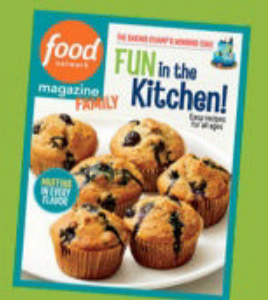


food
network
magazine

PASTA! STIR-FRY! STEAK!

the easiest dinners

you'll ever make!



BONUS
KIDS
MAGAZINE
INSIDE

78
foolproof
recipes

**Chefs' Favorite
Shortcut
Ingredients**



Jeff Mauro's
**Chicken
Caprese Salad**



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A DESTINATION TO SAVOR *A culinary scene celebrating beloved traditions in a global port*



A VERITABLE LIVING MUSEUM *Brought to vivid life, history happens here*



LANDMARK FAMILY FUN *Unlimited fodder for learning and discovery*



EMPORIUMS OF WONDER *Inspired shops brim with antiques, jewelry and artisanal treasures*



VIBRANT AND ALIVE *A cultural landscape that never ceases to inspire, uplift and delight*



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CHARLESTON

South Carolina



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TACO TUESDAY TOGETHER

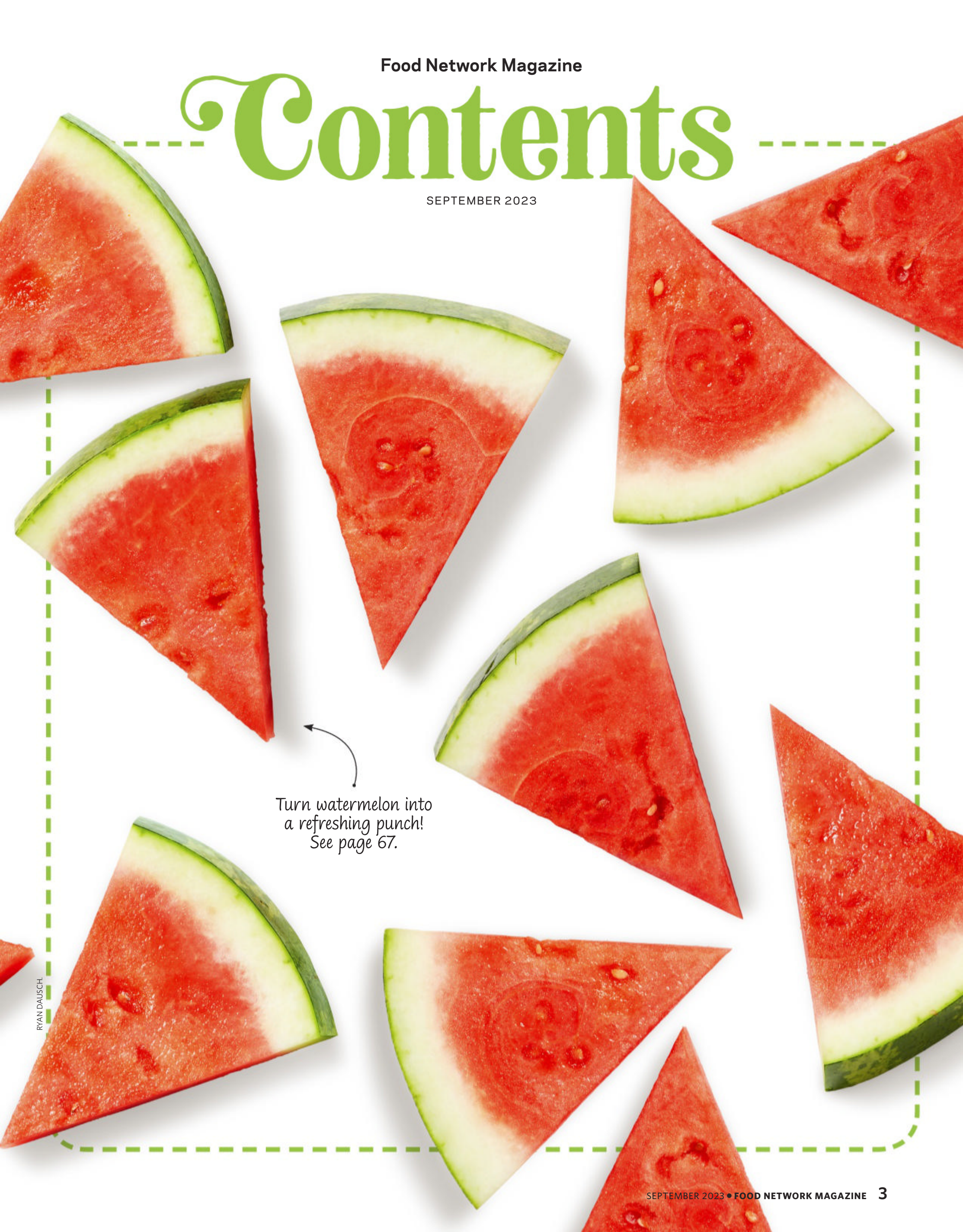


Create something special in your home with the irresistible taste of Kraft Natural Cheese.
Kraft Together.



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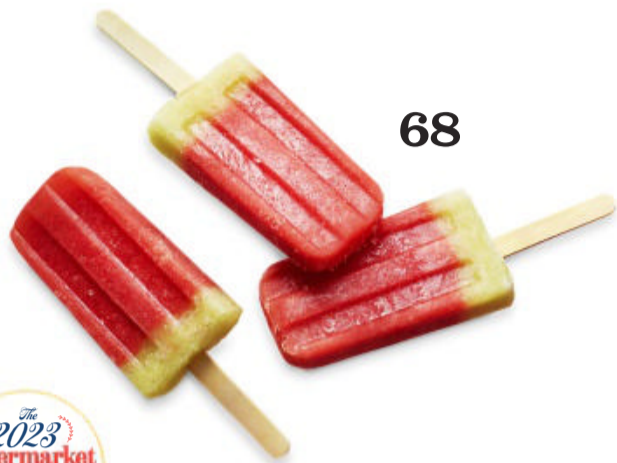
SEPTEMBER 2023



Turn watermelon into
a refreshing punch!
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RYAN DAUSCH

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Check out our special family section on page 87.

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Cover photograph by Ryan Liebe
Food styling: Simon Andrews
Prop styling: Sarah Smart



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**RICH &
CREAMY**

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For Delicious
Recipe Inspiration
www.hellmanns.com/recipes



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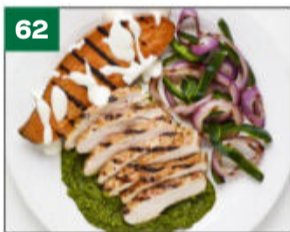
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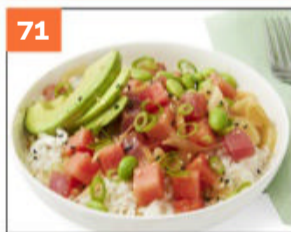
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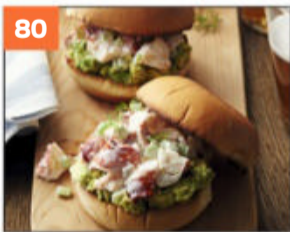
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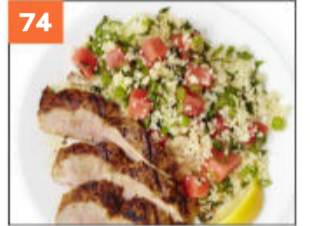
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Katie Lee Biegel's
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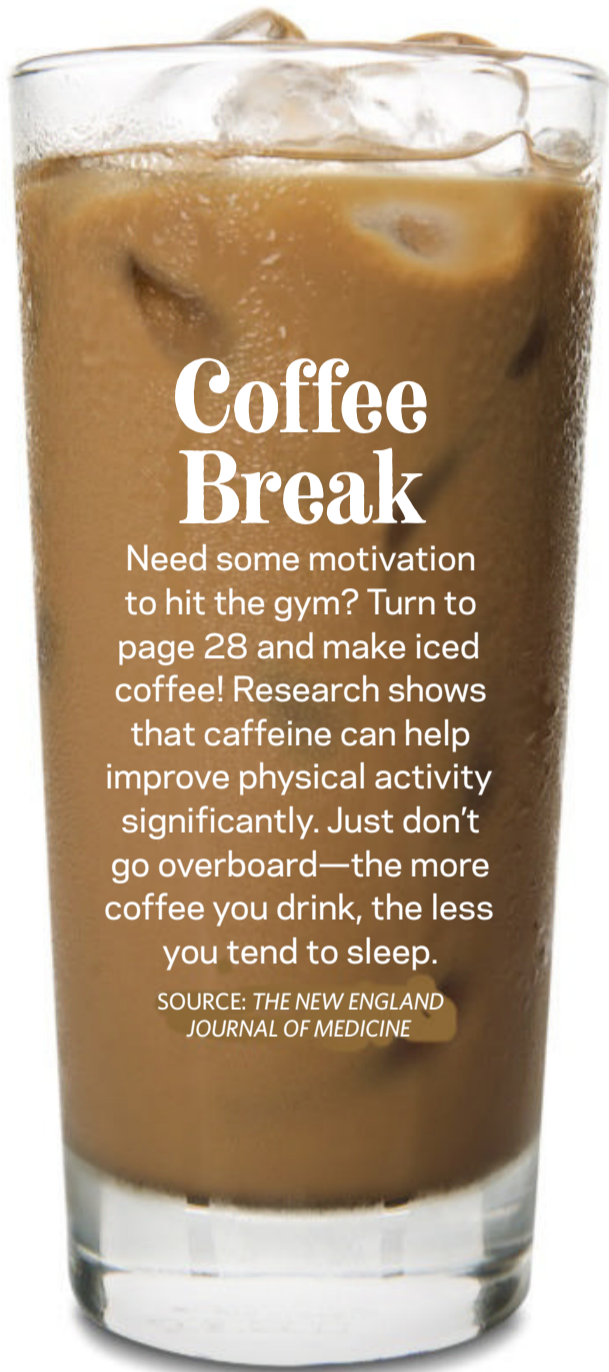
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Coconut-Key Lime Cake

To Your Health

Here's what's extra good for you in this issue.

BY LAVANYA NARAYANAN



Coffee Break

Need some motivation to hit the gym? Turn to page 28 and make iced coffee! Research shows that caffeine can help improve physical activity significantly. Just don't go overboard—the more coffee you drink, the less you tend to sleep.

SOURCE: THE NEW ENGLAND JOURNAL OF MEDICINE



Wonderful Watermelon

A recent study suggests that people who eat watermelon have an overall better diet than people who don't. Watermelon eaters get a good dose of vitamin A, fiber, magnesium and potassium from the fruit, plus they generally eat less added sugar and saturated fats. Check out our month's worth of watermelon recipes on page 67.

SOURCE: NUTRIENTS



Cauliflower Power

This beloved veggie is more than just a great starch replacement:

One small study suggests that consuming cauliflower may help slow the growth of cells that can cause breast cancer.

To get your fix, pick up a bag of cauliflower rice—and find fun ways to use it on pages 44 and 61.

SOURCE: CANCER PREVENTION RESEARCH

We ♥ Yogurt

Yogurt gets lots of love for its gut-friendly probiotics, but new research shows that the full-fat kind can also help people with prediabetes keep glucose levels in check. Bonus: Yogurt is super cooling for these hot end-of-summer days! Use it to make your own tzatziki on page 61.

SOURCE: UNIVERSITY OF VERMONT



**Eat your breakfast!
Making your morning meal the biggest one of the day could help you live longer.**

SOURCE: OBESITY REVIEWS

WITH DUPIXENT, I'M STAYING AHEAD OF MY ECZEMA.

Help heal your skin from within, with DUPIXENT, a breakthrough eczema treatment. DUPIXENT helps block a key source of inflammation inside the body that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Available for children 6 months of age and older.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN™

- ▶ Fast itch relief*
- ▶ Clearer skin that lasts**
- ▶ Not a steroid or immunosuppressant

*At 2 weeks, 18% of adults on DUPIXENT + topical corticosteroids (TCS) had less itch vs 8% on TCS only.

**At 16 weeks, 39% of adults on DUPIXENT + TCS saw clear or almost clear skin vs 12% on TCS only. 22% saw clear or almost clear skin at 16 and 52 weeks vs 7%, respectively.

KEVIN
FIREFIGHTER & ACTUAL PATIENT
Individual results may vary.

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

TALK TO YOUR ECZEMA SPECIALIST & LEARN MORE AT [DUPIXENT.COM](https://www.dupixent.com)

Today's a good day to find out if DUPIXENT, a biologic, could be right for you.

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with eczema include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

sanofi | REGENERON*

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DUP.22.11.0161

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

*THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab)
(DU-pix'-ent)
injection, for subcutaneous use**

Rx Only

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

**What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
 - The DUPIXENT pre-filled pen is only for use in adults and children 2 years of age and older.
 - The DUPIXENT pre-filled syringe is for use in adults and children 6 months of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose,

then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with eczema

include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

How should I store DUPIXENT?

- Store DUPIXENT in the refrigerator at 36°F to 46°F (2°C to 8°C).
- Store DUPIXENT in the original carton to protect from light.
- DUPIXENT can be stored at room temperature up to 77°F (25°C) up to 14 days. Throw away (dispose of) any DUPIXENT that has been left at room temperature for longer than 14 days.
- **Do not** heat or put DUPIXENT into direct sunlight.
- **Do not** freeze. **Do not** shake.

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

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider.

You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: November 2022

DUP.22.10.0061

Cook Like The Pioneer Woman

Mix up your weeknight meals: This recipe collection from *The Pioneer Woman Magazine* will make dinnertime so much more fun! Choose from themes like Tex-Mex Tuesday and Throwback Thursday and find dozens of great dishes—Ree has something for everyone!



Try a different theme every night!

Meatless Monday
Tex-Mex Tuesday
Wacky Wednesday
Throwback Thursday
Fish Friday

**75 Amazing Dinners
That Everyone Will Love**

thepioneerwoman.com/funfamilydinners

Star Search

Find your favorite Food Network celebs in this issue.

What's
your No. 1
supermarket?

"Harris Teeter always has what I need and I love what they do in the community!"



Katie Lee Biegel
The Kitchen;
What Would Katie Eat?
(on foodnetwork.com)
pg. 82



Kardea Brown
Delicious Miss Brown
pg. 34



Anne Burrell
Worst Cooks in America
pg. 34

"Of course I make regular visits to Walmart since they carry The Pioneer Woman collection! And it's a great one-stop shop for groceries."



Naiel Chaudry
Kids Baking Championship
pg. 100



Ree Drummond
The Pioneer Woman
pg. 79



Darnell Ferguson
SuperChef
Grudge Match
pg. 34

"Aldi always has great produce and great prices."

"Pete's Fresh Market in the Chicagoland area. They have a deli with every meat and cheese you could imagine and a wall of giardiniera a mile long!"



Ina Garten
Barefoot Contessa;
Be My Guest
pg. 80



Jeff Mauro
The Kitchen;
Worst Cooks in America
pg. 77



Aarti Sequeira
Guy's Grocery Games;
Halloween Wars
pg. 78

"I love international markets—you can learn so much just by strolling through the aisles. And if I'm ever confused about an ingredient, I strike up a conversation with a shopper and usually, they're proud to share their culture with me."

"We go to Gelson's in SoCal for cheese, sushi, hot foods and wine—it feels like a market hall in Europe."



Jet Tila
Ready Jet Cook
(on foodnetwork.com)
pg. 34



Brooke Williamson
Bobby's Triple Threat
pg. 34



Molly Yeh
Girl Meets Farm
pg. 34

Easy Snacks

food + KOHL'S
let's cook better. together.



**Spanakopita
Cups**

White Bean-Pesto Dip



**Salami-Cheese
Rolls**

**Pimiento
Cheese Balls**



FOOD PHOTOS: ANDREW PURCELL
FOOD STYLING: CARRIE PURCELL

WHITE BEAN-PESTO DIP

ACTIVE: 10 min | TOTAL: 10 min | MAKES: about 2 cups

- 1 15-ounce can cannellini beans, drained (do not rinse)
- $\frac{1}{3}$ cup pesto, plus more for topping
- Kosher salt
- Crudités, for serving

1. Combine the cannellini beans and pesto in a food processor. Puree until smooth, thinning with water as needed. Season with salt.
2. Transfer the dip to a bowl and top with more pesto; swirl it in with a spoon. Serve with crudités.



Food Network Acacia Wood Lazy Susan Chip & Dip Tray Set
\$59.99, kohls.com/foodnetwork



SPANAKOPITA CUPS

ACTIVE: 25 min | TOTAL: 40 min | MAKES: 12

- Unsalted butter, for the pan
- 3 sheets frozen phyllo dough, thawed
- 6 ounces fresh spinach, chopped
- $\frac{3}{4}$ cup crumbled feta cheese
- 1 large egg, beaten
- 2 scallions, sliced
- 2 tablespoons chopped fresh dill
- Kosher salt and freshly ground pepper

1. Preheat the oven to 425°. Butter a 12-cup muffin pan. Cut out twelve 4-inch squares from the phyllo dough. Press a phyllo square into each of the buttered muffin cups, leaving the dough hanging over the edges.
2. Combine the spinach, feta, beaten egg, scallions and dill in a medium bowl. Stir well and season with salt and pepper.
3. Divide the filling among the muffin cups. Bake until golden and set, about 15 minutes. Transfer the pan to a rack to cool completely.



Food Network 3-Piece Bamboo Cutting Board Set
\$24.99, kohls.com/foodnetwork



PIMIENTO CHEESE BALLS

ACTIVE: 25 min | TOTAL: 1 hr 25 min | MAKES: about 24

- 8 ounces extra-sharp cheddar cheese, shredded
- $\frac{1}{2}$ cup drained chopped pimientos
- $\frac{1}{2}$ cup crushed cheddar crackers, plus more for rolling
- 1 clove garlic
- $\frac{1}{2}$ teaspoon hot paprika
- Kosher salt and freshly ground pepper
- 1 small onion

1. Combine the cheddar cheese, pimientos, crushed crackers, garlic, paprika and $\frac{1}{2}$ teaspoon each salt and pepper in a food processor. Pulse until smooth.
2. Grate the onion on the large holes of a box grater onto 2 stacked paper towels. Gather and squeeze to remove any excess moisture.
3. Stir the onion into the cheese mixture. Refrigerate 30 minutes.
4. Roll the cheese mixture into small balls (about 24) and roll in more crushed crackers. Refrigerate until firm, about 30 more minutes.



Food Network Oval Serving Tray
\$39.99, kohls.com/foodnetwork



SALAMI-CHEESE ROLLS

ACTIVE: 15 min | TOTAL: 30 min | MAKES: 14

- 1 13.8-ounce tube refrigerated pizza dough
- 14 strips provolone cheese
- 14 strips salami
- Extra-virgin olive oil, for brushing
- Dried oregano, for sprinkling

1. Preheat the oven to 375°. Line a baking sheet with parchment paper. Flatten the pizza dough into a rough rectangle with your hands (no need to roll it out). Cut crosswise into 14 equal strips.
2. Layer each dough strip with a strip each of provolone and salami. Roll up.
3. Arrange the roll-ups flat on the baking sheet. Brush with olive oil and sprinkle with dried oregano. Bake until golden, about 12 minutes.



Food Network 2-Piece Serving Tray Set
\$59.99, kohls.com/foodnetwork



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Find the stars' best tomato recipes on page 76!



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Years ago, I decided I would never break down a butternut squash again. It's the world's most annoying veggie to prep: The skin is thick and impossible to peel, the flesh is hard as a rock, there are seeds and slimy fibers to be wrangled—seriously, it's a thankless task. If I'm making a dish that calls for butternut squash, I go directly to the pre-peeled, precut stuff every time. It's not economical and it's not even great quality. But I don't care. Once that squash is roasted, no one can tell the difference—and that is the very definition of a good shortcut.

We went big on supermarket shortcuts in this issue and honored our 10 all-time favorites with fun new recipes. The competition was fierce. For an ingredient to get into our Shortcut Hall of Fame, we had to unanimously agree that it was a game changer—possibly even a life changer. Cake mix was a top contender, but it didn't advance to the final round (we love homemade cake too much).

Premade pesto was in the running, but it just doesn't compare to the fresh stuff. Refrigerated pie crust and pizza dough almost made the list, but they were edged out by frozen puff pastry, the most magical of all store-bought doughs. My beloved precut squash didn't make it either.

Admittedly, our final top 10 on page 43 is a bit subjective, and it probably looks different from your top 10. But what really matters is that we all have a solid stash of shortcuts in our kitchen arsenal—and that we have license to use them whenever we want. As a wise woman once said, "Store-bought is fine." And if Ina Garten says it's OK, what more do you need?

Liz Sgroi
Executive Director

BUTTERNUT SQUASH: RALPH SMITH. PORTRAIT: KRISTEN HAZARD



GOOD TASTE RUNS
IN THE FAMILY

MADE WITH MILK FROM GRASS-FED COWS THAT
GRAZE ON THE LUSH PASTURES OF IRELAND.

NEW





SLIDER BUNS
SLIDER
BUNS

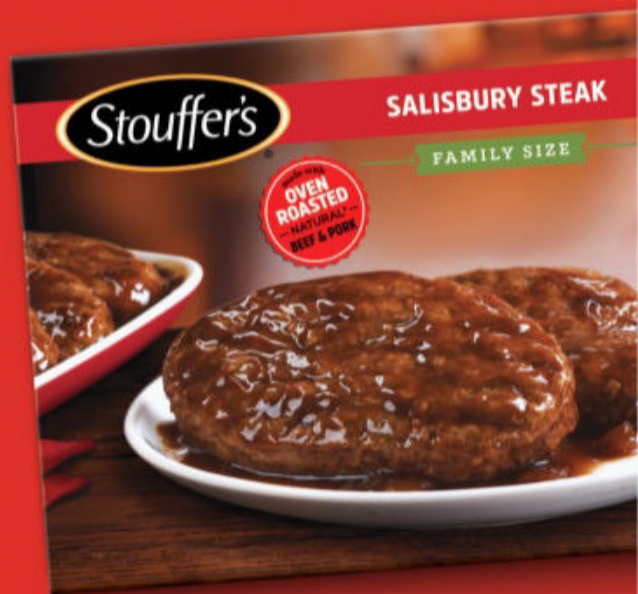
Featuring the Quarterback Slider

Serve game-changing flavor
THIS SLIDER SUNDAY



Find us in the bakery/deli.

THE PERFECT PAIRING FOR YOUR STOUFFER'S FAVES.



SIDE NOTE:
SIDES + MORE SIDES
ALSO COUNT AS DINNER

Watch This!

Tune in for a big helping of laughs on *Worst Cooks in America*.

BY JULIANA LABIANCA

The new season of *Worst Cooks in America* promises to be more fun than ever: Anne Burrell and Jeff Mauro are leading teams of cooks through culinary boot camp as usual, but this time the contestants are single—and the challenges have a dating theme. The recruits learn to make date-night staples like sushi and pastries, and the winner takes home \$25,000!

Worst Cooks in America: Love at First Bite premieres Sunday, August 6, at 8 p.m. ET.



These stars have doled out some zingers on this show. Can you match them to their memorable lines?

1. "Forget about tasting it, I couldn't even look at it."
2. "For potatoes to be twice-baked, they have to be once-baked first."
3. "This is not IHOP, it's IHopeless."
4. "You were doing some weird stuff with that knife, man."
5. "I call salt 'compliments.' Because if you don't use it, you ain't gonna get no compliments."
6. "I need to go call my agent, I want to go home."



Carla Hall



Bobby Flay



Alton Brown



Tyler Florence



Anne Burrell



Michael Symon

Answers: 1. Bobby Flay, season 4; season 22; 2. Anne Burrell, season 24; 3. Tyler Florence, season 12; 4. Michael Symon, season 21; 5. Carla Hall, season 21; 6. Alton Brown, season 18

NEW!

**UPGRADE
DINNER WITH
STOUFFER'S
SIDES.**

Stouffer's
HAPPYFULL



19,000 beachgoers is a lot.

That's also the number of tests we do every month to ensure you get the **highest quality supplements available**, like our sunshine vitamin.



Food News

BY CAROL LEE AND LAVANYA NARAYANAN



Your dining room could get a Michelin star.

A new company will ship a meal prepared by one of the country's top chefs right to your home. Moveable Feast features a different restaurant every month and sends the makings of a multicourse dinner, with everything you need to finish and plate each dish. The meal above is from Frasca Food and Wine in Boulder; September's box comes from Michelin-starred Tail Up Goat in Washington, DC. Just be prepared for a restaurant-size bill: A meal for four is \$385. moveablefeast.io



This copper cookware has character!

The Walt Disney Company turns 100 this year, and to mark the occasion, Ruffoni Historia has released a collection of copper cookware featuring beloved Disney characters. You can choose Mickey Mouse, Minnie Mouse or Pluto to stand guard! From \$210; williams-sonoma.com



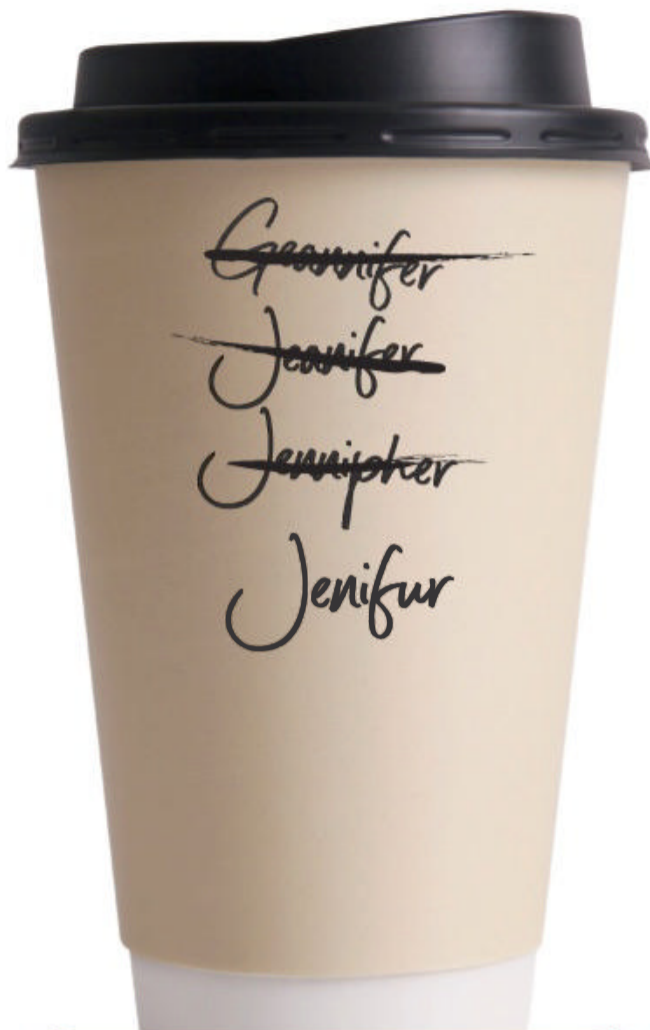
SOURCE: ONEPOLL

These new candles are sommelier picks.

The candle company Rewined is releasing a new series of scents inspired by sommeliers' favorite varietals. The experts made sure the candles hit all the key notes of Nebbiolo, Gamay, Syrah and orange wine. Open a real bottle to drink alongside and see how they did! \$38; rewinedcandles.com



Food News



Ever had your name misspelled on a cup of coffee? Join the crowd! In a recent survey,

62%

said it has happened to them.

SOURCE: KRC RESEARCH

Pasta is getting the instant ramen treatment.

The directions are pretty simple on these packages of Italian-made instant pasta:

Just add hot water! The new line, from startup Pasta Noodles, includes marinara, spicy marinara, and mac and cheese; pesto will debut early next year. \$40 for 12; pastanoodles.com



© Cinnamon Toast Crunch. For more information, visit cinnamontostcrunch.com.

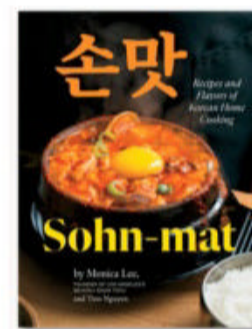
Books for Cooks

Chuseok, Korea's harvest festival, starts on September 28. Koreans mark the holiday with family gatherings, ancestral rites and lots of delicious food. Celebrate with a dish from one of these cookbooks.



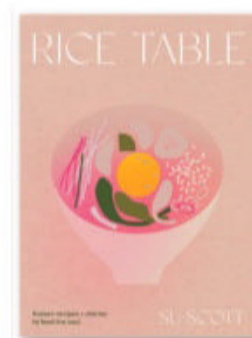
Korean Home Cooking

Jina Jung teaches you to cook popular items like bibimbap (rice topped with veggies and meat), japchae (stir-fried glass noodles) and Korean barbecue. \$35; quarto.com



Sohn-mat

True to the title, meaning "hand taste" (as in a cook's unique touch), restaurateur Monica Lee reveals how to make her specialties. \$35; hardiegrant.com



Rice Table

You'll find a guide to Korean ingredients and easy recipes for egg drop soup (sometimes eaten for breakfast) and Korean fried chicken in Su Scott's new book. \$38; hardiegrant.com

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Cool BEANS

No need to go out for iced coffee: Here's how to whip up café-quality drinks at home!

RECIPES BY JESSICA D'AMBROSIO,
MELISSA GAMAN, KHALIL HYMORE
AND STEVE JACKSON



How to Make Iced Coffee

Cold Brew

Coarsely grind 1 cup coffee beans. Combine with 5 cups room-temperature water in a nonreactive container. Cover and let stand at room temperature, 18 to 20 hours. Strain the coffee through a strainer lined with a coffee filter or cheesecloth. Serve over ice.

Iced Americano

Combine 2 shots freshly brewed espresso (about $\frac{1}{4}$ cup) with $\frac{3}{4}$ cup cold water in a tall glass. Fill with ice.

Iced Drip Coffee

Add 4 cups water to the chamber of a coffee maker and brew $\frac{3}{4}$ cup freshly ground dark-roast coffee beans. Transfer to a heatproof container and let cool to room temperature, then cover and refrigerate until cold. Serve over ice.

ICED COFFEE WITH CHOCOLATE COLD FOAM

Combine $\frac{1}{4}$ cup heavy cream, 4 teaspoons confectioners' sugar, $1\frac{1}{2}$ teaspoons cocoa powder and 1 teaspoon chocolate malt powder in a tall glass or liquid measuring cup. Whip with a milk frother until thick and fluffy, about 1 minute. Fold in 2 tablespoons milk to thin the mixture slightly. Dollop on top of iced coffee.



ICED COFFEE SODA

Fill a glass with ice and add $\frac{1}{2}$ cup each cold coffee and seltzer or tonic water. Sweeten with 2 to 3 tablespoons simple syrup and garnish with a lemon wedge.



ALMOND-COFFEE SLUSHIE

Whisk together 2 cups cold coffee, 1 cup sweetened condensed milk and 1 teaspoon almond extract. Pour into an 8-inch square baking dish; freeze until icy around the edges, 45 minutes. Use a fork to scrape the crystals toward the center, then continue freezing, scraping every 30 minutes, until frozen, about 4 hours. Scoop into glasses and top with more cold coffee.



COCONUT-COFFEE FRAPPÉ

Combine 1 cup cold coffee, 2 cups ice, $\frac{1}{4}$ cup well-shaken coconut milk and 3 tablespoons well-stirred cream of coconut in a blender. Blend until smooth and thick. Pour into a tall glass and top with coconut whipped topping.

• Creamers and Sweeteners •

PUMPKIN SPICE CREAMER

Toast 4 halved cinnamon sticks and 10 whole cloves in a saucepan over low heat, 1 to 2 minutes. Add 2 cups milk, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon nutmeg; simmer gently, stirring, until thickened, 20 minutes. Whisk in $1\frac{1}{4}$ cups canned pure pumpkin off the heat. Let cool, then strain. Whisk in $1\frac{1}{2}$ cups half-and-half, then chill. Stir before using.

BANANA-CARAMEL CREAMER

Freeze 1 sliced banana. Puree with $\frac{1}{3}$ cup milk or nondairy milk and 2 tablespoons caramel sauce until smooth.

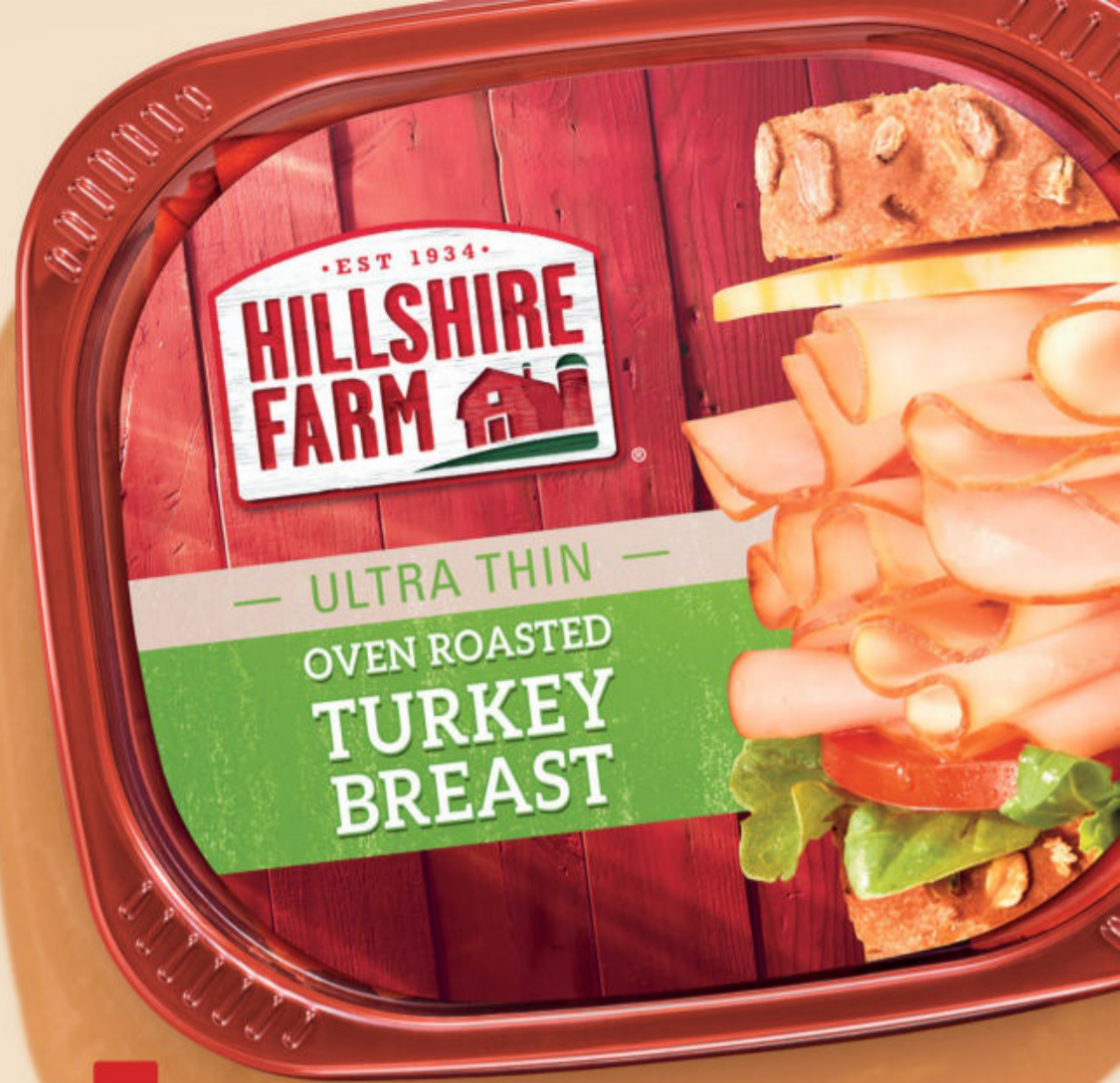
SIMPLE SYRUP

Heat 2 cups each granulated sugar and water in a small saucepan over medium heat, stirring, until the sugar dissolves. Let cool, then chill.

BROWN SUGAR SYRUP

Cook $\frac{1}{3}$ cup granulated sugar and 2 tablespoons water in a small saucepan over medium heat, swirling the pan, until the sugar is amber. Reduce the heat to low and pour in $\frac{2}{3}$ cup water, then add $\frac{1}{2}$ cup dark brown sugar. Cook, stirring, until both sugars dissolve and the syrup is simmering, 1 to 2 minutes. Let cool, then chill.

CAN A SANDWICH
CRAFTED WITH
DELECTABLY ROASTED
CUTS MAKE YOUR
TASTE BUDS QUAKE
WITH YEARNING?



OH, **HILL** YEAH.™



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The
2023

Supermarket

★ **AWARDS** ★

Let's hear it for
the most exciting
new finds on the shelf!

BY CAROL LEE



★ **Wackiest New Campfire Treat** ★



Jet-Puffed Color Changers Marshmallows

A secret ingredient transforms the pink and blue marshmallows into orange and green after about 10 seconds over a fire.

★ **Cheesiest New Arrivals** ★



Kraft Singles Ultra Thick and Extra Thin

There's a slice for every sandwich mood! One is 50 percent thicker than a regular Single and the other has 30 percent fewer calories.

★ **Best New Fix for Midnight Snackers** ★

Sweet Dreams

These cereals have a satisfying crunch and potential sleep benefits too: They contain vitamins and minerals meant to boost melatonin, the so-called sleep hormone.



★ **Most Exciting New Ways to Get Your Veggies** ★

Dr. Praeger's Cauliflower Broccoli Veggie Fries

They're air fryer-friendly and flavored with garlic, onion powder and chili powder.



Good & Gather Zucchini Spirals in Brown Butter Sauce

This fresh take on zoodles goes from freezer to plate in minutes. Heat it up on your stovetop or in a microwave.



P.F. Chang's Home Menu Microwavable Sides

Enjoy restaurant-inspired flavors at your own table with dishes like teriyaki broccoli and chili garlic edamame.



★ **Most Convincing New Fake** ★

Crafty Counter WunderEggs

They look and taste like hard-boiled eggs but they're made with nuts and coconut milk. Try them as a topping for salads, avocado toast and ramen.



★ **Best New Restaurant Release** ★



Wendy's Chili

It's the hearty chili that fans know and love from the fast food chain, in a can!

★ **Coollest New Candy Collab** ★



Snack Pack Starburst All Pink Juicy Gels

This jiggly treat from the beloved chocolate pudding maker tastes just like the most popular Starburst flavor, strawberry.



★ **Coollest New** ★
Twist on Iced Tea



Brisk Blood Orange

Attention iced tea fans: Orange you glad there's a new citrusy blend to try?

★ **Most Thrilling** ★
New Product for Pickle People



Hidden Valley Pickle Ranch

The sour taste of pickles takes this iconic dressing to a whole new level of tangy. TikTokers inspired it when they added Hidden Valley Ranch seasoning to jars of pickles.

★ **Most Exciting** ★
New Rice



Somos Mexican Street Corn White Rice

This easy-prep side dish has all the amazing flavors of elote.



★ **Smartest New Eco Snack** ★

Rancho Meladuco Date Farm Grinders

These pint-size cups are full of rescued "ugly" dates that taste great whether you're cooking, baking or just snacking.

★ **Best New Dessert Hybrids** ★



Hostess Kazbars

You'll get candy and cake in one bite: These have chocolaty layers of cake, creme and candy crunch and a chocolate coating to seal the deal.



Entenmann's Ice Cream Sandwiches

This company's first product in the freezer aisle is pretty sweet: Flavors are based on bestsellers like their glazed doughnuts.



Magnolia Bakery Banana Pudding Cookies

These soft-baked cookies are filled with bananas and wafers just like the bakery's famous banana pudding.

★ **Sweetest New** ★
Ways to Eat Cereal



Apple Jacks Frosted Apple Cinnamon Flavor Pop-Tarts

The beloved cereal has been transformed into a toaster pastry.



My/Mochi Ice Cream Cereal & Milk

The mochi trend continues with this new take, made with ice cream that tastes like sweet cereal milk.

★ **Best New** ★
Mix-In for Bakers

Nestlé Toll House Caramel Morsels



We've had white chocolate and butterscotch chips for years—it was about time for caramel to arrive!



★ **Cutest New Snack** ★
Reese's Dipped Animal Crackers

Animal crackers taste even better when they're coated with a thin layer of peanut butter and chocolate.



HOT STUFF

We're all fired up for these new products.

Cheetos Crunchy Flamin' Hot Tangy Chili Fusion

Fans of Cheetos Flamin' Hot flavor will warm right up to this tart, slightly sweet take.



Popcornopolis Takis Fuego

Takis devotees will love this popcorn; it's dusted with the same orange-red powder.



Good & Gather Plant-Based Meatless Chick'n Meatballs with Buffalo-Style Sauce

Chicken meatballs with Buffalo sauce are a great game-day app, and everyone can dig into these veggie versions.



Impossible Spicy Chicken Nuggets

Hold the hot sauce! These meatless nuggets have a serious kick on their own.



Campbell's SpaghettiOs Spicy Original

These O's made with Frank's RedHot were created with heat-loving adults in mind.



Jack Link's Doritos Spicy Sweet Chili Beef Jerky

This jerky is covered in the same spicy-sweet chili dust as the popular Doritos.



Heinz Spicy Ketchup

Try ketchup with a hit of chipotle (medium hot), jalapeño (hot) or habanero (really hot).



Cholula Smoky Chipotle Salsa

Fire-roasted tomatoes, tomatillos and peppers come together in this salsa from the famous hot sauce maker.



Birds Eye Buffalo Cauliflower Dip

Pair this creamy dip with your chip of choice for a satisfying snack—and a small serving of cauliflower!

UNPAID ENDORSEMENTS

Food Network stars gush about their favorite supermarket buys.

Jeni's Ice Cream is a must. The Salty Caramel is unlike anything I've ever had—it's salty, toasty and irresistibly smooth.

—Kardea Brown



I always need to be stocked up on **Snack Factory Everything Pretzel Crisps**—I love them with different dips.

—Brooke Williamson



When I'm shopping, I'm thinking about my family!

Dan-O's Seasoning is great for adding quick flavor to meals that feed the 10 of us.

—Darnell Ferguson



I pick up plain Greek yogurt—**Chobani** or **Fage**—because yogurt is the duct tape of dairy products! You can use it as a sub-in for many other dairy products.

—Molly Yeh



Rao's Homemade Marinara is a staple in our house. It's the ultimate multitasker for spaghetti and meatballs or lasagna and it works as pizza sauce in a pinch.

—Jet Tila



Triscuits are my absolute favorite cracker. I put dijon mustard, a slice of extra-sharp cheddar cheese and cornichons on top—it's my go-to snack.

—Anne Burrell



ADD TO CART

These are the groceries our editors grab every time.



Icelandic Provisions Skyr Icelandic Yogurt

"The texture of this yogurt is the perfect balance of thick and smooth, and I can't believe how much protein I'm getting! Plus, skyr dates back to the Vikings, which makes me feel pretty cool."

—Kelsey Hurwitz,
Associate Features Editor



Heluva Good! French Onion Dip

"If I could choose only one salty snack to eat for the rest of my life, it would be barbecue potato chips with a healthy helping of this French onion dip."

—Carol Lee, Editorial Assistant



California Olive Ranch Extra Virgin Olive Oil

"I always keep a bottle of this light, herby everyday olive oil by my stove. It's flavorful enough to drizzle on pasta or pizza or shake into a vinaigrette."

—Lizzy Briskin, Food Editor



Dot's Homestyle Pretzels

"These pretzels are coated in a seasoning blend that makes it nearly impossible to stop eating them once you've started."

They're perfect on their own or dipped in hummus."

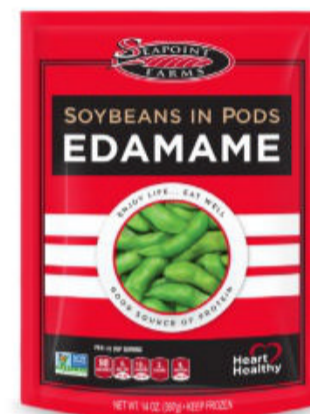
—Mariah Schlossmann,
Editorial Business Manager



Kerrygold Dubliner Cheese

"This cheese is deliciously nutty, and it's my go-to for quesadillas and grilled cheeses. But my favorite way to eat it? Sliced on a Triscuit—simply perfect!"

—Teri Tsang Barrett,
Deputy Food Editor



Seapoint Farms Edamame

"I reach for edamame whenever I'm craving a snack. It's like a bag of chips, but green and healthy!"

—Juliana LaBianca,
Deputy Features Editor



Nature Valley Savory Nut Crunch Bars

"These bars are super crunchy and texturally satisfying. And it's so fun that there's a savory twist now too!"

—Lavanya Narayanan,
Assistant Food Editor



Hellmann's/Best Foods Garlic Aioli

"This creamy garlic spread elevates any sandwich. It's especially great with a burger and fries!"

—Robb Riedel,
Executive Managing Editor



Cinnamon Toast Crunch

"Breakfast for our 7-year-old son is all about this—I think it's the reason he bounds out of bed! I am not beyond taking a few spoonfuls of the cereal milk when he leaves it behind."

—Ellen Seidman, Executive Editor

Great Books for Kids!



Food Network Magazine wants every kid to love cooking—and we have three books that'll get them started! **The Big, Fun Kids Cookbook** is packed with 150 beginner recipes, **The Recipe-a-Day Kids Cookbook** has a creative idea for every day of the year, and **The Big, Fun Kids Baking Book** is full of fun sweets!



Scan here or go to foodnetmag.com to order your copies! Also available wherever books are sold.



ARE YOU A Proper Shopper?

We asked experts to weigh in on grocery store etiquette.

BY KELSEY HURWITZ



Is it OK to ditch your shopping cart in the parking lot?

Unless you're in a torrential downpour or alone with a child having a meltdown, you should return the cart to the corral, says Maralee McKee, founder of The Etiquette School of America in Orlando. Supermarket employees do collect them, but they only make the rounds every so often, and in the meantime an abandoned cart could roll away and ding a car. If you have to leave it, position the cart so it isn't blocking a parking spot, and make sure it can't roll. Better yet, give it to a shopper heading inside.

NOT OK!



Is it OK to go over the limit of items on the express line?

When the sign says "15 items or less," stores consider that "a soft 15," says Joseph Welsh, a national grocery store consultant based in Las Vegas. If you have only a few extras, you're good. In other exciting news, most stores count multiples of one item as just one thing to scan, so those five containers of yogurt won't eat into your total. Rest assured, the cashier will only judge you if you show up with a full cart!

USUALLY OK!

Is it OK to abandon an item far from where you found it?

As long as the food isn't perishable, grocery stores typically have no problem with this—it's part of the shopping process, Welsh says. "Putting back merchandise is one way we train new employees to become more familiar with the store." Definitely hand over anything from the dairy or frozen aisle to a sales associate to prevent it from spoiling, or at least set it on an endcap where it can be easily spotted by a staffer.

USUALLY OK!

NATURE VALLEY

Want a
BITE?

Scan for a
free sample!*



*Quantity is limited. While supplies last. Nature Valley Savory Nut bar flavors may vary and flavors are not guaranteed. Visit website <https://freebar.naturevalley.com> for details and to claim the offer without using a QR code. Limit one sample per household. Offer ends October 16, 2023.

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Is it OK to sample a grape or two?

“In the business we call that ‘grazing,’ and it’s not the world’s worst party foul,” says Welsh. Supermarkets understand that people might be tempted to snack when they’re surrounded by piles of colorful produce. That said, you should never open a sealed package or grab something like a strawberry from a clamshell or carton: You’re taking it from the customer who buys that container, and you don’t want to be *that* person.

USUALLY OK!

Is it OK to run and grab something you forgot?

If you aren’t going to hold up the line, go for it. (You might need to be a decent sprinter if the item is on the other side of the store!) Etiquette expert Rosalinda Oropeza Randall, author of *Don’t Burp in the Boardroom*, suggests loading everything onto the conveyor belt first so the cashier can start scanning your items if you aren’t back in time. Make sure to tell the person behind you that you’ll be right back!

TOTALLY OK!



Is it OK to dig for the milk with the latest expiration date?

Milk flies off shelves pretty quickly, so no harm done. The truth is, some families need the maximum amount of time to finish a gallon of milk, while others will do just fine with a shorter window.

TOTALLY OK!



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NATURE VALLEY



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EVERYTHING BAGEL

Your favorite bagel flavor, now in bar form.



SMOKY BBQ

Skip the chips with this savory new snack.

2g SUGAR PER BAR

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nutritious varieties at Friskies.com



PURINA Your Pet, Our Passion.

10 BEST Supermarket SHORTCUTS

Keep these game-changing ingredients on hand:
You can work wonders with them!



PHOTOS: DAVID MALOSH;
FOOD STYLING: SIMON ANDREWS;
PROP STYLING: PAIGE HICKS.

RECIPES BY MELISSA GAMAN, YOUNG SUN HUH AND AMY STEVENSON

1 | CAULIFLOWER RICE

When cauliflower rice arrived in supermarkets in 2015, Americans went wild: At one point, Trader Joe's had to enforce a two-bag-per-person limit! Since then the veggie has become a standard fill-in for rice, but it can do much more. In this recipe, the bits of frozen rice keep the butter cold in the dough, so the biscuits end up super light and flaky.



CAULIFLOWER-CHEDDAR BISCUITS

ACTIVE: 15 min | TOTAL: 30 min | MAKES: about 8

- 2½ cups all-purpose flour, plus more as needed
- 1 tablespoon baking powder
- 1½ teaspoons kosher salt
- 1½ cups frozen cauliflower rice
- 6 tablespoons cold unsalted butter, cut into cubes
- ½ cup buttermilk
- 1 large egg
- ½ cup finely grated sharp white cheddar cheese
- 2 tablespoons chopped fresh chives

1. Preheat the oven to 425°. Line a baking sheet with parchment paper. Combine the flour, baking powder and salt in a food processor and pulse just to combine. Scatter in the cauliflower rice and butter. Pulse until the butter looks like small peas.

2. Whisk together the buttermilk and egg in a small bowl, then pour over the flour mixture in the food processor. Pulse just until the dough comes together; it will look a little crumbly. Add the cheddar and chives and pulse once or twice to incorporate. Turn out the dough onto a floured surface and knead a few times just to bring it

together; don't overwork the dough. Press into an 5-by-8-inch rectangle and fold in half. Gently flatten and fold once more, lightly flouring the dough as needed to keep it from sticking to the surface.

3. Gently roll out the dough until slightly more than ½ inch thick. Use a 3-inch round cutter to cut out as many biscuits as possible, then reroll the scraps and cut out more biscuits (about 8 total). Arrange on the baking sheet about 2 inches apart. Bake until puffed and golden brown on the top and bottom, 13 to 15 minutes. Serve warm.





2 | COOKED SAUSAGES

These have always seemed too good to be true: fully cooked sausages that you just have to heat and serve. We often slice and sear them for classics like sausage and peppers or orecchiette with sausage and broccoli, but for this recipe we treated the links like a good old-fashioned hot dog.



SAUSAGE REUBEN DOGS ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

- ¼ cup mayonnaise
- 4 teaspoons ketchup
- 1 teaspoon yellow mustard
- 2 tablespoons finely chopped onion
- 4 teaspoons sweet relish
- 2 tablespoons plus 2 teaspoons unsalted butter, softened
- 2 fully cooked chicken-and-apple sausages, halved lengthwise
- 4 split-top hot dog buns
- 4 slices Swiss cheese, halved
- 1 cup sauerkraut, drained and squeezed

- 1.** Mix together the mayonnaise, ketchup, mustard, onion and relish in a small bowl. Set the sauce aside.
- 2.** Melt 2 teaspoons butter in a large nonstick skillet over medium heat. Cook the sausage halves cut-side down until browned and crisp, 1 to 2 minutes, then flip and brown the curved side, 1 to 2 more minutes; if the sausages curl excessively, top with another skillet to weigh them down. Remove to a plate and wipe the skillet clean.

- 3.** Line the inside of each bun with cheese, then add some sauerkraut and a sausage half. Butter the sides and bottoms of the buns with the remaining 2 tablespoons butter. Place the skillet over medium to medium-low heat and toast the sides and bottoms of the buns until golden brown and the cheese is melted, about 1 minute per side. (Do this in batches, if necessary.) Top with more sauerkraut and the sauce.



3 | CHILI CRISP



This hot commodity has become a staple in many kitchens because it tastes great on pretty much everything (seriously, try it on ice cream sometime). Most fans use the intense flavorful oil and crunchy bits of fried chiles as a topping. The condiment is equally magical as an ingredient in marinades, sauces and dips like this one.

CHILI CRISP SHRIMP DIP

ACTIVE: 15 min | TOTAL: 1½ hr
SERVES: 4 to 6

- 2 teaspoons vegetable oil
- 6 ounces peeled and deveined medium shrimp, chopped
- Kosher salt
- 3 tablespoons chili crisp, plus more for topping
- 4 ounces cream cheese, at room temperature
- 3 tablespoons mayonnaise
- 3 tablespoons sour cream
- 2 tablespoons chili sauce, such as Heinz
- 1 tablespoon rice vinegar
- 2 teaspoons grated fresh ginger
- 1 small clove garlic, crushed
- 2 tablespoons chopped fresh cilantro, plus more for topping
- Crudités and/or rice crackers, for serving

- 1.** Heat the vegetable oil in a medium skillet over medium-high heat. Add the shrimp and season with salt. Cook, stirring, until the shrimp are cooked through, about 2 minutes. Stir in 1 tablespoon chili crisp and remove to a bowl to cool completely.
- 2.** Combine the cream cheese, mayonnaise, sour cream, chili sauce, vinegar, ginger, garlic and remaining 2 tablespoons chili crisp in a food processor; puree until smooth. Transfer to a bowl and fold in the cooled shrimp and the cilantro. Refrigerate until chilled, at least 1 hour or overnight.
- 3.** Transfer the dip to a serving bowl. Drizzle with chili crisp and sprinkle with cilantro. Serve with crudité and/or rice crackers.

Give the chili crisp a good stir before you use it so you get some oil along with the crispy bits.



4 | GNOCCHI

The package instructions will tell you to boil the gnocchi and then add sauce, but fans of these shortcut potato dumplings know the secret: They're even better when you brown them. Try roasting them as part of a sheet-pan dinner, or cook them in a skillet like we did for this hash.

GNOCCHI AND STEAK HASH

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 2 to 4

- 8 ounces sirloin steak, cut into ½-inch pieces
- Kosher salt and freshly ground pepper
- 5 tablespoons vegetable oil
- 12 ounces gnocchi
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 small jalapeño pepper, sliced into rings (seeded for less heat)
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 tablespoon apple cider vinegar
- ¼ cup roughly chopped fresh parsley

- 1.** Season the steak with ¾ teaspoon salt and a few grinds of pepper in a bowl.
- 2.** Heat 2 tablespoons vegetable oil in a large cast-iron skillet over medium-high heat. Add the gnocchi and cook, stirring occasionally and reducing the heat as needed, until browned and crisp all over, 6 to 8 minutes. Season with a big pinch of salt; remove to a plate.
- 3.** Add 1 more tablespoon vegetable oil to the skillet over medium-high heat. Spread out the steak pieces in the pan and cook, turning, until well browned all over, 2 to 3 minutes. Remove to another plate.

- 4.** Add the remaining 2 tablespoons vegetable oil to the skillet along with the onion, bell pepper, jalapeño, 1 teaspoon salt and a few grinds of pepper. Cook, stirring, until the vegetables have softened and browned, 5 to 7 minutes. Add the garlic and paprika and stir for about 30 seconds, then drizzle in the vinegar and stir for a few more seconds. Return the gnocchi and steak to the pan and add half the parsley. Stir until heated through, about 1 minute. Season with salt and pepper, if needed. Top with the remaining parsley.





5 | MICROWAVABLE GRAINS

We can get healthful sides on the table in no time (well, OK, in 90 seconds) thanks to these ingenious products. If you think of them as a starting point, you'll open up a whole new world of possibilities: Microwave the grains (almost every common grain is sold in this form now) and bake them into a casserole, toss them into a wok or use them to make these crackers.



GLUTEN-FREE MULTIGRAIN CRACKERS

ACTIVE: 20 min | TOTAL: 1 hr | MAKES: about 30

- 1 8.5-ounce package microwavable rice-and-quinoa blend
- 1 teaspoon nutritional yeast
- $\frac{1}{4}$ teaspoon garlic powder
- Kosher salt and freshly ground pepper
- $\frac{1}{4}$ cup roasted sunflower seeds
- $\frac{1}{4}$ cup roasted pumpkin seeds
- 2 tablespoons toasted sesame seeds
- Cooking spray



1. Preheat the oven to 350°. Microwave the rice-and-quinoa blend as the label directs. Let cool slightly, about 5 minutes, then transfer to a food processor. Add the nutritional yeast and garlic powder. Season with 1 teaspoon salt (use only $\frac{1}{2}$ teaspoon if the rice blend contains salt) and a few grinds of pepper. Puree to form a thick, sticky paste, then pulse in 1 tablespoon water. Add 2 tablespoons each of the sunflower and pumpkin seeds and 1 tablespoon sesame seeds. Pulse 2 or 3 times, just to incorporate.

2. Lightly coat a sheet of parchment paper with cooking spray. Using a greased rubber spatula, scrape the dough onto the parchment and pat into a square. Spray another sheet of parchment and place it greased-side down on top of the dough.

3. Roll out the dough until $\frac{1}{8}$ inch thick (about a 10-by-12-inch rectangle). Peel off the top parchment sheet and sprinkle the dough with the remaining sunflower, pumpkin and sesame seeds. Place the parchment sheet back on top and gently press the seeds into the dough using the rolling pin. Cut the dough with a greased knife or pizza cutter into 1 $\frac{1}{2}$ -inch squares. Slide the dough (on the parchment) onto a baking sheet.

4. Bake until the tops of the crackers are dry, about 25 minutes. Let cool slightly for 5 minutes, then break apart the crackers and spread them out on the baking sheet. Return to the oven and continue baking until the crackers are fully dry, crisp and lightly browned around the edges, 10 to 15 more minutes. Let cool completely.

6 | FROZEN JUICE CONCENTRATE

Few ingredients give you as powerful a punch of flavor as frozen juice concentrate. Instead of just adding water, try a spoonful in a salad dressing or cake batter. Or use it to whip up this punch for a party; it's the ultimate mixer.



CHERRY-LIMEADE PUNCH

ACTIVE: 10 min | TOTAL: 10 min
SERVES: 10 to 12

- 1 12-ounce can frozen limeade concentrate, thawed
- 1½ cups tart cherry juice
- ¼ cup sugar
- 1 liter cold seltzer
- 2 12-ounce cans cold ginger beer
- 1 lime, sliced
- 1 orange, sliced

1. Mix the limeade, 4 cups cold water, the cherry juice and sugar in a large punch bowl or pitcher until the sugar is dissolved.
2. Add the seltzer, ginger beer and lime and orange slices; stir to combine. Serve over ice.



To make a grown-up punch, add 1 cup vodka before serving.



7 | RANCH SEASONING



Ranch dressing made its way into American kitchens in the 1950s, and we've been obsessed with the tangy, herby flavor ever since. The powdered form, made with dried buttermilk, has been revolutionary. We can now sprinkle ranch on anything: french fries, salads, pasta, pizza, popcorn, you name it. Try some in this savory oatmeal.



SAVORY RANCH OATMEAL BOWLS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- 4 slices bacon
- 2 tablespoons ranch seasoning
- 1 cup quick-cooking steel-cut oats
- 1 cup freshly grated dill havarti cheese (about 2 ounces)
- ¼ cup sour cream
- 2 scallions, thinly sliced
- 4 large eggs
- Kosher salt and freshly ground pepper
- 4 cups baby spinach, roughly chopped
- 1 cup grape tomatoes, halved
- 1 ripe avocado, cubed
- Hot sauce, for serving

1. Cook the bacon in a large nonstick skillet over medium heat, turning occasionally, until crisp, 4 to 5 minutes. Drain on paper towels and set aside. Pour out all but a thin layer of bacon drippings; reserve the pan for cooking the eggs.

2. Whisk 3 cups water and the ranch seasoning in a medium saucepan and bring to a simmer over low heat. Stir in the oats and simmer until tender but still a little chewy, about 6 minutes. Stir in the cheese, sour cream and scallions until the cheese is melted. Remove from the heat, cover and keep warm.

3. Heat the reserved skillet over medium heat. Crack in the eggs and season with salt and pepper. Cook until the whites are set but the yolks are still runny, 2 to 3 minutes.

4. Divide the oatmeal among 4 shallow bowls. Mound the spinach in the center and top with a fried egg to wilt the spinach slightly. Break the bacon slices in half and add to the bowls along with the tomatoes, avocado and a dash of hot sauce. Season with pepper.



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8 | SLAW MIX

Thanks to this invention, no one ever has to shred a head of cabbage again! We now have endless options for slaws that we can turn into instant side salads or transform into entirely new dishes—like this veggie-forward twist on scallion pancakes made with a broccoli mix.



BROCCOLI SLAW PANCAKES WITH SOY-SESAME DIPPING SAUCE

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

FOR THE PANCAKES

- 1 cup all-purpose flour
- $\frac{2}{3}$ cup cornstarch
- $\frac{1}{4}$ teaspoon baking powder
- Kosher salt
- 1 10- to 12-ounce bag broccoli slaw
- 4 scallions, cut into 2-inch pieces and thinly sliced lengthwise
- $\frac{1}{4}$ cup vegetable oil, plus more as needed

FOR THE SAUCE

- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons sugar
- 1 teaspoon toasted sesame oil
- 2 teaspoons toasted sesame seeds

1. Make the pancakes: Whisk together the flour, cornstarch, baking powder and $\frac{1}{2}$ teaspoon salt in a large bowl. Add the broccoli slaw and scallions, then drizzle in 1 cup ice water, tossing the mixture with a fork. Gradually add up to $\frac{1}{4}$ cup more water, tossing, until the flour mixture has turned into a very light batter; there should be just enough batter to coat the vegetables. Set aside for 5 to 10 minutes.

2. Make the sauce: Stir together the soy sauce, vinegar, sugar and sesame oil until the sugar is dissolved. Stir in the sesame seeds and 2 teaspoons water.

3. Heat 2 tablespoons vegetable oil in a medium nonstick skillet over medium heat until very hot but not smoking.

Toss the vegetable mixture one last time, then add about half to the skillet. Spread with a fork to fill the skillet without packing the mixture down (a few small open spots are fine). Cook, gently shaking the skillet occasionally, until the bottom of the pancake is browned and the top is no longer shiny, 4 to 5 minutes. Carefully flip and cook 4 to 5 more minutes, adding a drizzle of oil if the skillet is dry. Flip again and cook until crisp, 1 to 2 more minutes, then repeat on the other side. Remove to a rack and season with salt. Repeat with the remaining 2 tablespoons vegetable oil and the rest of the vegetable mixture. Cut each pancake into 6 wedges and serve with the sauce.



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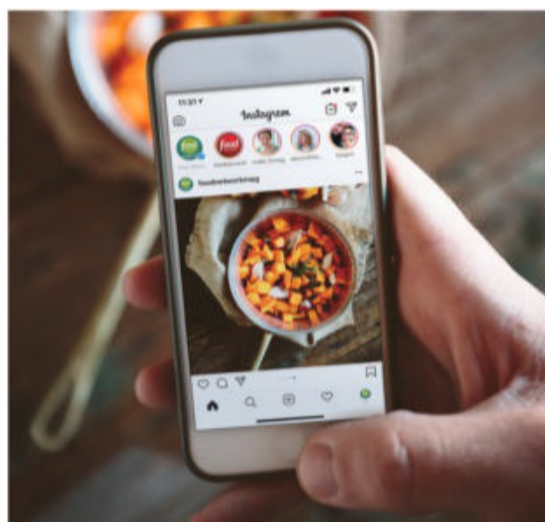
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9 | DULCE DE LECHE

Could you make your own dulce de leche? Sure. Do you need to? Definitely not. This rich caramel sauce (basically a reduction of milk and sugar) tastes great out of a jar or can, and it works wonders as a dessert topping. Drizzle it over brownies, sundaes or pies, or use it to take cereal treats to a new level.



DULCE DE LECHE CEREAL TREATS

ACTIVE: 20 min | TOTAL: 2 hr | MAKES: 24

Cooking spray

- 3 tablespoons unsalted butter
 - 1 10-ounce bag mini marshmallows
 - $\frac{3}{4}$ cup dulce de leche
 - 3 cups crisp rice cereal (such as Rice Krispies)
 - 3 cups honey nut toasted oat cereal (such as Honey Nut Cheerios)
 - 1 cup coarsely crushed pretzels
 - 1 cup coarsely chopped roasted salted peanuts
 - $\frac{1}{4}$ cup chocolate chips
- Flaky salt, for sprinkling

1. Line a 9-by-13-inch baking dish with foil, leaving a slight overhang. Coat with cooking spray.

2. Combine the butter and marshmallows in a large pot or dutch oven and melt over low heat, stirring occasionally, until smooth, about 3 minutes. Stir in $\frac{1}{2}$ cup dulce de leche. Remove from the heat; add both cereals, the pretzels and peanuts, then stir until evenly coated. Transfer to the pan, pressing with oiled hands to make an even layer. Let cool, about 30 minutes.

3. Put the chocolate chips in a small microwave-safe bowl. Microwave at 50 percent power in 15-second intervals, stirring, until melted. Drizzle the melted chocolate and remaining $\frac{1}{4}$ cup dulce de leche over the treats (microwave the dulce de leche briefly if it's too thick to drizzle); sprinkle with flaky salt. Refrigerate until firm, at least 1 hour. Remove from the pan, peel off the foil and cut into squares. Store in the refrigerator.



10 | PUFF PASTRY

In the test kitchen, we turn this buttery, flaky, irresistible pastry into appetizers, desserts and everything in between, but this was a first: We baked the sheets until they were crisp and used them in place of ladyfingers in tiramisu. It's not exactly a shortcut, but it was too good not to share.



PUFF PASTRY TIRAMISU

ACTIVE: 45 min | TOTAL: 5 hr 35 min | SERVES: 8

1 sheet frozen puff pastry, thawed
All-purpose flour, for dusting
1 large egg
Pinch of kosher salt
Turbinado sugar, for sprinkling
1 cup hot coffee or espresso
 $\frac{1}{4}$ cup coffee liqueur, such as Kahlúa
 $\frac{1}{3}$ cup plus 2 tablespoons granulated sugar
 $1\frac{1}{2}$ cups cold heavy cream
1 tablespoon espresso powder
2 teaspoons pure vanilla extract
8 ounces mascarpone cheese
Unsweetened cocoa powder, for dusting

1. Preheat the oven to 375°. Line 2 baking sheets with parchment paper. Roll out the puff pastry on a lightly floured surface into an 8-by-16-inch rectangle; trim the edges. Halve lengthwise, then cut crosswise into eighths to make sixteen 2-by-4-inch rectangles. Place 8 on each baking sheet and refrigerate 20 minutes.

2. Prick the pastry rectangles all over with a fork. Top each baking sheet of puff pastry with a second sheet of parchment, then

stack the baking sheets. Top with a third baking sheet to weigh down the pastry, then bake until the pastry is crisp and golden, about 20 minutes.

3. Beat the egg with 1 tablespoon water (or heavy cream) and the salt. Unstack the baking sheets and remove the top sheets of parchment. Brush the pastry with the egg wash and sprinkle generously with turbinado sugar. Return to the oven, unstacked and uncovered, and bake until deep golden, 5 to 7 minutes; let cool.

4. Stir together the hot coffee, coffee liqueur and 2 tablespoons granulated sugar in a shallow bowl until the sugar is dissolved; let cool. Beat the heavy cream and espresso powder in a large bowl with a mixer on medium speed until the espresso powder dissolves. Increase the speed to medium-high and beat, gradually adding the remaining $\frac{1}{3}$ cup granulated sugar, until soft peaks form. Add the vanilla and beat to combine, then add the mascarpone in dollops, beating on medium speed just until thick and smooth (do not overwhip or the mixture may separate).

5. To assemble, briefly dip (1 to 2 seconds) 8 of the puff pastry pieces in the coffee mixture and arrange in an 8-inch square baking dish. Top with half of the whipped cream mixture, smoothing it out with a spatula or the back of a spoon. Repeat with the remaining puff pastry, coffee mixture and whipped cream mixture, arranging the pastry rectangles in the same direction as the first layer. Cover the dish and refrigerate for at least 4 hours or overnight.

6. Dust the tiramisu with cocoa powder before serving. Use a spatula to remove in pieces, following the breaks in the pastry.





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RECIPES BY JESSICA D'AMBROSIO, MELISSA GAMAN,
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PORK AND SCALLION STIR-FRY

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 1½ cups long-grain white rice
- 3 tablespoons soy sauce
- 1 tablespoon toasted sesame oil
- 1½ teaspoons sugar
- Kosher salt and freshly ground pepper
- 1½ pounds thin-cut boneless pork chops, thinly sliced
- 2 teaspoons cornstarch
- 1 tablespoon vegetable oil
- 1 bunch scallions (white parts minced, light and dark green parts cut into ½-inch pieces)
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger

1. Cook the rice as the label directs. Set aside off the heat, about 5 minutes, then fluff with a fork.
2. Stir together 2 tablespoons water, the soy sauce, sesame oil, sugar and ½ teaspoon each salt and pepper; set aside. Add the pork to a large bowl, sprinkle with the cornstarch and lightly season with salt and pepper; toss until the meat is well coated.
3. Heat the vegetable oil in a wok or large skillet over high heat until very hot. Add the pork in an even layer and cook, undisturbed, until browned and cooked through, about 4 minutes.
4. Add the scallion whites, garlic and ginger to the wok or skillet and cook 1 minute. Toss, then add the scallion greens and cook until they start to wilt, about 30 seconds. Add the soy sauce mixture and cook until just slightly thickened, another 15 seconds. Divide the rice and stir-fry among plates.

Per serving: **Calories** 730; **Fat** 32 g (**Saturated** 9 g); **Cholesterol** 102 mg; **Sodium** 1,038 mg; **Carbohydrate** 67 g; **Fiber** 2 g; **Sugars** 2 g; **Protein** 41 g



SPICY COD STEW WITH COUSCOUS

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

- 5 tablespoons extra-virgin olive oil
- 1 red onion, roughly chopped
- 2 zucchini, halved lengthwise and cut into 1-inch-thick half moons
- 2 cups cubed butternut squash (about 8 ounces)
- 2 teaspoons ras el hanout
- Kosher salt
- 1 15-ounce can fire-roasted diced tomatoes
- 3 tablespoons harissa
- Juice of 1 lemon
- 1¼ pounds cod fillet, cut into 4 pieces
- ¾ cup couscous
- ⅓ cup golden raisins

1. Preheat the oven to 400°. Heat 3 tablespoons olive oil in a large wide pot over medium heat. Add the red onion and cook, stirring occasionally, until softened, about 5 minutes. Add the zucchini, butternut squash, ras el hanout and ¾ teaspoon salt. Cook, stirring, until the vegetables are well coated. Add 1½ cups water, the tomatoes, harissa and a big pinch of salt. Bring to a boil; stir, then reduce the heat, cover slightly and simmer until the vegetables are very tender, 12 to 15 minutes. Stir in the lemon juice and season with salt.
2. Meanwhile, season the fish with salt and put in a 9-by-13-inch baking dish. Rub with 2 teaspoons olive oil. Bake until just cooked through, about 12 minutes.
3. While the fish cooks, put the couscous, raisins and a pinch of salt in a medium heatproof bowl. Combine ¾ cup water and the remaining 4 teaspoons olive oil in a small saucepan. Bring to a boil, then pour the water over the couscous; stir together. Tightly cover the bowl with a lid or plastic wrap; set aside 5 minutes.
4. Transfer each piece of cod to a shallow bowl. Spoon the vegetables and broth over the cod. Fluff the couscous with a fork and divide among the bowls.

Per serving: **Calories** 560; **Fat** 19 g (**Saturated** 3 g); **Cholesterol** 54 mg; **Sodium** 1,162 mg; **Carbohydrate** 57 g; **Fiber** 6 g; **Sugars** 17 g; **Protein** 30 g



CURRIED VEGETABLE POT PIE

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

- 1 small onion, quartered
- 1 2-inch piece of ginger, peeled
- 2 cloves garlic
- ½ to 1 serrano pepper, stemmed
- 3 tablespoons unsalted butter
- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- 1 pound Yukon Gold potatoes, cut into ¾-inch pieces
- 1 15-ounce can chickpeas, liquid drained and reserved
- 2 teaspoons madras curry powder
- Kosher salt and freshly ground pepper
- ⅓ cup heavy cream
- 1 sheet frozen puff pastry, thawed
- Chutney and plain yogurt, for serving

1. Preheat the oven to 450°. Combine the onion, ginger, garlic and serrano in a food processor; pulse until very finely chopped. Heat the butter in a medium ovenproof skillet over medium-high heat and cook until the foam subsides (it might brown a little). Add the onion mixture and cook, stirring, until softened, 2 to 3 minutes. Stir in the spinach and cook until dry, 1 more minute. Stir in the potatoes, chickpeas, curry powder and a pinch each of salt and pepper. Add the chickpea liquid and ½ cup water. Simmer until the potatoes soften and the liquid reduces slightly, 4 to 5 minutes. Stir in the heavy cream. Remove from the heat.

2. Unfold the puff pastry and press any seams or cracks together. Carefully lay the pastry over the skillet, tucking the corners and edges into the skillet. Cut 3 small slits in the center to allow steam to escape.

3. Bake until the pastry is deep golden brown and cooked through, 18 to 20 minutes. Serve the pot pie with chutney and yogurt.

Per serving: **Calories** 780; **Fat** 43 g (**Saturated** 14 g); **Cholesterol** 45 mg; **Sodium** 578 mg; **Carbohydrate** 85 g; **Fiber** 14 g; **Sugars** 8 g; **Protein** 20 g



STRIP STEAKS WITH CORN SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 4 ears of corn, kernels cut off (about 2 cups)
- 1 cup chopped piquillo peppers (from a 10- to 12-ounce jar)
- ½ cup fresh parsley, chopped, plus more for topping
- ⅓ cup pitted marinated mixed olives, chopped
- 2 tablespoons sherry vinegar
- Kosher salt and freshly ground pepper
- 3 8-ounce boneless strip steaks
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, finely chopped

1. Add all but ¾ cup corn kernels to a medium bowl along with the piquillos, parsley, olives, 1 tablespoon vinegar and a pinch each of salt and pepper. Toss the corn salad well and set aside while cooking the steaks.

2. Season the steaks well on both sides with salt and pepper. Heat the olive oil in a large skillet over medium-high heat until very hot. Carefully add the steaks and cook until browned, 2 to 3 minutes per side for medium-rare. Remove to a cutting board and let rest.

3. Return the skillet to medium heat and add the reserved ¾ cup corn kernels and the garlic. Cook, scraping up some of the browned bits in the pan, until the corn is lightly browned, 2 to 3 minutes. Transfer the corn and any remaining oil to the bowl with the corn salad. Add the remaining 1 tablespoon vinegar to the skillet and scrape up more of the browned bits. Pour into the corn salad and toss well.

4. Divide the corn salad among plates. Slice the steaks against the grain and add to the plates. Sprinkle with parsley.

Per serving: **Calories** 560; **Fat** 37 g (**Saturated** 12 g); **Cholesterol** 138 mg; **Sodium** 754 mg; **Carbohydrate** 20 g; **Fiber** 2 g; **Sugars** 8 g; **Protein** 39 g



ZITI WITH LAMB RAGÙ

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

- 3 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- 3 cloves garlic, minced
- 2 teaspoons minced fresh rosemary, plus more for topping
- ½ teaspoon red pepper flakes
- 2 tablespoons tomato paste
- 1 pound ground lamb
- Kosher salt and freshly ground pepper
- 1 28-ounce can whole peeled San Marzano tomatoes, crushed by hand
- 12 ounces ziti
- Grated pecorino romano cheese, for topping

1. Heat the olive oil in a large wide pot or dutch oven over medium-high heat. Add the onion and celery and cook, stirring occasionally, until tender, 3 to 5 minutes. Add the garlic, rosemary and red pepper flakes and cook until softened, about 1 minute.

Add the tomato paste and cook, stirring, until the vegetables are well coated, about 1 minute. Add the lamb, season with ¾ teaspoon salt and a generous amount of pepper and cook, stirring occasionally, until no longer pink, about 4 minutes. Stir in the tomatoes and a big pinch of salt. Bring to a boil, then reduce the heat and simmer until thickened, 10 to 12 minutes.

2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook as the label directs for al dente. Reserve 1 cup cooking water, then drain.

3. Add the pasta to the sauce and cook, tossing, until combined and well coated, gradually adding some of the reserved cooking water if the sauce seems too dry; season with salt.

4. Divide the pasta among bowls. Top with grated pecorino romano, a few grinds of pepper and rosemary.

Per serving: Calories 710; Fat 28 g (Saturated 8 g); Cholesterol 76 mg; Sodium 946 mg; Carbohydrate 77 g; Fiber 7 g; Sugars 9 g; Protein 38 g



TUNA NIÇOISE SANDWICHES

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 3 large eggs
- ¼ cup mayonnaise, plus more for serving
- 2 tablespoons white wine vinegar
- 2 teaspoons dijon mustard, plus more for serving
- Kosher salt and freshly ground pepper
- 2 jars (7 to 8 ounces each) good-quality tuna packed in olive oil, drained
- 1 large baguette, cut crosswise into 4 pieces and split open
- ¼ cup kalamata olive tapenade
- 2 plum tomatoes, thinly sliced
- ¼ English cucumber, thinly sliced
- 2 radishes, thinly sliced
- 8 leaves butter lettuce
- Potato chips and pickled green beans, for serving

1. Put the eggs in a medium saucepan and cover with water. Bring to a boil, then cover the pan, remove from the heat and set aside, 8 to 10 minutes. Drain the eggs and run under cold water to cool, then peel and slice.

2. Whisk together the mayonnaise, vinegar, mustard, and ½ teaspoon each salt and pepper in a medium bowl until smooth. Add the tuna and stir, breaking it up, until combined. Spread some mayonnaise on the top baguette pieces and some tapenade on the bottom pieces.

3. Divide the tuna among the bottom baguette pieces and then layer the hard-boiled eggs, tomatoes, cucumber, radishes and lettuce on top; add the top baguette pieces. Serve the sandwiches with potato chips and pickled green beans.

Per serving: Calories 740; Fat 33 g (Saturated 6 g); Cholesterol 181 mg; Sodium 1,759 mg; Carbohydrate 71 g; Fiber 4 g; Sugars 8 g; Protein 41 g



LEMON CHICKEN WINGS WITH CAULIFLOWER SALAD

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 2 pounds split chicken wings (16 to 18 wings), blotted dry
- 3 tablespoons extra-virgin olive oil
- 2½ teaspoons dried oregano
- 1 teaspoon grated lemon zest, plus 3 tablespoons lemon juice
- 2½ cloves garlic (2 finely chopped; ½ finely grated)
- Kosher salt and freshly ground pepper
- 1 English cucumber
- 1 cup cherry tomatoes, quartered
- 1 cup diced red bell pepper
- 2 tablespoons finely chopped red onion
- 2 cups fresh cauliflower rice (about 8 ounces)
- ¾ cup plain Greek yogurt

1. Place a rimmed baking sheet on the middle oven rack; preheat to 450°. Toss the wings in a bowl with 2 tablespoons olive oil, 2 teaspoons oregano, the lemon zest, chopped garlic, 1 teaspoon salt and a few grinds of pepper. Spread on the hot baking sheet; cook, flipping halfway through, until browned and crisp, 30 minutes.

2. Meanwhile, combine 2 tablespoons lemon juice, the remaining 1 tablespoon olive oil, remaining ½ teaspoon oregano and a pinch each of salt and pepper in a large bowl; whisk to combine. Dice half of the cucumber and add to the dressing along with the tomatoes, bell pepper, red onion and cauliflower rice; toss.

3. Make the tzatziki: Grate the other cucumber half on a box grater. Wrap in a clean kitchen towel and wring out the excess liquid. Transfer the cucumber to a bowl and add 2 teaspoons water, the yogurt, grated garlic, remaining 1 tablespoon lemon juice and salt to taste.

4. Divide the wings and cauliflower salad among plates. Serve with the tzatziki.

Per serving: **Calories** 470; **Fat** 31 g (**Saturated** 8 g); **Cholesterol** 156 mg; **Sodium** 665 mg; **Carbohydrate** 13 g; **Fiber** 4 g; **Sugars** 8 g; **Protein** 33 g



CHARRED TOMATO SOUP WITH CHEESY GARLIC BREAD

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 2 pounds red tomatoes (about 6), cored and halved
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 6 slices applewood-smoked thick-cut bacon, chopped
- 1 white onion, sliced
- 6 cloves garlic (3 smashed, 3 finely grated)
- 2 tablespoons tomato paste
- 1 large sprig basil, plus torn leaves, for topping
- 4 tablespoons unsalted butter, at room temperature
- 6 tablespoons grated parmesan cheese
- ½ loaf soft Italian or French bread, split lengthwise
- 2 tablespoons heavy cream, plus more for drizzling

1. Preheat the broiler with a rack about 6 inches from the heat source. Rub the tomato halves with the olive oil on a rimmed baking sheet; season with salt and pepper. Broil, turning once, until charred, 8 to 10 minutes. Preheat the oven to 450°.

2. Cook the bacon in a large pot over medium heat, stirring, until crisp, 8 minutes. Remove to paper towels. Add the onion and smashed garlic to the pot, season with salt and pepper and cook, 3 to 5 minutes. Stir in the tomato paste and cook, 2 minutes. Add the tomatoes and any juices along with the basil sprig. Cook until the tomatoes lose their shape, 3 to 4 minutes. Add 3 cups water, bring to a simmer and cook until thickened, 10 to 15 minutes.

3. Mash together the butter, grated garlic, 2 tablespoons parmesan and a pinch each of salt and pepper. Spread on the bread; sprinkle with 2 tablespoons parmesan. Bake until toasted, about 10 minutes. Cut into pieces.

4. Discard the basil and puree the soup. Stir in the heavy cream and remaining 2 tablespoons cheese. Divide among bowls. Top with heavy cream, the bacon and torn basil. Serve with the garlic bread.

Per serving: **Calories** 490; **Fat** 30 g (**Saturated** 14 g); **Cholesterol** 68 mg; **Sodium** 1,028 mg; **Carbohydrate** 44 g; **Fiber** 5 g; **Sugars** 10 g; **Protein** 15 g



GRILLED TOMATILLO CHICKEN WITH SWEET POTATOES

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

One sweet potato contains 400 percent of your daily requirement of vitamin A—great for eye health and your immune system.

- 2 medium-large sweet potatoes, pricked with a fork
- 3 skinless, boneless chicken breasts (about 8 ounces each)
- 3 tablespoons vegetable oil
- 1 teaspoon ancho chile powder, plus a pinch
- Grated zest and juice of 1 lime
- Kosher salt and freshly ground pepper
- 2 large poblano peppers, halved lengthwise, seeds and stems discarded
- 1 large red onion, cut into ½- to ¾-inch-thick rounds
- 12 ounces tomatillos, husked and washed
- ½ small bunch cilantro
- ¼ cup crema or sour cream

- 1.** Preheat a grill to medium-high. Microwave the sweet potatoes until slightly softened, 10 to 12 minutes. Halve lengthwise.
- 2.** Toss the chicken with 1 tablespoon vegetable oil, 1 teaspoon chile powder, the lime zest and a pinch each of salt and pepper. Brush the sweet potatoes, poblanos, red onion and tomatillos with the remaining 2 tablespoons vegetable oil and season with salt. Add the vegetables to one side of the grill and the chicken to the other. Grill the poblanos, red onion and tomatillos until charred, 5 to 10 minutes. Grill the chicken until cooked through and the sweet potatoes until soft, 16 to 19 minutes. Let the chicken rest, 5 to 10 minutes, then slice.
- 3.** Puree the tomatillos in a blender with 2 poblano halves, the lime juice, cilantro and a pinch each of chile powder, salt and pepper.
- 4.** Slice the remaining poblanos and toss with the red onion. Divide among plates. Spoon the tomatillo sauce onto the plates and top with the chicken. Serve with the sweet potatoes and drizzle with the crema.

Per serving: **Calories** 460; **Fat** 20 g (**Saturated** 5 g); **Cholesterol** 109 mg; **Sodium** 365 mg; **Carbohydrate** 33 g; **Fiber** 7 g; **Sugars** 13 g; **Protein** 38 g



TURKISH-STYLE SCRAMBLED EGGS

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

Eggs are a true superfood and a complete protein: They contain all nine essential amino acids!

- 2 pieces lavash
- ¼ cup plus 1 teaspoon extra-virgin olive oil
- 1 onion, chopped
- 1 Anaheim chile pepper, seeded, halved lengthwise and thinly sliced
- Kosher salt
- 1 pound heirloom tomatoes (1 to 2 large), diced
- 2 teaspoons Aleppo pepper, plus a pinch
- ¾ teaspoon dried oregano
- 8 large eggs, beaten
- 2 cloves garlic, finely chopped
- ⅓ cup crumbled feta cheese (about 2 ounces)
- 3 tablespoons finely chopped fresh chives

- 1.** Preheat the oven to 375°. Bake the lavash on a rimmed baking sheet until golden and crisp, 10 minutes. Set aside.
- 2.** Heat 2 tablespoons olive oil in a large nonstick skillet over medium heat. Add the onion, Anaheim pepper and a pinch of salt; cook, stirring, until soft, 5 minutes. Add the tomatoes; cook until they are broken down and the skillet is dry, 5 to 6 minutes. Add 2 teaspoons Aleppo pepper, the oregano, ½ teaspoon salt and a few grinds of black pepper; stir until toasted, about 2 minutes. Remove to a bowl.
- 3.** Remove the skillet from the heat and add 1 teaspoon olive oil. Add the eggs and cook over low heat, stirring constantly with a rubber spatula, until soft, creamy curds form, 10 to 12 minutes. Season with ¼ teaspoon salt, then fold in the tomato mixture. Cook until the flavors are blended, about 2 minutes.
- 4.** Meanwhile, cook the remaining 2 tablespoons olive oil and the garlic in a small skillet over medium-high until the garlic begins to brown, 1 to 2 minutes. Brush the garlic oil on the lavash.
- 5.** Divide the eggs among plates and top with the crumbled feta, chives and a pinch of Aleppo pepper. Serve with the lavash.

Per serving: **Calories** 440; **Fat** 29 g (**Saturated** 7 g); **Cholesterol** 383 mg; **Sodium** 875 mg; **Carbohydrate** 25 g; **Fiber** 6 g; **Sugars** 7 g; **Protein** 19 g

Healthy Sides



MIXED GREENS WITH SESAME DRESSING

Puree 2 tablespoons each **sesame seeds**, **chives** and **red wine vinegar**, 1 tablespoon each **dijon mustard** and water and 1 teaspoon **sesame oil** in a blender. Pulse in $\frac{1}{4}$ cup **olive oil**; season with **salt** and **pepper**. Combine 1 head torn **bibb lettuce**, 4 cups **baby spinach** and **spring mix** and 2 heads sliced **endive** in a large bowl. Toss with the dressing and more chives. Season with salt and pepper.



FRESH CORN CAKES

Whisk $\frac{1}{2}$ cup each **flour** and **cornmeal**, $1\frac{1}{2}$ teaspoons **turbinado sugar**, $\frac{3}{4}$ teaspoon **kosher salt**, $\frac{1}{2}$ teaspoon each **baking powder** and **baking soda** and $\frac{1}{8}$ teaspoon **cayenne** in a large bowl. In another bowl, whisk 1 cup **buttermilk**, 1 **egg** and 2 tablespoons melted **butter**. Stir the wet ingredients into the dry ingredients, then fold in 1 cup **corn kernels** and $\frac{1}{4}$ cup chopped **chives**. Cook $\frac{1}{4}$ cupfuls of batter in an oiled nonstick skillet over medium-low heat until golden, about 3 minutes per side. Serve with **hot honey**.



GRILLED STONE FRUIT WITH CUMIN

Cut $1\frac{1}{2}$ pounds pitted **stone fruit** (plums, peaches and/or nectarines) into wedges. Toss in a bowl with 2 tablespoons **olive oil**, $\frac{3}{4}$ teaspoon **ground cumin** and $\frac{1}{2}$ teaspoon each **kosher salt** and **pepper**. Grill over medium-high heat, turning once, until soft and browned, 6 to 8 minutes. Return the fruit to the bowl along with 2 teaspoons each **lime juice** and **agave**; toss. Sprinkle with **cilantro**.



GRILLED EGGPLANT AND PEPPERS WITH BARLEY

Simmer 3 tablespoons **white wine vinegar** and 2 tablespoons **sugar** in a saucepan, stirring. Pour over 2 tablespoons each **capers** and **dried currants** and $\frac{1}{2}$ sliced **shallot** in a bowl. Toss 2 **Japanese eggplants** (cut into $\frac{1}{4}$ -inch-thick planks) and 1 large **red bell pepper** (cut into $\frac{3}{4}$ -inch strips) with **olive oil**, **salt** and **pepper**. Grill over medium-high heat until charred, 6 to 9 minutes. Toss with the vinegar mixture and chopped **parsley**. Serve over **barley**.



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INSIDE THE Test Kitchen

Get some pro tips from our chefs!



Let's hear it for... TOMATILLOS

Don't confuse these with green (unripened) tomatoes. Tomatillos come from a completely different plant. They have a firm texture and tart citrusy flavor, which makes them perfect in salsas and salads, but they're also great cooked down into a sauce, as recipe developer Melissa Gaman did on page 62. Be sure to remove the husk and rinse off any sticky residue before you use them.



Good Gear

A cutting board with a groove is a must-have for carving steak like the one on page 59: It collects all those delicious juices instead of sending them onto your counter! Don't forget to let the meat rest for 10 minutes before slicing



Food Network Bamboo Cutting Board, \$20; kohls.com

so the juices redistribute; this makes steak and other proteins more tender.

Hot Tip

Summer tomatoes are super flavorful, and if you char them, they'll taste even better! Start with ripe (not soft) tomatoes, pat them dry and lightly brush with oil. Char under the broiler or on the grill, turning, until the skin blackens and splits in spots. Use them in the soup on page 61, or serve them as a side dish.



HOW TO MAKE SCRAMBLE EGGS

Practice your technique with the Turkish-style eggs on page 62.

1. Brush a nonstick skillet with oil or butter and heat over low heat. If the pan is too hot, the eggs will cook too quickly.

2. Lightly beat the eggs and add to the pan. Stir slowly and constantly with a rubber spatula until large curds form and the eggs are no longer wet. Remove from the heat briefly if the eggs start setting too quickly.



3. Stir in cheese, herbs or other ingredients, then immediately transfer the eggs to a plate so they don't overcook.



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30 Days of Watermelon

Keep the fun coming with a month's worth of recipes!



1

Watermelon-Soju Punch

Trim the very bottom of a chilled 5-pound mini seedless watermelon to make a flat base. Slice an inch or two off the top, then scoop the flesh into a blender. Puree, then strain through a fine-mesh sieve. Combine 2½ cups of the watermelon juice, 1 chilled 375-ml bottle soju, 1 chilled can lemon-lime soda and 2 tablespoons lemon juice in a pitcher. Fill the hollowed-out watermelon with ice and the punch.

RECIPES FROM **FOOD NETWORK KITCHEN**

1, 5, 8, 14: KATE SEARS; FOOD STYLING: ADRIENNE ANDERSON;
PROP STYLING: SARAH SMART.

2

Watermelon with Herb Salt

Pulse $\frac{1}{2}$ cup each kosher salt and fresh basil and 2 tablespoons chopped tarragon in a food processor until finely chopped. Sprinkle onto watermelon wedges.



3

Watermelon Ice Pops

Puree $1\frac{1}{2}$ cups seedless watermelon with $\frac{1}{2}$ cup chopped strawberries and 2 tablespoons each superfine sugar and lime juice. Fill ice pop molds three-quarters full and insert sticks; freeze 1 hour. Puree 1 cup cubed honeydew melon with 2 tablespoons each superfine sugar and lime juice. Divide among the molds and freeze until firm.

4

Tomato-Watermelon Cocktail

Muddle $\frac{1}{2}$ cup diced seedless watermelon, $\frac{1}{3}$ cup grape or cherry tomatoes, 4 mint leaves, 2 tablespoons lime juice and 1 tablespoon sugar in a cocktail shaker. Add 2 ounces citrus vodka and ice. Shake well, then strain into an ice-filled glass. Garnish with more mint, watermelon and a tomato.



5

Grilled Shrimp-Watermelon Kebabs

Stir together $\frac{1}{2}$ teaspoon each paprika, turmeric, kosher salt and pepper, $\frac{1}{4}$ teaspoon each coriander and garam masala and $\frac{1}{8}$ teaspoon each cardamom and cumin. Combine 1 pound peeled and deveined large shrimp, 2 teaspoons grated ginger, 1 grated garlic clove and 1 tablespoon vegetable oil in a large bowl; toss well. Sprinkle with the spice mixture. Thread the shrimp, 1 bunch chopped scallions and 2 pounds cubed seedless watermelon onto 8 to 10 skewers. Grill on oiled grates over high heat, flipping halfway, until the shrimp is opaque, 3 minutes. Serve with lime wedges.



Watermelon tastes great grilled!

6

Grilled Watermelon Lettuce Cups

Brush four 1-inch-thick seedless watermelon wedges with vegetable oil on both sides. Grill over medium-high heat until marked, 2 to 3 minutes per side. Let cool slightly, then cut into small chunks. Whisk 2 tablespoons lime juice with 2 teaspoons each brown sugar and fish sauce; toss with the watermelon and let stand 20 minutes. Serve in Bibb lettuce leaves; top with sliced cucumbers and scallions, cilantro leaves and chopped peanuts.

7

Spiced Watermelon Fries with Lime Crema

Slice a small seedless watermelon into ½-by-3-inch sticks, removing the rind. Sprinkle with a mix of 1 teaspoon chili powder, ½ teaspoon each ground coriander and cumin and ¼ teaspoon kosher salt. Stir together ½ cup sour cream, the zest and juice of 1 lime and a pinch each of ground cumin and salt. Serve with the watermelon fries.



8

Bacon, Lettuce & Watermelon Sandwiches

Pat dry four ½-inch-thick seedless watermelon slices (rind removed); season with salt and pepper. Combine ½ cup mayonnaise, 1 tablespoon lemon juice and a pinch each of salt and pepper; spread on 8 slices toasted brioche bread. Sandwich the watermelon, romaine lettuce leaves and cooked bacon between the bread.



9

Watermelon-Herb Salad

Whisk together 2 tablespoons vegetable oil, 1 finely chopped shallot, the juice of 3 limes, 1 tablespoon each fish sauce and soy sauce, 1 minced garlic clove, one 2-inch piece ginger (peeled and minced) and 1 thinly sliced jalapeño in a large bowl. Add 4 cups chopped seedless watermelon and toss; let sit 10 minutes. Add $\frac{1}{3}$ cup each chopped fresh cilantro, basil and mint and 2 tablespoons chopped cocktail peanuts. Season with salt and toss. Top with more peanuts and fried shallots or onions.



10

Watermelon Carpaccio with Ricotta Salata

Trim the rind from a baby seedless watermelon, then very thinly slice. Arrange on a platter, overlapping slightly. Whisk 2 tablespoons each white wine vinegar and olive oil with $\frac{1}{2}$ teaspoon honey and $\frac{1}{2}$ minced red jalapeño; drizzle on the watermelon and sprinkle with flaky sea salt. Let sit 20 minutes. Top with shaved ricotta salata and fresh mint.

11

Watermelon Wine Cooler

Stir together 16 ounces chilled dry rosé, 8 ounces each blood orange soda and watermelon juice and 1 ounce lime juice in a pitcher with ice.



12

Watermelon-Ginger Granita

Puree 6 cups cubed seedless watermelon in a blender with $\frac{1}{2}$ cup sugar, 1 tablespoon lime juice and 2 teaspoons grated peeled ginger until smooth. Pour into a 9-by-13-inch baking dish, cover with plastic wrap and freeze, scraping with a fork every hour, until fluffy, 5 to 7 hours.



13

Tomato-Watermelon Smoothie

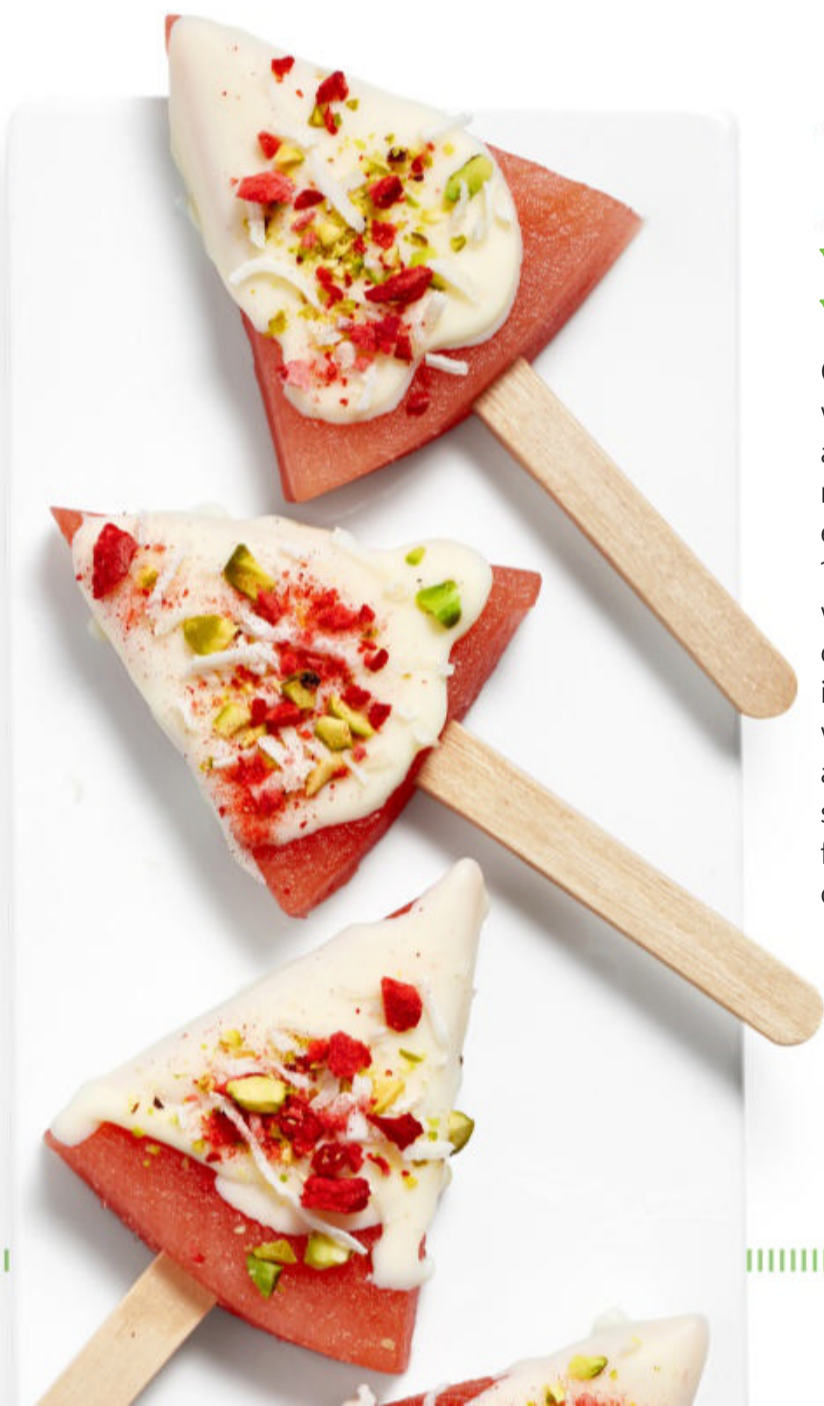
Puree $\frac{3}{4}$ cup frozen seedless watermelon cubes, 1 cup diced cherry tomatoes, $\frac{1}{2}$ cup frozen sliced strawberries, 2 basil leaves, 1 tablespoon honey and a pinch of salt. Pour into a glass; garnish with a watermelon wedge.



14

Spicy Tuna and Watermelon Poke

Whisk together 2 tablespoons soy sauce, 4 teaspoons sesame oil, 2 teaspoons each sriracha and mayonnaise and 1 teaspoon minced ginger in a medium bowl. Gently stir in $\frac{1}{2}$ pound cubed sushi-grade tuna, 1 cup cubed seedless watermelon, $\frac{1}{2}$ cup sliced sweet onion and 1 tablespoon toasted sesame seeds. Serve over rice and top with sliced avocado, edamame, pickled ginger and sliced scallions.



15

White Chocolate Watermelon Pops

Cut $\frac{1}{4}$ medium seedless watermelon into 12 small wedges, about 1 inch thick; trim off the rind. Insert a wooden stick into each and freeze until firm, about 1 hour. Melt 4 ounces chopped white chocolate with 1 tablespoon coconut oil in the microwave in 30-second intervals. Dip the watermelon in the chocolate and immediately sprinkle with shredded coconut, crushed freeze-dried strawberries and chopped pistachios; let set.



16

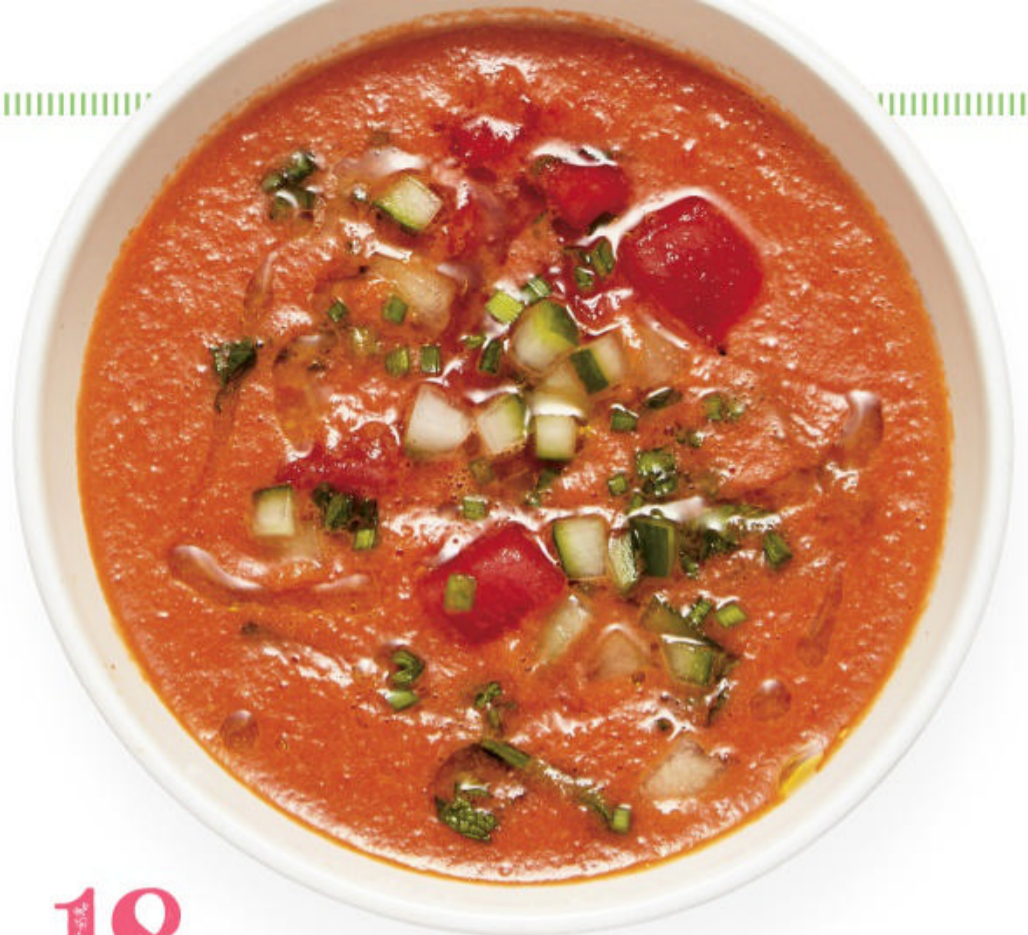
Frozen Watermelon Margaritas

Puree $1\frac{1}{2}$ cups cubed seedless watermelon, 1 cup tequila, $\frac{1}{2}$ cup each lime juice and orange liqueur, $1\frac{1}{2}$ tablespoons confectioners' sugar, $\frac{1}{2}$ teaspoon salt and 3 cups ice. Divide among glasses; garnish with lime wedges and cubed watermelon.



Watermelon-Feta Salad

Whisk 1 tablespoon white wine vinegar with 3 tablespoons olive oil in a large bowl; season with salt and pepper. Add 5 ounces baby arugula, a few red onion slices, some seedless watermelon cubes, crumbled feta, niçoise olives and fresh oregano.



18 Watermelon Gazpacho

Pulse 1 cup crustless country bread cubes in a food processor to make coarse crumbs. Add 6 cups chopped cold seedless watermelon, 1 chopped scallion, 1 diced large tomato, $\frac{1}{2}$ each Persian cucumber and jalapeño and $\frac{1}{4}$ cup cold water; puree. With the machine running, gradually add $\frac{1}{3}$ cup olive oil and the juice of 1 lime. Stir in 2 tablespoons chopped mint, 1 teaspoon kosher salt and a few grinds of pepper. Cover and chill. Serve topped with diced watermelon, cucumber and jalapeño and a drizzle of olive oil.



Watermelon Sours

Puree 4 cups seedless watermelon chunks; strain. Mix in a small pitcher with 4 ounces fruit-flavored liqueur, 8 ounces gin and 2 cups sour mix; chill. Pour into glasses and top with sparkling rosé. Garnish with lime wedges.



20 Watermelon-Blueberry Salad

Bring $\frac{1}{4}$ cup each sugar and water to a simmer in a saucepan. Remove from the heat, add 3 mint sprigs and steep 10 minutes. Discard the mint; add the zest and juice of 1 lemon and a pinch of salt. Toss with 2 cups blueberries and 3 cups cubed seedless watermelon. Let stand 15 minutes. Top with chopped mint.



Watermelon Frosé

Puree 2 cups cubed seedless watermelon with one 750-ml bottle chilled dry rosé, 1 cup grapefruit soda, $\frac{1}{3}$ cup elderflower liqueur, 2 tablespoons superfine sugar and $\frac{1}{4}$ teaspoon salt. Strain through a fine-mesh sieve, then churn in an ice cream maker until slushy.

22

Watermelon-Cucumber Salad

Soak $\frac{1}{2}$ thinly sliced red onion in cold water. Pat dry 4 cups chopped seedless watermelon and 1 seeded, chopped cucumber; toss with thinly sliced mint. Drain the onion and add to the salad along with some chopped cashews. Add $\frac{1}{4}$ cup olive oil and the juice of $\frac{1}{2}$ lemon; season with salt and toss. Top with goat cheese.



Watermelon Mojito

Muddle 2 watermelon chunks with the juice of 1 lime and 2 teaspoons sugar in a glass. Stir in a handful of mint leaves, then add 2 ounces white rum and ice. Top with ginger ale; garnish with more mint.

24

Watermelon-Coconut Cooler

Make a simple syrup: Bring 1 cup each sugar and water to a simmer, stirring to dissolve the sugar; let cool. Blend 8 cups frozen cubed seedless watermelon with 8 ounces cold lemon vodka, 7 ounces simple syrup and 16 ounces cold coconut water. Pour into glasses and garnish with watermelon wedges.



25

Watermelon Jerky

Slice a small seedless watermelon $\frac{1}{4}$ inch thick; trim off the rind. Cut the slices into 1-by-3-inch rectangles. Arrange on 2 racks set on baking sheets. Bake at 250° until almost dried but not browned, about 3 hours. Reduce the oven temperature to 200° and continue baking, rotating the pans and flipping the pieces every 2 hours, until the fruit is leathery, 3 to 4 more hours.

26

Watermelon Tabouleh

Cook 1 cup bulgur as the label directs; drain well and transfer to a bowl. Add $\frac{1}{4}$ cup olive oil, the juice of 1 lemon, 1 tablespoon red wine vinegar, 2 cups cubed seedless watermelon, 1 cup finely chopped fresh mint and 4 thinly sliced scallions; toss. Season with salt and pepper.



28

Watermelon Limeade

Freeze 2 cups cubed seedless watermelon. Make a simple syrup: Bring $\frac{3}{4}$ cup each sugar and water to a simmer, stirring to dissolve the sugar. Transfer to a pitcher and refrigerate until cold. Puree 4 more cups cubed seedless watermelon; strain into the pitcher. Stir in 1 cup lime juice and 2 cups cold seltzer. Add the frozen watermelon and some lime slices.



29

Watermelon Salad with Coconut

Spread $\frac{1}{3}$ cup sweetened coconut flakes on a baking sheet and bake at 400°, stirring occasionally, until golden brown, 5 to 8 minutes; let cool. Combine 3 tablespoons sweetened condensed milk, 2 tablespoons heavy cream, the juice of $\frac{1}{2}$ lime and a pinch of salt in a small bowl. Put 5 cups chopped seedless watermelon in a large bowl and drizzle with the condensed milk mixture. Sprinkle with the toasted coconut and a pinch of cinnamon.



Watermelon-Raspberry Granita

Bring 1 pint raspberries, $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water to a simmer in a saucepan over medium heat. Cook, stirring occasionally, until the raspberries break down, about 6 minutes. Press through a fine-mesh sieve into a blender; let cool. Add 4 cups cubed seedless watermelon and the juice of 1 lime; puree. Pour into an 8-inch square baking dish. Freeze until ice forms around the edges, about 45 minutes. Scrape with a fork, then continue freezing, scraping every 30 minutes, until frozen, about 4 hours.



30

Watermelon-Cranberry Mocktails

Puree 1 cup cubed seedless watermelon, 2 cups cranberry juice and $\frac{1}{4}$ cup each grenadine and lemon juice; strain. Fill glasses halfway with the puree. Add ice and top with seltzer; garnish with lemon wedges.

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It's *Caprese* Season!

The stars put a spin on the classic tomato-mozzarella-basil combo.





Jeff Mauro's CHICKEN CAPRESE WITH POMEGRANATE GLAZE

ACTIVE: 30 min | TOTAL: 1 hr 45 min | SERVES: 4

- 2 cups pomegranate juice
- 2 skin-on boneless chicken breasts
- Kosher salt and freshly ground pepper
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 heirloom tomatoes, sliced ¼ inch thick
- 8 ounces fresh buffalo mozzarella cheese, sliced ¼ inch thick
- 10 to 12 fresh basil leaves
- ¼ cup crushed pistachios
- Smoked sea salt



“

I serve this dish in late summer when tomatoes are bountiful and perfectly ripe. It tastes like blue skies and sunshine!”

1. Bring the pomegranate juice to a simmer in a small pot over low heat, then cook until very syrupy, thick and reduced to about ¼ to ½ cup, 30 to 40 minutes. Set aside to cool.
2. Meanwhile, preheat the oven to 300°. Sprinkle the chicken liberally with kosher salt and pepper on both sides. Heat the olive oil in a medium ovenproof skillet over medium-high heat. Place the chicken in the skillet skin-side down; cook until the skin is golden brown, 2 to 3 minutes. Flip and cook for another 2 minutes. Transfer the skillet to the oven and roast until the internal temperature reaches 165°, 10 to 12 minutes. Transfer to a cutting board and let rest 5 minutes.
3. Slice the chicken ¼ inch thick. Layer the tomatoes, chicken and mozzarella on a platter, tucking the basil leaves in between. Drizzle with the pomegranate reduction and sprinkle with the crushed pistachios. Sprinkle with smoked sea salt.



“

I love the way this mango dressing brings a little touch of India to a classic Italian salad.”



Aarti Sequeira's CAPRESE SALAD WITH ROASTED MANGO DRESSING

ACTIVE: 30 min | TOTAL: 1 hr 40 min | SERVES: 4

- 1 green (unripe) mango
 - 2 tablespoons minced fresh cilantro, plus leaves for garnish
 - 2 quarter-size coins peeled fresh ginger
 - ½ Fresno chile pepper (or 1 jalapeño pepper), seeded if desired and chopped
 - ½ teaspoon ground cumin
 - 2 tablespoons apple cider vinegar
 - ¼ cup extra-virgin olive oil, plus more for drizzling
 - ½ teaspoon amber agave nectar or honey
 - 4 assorted heirloom or vine-ripened red tomatoes, sliced ½ inch thick
 - 1 1-pound ball fresh mozzarella, sliced ¼ inch thick (or 1 package mozzarella medallions)
- Kosher salt and freshly ground pepper

- 1.** Preheat the oven to 425°. Wrap the mango in foil and place on a parchment-lined baking sheet. Roast, rotating halfway through, until soft, 1 hour. Remove the foil and let the mango cool.
- 2.** When the mango is cool enough to handle with your hands, slice off the cheeks and scoop the flesh into a small food processor or blender. Scoop as much flesh as possible off the remaining mango and add to the food processor. Add the cilantro, ginger, chile, cumin, vinegar, olive oil and agave nectar. Blend until smooth, adding a little water if the dressing is too thick.
- 3.** Arrange the tomatoes and mozzarella on a platter and season with salt and pepper. Drizzle with a few tablespoons of the mango dressing and a little olive oil. Top with cilantro.





Ree Drummond's **CAPRESE AVOCADO TOAST**

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 2

- 3 tablespoons salted butter
- 2 slices thick-cut sourdough bread
- 1 cup halved cherry tomatoes
- 1 cup marinated mozzarella balls
- 3 tablespoons pesto
- 1 tablespoon extra-virgin olive oil
- Grated zest and juice of 1 lemon
- Kosher salt and freshly ground pepper
- 1 large avocado, halved, pitted and peeled
- Pinch of red pepper flakes
- Flaky sea salt
- 2 tablespoons balsamic glaze

- 1.** Melt the butter in a nonstick skillet over medium heat. Add the bread and toast until golden, about 2 minutes per side.
- 2.** Combine the cherry tomatoes, mozzarella, pesto, olive oil, half of the lemon juice and a pinch each of kosher salt and black pepper in a medium bowl. Toss well.
- 3.** In a small bowl, smash the avocado with the lemon zest, remaining lemon juice, red pepper flakes and a pinch each of kosher salt and black pepper. Spread the avocado mixture on the toasted bread.
- 4.** Give the tomato-mozzarella mixture one last toss and spoon onto each toast. Top with sea salt and the balsamic glaze.

“

Everyone loves this toast—adults and children alike. It could be served from sunup to sundown!”

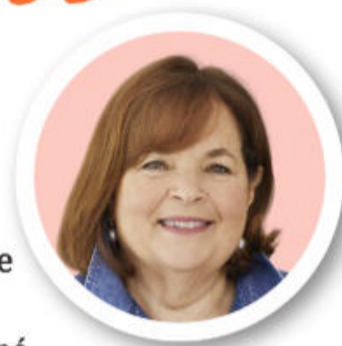
Lobster

Ina Garten's seafood sandwiches seem luxe, but they're so simple to make!

Special

my favorite time of the week to entertain is Sunday lunch. We've had all day Saturday to do our weekend chores and get organized. On Sunday morning, I like to relax with the newspaper and a cup of coffee, but by noon, I'm ready for some fun. Unlike a Saturday-night meal, which involves a big menu with appetizers to start and some

showstopping dessert, Sunday lunch is just one or two delicious things like these Lobster & Avocado Sandwiches, a bottle of rosé and a store-bought tart or affogato (vanilla ice cream with hot espresso) for dessert. All the fun of Saturday night and you don't even have to turn on the stove!



xxx Ina

LOBSTER & AVOCADO SANDWICHES

ACTIVE: 15 min | TOTAL: 15 min | MAKES: 6 sandwiches

- 1 pound cooked lobster meat, medium-diced
- 1 cup (small-diced) celery (3 ribs)
- $\frac{3}{4}$ cup good mayonnaise, such as Hellmann's or Best Foods
- $2\frac{1}{2}$ tablespoons freshly squeezed lemon juice, divided
- Kosher salt and freshly ground black pepper
- 3 ripe avocados, halved, pitted and peeled
- 6 potato rolls, lightly toasted (see note)
- Dill fronds, for garnish (optional)


- 1.** Combine the lobster, celery, mayonnaise, 1 tablespoon of the lemon juice, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper in a medium bowl and set aside.
- 2.** Combine the avocados in another bowl with the remaining $1\frac{1}{2}$ tablespoons of lemon juice, $1\frac{1}{2}$ teaspoons salt and $\frac{3}{4}$ teaspoon pepper and coarsely mash together with a fork.
- 3.** Place the bottom halves of the rolls on a board and spread with the avocado mixture. Arrange the lobster mixture on top and garnish with dill. Replace the roll tops and serve at room temperature.

Note: To toast the rolls, place them, cut sides down, on top of the toaster (not in the toaster) and turn the toaster on until they are nicely browned.



For more great recipes, check out Ina's latest cookbook, *Go-To Dinners* (\$35, Clarkson Potter).

RECIPE FROM GO-TO DINNERS. COPYRIGHT © 2022 BY INA GARTEN. PHOTOGRAPHS COPYRIGHT © 2022 BY QUENTIN BACON. PUBLISHED BY CLARKSON POTTER, AN IMPRINT OF RANDOM HOUSE.

A photograph of three lobster sandwiches on a wooden cutting board. The sandwiches are made with soft, golden-brown buns and filled with a generous amount of lobster meat, creamy sauce, diced avocado, and fresh dill. In the background, two glasses of beer with thick white foam are visible. The scene is set on a rustic wooden surface.

Precooked
lobster makes these
sandwiches extra easy.
If you prefer to cook
the lobster yourself,
two (2-pound) lobsters
will yield 1 pound
of cooked
lobster meat.

A Taste of Summer

Savor the end of the season with Katie Lee Biegel's easy Labor Day menu.



Katie Lee Biegel has a favorite time of year for throwing parties, and it is right now. "There's an ease to summer entertaining—you're outside, there's less setup and cleanup involved and there's less stress," says the cohost of *The Kitchen*. "There's no need to be fancy or formal. It's just about being together and enjoying the weather and the good food." Katie is into what she calls

"hyper-local, hyper-seasonal shopping," whether she's picking up produce or flowers from a farm stand or fresh seafood from the fish market near her home in Long Island, NY. And she keeps her dishes simple: "You don't have to do much to have really delicious food," she says. Make the season last a little longer by having friends over and serving some of her go-tos! —Kelsey Hurwitz

Low-Country Boil Packets

"They're like a present for each guest. People are always excited to open them up!"



Peach Cobbler

"The recipe is my grandma's, and it's one of my all-time favorites. It's just perfect."

Twisted Tea

"The lemonade in this tea adds sweet and tang, and the mint gives it a fresh taste."

Cucumber Salad

"In the summer, food should be light but also really satisfying."



LOW-COUNTRY BOIL PACKETS

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 6

- 12 shell-on jumbo shrimp, deveined
- 3 teaspoons seafood seasoning, such as Old Bay
- 9 small red-skinned potatoes, cut into ¼-inch-thick slices
- 3 links andouille sausage (12 ounces), cut into ¼-inch-thick slices
- 24 littleneck clams, scrubbed
- 3 ears of corn, cut into 1-inch wheels
- 6 tablespoons unsalted butter, cut into pieces
- 1½ lemons, sliced into 12 rounds
- 3 scallions, thinly sliced
- Grilled crusty bread, for serving

1. Preheat a grill to medium-high. Toss the shrimp with the seafood seasoning. Stack two 12-inch sheets of heavy-duty foil per packet (6 packets total) on a flat surface. Divide the potatoes, sausage, shrimp, clams, corn, butter, lemons and scallions among the foil stacks. Bring the short ends of the foil together and fold to seal; fold in the sides.
2. Place the packets on the grill, cover and cook until the clams open and the potatoes and shrimp are cooked, 15 to 20 minutes. Serve with grilled bread.



TWISTED TEA

ACTIVE: 15 min | TOTAL: 20 min (plus freezing)
SERVES: 6

- 4 cups lemonade
- 6 sprigs fresh mint, plus mint leaves for the ice cubes
- 6 black tea bags, such as orange pekoe
- ½ cup sugar
- 8 ounces vodka

1. Make the ice: Pour the lemonade into ice cube trays. Add 1 mint leaf to each cube. Freeze at least 2 hours or overnight.
2. Make the sweet tea: In a medium pot over high heat, bring 2 cups water to a boil. Remove from the heat and add the tea bags. Steep the tea 5 minutes, then remove the tea bags. Stir in the sugar until dissolved. This will be the concentrated base of your tea.
3. Add the tea mixture to a pitcher filled with ice. Top it off with 4 cups water. Refrigerate, covered, until ready to serve.
4. Divide the lemonade ice cubes among 6 tall glasses. Pour the vodka over the ice cubes and top with the sweet tea. Garnish with the mint sprigs.



PEACH COBBLER

ACTIVE: 15 min | TOTAL: 1 hr 5 min
SERVES: 8 to 10

- 4 cups sliced peeled fresh peaches (4 to 5 peaches)
- 1 cup all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- ½ cup milk
- 4 tablespoons unsalted butter, melted
- 1 tablespoon cornstarch
- ½ cup boiling water
- Vanilla ice cream or whipped cream, for serving

1. Preheat the oven to 325°. Place the peaches in a 9-inch square baking pan. In a medium bowl, mix together the flour, ¾ cup sugar, the baking powder and ½ teaspoon salt. Add the milk and melted butter and mix well. Pour the batter evenly over the peaches.
2. In a small bowl, mix together the remaining ¼ cup sugar, the cornstarch and remaining ½ teaspoon salt. Sprinkle the mixture over the batter. Evenly pour the boiling water all over.
3. Bake the cobbler until golden brown and bubbling, 50 minutes to 1 hour. Serve with ice cream or whipped cream.



CUCUMBER SALAD

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 6

- 4 English cucumbers, peeled and sliced about ⅛ inch thick
- ⅔ cup sour cream
- 2 tablespoons minced shallots
- 4 teaspoons fresh lemon juice
- Kosher salt and freshly ground pepper
- Lettuce leaves, for serving (optional)

1. Place the cucumbers in a large bowl. In a small bowl, combine the sour cream, shallots, lemon juice, 1 teaspoon salt and ½ teaspoon pepper; mix well. Add the sour cream mixture to the cucumbers and toss to coat.
2. Serve the cucumber salad on its own or on a bed of lettuce.

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magazine

FAMILY

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Food News

FOR KIDS

BY MARIAH SCHLOSSMANN



Lollipop, Lollipop!

When 18-year-old Alina Morse visited the bank as a kid, she turned down the free lollipops because her parents had told her that candy could rot her teeth. Then she set out to solve the problem, watching candy-making videos and experimenting at home. Two years later, her sugar-free ZolliPops landed in Whole Foods Market. Now Alina's Zolli Candy line (including caramels and gummies) is sold nationwide at Target, Walmart and CVS. And she just came out with new Gum Popz—sweet!



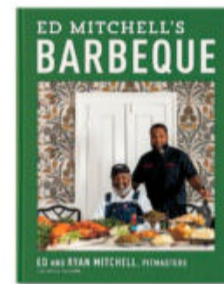
All in the Family

Famous chefs join forces with their kids.



Cook It Up

Alex Guarnaschelli and daughter Ava Clark, 16, reveal favorite recipes such as Nanny Ida's potato latkes and a skillet strawberry crisp. \$30; penguinrandomhouse.com



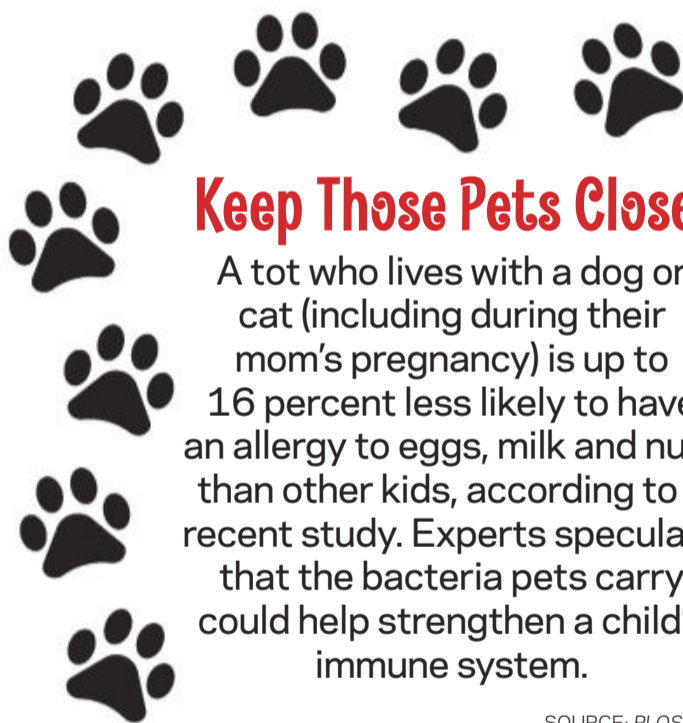
Ed Mitchell's Barbeque

The North Carolina pitmaster and his son, Ryan, celebrate the whole-hog tradition, plus offer up classics like baby back ribs. \$38; harpercollins.com



Cooking with My Dad, the Chef

Ken Oringer and daughter Verveine, 13, share gluten-free dishes they've made since she was diagnosed with celiac disease at age 10. \$23; americastestkitchen.com



Keep Those Pets Close!

A tot who lives with a dog or cat (including during their mom's pregnancy) is up to 16 percent less likely to have an allergy to eggs, milk and nuts than other kids, according to a recent study. Experts speculate that the bacteria pets carry could help strengthen a child's immune system.

SOURCE: PLOS ONE

Candy on Demand

Watching candy-store staffers make taffy is fun, but doing it with your own machine is so much cooler. You can choose your color and flavor and the Chef'n Taffy Puller (\$45, chefn.com) will do the hard part!





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Sugar-rific Slam Donut Pillow

Iscream, 9",
\$17; amazon.com



Butter Pillow

8" x 15", \$50; stilldawning.etsy.com



Orange Fruit Pillow

9", \$50;
petiartisan
.etsy.com

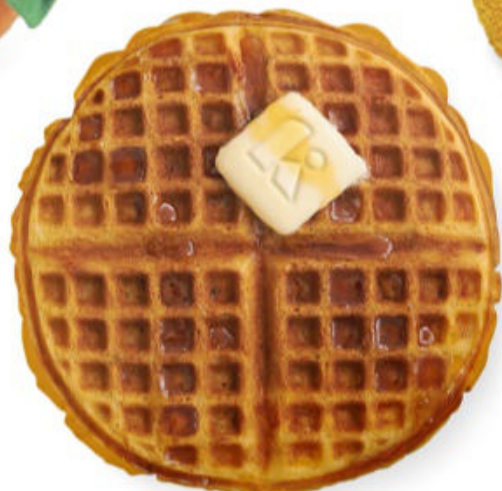
Banana Pillow

20", \$100;
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1

PICK YOUR BASE

Prepare 1 cup of one of the following ingredients.



mashed banana



canned pumpkin puree



canned sweet potato puree



grated apple



grated zucchini



grated carrot

2

MAKE THE BATTER

- * Preheat the oven to 400°. In a large bowl, whisk together 1½ cups all-purpose flour (or gluten-free flour, or a mix of 1 cup all-purpose and ½ cup whole-wheat flour), ⅔ cup sugar, 1½ teaspoons baking powder, ½ teaspoon baking soda and ½ teaspoon salt. Add 1 teaspoon ground cinnamon, ginger or pie spice.
- * In a separate bowl, whisk 2 eggs until combined. Whisk in ⅓ cup cooled melted butter or oil, ¼ cup milk (or nondairy milk) and 1½ teaspoons vanilla extract. Stir in your base ingredient (from step 1).
- * Add the wet ingredients to the bowl with the dry ingredients and stir just to combine.

3

CHOOSE YOUR MIX-INS

Stir in 1 cup of the following until just combined (or skip this step).



sweetened shredded coconut



mini chocolate chips
(½ cup max)



chopped almonds



chopped walnuts



chopped hazelnuts



raisins



dried cranberries



chopped pitted dates



blueberries



raspberries



chopped peaches or nectarines



finely chopped crystallized ginger
(¼ cup max)

4

BAKE THE MUFFINS

- * Line a 12-cup muffin tin with paper liners (for mini muffins, line 36 mini-muffin cups with paper liners). Fill each at least three-quarters of the way with batter. If desired, sprinkle the tops with sugar in the raw.
- * Bake the muffins until they rise and a toothpick inserted into the center comes out clean, 18 to 25 minutes (or 12 to 15 minutes for mini muffins). Note: If you're using gluten-free flour, the muffins will take longer; add 8 to 10 more minutes (for both regular and mini muffins).
- * Let cool a few minutes in the pan, then remove the muffins to a rack to cool completely.

RECIPES BY MELISSA GAMAN

AIR-FRYER

Family Dinners

Let the kids help make these dishes—no oven required!



You'll need to make these taquitos in two batches, but don't worry: They cook in less than 10 minutes!

AIR-FRYER CHICKEN TAQUITOS

ACTIVE: 25 min | TOTAL: 35 min | MAKES: 12

2 cups shredded rotisserie chicken
1½ cups Mexican-blend shredded cheese
¾ cup sour cream, plus more for serving
½ teaspoon ground cumin
½ teaspoon chili powder
Kosher salt and freshly ground pepper
Hot sauce (optional)
12 6-inch corn tortillas
Cooking spray
Salsa and guacamole, for serving

1. Combine the chicken, shredded cheese, sour cream, cumin, chili powder and a big pinch each of salt and pepper in a large bowl. Mix well; season with hot sauce, if desired.
2. Lay out 6 tortillas on a work surface. Divide about half of the chicken mixture among the tortillas, piling it on the bottom third of the tortillas. Roll up to make the taquitos.
3. Spray the tops of the taquitos with cooking spray. Arrange in the basket of a 6-quart air fryer, seam-side down. Air-fry at 400° for 6 minutes; flip and spray with more cooking spray and continue to air-fry until browned and crisp, 2 to 4 more minutes.
4. While the first batch cooks, roll up the second batch of taquitos using the remaining tortillas and filling. Repeat the air-frying process. Serve the taquitos with salsa, guacamole and sour cream.

RECIPES BY JESSICA D'AMBROSIO, MELISSA GAMAN, KHALIL HYMORE AND STEVE JACKSON

PHOTOS: MIKE GARTEN; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: SARAH SMART.

AIR-FRYER FRENCH BREAD PIZZA WITH BROCCOLI

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 1 12-ounce loaf soft French bread
- 1 tablespoon extra-virgin olive oil, plus more for brushing
- $\frac{2}{3}$ cup store-bought alfredo sauce
- $\frac{1}{3}$ cup ricotta cheese
- 1 tablespoon grated parmesan cheese, plus more for topping
- $\frac{1}{2}$ teaspoon dried oregano
- 2 cups small broccoli florets
- Kosher salt
- $\frac{3}{4}$ cup shredded mozzarella cheese

1. Split the bread loaf in half lengthwise, then halve crosswise. Trim each piece to about 8 inches so that it fits in a 6-quart air fryer basket. Brush the cut sides lightly with olive oil.


2. Working in 2 batches, air-fry the bread at 375° until just toasted, about 3 minutes. Meanwhile, mix together the alfredo sauce, ricotta, parmesan and dried oregano in a medium bowl. Toss the broccoli with the olive oil and a pinch of salt in a small bowl.

3. Lay 2 sheets of foil on a work surface and top each sheet with 2 pieces of bread. Evenly spread the alfredo mixture on the bread, then top each piece with some broccoli and 3 tablespoons shredded mozzarella.

4. Place 1 piece of foil (with 2 pizzas) in the air fryer and cook until the cheese melts, about 4 minutes. Repeat with the other pizzas. Top with more parmesan.

The air fryer is great for reheating leftover pizza—homemade or takeout! The microwave can make your leftovers soggy.





Be sure to cut your salmon into even pieces so that they're all done at the same time.

AIR-FRYER HOISIN-GLAZED SALMON

ACTIVE: 20 min | TOTAL: 50 min | SERVES: 4

6 tablespoons hoisin sauce
2 tablespoons ketchup
2 tablespoons rice vinegar
2 tablespoons honey
4 teaspoons soy sauce
2 teaspoons sriracha
1 teaspoon grated fresh ginger
1¼ pounds skinless salmon fillet
Cooked rice and steamed vegetables,
for serving

1. Stir together the hoisin sauce, ketchup, rice vinegar, honey, soy sauce, sriracha and ginger in a bowl; set aside ⅓ cup of the marinade to use as a sauce for serving.
2. Cut the salmon into 8 pieces, about 2 inches long and 1 inch wide. Put the salmon in a shallow dish, pour the remaining marinade on top and marinate 30 minutes.
3. Remove the salmon from the marinade, letting the excess drip off (do not discard the marinade). Arrange in a 6-quart air fryer and air-fry at 400° until the glaze darkens and the fish is mostly cooked through, about 5 minutes. Brush with the marinade and continue air-frying until the glaze caramelizes and the fish is cooked through, about 2 more minutes. Serve with rice, vegetables and the reserved sauce.

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AIR-FRYER CRISPY PORK CHOPS

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

- | | |
|--------------------------|--|
| 1 cup breadcrumbs | 3 tablespoons extra-virgin olive oil |
| 1½ teaspoons paprika | 2 large eggs |
| 1½ teaspoons dried thyme | 8 ¼- to ½-inch-thick boneless pork chops (about 1¾ pounds total) |
| Kosher salt | Cooking spray |
| ¾ teaspoon onion powder | Applesauce and steamed vegetables, for serving |
| ½ teaspoon garlic powder | |
| ½ teaspoon sugar | |
| Freshly ground pepper | |

1. Combine the breadcrumbs, paprika, dried thyme, 1 teaspoon kosher salt, the onion powder, garlic powder, sugar and a few grinds of pepper in a large resealable bag; shake to mix well. Drizzle the olive oil into the bag and shake to combine. Beat the eggs in a shallow bowl.
2. Working in batches, dip the pork chops in the eggs, allowing the excess to drip off. Add to the bag with the breadcrumb mixture and shake until well coated.
3. Heat a 6-quart air fryer to 400°. Spray the air-fryer basket with cooking spray. Add half of the pork chops and air-fry until golden, about 6 minutes, flipping halfway through. Transfer to a rack and air-fry the remaining pork chops. Serve with applesauce and vegetables.



Breeding the meat is the fun part of this recipe: Just dip it in beaten eggs, then add to a bag with seasoned breadcrumbs and shake!

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Sailing into First Place

This teen whipped up a coconut–Key lime cake to win it all on *Kids Baking Championship*.

Three years ago Naiel Chaudry, 14, started baking as a treat for his parents. His mom and dad were both busy with new jobs, and the Los Altos, CA, teen and his younger sister made them a date-night meal with a chocolate-hazelnut soufflé. The siblings had so much fun baking that they launched Lá Jawab Treats and sold their goods to family and friends. When Naiel scored a spot on *Kids Baking Championship*, all of his experience came in handy—particularly during the show’s final challenge, when two of the three layers of his nautical-themed coconut–Key lime cake fell apart. He patched one together, ate the other and reconfigured the cake into two layers. “It boosted my morale because it tasted so good,” he says. The judges agreed, and he took home the \$25,000 prize. “A year ago, I was looking up baking tips from past winners,” says Naiel. “Now that’s me!”

—Juliana LaBianca



COCONUT-KEY LIME CAKE

ACTIVE: 1½ hr | TOTAL: 2 hr (plus cooling) | SERVES: 12 to 16



Try Naiel's tropical-flavored winning cake!



FOR THE CAKE

- 1 stick unsalted butter, at room temperature, plus more for the pans
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 cups granulated sugar
- ½ cup vegetable oil
- 4 large eggs
- 1 teaspoon pure vanilla extract
- 1 cup buttermilk

FOR THE KEY LIME CURD

- 1¼ cups granulated sugar
- 3 large eggs
- ½ cup Key lime juice
- ¼ teaspoon salt
- 1 small drop of green food coloring
- 6 tablespoons unsalted butter, cut into pieces

FOR THE COCONUT PASTRY CREAM

- 1 cup coconut puree (such as Pitaya Foods coconut smoothie packs)
- 3 large egg yolks
- ⅓ cup granulated sugar
- 2 tablespoons cornstarch
- 1 tablespoon unsalted butter
- ½ cup sweetened shredded coconut, toasted

FOR THE BUTTERCREAM

- 4 sticks unsalted butter, at room temperature
- 2½ cups confectioners' sugar
- 2 teaspoons pure vanilla extract
- 2 tablespoons heavy cream
- ¼ teaspoon salt

1. Make the cake: Preheat the oven to 350°. Butter two 8-inch round cake pans. Whisk together the flour, baking powder and salt in a medium bowl; set aside. In the bowl of a stand mixer, beat the butter, granulated sugar and vegetable oil on medium-high speed until light and fluffy, 3 to 5 minutes. Add the eggs one at a time, beating between each addition. Add the vanilla and mix well.

2. Reduce the mixer speed to medium and add the flour mixture in 3 additions, alternating with the buttermilk in 2 additions. Mix until well combined.

3. Divide the batter evenly between the cake pans. Bake until a toothpick inserted into the center comes out clean, 40 to 50 minutes. Transfer to a rack and let cool completely.

4. Meanwhile, make the Key lime curd: Whisk together the granulated sugar, eggs, Key lime juice and salt in a small saucepan. Cook over medium heat, whisking constantly, until it is thick like pudding and starting to pull away from the sides of the pan, 10 to 12 minutes. Remove from the heat and stir in the food coloring and butter, a few tablespoons at a time. Mix until well combined. Strain the curd through a fine-mesh sieve into a bowl; cover with plastic wrap and refrigerate until cold, 1 to 2 hours.

5. Meanwhile, make the pastry cream: Bring the coconut puree to a simmer in a small saucepan over low heat. Remove from the heat. Whisk together the egg yolks, granulated sugar and cornstarch in a bowl until light and fluffy. Slowly pour the hot coconut puree into the egg mixture, whisking vigorously to prevent the eggs from curdling. Pour the mixture into the saucepan and cook over medium heat, whisking constantly, until thick and boiling, about 5 minutes. Stir in the butter; remove from the heat.

6. Strain the pastry cream through a fine-mesh sieve into a bowl. Fold in the toasted coconut. Cover with plastic wrap and refrigerate until completely cooled, 1 to 2 hours.

7. Make the buttercream: Beat the butter in a stand mixer on medium-high speed until light and fluffy, about 5 minutes. Add the confectioners' sugar, vanilla, heavy cream and salt; beat to combine.

8. To assemble, place 1 cake layer on a platter. Spread a ring of buttercream on top and fill with the Key lime curd and then the coconut pastry cream. Top with the second cake layer. Completely cover with the buttercream using an offset spatula.



The judges loved this cake!

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Krystal Michaels Monroe has always pampered

 **HILLSBORO, OR**

her pets in extravagant ways. She used to treat her old boxer, Mocha, to a pool party on his Gotcha Day, complete with a steak dinner. So when Krystal decided to switch careers after 30-plus years in supply-chain management, she went all in on dogs. She started selling doggie baked goods at a farmers' market near her home in Hillsboro, OR, then she turned the business into a full-fledged bakery, Puppernickel, in 2019. One of her top sellers is a "pupcake" made with pumpkin puree, applesauce, oat flour and brown rice flour. She has baked cakes to be served to dogs on their birthdays and at weddings, and one time she whipped up 5,000 of them for a Humane Society fundraiser. Her rescue dogs, Rose E. and Glinda, are always there to pitch in: "They're my Chief Tasting Officers!" she says.



Puppernickel's second location opened last year in Beaverton, OR.



PUMPKIN PUPCAKE

ACTIVE: 30 min | TOTAL: 1½ hr | MAKES: one 6-inch layer cake

FOR THE CAKE

- ¾ cup oat flour
- ¾ cup brown rice flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon (optional)
- ¾ cup canned pure pumpkin (not pumpkin pie filling)
- ½ cup unsweetened applesauce
- ¼ cup smooth natural peanut butter*
- ¼ cup vegetable oil
- 2 large eggs
- 1 to 2 tablespoons local honey (optional)

FOR THE FROSTING

- 1 cup regular or low-fat cream cheese spread
- ½ cup Greek yogurt with honey
- ¼ cup smooth natural peanut butter*
- Dog biscuit, for topping

*Make sure your peanut butter doesn't contain xylitol, which is dangerous for dogs.

- 1.** Make the cake: Preheat the oven to 350°. Whisk together the 2 flours, baking soda, baking powder and cinnamon, if using, in a medium bowl. In a large bowl, beat the pumpkin, applesauce, peanut butter, vegetable oil, eggs and honey, if using, with a mixer on medium speed until combined. With the mixer on low speed, beat in the flour mixture until combined.
- 2.** Divide the batter between two 6-inch round silicone pans (or two 6-inch metal pans coated with cooking spray). Bake until a toothpick inserted into the center comes out clean, 25 to 35 minutes. Let cool 10 minutes in the pans, then invert the cakes onto a rack to cool completely.
- 3.** Make the frosting: Beat the cream cheese, yogurt and peanut butter in a medium bowl with a mixer until smooth and fluffy. Spread some frosting on 1 cake layer, then top with the other cake layer. Cover the whole cake with the remaining frosting; pipe frosting on top, if desired. Top with a dog biscuit.



CAKE PHOTO: JOEL GOLDBERG; FOOD STYLING: BARRETT WASHBURN

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