protein: 9 g, Sodium: 348 mg, Cholesterol: 15 mg



WORLD'S HEALTHIEST TACO

Tacos don't get much healthier than this vegetarian variation! Its star ingredient, cauliflower, a cruciferous vegetable, is low in carbs, fibrous, and rich in folate and vitamins C, E and K – this means it'll keep you full on a limited number of calories while still packing a hefty nutritional punch. Don't skip the crema – it's made with avocado, famously nutritious and rich in heart-healthy fats. 🌱

THE Perfect Platter

Make afternoons in the sun tastier
with this crowd-pleasing snack platter.

BY PAMELA SALZMAN, PHOTOGRAPHY BY OLIVE & MANGO

A casual day in the backyard with friends and family is always made better with a snack platter. With a few easy presentation tricks, you can transform a run-of-the-mill veggie plate into an eye-catching, Pinterest-worthy platter brimming with seasonal gems. Create your own with these steps, or replicate ours, a plant-based platter with grilled components for a summery feel.

Here's how to do it:

- 1 /** Place foods that can leak into small bowls or ramekins and place them first on platter. Make your own pesto with our recipes on page 52, or use a clean premade option.
- 2 /** Display cheeses along the perimeter of the platter. Consider both hard and soft cheeses, including a combination of cow's, goat's and sheep's milk cheeses. Slice or cube hard cheeses for easier serving. Other varieties, such as a cheddar block, can be crumbled. If you prefer to keep it dairy-free, select nut-based cheeses.
- 3 /** Fan out whole-grain or gluten-free crackers and/or grilled flatbread slices.
- 4 /** Add seasonal vegetables. Cut them into a variety of shapes for interest (such as sticks and rounds), and aim for a mix of raw and grilled veggies.
- 5 /** Fill areas with fruit. You can use different colors as well as a combination of fresh and dried fruit. Look for heirloom tomatoes in an array of colors.
- 6 /** If using meats, fold salami in half and then in half again to resemble a flower. Other meats can be rolled. For a plant-based crowd, swap meats out for additional vegetables and nut-based cheeses.
- 7 /** Use salted nuts to fill any empty spaces on platter.
- 8 /** Add basil leaves, greens or even flowers for a pop of color.

THE PLANT-BASED BACKYARD PLATTER

What sets apart a summer platter is the addition of colorful, in-season produce and grilled elements, including vegetables and bread for dipping.

Seasonal fruit including berries (such as raspberries and blackberries) and sliced stone fruit (such as nectarines and plums)

Salted nuts

Whole-grain
crackers

Grilled components, such as eggplant, zucchini, corn cobs, asparagus and bell peppers; grilled lemon halves add a pretty element and can also be squeezed over vegetables

Roasted Red Pepper Pesto, p. 52

Basil leaves

Burrata cheese (leave whole, or break up into pieces and drizzle with extra-virgin olive oil and sprinkle with salt)

Mixed Herb Pesto, p. 52

Colorful heirloom tomatoes

Grilled and sliced naan bread

Cucumber sticks

Roasted Red Pepper Pesto

F Q V GF

SERVES 8.

- 4 red bell peppers
- $\frac{3}{4}$ cup unsalted walnuts (toasted, optional)
- 4 cloves garlic
- $\frac{1}{4}$ cup lightly packed fresh basil
- $\frac{1}{4}$ cup grated Parmesan or Pecorino Romano cheese
- 1 tbsp red wine vinegar
- 1 tsp sea salt
- $\frac{1}{4}$ tsp ground black pepper
- Pinch ground cayenne pepper
- 6 tbsp extra-virgin olive oil

1. Roast peppers: Preheat broiler to high and position rack 6 inches below heat source. Place whole peppers on a baking sheet and broil until blistered and blackened on all sides, turning every couple of minutes.

2. Transfer peppers to a bowl; cover for at least 15 minutes, until cool enough to handle. Remove skin and seeds.

3. In a food processor, pulse walnuts and garlic until finely chopped.

4. Add basil, cheese, vinegar, salt, pepper, cayenne and roasted peppers. Start processing and, with motor running, pour oil through feed tube. Process until well blended.

PER SERVING ($\frac{1}{8}$ of recipe): Calories: 188, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 5 g, Carbs: 7 g, Fiber: 1 g, Sugars: 3 g, Protein: 3 g, Sodium: 287 mg, Cholesterol: 2 mg

Mixed Herb Pesto

F Q V GF

SERVES 8.

- $\frac{1}{4}$ cup raw unsalted walnuts
- $\frac{1}{4}$ cup raw unsalted pine nuts
- 4–6 cloves garlic
- $2\frac{1}{2}$ cups lightly packed fresh basil
- $2\frac{1}{2}$ cups lightly packed fresh flat-leaf parsley
- $\frac{3}{4}$ tsp sea salt
- Pinch ground black pepper
- 1 cup extra-virgin olive oil
- $\frac{1}{2}$ cup grated Pecorino Romano or Parmesan cheese

1. In a food processor, pulse walnuts, pine nuts and garlic until finely chopped.

2. Add basil, parsley, salt and pepper. Start processor and slowly pour in oil through feed tube and process until finely puréed. Add cheese and process until well blended.

TIP: To make a dairy-free version, eliminate the salt and cheese and substitute $\frac{1}{4}$ cup brown rice miso or other hearty miso.

PER SERVING ($\frac{1}{8}$ of recipe): Calories: 349, Total Fat: 36 g, Sat. Fat: 6 g, Monounsaturated Fat: 23 g, Polyunsaturated Fat: 6 g, Carbs: 3 g, Fiber: 1 g, Sugars: 0.5 g, Protein: 5 g, Sodium: 322 mg, Cholesterol: 10 mg



Johann Headley

FROM OLIVE & MANGO,
HAMILTON, CANADA

Food photographer Johann Headley is one-half of dynamic food-blogging duo Olive & Mango. Having

grown up in Trinidad and Tobago, his favorite cuisine is Indo-Caribbean street food, but his craft has taken him on culinary adventures far from his small home island to places such as the Netherlands, Germany and Greece. 



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Skip the Stove For a Week

When the days are long and you'd rather spend time outside, this fresh and nutritious one-week meal plan comes to the rescue with no-cook meals that take less than 30 minutes and use fewer than 10 ingredients each.

BY JESSE LANE LEE, PHOTOGRAPHY BY OLIMPIA DAVIES

Tzatziki Salmon Wraps

Q GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

These Mediterranean-inspired wraps combine tangy tzatziki with fresh dill to give the salmon filling a surprising zing. Collard green leaves are brimming with nutrients and won't get soggy the way other wraps do, so they're perfect for make-ahead meals. If you prefer a softer wrap, or for better digestibility, you can blanch the collard greens, then drain and cool before using.

- 4 6-oz** BPA-free cans boneless salmon in water, drained (Alternatively, use 1½ lb fresh salmon, cooked, cooled and flaked.)
- 1 cup** cherry tomatoes, quartered
- 1 cup** diced cucumber
- ½** red bell pepper, diced
- ½ cup** tzatziki sauce
- ½ cup** pitted Kalamata olives
- ¼ cup** hemp hearts
- ¼ cup** sliced red onion
- 3 tbsp** chopped fresh dill
- 8 leaves** collard greens

1. In a large bowl, combine salmon, tomatoes, cucumber, bell pepper, tzatziki, olives, hemp hearts, onion and dill.

2. Lay 1 leaf on a flat surface, rib side up. Carefully run a knife or a peeler over the rib to flatten, making the collard wrap easier to roll. Repeat with other collard green leaves.

3. Divide salmon mixture among collard green leaves. Roll up leaves like a burrito, folding in sides to enclose the filling. Secure with toothpicks or kitchen twine.

NOTE: If following our Meal Plan, store leftover wraps in containers and refrigerate until called for.

PER SERVING (¼ of recipe): Calories: 360, Total Fat: 21 g, Sat. Fat: 5 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 9 g, Carbs: 12 g, Fiber: 5 g, Sugars: 5 g, Protein: 36 g, Sodium: 808 mg, Cholesterol: 77 mg



Q V GF

CHICKPEA SALAD

In a large bowl, toss together 1 15-oz can chickpeas, drained, 2 cups diced cucumber, 2 cups quartered cherry tomatoes, ½ cup diced red onion, ¼ cup hemp hearts, ¼ cup chopped fresh dill, ¼ cup lemon juice, ¼ cup EVOO, ¼ tsp salt and ¼ tsp black pepper. Makes 4 servings.



MONDAY	TUESDAY	WEDNESDAY
BREAKFAST: Blueberry Ginger Smoothie (p. 58) SNACK: 1 peach; ¼ cup almonds LUNCH: Greek Chicken Platter: On a plate, place 1 cup shredded rotisserie chicken, 1 cup cucumber sticks, ½ red bell pepper, cut into strips, ½ cup cherry tomatoes and 1 pita, cut into strips. Serve with ¼ cup tzatziki for dipping. SNACK: 1 serving Cherry Chia Pudding: In a small bowl, combine 2 cups milk, 1 cup pitted and chopped cherries (or frozen and thawed), ½ cup chia seeds, 1 tbsp honey and 1 tsp cinnamon. Cover and refrigerate at least 2 hours or overnight (makes 4 servings; eat 1, save leftovers). DINNER: 1 serving Sesame Chicken Salad (p. 57; save leftovers)	BREAKFAST: Overnight Oats: In each of 2 glass jars with lids, combine ½ cup oats, ½ cup milk, 2 tbsp chia seeds and 1 tbsp honey. Cover and refrigerate at least 2 hours or overnight. Top 1 jar with ½ cup raspberries (eat 1 jar, save other jar). SNACK: 1 peach; ¼ cup almonds LUNCH: 1 serving Sesame Chicken Salad (leftovers, p. 57) SNACK: 1 serving Cherry Chia Pudding (leftovers) DINNER: Greek Chicken Platter: On a plate, place 1 cup shredded rotisserie chicken, 1 cup cucumber sticks, ½ red bell pepper, cut into strips, ½ cup cherry tomatoes and 1 pita, cut into strips. Serve with ¼ cup tzatziki for dipping.	BREAKFAST: Blueberry Ginger Smoothie: (p. 58) SNACK: ½ cup Homemade Hummus (p. 57; save leftovers) with 1½ cups sliced cucumber LUNCH: 1 serving Chickpea Salad (p. 55; save leftovers) over ½ head romaine lettuce, chopped SNACK: 1 pita round, topped with 2 tbsp tahini, 1 tbsp each honey and hemp hearts and ½ tsp cinnamon DINNER: 1 serving Sesame Chicken Salad (leftovers, p. 57)
NUTRIENTS: Calories: 1,753, Total Fat: 107 g, Sat. Fat: 23 g, Carbs: 160 g, Fiber: 35 g, Sugars: 82 g, Protein: 83 g, Sodium: 1,914 mg, Cholesterol: 151 mg	NUTRIENTS: Calories: 1,746, Total Fat: 99 g, Sat. Fat: 20 g, Carbs: 181 g, Fiber: 42 g, Sugars: 78 g, Protein: 79 g, Sodium: 1,858 mg, Cholesterol: 139 mg	NUTRIENTS: Calories: 1,895, Total Fat: 113 g, Sat. Fat: 19 g, Carbs: 181 g, Fiber: 41 g, Sugars: 17 g, Protein: 71 g, Sodium: 1,613 mg, Cholesterol: 59 mg

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST: 1 jar Overnight Oats (leftovers), topped with ½ cup raspberries SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber LUNCH: 1 serving Sesame Chicken Salad (leftovers, p. 57) SNACK: 1 serving Cherry Chia Pudding (leftovers) DINNER: 2 Tzatziki Salmon Wraps (p. 54; save leftovers)	BREAKFAST: Blueberry Ginger Smoothie (p. 58) SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber LUNCH: 2 Tzatziki Salmon Wraps (leftovers, p. 54) SNACK: 1 serving Cherry Chia Pudding (leftovers) DINNER: 1 serving Chickpea Salad (leftovers, p. 55) over ½ head romaine lettuce, chopped	BREAKFAST: Overnight Oats: In each of 2 glass jars with lids, combine ½ cup oats, ½ cup milk, 2 tbsp chia seeds and 1 tbsp honey. Cover and refrigerate at least 2 hours or overnight. Top 1 jar with ½ cup raspberries (eat 1 jar, save other jar). SNACK: 1 peach; ¼ cup almonds LUNCH: 2 Tzatziki Salmon Wraps (leftovers, p. 54) SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber DINNER: 2 pita halves, filled with 1 serving Chickpea Salad (leftovers, p. 55)	BREAKFAST: 1 jar Overnight Oats (leftovers), topped with ½ cup raspberries SNACK: 1 pita round, topped with 2 tbsp tahini, 1 tbsp each honey and hemp hearts and ½ tsp cinnamon LUNCH: 1 serving Chickpea Salad (leftovers, p. 55) over ½ head romaine lettuce, chopped SNACK: ¼ cup blueberries; ¼ cup almonds DINNER: 2 Tzatziki Salmon Wraps (leftovers, p. 54)
NUTRIENTS: Calories: 1,637, Total Fat: 93 g, Sat. Fat: 19 g, Carbs: 143 g, Fiber: 40 g, Sugars: 61 g, Protein: 82 g, Sodium: 1,781 mg, Cholesterol: 136 mg	NUTRIENTS: Calories: 1,729, Total Fat: 102 g, Sat. Fat: 11 g, Carbs: 149 g, Fiber: 44 g, Sugars: 52 g, Protein: 82 g, Sodium: 1,117 mg, Cholesterol: 54 mg	NUTRIENTS: Calories: 1,767, Total Fat: 91 g, Sat. Fat: 14 g, Carbs: 184 g, Fiber: 46 g, Sugars: 59 g, Protein: 84 g, Sodium: 1,737 mg, Cholesterol: 89 mg	NUTRIENTS: Calories: 1,840, Total Fat: 95 g, Sat. Fat: 15 g, Carbs: 187 g, Fiber: 46 g, Sugars: 67 g, Protein: 86 g, Sodium: 1,506 mg, Cholesterol: 89 mg

Sesame Chicken Salad

Q GF A

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

This salad comes together fast and provides crunch plus sweet and salty notes from the oranges and Asian dressing.

- ¼ cup** extra-virgin olive oil
- 3 tbsp** rice vinegar
- 2 tbsp** reduced-sodium soy sauce or tamari
- 1 tbsp** sesame oil
- 1 head** romaine lettuce, shredded (4 cups)
- 2 cups** sliced or torn rotisserie chicken
- 1** carrot, shredded or cut into matchsticks
- 1 15-oz can** mandarin oranges packed in juice, drained
- ½** red bell pepper, thinly sliced
- ¼ cup** unsalted almonds, chopped

1. In a small bowl, whisk together olive oil, vinegar, soy sauce and sesame oil; set aside.

2. In a large bowl, toss together lettuce, chicken, carrot, drained orange sections, bell pepper and almonds. Toss salad with dressing.

NOTE: If following our Meal Plan, store leftover salad and dressing in separate containers in the refrigerator. Toss together when called for.

PER SERVING (¼ of recipe): Calories: 363, Total Fat: 32 g, Sat. Fat: 5 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 6 g, Carbs: 15 g, Fiber: 4 g, Sugars: 9 g, Protein: 15 g, Sodium: 591 mg, Cholesterol: 35 mg



Q V GF

HOMEMADE HUMMUS

To a food processor or high-powered blender, add 1 15-oz can chickpeas, drained, ¼ cup lemon juice, ¼ cup tahini, 2 tbsp each EVOO and water, 1 tsp cumin and ¼ tsp each salt and black pepper; blend until very smooth and refrigerate. (Makes 2 cups/4 servings.)



SHOPPING LIST

PROTEINS & DAIRY

- ☐ ½ gallon milk or unsweetened nondairy milk
- ☐ 1 rotisserie chicken
- ☐ 4 6-oz BPA-free cans boneless salmon packed in water
- ☐ 1 8-oz carton tzatziki sauce

VEGGIES & FRUITS

- ☐ 2 lemons
- ☐ 3 peaches
- ☐ 2 pints blueberries
- ☐ 1 pint raspberries
- ☐ 1 carrot
- ☐ 5 cucumbers
- ☐ 2 red bell peppers
- ☐ 2 pints cherry tomatoes
- ☐ 1 red onion
- ☐ 3 heads romaine lettuce
- ☐ 1 bunch collard greens (10 to 11 leaves)
- ☐ 1 bunch fresh dill
- ☐ ½ pint fresh cherries (or swap for frozen and thawed)
- ☐ 1 2-inch piece fresh ginger
- ☐ 1 15-oz can mandarin oranges packed in juice
- ☐ 1 jar Kalamata olives

GRAINS

- ☐ 5 whole-wheat pitas (**TRY:** Food for Life 7-Grain Pocket Bread)
- ☐ 1 carton old-fashioned rolled oats

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle sesame oil
- ☐ 1 jar tahini
- ☐ 7 oz raw whole almonds
- ☐ 1 bag hemp hearts (**TRY:** Manitoba Harvest Hemp Hearts)
- ☐ 1 bag chia seeds

PANTRY STAPLES

- ☐ 2 15-oz cans chickpeas
- ☐ 1 bottle rice vinegar
- ☐ 1 bottle low-sodium soy sauce or tamari (**TRY:** San J Tamari Organic Reduced Sodium)
- ☐ 1 bottle raw honey
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle ground cumin
- ☐ 1 bottle black pepper
- ☐ 1 bottle sea salt

F Q V GF

BLUEBERRY GINGER SMOOTHIE

Blend 1¼ cups blueberries, 1 cup milk, 1 cup chopped collard greens, 2 tbsp whole almonds, 1 tbsp hemp hearts, 2 tsp minced fresh ginger and ice, as desired. (Makes 1 serving.) 

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Protect Your Skin from Within

These 5 nutrients can go a long way in protecting your skin from harmful UV radiation.

BY LISA TURNER

VITAMIN C

One of your best allies, vitamin C may reduce inflammation and can help protect skin from the sun's damaging rays. Plus, it's a crucial part of collagen synthesis, and studies show supplementing with vitamin C may minimize wrinkles, improve elasticity and fight visible signs of aging. Studies have suggested that it's especially effective at reducing damage to the skin when used in conjunction with vitamin E by regenerating and recycling "used" vitamin E. Topically, vitamin C also may help minimize age spots and other forms of skin hyperpigmentation. **TRY:** MegaFood Daily C-Protect. \$25, megafood.com

Before you head out to frolic in the sun, consider this: Ultraviolet (UV) radiation is not your friend. Exposure to the sun's UVA and UVB rays may do harm, including promoting inflammation, damaging DNA, speeding aging of the skin and increasing the risk of both melanoma and nonmelanoma skin cancers. Yes, sunscreens help, but you may be surprised to learn that consuming certain nutrients may also lessen the chance of sunburns, minimize skin aging and reduce the risk of cancer. Help support healthy skin all summer long with these five skin-saving supplements.

LEAD PHOTO BY DAXIAO PRODUCTIONS/SHUTTERSTOCK.COM





VITAMIN E

It's the most abundant fat-soluble antioxidant found in human skin, and studies show it may aid in protecting against sun damage, reducing inflammation and slowing the breakdown of collagen. Because vitamin E and C work synergistically, a combination of both may be more effective at potentially preventing DNA damage and reducing the risk of skin cancer, and studies show vitamin E and C taken together may increase the amount of UV radiation required to cause a sunburn. Naturally occurring vitamin E exists in eight different forms - four tocopherols and four tocotrienols - and studies suggest a mixture of these forms may be superior to alpha-tocopherol alone in helping to prevent sunburn and reduce skin cancer risk. **TRY:** NOW Foods E-200. \$12, nowfoods.com

GREEN TEA

It's rich in antioxidant polyphenols, which may help protect skin from sun-related aging, repair DNA damage and reduce the risk of both melanoma and nonmelanoma skin cancers. A combination of green tea supplements and topical products may be even more effective, potentially protecting skin from the sun's UV rays and also improving texture and elasticity. Some studies suggest topical application of green tea extract may not only help prevent sun damage but also help repair existing damage. **TRY:** Zhou Nutrition Green Tea Extract. \$18, zhounutrition.com and 100% Pure Green Tea EGCG Serum. \$56, 100percentpure.com



COLLAGEN

The most abundant protein in the skin, collagen is responsible for structural support and promotes elasticity. But UV exposure may cause collagen in the skin to break down faster and inhibit the production of new collagen, leaving you more susceptible to fine lines, wrinkles and sagging. Supplementing with collagen may protect against that damage; in one study, subjects who took collagen daily showed significantly less sun damage to their skin. Other studies have found that taking collagen supplements boosted levels of collagen in the skin, improving elasticity and moisture, reducing dryness and minimizing fine lines and wrinkles. **TRY:** NeoCell Super Collagen + C. \$16, neocell.com

CAROTENOIDS

This broad family of pigments that have antioxidant properties are responsible for the orange, red and yellow colors in fruits and vegetables, and they may play a role in protecting against sunburn, UV damage and skin cancer. Astaxanthin consistently showed the strongest antioxidant activity in studies compared with other carotenoids tested, and research suggests it may be effective in protecting against UV damage. It may also help improve skin texture, hydration and elasticity while minimizing age spots, freckles and other forms of hyperpigmentation. Beta-carotene, lutein, lycopene and zeaxanthin also may aid in minimizing sun damage and reducing skin cancer risk, and a combination of carotenoids may offer better protection against sunburns than single carotenoids. **TRY:** Jarrow Formulas CarotenAll. \$28, jarrowonline.com





Shredded Papaya Salad
cleaneating.com/papaya-salad

Vitamin C:

The *Super-Antioxidant* You Need More Of

Here are 8 great sources (that aren't oranges).

BY LISA TURNER

You may take vitamin C for granted; it's one of those ho-hum nutrients many forget about (unless it's winter and you're battling a cold). But this crucial antioxidant plays a profound role in your health way beyond flu season. Here are some of vitamin C's most important health benefits (especially for summer):

- **Strong, healthy joints.** Vitamin C regulates the synthesis of the structural protein collagen, involved in building joint cartilage – especially important during summer, when more hiking, biking, running and other activities may take a toll on joints. Studies also suggest vitamin C improves healing of soft tissue and tendon injuries.
- **Glowing skin.** The role of vitamin C in collagen production, plus its powerful antioxidant benefits, makes it essential for healthy, youthful skin. Studies show vitamin C helps diminish the appearance of fine lines and wrinkles, protects skin from free radical damage and promotes faster wound healing.
- **Travel insurance.** Your immune system could use some insurance before your summer vacations. Vitamin C supports several components of the immune system, and studies

link deficiencies in this vitamin with impaired immunity and higher susceptibility to infections. Plus, if you do get sick on your summer trip, vitamin C can ease symptoms and shorten the duration of colds and respiratory tract infections.

- **A healthy heart.** Summer heat, humidity and exercise can put stress on your heart – keep yours strong with vitamin C. It's linked with healthy cholesterol levels and improved blood vessel health, and many studies show a high intake of vitamin C is associated with a reduced risk of death from heart disease.
- **Eye protection.** Vitamin C supports the health of blood vessels in the eye and is believed to protect against UV damage – especially important during the warmer months when you're spending more time outdoors.



Yellow pepper

1 large = 341 milligrams
 (percentage of recommended daily value, or DV: 378%)

TRY THIS:

- **Sauté** yellow peppers, leeks and garlic and purée with fresh basil for a colorful alternative to tomato sauce.
- **Grill** halved yellow peppers and stuff with quinoa, black beans and chopped tomatoes and avocado.



Strawberries

1 cup sliced = 98 mg
 (DV: 108%)

TRY THIS:

- **Toss** strawberries with aged balsamic vinegar, minced basil and coarsely ground black pepper and serve with a dollop of crème fraîche or mascarpone cheese.
- **Dip** large strawberries in melted dark chocolate and crushed walnuts.



Papaya

1 cup cubed = 88 mg (DV: 98%)

TRY THIS:

- **Sprinkle** cold papaya wedges with chile powder and fresh lime juice.
- **Toss** papaya cubes with blackberries, baby arugula, olive oil and crumbled feta cheese.



Broccoli

1 cup chopped = 81 mg (DV: 90%)

TRY THIS:

- **Cut** broccoli into thin spears, brush with olive oil, sprinkle with garlic powder and cumin and grill until tender.
- **Simmer** broccoli florets and yellow onions in stock then purée with coconut milk and chill for a creamy soup.



Kiwi

1 medium = 64 mg (DV: 71%)

TRY THIS:

- **Purée** kiwi chunks and lime juice until smooth, add whole raspberries and freeze in ice-pop molds.
- **Toss** kiwi slices with endive, blackberries and goat cheese, and dress with a lemon-basil vinaigrette.



Cantaloupe

1 cup cubed = 59 mg (DV: 65%)

TRY THIS:

- **Purée** cantaloupe cubes with fresh peaches and minced thyme and freeze in an ice-cream maker.
- **Toss** diced cantaloupe with minced serrano peppers, red bell peppers, red onion, cilantro and lime juice for a zesty salsa.



Kale

1 cup chopped = 20 mg (DV: 22%)

TRY THIS:

- **Finely** chop baby kale and toss with corn kernels, grilled zucchini, red onion, avocado cubes and shredded Asiago cheese.
- **Combine** kale, green peas, basil, pumpkin seeds, garlic and olive oil in a blender and process into a creamy pesto.



Cherry tomatoes

1 cup = 19 mg (DV: 21%)

TRY THIS:

- **Thread** cherry tomatoes on rosemary-sprig skewers and grill until tender.
- **Coarsely** chop cherry tomatoes, lightly sauté with diced yellow peppers, baby spinach, red onion and minced thyme and toss with whole-grain pasta.

VITAMIN C SUPPLEMENTS: WHAT'S THE DIFFERENCE?

FOOD-BASED VITAMIN C. Natural ascorbic acid is chemically identical to synthetic forms, but food-based forms can have advantages. Most synthetic ascorbic acid is produced from chemically treated corn or ingredients that may contain GMOs. While studies show little difference in the bioavailability between natural and synthetic ascorbic acid, the presence of other compounds in food-based formulas may enhance absorption. And vitamin C from food supplements, like acerola cherry powder, also contains a variety of plant compounds that have their own health benefits.

BIOFLAVONOID COMBINATIONS. Bioflavonoids are a group of antioxidants that occur naturally in a variety of fruits and vegetables, especially citrus fruit. Some studies suggest they may impact the activity and availability of vitamin C. And flavonoids have their own health benefits; a number of studies point to their anti-inflammatory, heart-protective and cancer-preventive properties. Look for products that contain hesperidin, rutin or citrus bioflavonoids.

BUFFERED FORMS. Ascorbic acid is sometimes combined with a mineral to “buffer” it, or make it less acidic. These supplements are best for people with a sensitive stomach or compromised digestion. Minerals slow the rate at which ascorbic acid travels through the small intestine, allowing more time for absorption. Find buffered forms of C combined with several minerals: Look for it as calcium ascorbate, magnesium ascorbate or potassium ascorbate. One form, Ester-C, is a patented calcium ascorbate ingredient that also contains vitamin C metabolites.

FAT-SOLUBLE FORMS. Ascorbic acid is a water-soluble vitamin; unlike fat-soluble vitamins, it's not stored in the body, so it must be replenished regularly. Ascorbyl palmitate (also called vitamin C ester, not to be confused with Ester-C), is a derivative of ascorbic acid that has both water- and fat-soluble properties. Studies suggest ascorbyl palmitate may be better absorbed than water-soluble vitamin C and that liposomal forms are better absorbed and utilized by the body. 🍋



Try serving with whipped cream or Greek yogurt

Speedy Skillet Crisp

Pops of fresh ginger wake up your senses in this easy-breezy fruit classic. Here, we make it in a skillet for a quicker method that starts on the stove top while the oven is heating up. Cold leftovers pair well with coffee on the patio the next morning, too.

Gingery Peach & Blackberry Crumble

F Q V GF

SERVES 6. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 30 MINUTES.

FILLING

- 4 large** peaches, thinly sliced (skins left on)
- 2 cups** blackberries
- 3 tbsp** organic evaporated cane juice (aka organic sugar)
- 1 tbsp** tapioca flour
- 1 tsp** pure vanilla extract
- 1 tbsp** organic unsalted butter
- 2 tsp** peeled and minced ginger

TOPPING

- 1 cup** large flake rolled oats
- ½ cup** almond flour
- ⅔ cup** organic evaporated cane juice (aka organic sugar)
- ¼ cup** organic unsalted butter, chilled

1. Preheat oven to 375°F.

2. Prepare filling: In a large bowl, toss together peaches, blackberries, cane juice, tapioca flour and vanilla. Heat a 9-inch cast iron skillet (or other ovenproof skillet) on medium-high. Add butter. When butter foams, add ginger and cook, stirring frequently, until fragrant, 30 seconds. Add fruit mixture and cook until fruit is slightly softened and starting to release juices, 2 to 3 minutes.

3. Meanwhile, prepare topping: In a large bowl, combine oats, almond flour and cane juice. With a pastry cutter or 2 knives, work butter into dry ingredients until pea-size clumps form. Sprinkle oat mixture over fruit in skillet. Bake until topping is golden and fruit is bubbly, 20 to 22 minutes.

PER SERVING (⅙ of recipe): Calories: 375, Total Fat: 16 g, Sat. Fat: 7 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 57 g, Fiber: 7 g, Sugars: 40 g, Protein: 6 g, Sodium: 3 mg, Cholesterol: 25 mg



WHAT IF OUR
GREATEST WEAPON
against climate change is a
GROCERY CART?



We can all switch our support to grocery items, as not just a thing, but a way. Regeneratively farmed products help rejuvenate our soils which helps just about everything. Palm oil production does the opposite. It destroys tropical forests and emits as much CO2 annually as all forms of transport combined! Yet, a disheartening 50% of grocery products still contain palm oil. While it's not as simple as to say that our planet's eco-ills are the direct result of our purchase choices, its recovery can be. We know the foods we purchase to sustain us also sustain companies and agricultural practices. Together, we can shift the trajectory of eco-events and make choices like the future of our planet depends on them.

We're in this together, cart & soul.



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