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# CookingLight<sup>®</sup>

## THE FAREWELL ISSUE



▲  
**Chocolate-and-  
Cream Layer Cake**  
RECIPE P.108

# YULE LOVE SCOTTSDALE FOR THE HOLIDAYS

DESERT BOTANICAL GARDEN

**T**ell ho-hum holidays to take a hike – you’re going to Scottsdale! Here, resort winter wonderlands, farm-fresh season’s eatings, holiday events and millions of glittering lights will put some serious sparkle in your season. And best of all, our sunny skies and warm winter temperatures mean you can enjoy all the season’s finest offerings without a snow shovel in sight.



CHRISTMAS AT THE PRINCESS

## RESORT WINTER WONDERLANDS

Every year, Scottsdale’s resorts transform into enchanting winter wonderlands swathed in all the splendor of the season. In true Fairmont style, “Christmas at the Princess” features a four-story musical Christmas tree, desert ice skating rink, and Santa’s Secret Headquarters. At the Hyatt Regency Scottsdale Resort & Spa, a life-size Ginger-

bread Cottage is sure to induce dreams of sugar plums and candy canes. And at The Phoenician, posh holiday offerings include a three-course Holiday Tea, breakfast with Santa and the Cactus Garden Light Tour.

## SEASON’S EATINGS

Dining in Scottsdale during the holidays is a delicious journey through menus that plait your traditional favorite dishes with indigenous Sonoran Desert ingredients and on-trend culinary techniques – think Southwestern herb-roasted turkey, coffee-rubbed bison tenderloin or creamy green chili crab mac ‘n’ cheese, just for starters. Seasonally inspired craft cocktails and decadent desserts round out a festive holiday meal that’s worth every calorie.

## HOLIDAY LIGHT SPECTACULARS

When it comes to holiday lights, more is always better! ZooLights at the Phoenix Zoo shines with a three-story Christmas tree and millions of lights in whimsical animal-shaped displays. Cruise the streets Old Town – decked out in their sparkling holiday finest – on a guided tour with Segway of Scottsdale. And just south of Scottsdale, ILLUMINATION, Symphony of Light is one of the country’s largest drive-thru holiday

extravaganzas, featuring millions of lights synchronized to your favorite holiday tunes.

## FESTIVE SPECIAL EVENTS

Get your glow on at Scottsdale’s seasonal special events. Scottsdazzle is a month-long celebration of all things holiday, from tree lightings and Santa Wine Rounds to Sugar Plum Avenue’s fairytale village. Experience a Southwestern holiday tradition at the Desert Botanical Garden’s Las Noches de Las Luminarias, which features 8,000 hand-lit luminarias, live music, and Electric Desert, an immersive journey of light and sound. Or climb aboard Verde Canyon Railway’s Christmas Train for a magical ride to the North Pole. 🌿

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# Apps That Every Holiday Party Guest Will Love

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No matter what you put on them, gluten-free Crunchmaster crackers are the perfect party snack.



## ◀ MERRY MEDITERRANEAN

Whisk your guests away to the Mediterranean with this Greek salad-inspired cracker. Spoon a dollop of your favorite plain Greek yogurt onto a Crunchmaster Multi-Grain Roasted Vegetable cracker. Add one thin slice of cucumber and one pitted kalamata olive, using a tiny dot of yogurt to hold the olive in place.



## ◀ TOASTY AVOCADO

Kick off your holiday feast with a cracker that puts a miniature twist on a trendy brunch staple. In a small bowl, mash a peeled and pitted avocado with a fork (add a splash of olive oil if the avocado isn't quite ripe). Give it a squeeze of fresh lemon juice and a pinch of sea salt. Spread the mixture atop a Crunchmaster Multi-Seed Rosemary and Olive Oil cracker and top with chia seeds and red pepper flakes.



## ◀ GIFT OF GOAT CHEESE

Take the flavors from your traditional holiday cheese platter— and put them on a delicious cracker! In a 350° oven, toast raw, shelled pistachios until fragrant (about five minutes). Let cool and then chop and add salt. To make goat cheese spreadable,

add a splash of milk and mix with a fork. Put a dollop on a Crunchmaster Multi-Seed Original cracker. Sprinkle with pistachios and finish off with a spoonful of pitted chopped fresh cherries or cherry jam.



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COOKINGLIGHT.COM



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

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The perfect finale for a beautiful holiday meal, this glossy chocolate (whole-grain!) layer cake will leave your guests in awe without weighing them down.



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## Dinner Tonight

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## Good Food Fast

Give in to your sweet tooth with our picks for grab-and-go treats like dark chocolate and frozen Greek yogurt bars.

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**“I share these stories with you because I suspect many of you have similar ones—that *Cooking Light* has held a special place for you and your best friend, or your mother, or your supper club group.”**

**A** few years back, my nephew Henry came home from school to the savory fragrance of Beef Daube Provençal, a favorite *Cooking Light* recipe of my sister-in-law/best friend, Becky. “It smells like the past,” Henry said dreamily. His phrasing was both prophetic and symbolic: After this issue, *Cooking Light* magazine—the monthly editions chock-full of new, kitchen-tested recipes; nutrition coverage; and engaging stories—will be a thing of the past. And it will always have a special place in so many people’s lives, a source of deep nostalgia for great memories shared with family and friends.

That’s what *Cooking Light* has meant to Becky and me. We became fans in the mid-’90s, when graduate school choices separated us geographically. We had both become more interested in taking better care of ourselves and came to *Cooking Light* for nutrition advice and better-for-us recipes. It was a given that the recipes would be healthy, but what blew us away

was how good they were. One of the first recipes I remember making was the Hearty Lasagna featured on the January/February 1995 cover. I cooked it for a dinner party, and at least three guests hounded me for the recipe afterward. I called Becky to report my success, and she countered with her own recipe triumphs. And thus, a pattern emerged: We’d get our issues in the mail, read them cover to cover, then hop on the phone to discuss which recipes to try. When we had plans to see each other, we would jump giddily into elaborate menu planning, choosing recipes from the magazine to anchor our feasts. This ritual became a concrete way for me to stay connected to my best friend over the miles—sharing a love of good food as a way to nurture and care for ourselves and those we love. When I joined the staff of *Cooking Light* as an editorial assistant in 1998—a dream job for this fangirl—I would call Becky with sneak-peek intel on the stories and recipes that were planned for future issues. We cooked many of them together, from

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## Note from the Editor 12.18

the global “Cooking Class” series of 2001, when neither of us had children, to the family-friendly “Let’s Cook!” recipes from 2015 that established some new traditions once we did.

I share these stories with you because I suspect many of you have similar ones—that *Cooking Light* has held a special place for you and your best friend, or your mother, or your supper club group. I know this magazine *means something* to many of you, and I have always felt that, at its core, it does some good in the world. That’s one of many reasons why I’ve loved working here for the past 20 years, with the last 8 of them served as executive editor. I still believe in what the magazine has done all along: help people live a healthier life by sharing recipes they can feel proud to serve to the people they love—as an act of love.

Over the years, I have learned from and been inspired by incredibly talented colleagues who all work in service of you, our beloved readers. I will boldly speak for them in saying thank you. We worked together to create something that you could use in your everyday life, and you have kindly let us know when we hit the mark and when we have gone off course. We understand that you have done so because you care,

because you feel just as invested in *Cooking Light* as we have always been. If you have picked us up at the newsstand, we appreciate your interest and your time. If you are a subscriber, we are deeply grateful for your loyalty. Next month, your subscription will roll over to our sister magazine *EatingWell*. You may notice some of *Cooking Light*’s DNA there, with some of your favorite columns, including “Dinner Tonight,” transferring to its pages.

Some of *Cooking Light*’s footprint will live on, too. *Cooking Light*.com will still deliver great recipes and ideas, as will all of our social media platforms. The *Cooking Light* Diet also will continue to serve folks in need of healthy meal-planning tools and advice (see p. 44 for a special offer). And several times a year, you’ll find *Cooking Light* special interest publications—those glossy, thick-papered recipe collections—on newsstands. While the monthly edition will no longer appear in your mailbox, perhaps you can still cuddle up with the SIPs, have your kids go through them and mark the recipes they’d like to try, and feed your soul a little happiness.

It’s been a great run for a great magazine, and we owe our success over the years to you.



Ann Taylor Pittman  
Executive Editor  
@annietaypitt



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# Holiday Helper

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Flip through the pages to discover a simple better-for-you approach that makes holiday feasts lighter thanks to the help of one special (and delicious!) ingredient.

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## #33 | Side Dishes

When piling your plate with every side in sight, it's hard to keep track of calories or unnecessary preservatives. Learn how to lighten every dish while maintaining maximum flavor.

## #61 | Breakfast

Kick off the festivities with a hearty and delicious breakfast.

## #97 | The Main Course

You prepare for the piece de resistance of your holiday table for days before the main event. Discover the ingredient every main course needs whether making a classic roast or putting your own spin on a traditional meal.



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**Creamy Chicken and Wild Rice Soup, 10.17**

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**Classic Lamb Curry, 11.01**

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**Spicy Hungarian Tilapia Stew, 04.14**

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We asked the staff, "What is your all-time favorite CL recipe?" Their answers are in red; find the recipes at [cookinglight.com/editors-favorite-recipes](http://cookinglight.com/editors-favorite-recipes).



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# What's Fresh Now

## Tastes of the Season



PHOTOGRAPHY: GREG DUPREE; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: MISSIE NEVILLE CRAWFORD

### Your Tastiest Winter Ever

Spark up that open fire—we've got the chestnuts, an ingenious dairy-free twist on classic eggnog, a gift pack of the most delectable oysters that arrives right at your doorstep, great gear for holiday bakers, and panettone (above) that's worth the splurge.



### Perfect Panettone

Culinary nomad Roy Shvartzapel studied under an Italian master baker to develop a mail-order holiday bread that now has a cult following.

#### + How

Traditional Italian holiday sweet bread, panettone is a naturally fermented brioche loaf studded with fruit and sometimes nuts. Shvartzapel, a San Francisco-based pastry chef, thought most panettone available in this country was dense and dull. So in 2006, he traveled to Italy to learn craft secrets from panettone savant Iginio Massari.

#### + Why

His panettone loaves masterfully combine rich, indulgent flavor and ethereally light texture. And since launching his online mail-order bakery three years ago, he's built a passionate fan base of food obsessives and top chefs.

#### + Buy

Available in three flavors: candied orange-raisin (shown), chocolate, and pecan-chocolate-caramel. (\$50/loaf, [thisisfromroy.com](http://thisisfromroy.com))



#### Sip This

### Vegan Egnog

**Active:** 5 min.  
**Total:** 2 hr. 35 min.

Cashew milk is one of the thickest nut milks, with a mild flavor that makes it ideal as a plant-based swap in this classic sipper. Compared to store-bought versions, our nog has about half the calories and  $\frac{2}{3}$  less sugar per serving.

- 4 cups unsweetened cashew milk**
- $\frac{2}{3}$  cup well-shaken and stirred canned unsweetened coconut milk (such as Thai Kitchen)**
- 6 pitted Medjool dates**
- $\frac{1}{2}$  tsp. vanilla bean paste**
- $\frac{1}{4}$  tsp. ground nutmeg**
- Whole nutmeg (optional)**

- 1.** Place cashew milk, coconut milk, and dates in a blender; let stand 30 minutes.
- 2.** Add vanilla bean paste and nutmeg to blender. Process

on **HIGH** until smooth, about 2 minutes, stopping to scrape down sides as needed. Pour mixture through a fine wire-mesh strainer into a pitcher; discard solids. Chill at least 2 hours or up to overnight. If desired, grate whole nutmeg over servings for garnish.

**SERVES 6** (serving size: about  $\frac{3}{4}$  cup) **Calories** 92; **Fat** 7g (sat 5g, unsat 1g); **Protein** 1g; **Carb** 8g; **Fiber** 1g; **Sugars** 6g (added sugars 0g); **Sodium** 110mg; **Calc** 31% DV; **Potassium** 3% DV



#### SPIKE IT

The vanilla, date, and coconut flavors in our nog have us leaning toward rum as the best pairing for adding a little cheery warmth—in particular, Georgia's Richland Rum, the only single-estate rum distillery in the United States. Crafted from local sugar cane, Richland delivers smooth, caramel flavor with hints of chocolate and hazelnut. (\$79, [seelbachs.com](http://seelbachs.com))

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## Holidays on the Half Shell

Raw oysters have a special-occasion feel, and this trio of elite bivalves from Island Creek Oysters in Massachusetts (supplier to some of the country's finest restaurants) proves the power of "merroir" (local sea environment) on flavor. Dazzle your holiday guests with this gorgeous assortment, or gift a box to your favorite oyster aficionado. The gift pack includes a dozen each of briny-sweet Island Creek (1), crisp and mineral-forward Row 34 (2), and intensely savory Aunt Dotty (3) varieties. (\$89, with free overnight shipping, [islandcreekoysters.com](http://islandcreekoysters.com))

### Gear Up



## New Nonstick Baking Molds

Trustworthy silicone baking molds make life infinitely easier: Baked goods pop out effortlessly and intact—no pre-greasing, loosening, or prying needed. We love these latest high-quality offerings—just in time for holiday baking.

**Silpat Perfect Baking Molds** The gold standard in baking silicone, Silpat launched a new line of five mats this year that are molded to bake particular items: mini loaves, mini cakes, mini muffins, muffins, and madeleines. (\$50/mat, [williams-sonoma.com](http://williams-sonoma.com))

**Lékué Savarin Molds** You need these for show-stopping Bundt cakes with pristinely smooth surfaces. Dishwasher-safe and available in large molds, like the one shown above (8.7- and 8.5-inch); small (5.9-inch); and a tray of six mini molds (2.8-inch). (\$15–\$24/mold, [lekueusa.com](http://lekueusa.com))



### Roast These

Fresh-roasted chestnuts are an old-timey holiday tradition that's firing back up. Home cooks are rediscovering the meaty taste of warm roasted Italian chestnuts. Go the open-fire route, or score an "X" on the rounded side through the skin, and bake in the oven at 425°F for 10 minutes or so. ([nuts.com](http://nuts.com), \$10/1-lb. bag)



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# Dinner Tonight

From comfort food to company-worthy dinners, this lineup of quick-fix, no-stress recipes will keep your family and friends (and you!) in good spirits this holiday season.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: EMILY NABORS HALL; PROP STYLING: CHRISTINE KEELY



## PASTA NIGHT PERFECTION

Four cheeses team up with gluten-free pasta to deliver a wholesome indulgence.

### Creamy Four-Cheese Pasta with Spinach

**Active:** 10 min. **Total:** 15 min.

- 8 oz. uncooked quinoa or chickpea pasta (such as rigatoni, penne, farfalle, or rotini)
- 1 Tbsp. olive oil
- 8 cups baby spinach
- 1 Tbsp. chopped garlic
- 2 oz. fontina cheese, shredded (about ½ cup)
- ½ cup low-fat ricotta cheese
- 1 oz. ⅓-less-fat cream cheese, softened
- ¼ tsp. kosher salt
- ⅛ tsp. cayenne pepper
- ¼ cup finely grated Parmesan cheese

1. Prepare pasta in a large stockpot according to package directions, omitting salt and fat. Drain pasta, reserving ¼ cup cooking liquid. Return pasta and reserved cooking liquid to stockpot.

2. Heat oil in a large saucepan over medium-high. Add spinach and garlic; cook, stirring often, until spinach wilts and garlic is slightly softened, about 3 minutes. Add fontina, ricotta, and cream cheese; cook, stirring constantly, until cheeses melt and mixture is creamy, about 30 seconds. Immediately remove from heat; add to pasta in stockpot. Add salt and cayenne. Stir gently to coat pasta with sauce.

3. Divide pasta among 4 bowls; top with Parmesan. Serve immediately.

**SERVES 4** (serving size: 1 cup) **Calories** 409; **Fat** 15g (sat 7g, unsat 6g); **Protein** 17g; **Carb** 54g; **Fiber** 7g; **Sugars** 2g (added sugars 0g); **Sodium** 507mg; **Calc** 34% DV; **Potassium** 2% DV



### Filet Mignon with Apple-Fennel Slaw

Go ahead and schedule a dinner party—we've got the perfect dish right here. Ask your butcher to cut evenly sized fillets to ensure the steaks cook at the same rate.

**Active:** 15 min. **Total:** 20 min.

- 4 (4-oz.) beef tenderloin fillets
- 1 tsp. ground fennel seeds
- 1½ tsp. black pepper, divided
- 1¼ tsp. kosher salt, divided
- 3 Tbsp. olive oil, divided
- 2 Tbsp. red wine vinegar
- 1 Tbsp. canola oil
- 2 cups thinly sliced fennel bulb, fronds reserved for garnish (optional)
- 1½ cups thinly sliced unpeeled Fuji apple
- ½ cup thinly sliced red onion
- 1 cup torn fresh flat-leaf parsley

1. Preheat oven to 425°F. Coat fillets on both sides evenly with ground fennel seeds, 1 teaspoon pepper, and ¾ teaspoon salt. Heat 1 tablespoon olive oil in a large

ovenproof skillet over medium-high. Add fillets; cook until browned on both sides, about 2 minutes per side. Transfer skillet to oven; cook at 425°F until a thermometer inserted in thickest portion registers 130°F to 135°F, 3 to 5 minutes. Transfer fillets to a plate; let rest 5 minutes.

2. Meanwhile, whisk together vinegar, canola oil, remaining 2 tablespoons olive oil, remaining ½ teaspoon pepper, and remaining ½ teaspoon salt in a large bowl. Add sliced fennel, apple, onion, and parsley; toss to coat. Divide slaw among 4 plates. Slice fillets; divide among plates. Garnish with fennel fronds, if desired.

**SERVES 4** (serving size: 4 oz. beef and ¾ cup slaw) **Calories** 322; **Fat** 20g (sat 4g, unsat 15g); **Protein** 24g; **Carb** 13g; **Fiber** 3g; **Sugars** 7g (added sugars 0g); **Sodium** 677mg; **Calc** 7% DV; **Potassium** 13% DV

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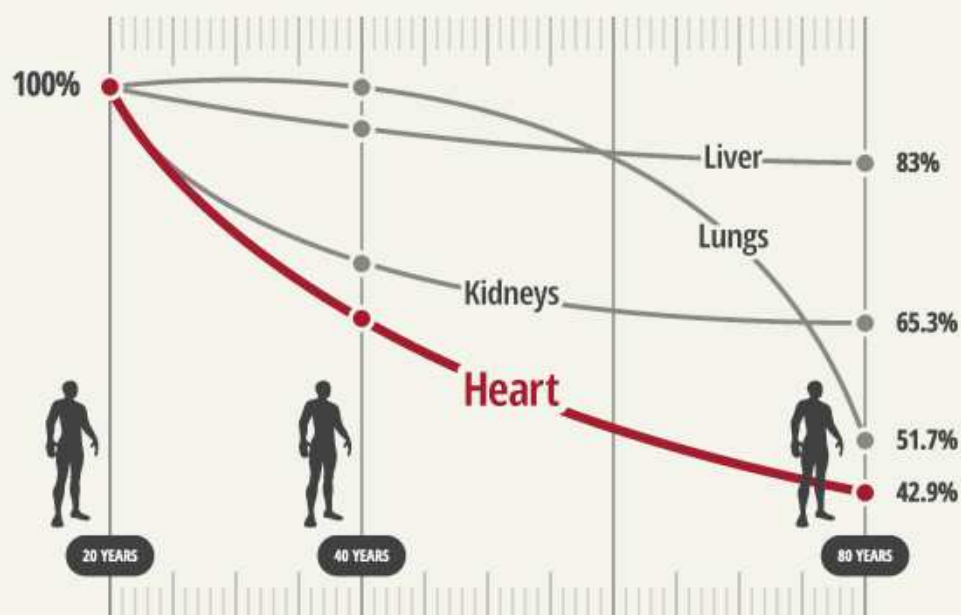


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## CoQ10 Distribution in the Human Body



Source: A. Kalen et al. Lipids, 24, 579 (1989)

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## Spiced Winter Squash Soup

Smooth and custardy, silken tofu blends perfectly with the butternut squash and pumpkin to create the ultimate velvety texture. And thanks to its protein and fiber, the dish is quite filling—your family won't even know it's completely vegan.

**Active:** 20 min. **Total:** 20 min.

- 2 Tbsp. olive oil, divided
- 1 cup chopped yellow onion
- 1 small Honeycrisp apple (about 6 oz.), peeled and chopped
- 1 tsp. grated peeled fresh ginger
- ½ tsp. chopped garlic
- ¼ tsp. curry powder
- ¼ tsp. grated fresh nutmeg
- ¼ tsp. ground cinnamon, plus more for garnish
- ⅛ tsp. ground cardamom
- 1½ cups lower-sodium vegetable broth
- 1 (14½-oz.) can butternut squash puree
- 1 (14½-oz.) can pumpkin puree
- 2 tsp. creamy natural peanut butter
- 2 tsp. light brown sugar
- 1 (14-oz.) pkg. silken tofu, drained
- 1 tsp. kosher salt
- ¼ cup unsalted roasted pumpkin seed kernels (pepitas)

1. Heat 1 tablespoon oil in a 5- to 6-quart Dutch oven over medium-high. Add onion and apple; cook, stirring occasionally, until softened, 5 to 6 minutes. Add ginger, garlic, curry powder, nutmeg, cinnamon, and cardamom; cook, stirring often, until fragrant, about 1 minute. Stir in broth, squash, pumpkin, peanut butter, and brown sugar; cook until smooth and heated through, about 5 minutes.

2. Transfer mixture to a blender; add tofu and salt. Remove center piece of blender lid; secure lid on blender, and place a clean kitchen towel over opening in lid. Process until smooth, about 45 seconds. Divide evenly among 4 bowls. Sprinkle with pepitas, and drizzle with remaining 1 tablespoon oil. Sprinkle with cinnamon.

**SERVES 4** (serving size: 1½ cups) **Calories** 295; **Fat** 15g (sat 2g, unsat 12g); **Protein** 10g; **Carb** 34g; **Fiber** 9g; **Sugars** 13g (added sugars 2g); **Sodium** 552mg; **Calc** 14% DV; **Potassium** 11% DV



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: EMILY NABORS HALL; PROP STYLING: CHRISTINE KEELY

## Sweet Potato and Bacon Frittata

Smart shortcuts deliver a frittata that's perfect for a busy weeknight or headlining a weekend brunch menu. Microwaving the sweet potatoes helps them cook faster; Canadian bacon adds flavor with half the saturated fat of regular bacon.

**Active:** 20 min. **Total:** 20 min.

**2 cups chopped peeled sweet potato**

**Cooking spray**

**5 Canadian bacon slices (about 3 oz.), chopped**

**2 Tbsp. canola oil, divided**

**1 cup thinly sliced shallots**

**6 large eggs**

**1 oz. Gruyère cheese, shredded (about ¼ cup)**

**1 Tbsp. chopped fresh sage**

**½ tsp. black pepper**

**¼ tsp. kosher salt**

**1 oz. goat cheese, crumbled (about ¼ cup)**

**2 Tbsp. chopped fresh chives**

**1.** Preheat broiler to high with oven rack in top position. Place sweet potato in a microwavable bowl; add water to a depth of ½ inch. Cover with a plate and microwave until slightly tender, 5 to 6 minutes. Drain sweet potato, and transfer to a plate. Pat sweet potato dry, and lightly coat with cooking spray.

**2.** Heat a 9-inch cast-iron skillet over medium-high. Add Canadian bacon and 1 tablespoon oil; cook, stirring often, until bacon is lightly browned, 4 to 5 minutes. Drain bacon on paper towels, reserving drippings in skillet. Add shallots and sweet potato to skillet; cook, stirring often, until lightly browned, about 5 minutes.

**3.** Whisk together eggs, Gruyère, sage, pepper, and salt in a bowl. Add remaining 1 tablespoon oil to sweet potato mixture in skillet; pour egg mixture into skillet. Cook over medium, gently pulling eggs in from sides of skillet with a spatula, until eggs are partially set, about 2 minutes. Sprinkle with goat cheese and reserved bacon.

**4.** Transfer skillet to oven; broil until eggs are completely set and toppings are golden, 3 to 4 minutes. Remove from oven; sprinkle with chives.

**SERVES 4** (serving size: 2 wedges) **Calories** 331; **Fat** 19g (sat 6g, unsat 13g); **Protein** 18g; **Carb** 21g; **Fiber** 3g; **Sugars** 7g (added sugars 0g); **Sodium** 565mg; **Calc** 16% DV; **Potassium** 11% DV



## Crispy Salmon Salad with Roasted Butternut Squash

Small touches like the charred lemon vinaigrette and tart pomegranate arils elevate this speedy salad into a showstopping main dish. Preheat your sheet pan to get a jump-start on cooking the squash and onions.

**Active:** 20 min. **Total:** 20 min.

**2½ cups chopped butternut squash**

**2½ cups sliced red onion**

**1 medium lemon, halved crosswise**

**¼ cup olive oil**

**1 Tbsp. rice vinegar**

**2 tsp. pure maple syrup**

**1½ tsp. Dijon mustard**

**½ tsp. orange zest**

**¾ tsp. black pepper, divided**

**¾ plus ⅛ tsp. kosher salt, divided**

**1 Tbsp. canola oil**

**4 (6-oz.) skin-on salmon fillets**

**4 cups torn curly kale**

**4 cups baby spinach**

**½ cup pomegranate arils**

**1.** Place a baking sheet on rack in upper third of oven; preheat broiler to high. Once hot, carefully remove baking sheet from oven; place squash, onion, and lemon (cut side down) on baking sheet. Broil until charred, 7 to 8 minutes. Let cool; squeeze juice from lemon halves into a small bowl.

**2.** Whisk together olive oil, vinegar, maple syrup, mustard, orange zest, 1 teaspoon lemon juice, ½ teaspoon pepper, and ¼ teaspoon salt in a medium bowl; set aside.

**3.** Heat canola oil in a large nonstick skillet over medium-high. Sprinkle salmon flesh with remaining ¼ teaspoon pepper and remaining ⅝ teaspoon salt. Cook salmon, skin side down, until skin is crisp, 3 to 4 minutes. Flip fillets; cook 2 to 3 minutes.

**4.** Place kale, spinach, pomegranate arils, squash, and onion in a large bowl. Add vinaigrette; toss to coat. Divide salad and salmon among 4 bowls; spoon ½ teaspoon lemon juice over each fillet.

**SERVES 4** (serving size: 2½ cups salad and 6 oz. salmon) **Calories** 507; **Fat** 28g (sat 4g, unsat 23g); **Protein** 38g; **Carb** 26g; **Fiber** 5g; **Sugars** 7g (added sugars 2g); **Sodium** 606mg; **Calc** 23% DV; **Potassium** 29% DV



## Pasta with Italian Sunday Sauce

Known as “Sunday Gravy” to many, this meaty tomato sauce is like marinara but with a major upgrade. Short ribs and turkey sausage add flavor; whole-wheat pasta brings heart-healthy fiber to the table.

**Active:** 40 min. **Total:** 7 hr. 40 min.

- 1 Tbsp. olive oil
- 1½ lb. bone-in beef short ribs
- 12 oz. hot Italian turkey sausage (about 3 sausage links)
- 2 cups finely chopped yellow onion
- ½ cup finely chopped celery
- 3 Tbsp. minced garlic
- 5 Tbsp. unsalted tomato paste
- ¼ cup dry red wine
- 1 (28-oz.) can unsalted crushed tomatoes
- 1 rosemary sprig
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- ⅛ tsp. crushed red pepper
- 14 oz. uncooked whole-wheat spaghetti

4 tsp. red wine vinegar

1½ tsp. kosher salt

**1.** Heat oil in a large skillet over medium-high. Add short ribs and sausage in batches; cook, turning occasionally, until browned on all sides. Transfer to a plate. (Do not wipe out skillet.)

**2.** Reduce heat to medium; add onion, celery, and garlic to skillet; cook, stirring often, until lightly browned, about 5 minutes. Add tomato paste; cook, stirring constantly, 1 minute. Remove from heat; add red wine, scraping bottom of skillet with a wooden spoon to loosen browned bits. Pour mixture into a 6-quart slow cooker. Stir in tomatoes, rosemary, thyme, oregano, and red pepper. Add short ribs and sausage, submerging in tomato mixture. Cover and cook on **LOW** until short ribs are tender, about 7 hours.

**3.** Transfer short ribs and sausage links to a cutting board. Skim and discard fat from surface of tomato sauce in slow cooker. Discard rosemary. Let short ribs and sausage links cool 10 minutes.

**4.** Meanwhile, prepare pasta according to package directions, omitting salt and fat. Cover to keep warm until ready to serve.

**5.** Remove meat from bones of short ribs; shred meat, and return to slow cooker. Discard bones. Cut sausage links crosswise into ½-inch-thick slices; return to slow cooker. Stir in vinegar and salt. Serve sauce over pasta.

**SERVES 8** (serving size: ¾ cup pasta and ¾ cup meat sauce) **Calories** 400; **Fat** 12g (sat 2g, unsat 9g); **Protein** 23g; **Carb** 52g; **Fiber** 9g; **Sugars** 7g (added sugars 0g); **Sodium** 604mg; **Calc** 4% DV; **Potassium** 10% DV



## Winter Greens Pesto Pizza

Hearty collard greens pack this pesto with vitamin K, an essential nutrient for bone health. Buttery Castelvetrano olives make any extra pesto perfect for adding big flavor to pasta and grilled cheese sandwiches; substitute any green olive if you can't find them.

**Active:** 25 min. **Total:** 25 min.

**1 cup sliced red onion**

**Cooking spray**

**1 cup chopped stemmed collard greens**

**¼ cup pitted Castelvetrano olives**

**4½ Tbsp. grated Parmesan cheese, divided**

**5½ tsp. olive oil**

**2 Tbsp. canola oil, divided**

**¼ tsp. lemon zest plus 1 tsp. fresh lemon juice**

**1 medium garlic clove**

**⅜ tsp. kosher salt, divided**

**½ (10-oz.) pkg. whole-wheat thin and crispy pizza crusts (such as 365 Everyday Value Organic)**

**4 oz. fresh mozzarella cheese, torn into 2-inch pieces**

**1 Tbsp. balsamic glaze**

**2 Tbsp. torn fresh basil**

**¼ tsp. crushed red pepper**

**1.** Place racks in upper third and middle of oven. Place a baking sheet on top rack; place a pizza stone on middle rack. Preheat oven to 500°F.

**2.** Spread onion on hot baking sheet; spray with cooking spray. Bake at 500°F until browned, 8 to 9 minutes. Set aside.

**3.** Process collard greens, olives, 3½ tablespoons Parmesan cheese, olive oil, 1 tablespoon canola oil, lemon zest and juice, garlic, and ⅛ teaspoon salt in a food processor until smooth. Brush crust with remaining 1 tablespoon canola oil. Spread pesto mixture on crust. Top with mozzarella and onion.

**4.** Transfer pizza to hot pizza stone. Bake at 500°F until cheese is melted, 5 to 7 minutes. Drizzle with balsamic glaze; sprinkle with basil, red pepper, remaining 1 tablespoon Parmesan, and remaining ¼ teaspoon salt.

**SERVES 4** (serving size: 2 slices) **Calories** 265; **Fat** 21g (sat 5g, unsat 14g); **Protein** 10g; **Carb** 10g; **Fiber** 1g; **Sugars** 2g (added sugars 0g); **Sodium** 579mg; **Calc** 30% DV; **Potassium** 2% DV



PHOTOGRAPHY: VICTOR PROTASIO; FOOD STYLING: MAGGIE RUGGIERO; PROP STYLING: KATHLEEN VARNER

## Potato Pancakes with Apple Butter

Frozen hash browns make it possible to whip up latkes in minutes. Enjoy the combo of crisp potato pancakes and a simple green salad for a light entrée, or serve alongside roast chicken or beef for a protein punch.

**Active:** 20 min. **Total:** 25 min.

- 1 Tbsp. finely chopped shallot
- 1 Tbsp. finely chopped fresh chives
- 1 Tbsp. finely chopped fresh tarragon
- 1 Tbsp. white wine vinegar
- 1½ tsp. Dijon mustard
- 1 medium garlic clove, grated
- ¾ tsp. black pepper, divided
- 5 Tbsp. canola oil, divided
- ¾ cup grated yellow onion
- 3 cups frozen shredded hash browns, thawed
- 1 large egg, separated
- 1½ Tbsp. all-purpose flour
- ¾ tsp. kosher salt, divided
- 4 cups loosely packed baby spring mix
- ¼ cup apple butter

**1.** Stir together shallot, chives, tarragon, vinegar, mustard, garlic, and ⅛ teaspoon pepper in a small bowl. Gradually add 3 tablespoons oil, whisking constantly, until blended. Set dressing aside.

**2.** Place grated onion in center of a clean kitchen towel; twist towel to squeeze liquid from onion. Stir together onion, hash browns, and egg yolk in a medium bowl. Whisk egg white in a small bowl until frothy; stir into potato mixture. Add flour, ½ teaspoon salt, and remaining ¼ teaspoon pepper; stir until combined.

**3.** Heat 1 tablespoon oil in a large nonstick skillet over medium; swirl to coat. Drop ⅓ cup potato mixture into skillet, and flatten with a spatula. Repeat 3 times to equal 4 pancakes in skillet. Cook until bottoms are crispy, 4 to 5 minutes. Flip

pancakes; cook until bottoms are golden brown and crispy, about 2 minutes. Transfer to a plate. (Do not wipe skillet clean.) Repeat with remaining 1 tablespoon oil and potato mixture.

**4.** Toss together spring mix and dressing in a large bowl; divide salad among 4 plates. Top each potato pancake with 1½ teaspoons apple butter; sprinkle evenly with remaining ¼ teaspoon salt. Place 2 potato pancakes on each salad.

**SERVES 4** (serving size: 2 potato pancakes and 1 cup salad) **Calories** 280; **Fat** 19g (sat 2g, unsat 17g); **Protein** 5g; **Carb** 25g; **Fiber** 3g; **Sugars** 8g (added sugars 0g); **Sodium** 474mg; **Calc** 5% DV; **Potassium** 6% DV



## Rosemary-Crusted Pork with Mushrooms

Feeding a crowd this season? This recipe's a cinch to double—simply brown the pork in batches, then proceed as directed. If you can't find instant polenta, regular is fine; start cooking it before you prep the pork so it's ready on time.

**Active:** 20 min. **Total:** 30 min.

- 1 lb. pork tenderloin
- 2 Tbsp. canola oil, divided
- 1 Tbsp. chopped fresh rosemary
- 1 1/4 tsp. kosher salt, divided
- 1 tsp. black pepper, divided
- 12 oz. mixed fresh mushrooms, stemmed and coarsely chopped (about 3 cups)
- 1 cup sliced leeks
- 2 Tbsp. chopped fresh flat-leaf parsley
- 2 Tbsp. unsalted butter, divided
- 3/4 cup uncooked instant polenta
- 2 Tbsp. plus 2 tsp. shredded Parmesan cheese

**1.** Preheat oven to 400°F. Pat pork dry; rub with 2 teaspoons oil. Stir together rosemary, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a small bowl; sprinkle over pork. Heat an ovenproof skillet over medium-high. Add pork; cook until browned on all sides, about 4 minutes. Transfer skillet to oven; roast at 400°F until a thermometer inserted in thickest portion reaches 145°F, 14 to 16 minutes. Transfer pork to a cutting board, reserving drippings in skillet. Let pork rest 10 minutes.

**2.** While pork rests, add remaining 4 teaspoons oil to drippings in skillet; heat over medium-high. Add mushrooms, 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper; cook, stirring often, until mushrooms begin to brown, 4 to 5 minutes. Add leeks; cook, stirring often, until mush-

rooms are deeply browned and leeks are tender, about 6 minutes. Stir in parsley and 1 tablespoon butter until melted. Remove from heat; cover to keep warm.

**3.** Prepare polenta according to package directions, omitting salt and fat. Whisk Parmesan, remaining 1 tablespoon butter, and remaining 1/4 teaspoon salt into warm polenta.

**4.** Cut pork into 12 slices. Spoon 1/2 cup polenta onto each of 4 plates; top each with 3 pieces of pork and 1/2 cup mushroom mixture.

**SERVES 4** (serving size: 1/2 cup polenta, 1/2 cup mushrooms, and 3 slices pork) **Calories** 425; **Fat** 18g (sat 6g, unsat 11g); **Protein** 35g; **Carb** 22g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 735mg; **Calc** 8% DV; **Potassium** 18% DV

## Dinner Tonight

### 3 Go-with-Anything Sides



#### SMOKY BRUSSELS SPROUTS

Since there's a touch of sugar in this recipe, stir the Brussels sprouts often to prevent burning. If you're feeling decadent, top this side with a little grated Manchego cheese.

Heat 1 Tbsp. **olive oil** in a large skillet over medium-high. Add 1 lb. trimmed and halved **Brussels sprouts**; cook, stirring often, until browned, 10 to 12 minutes. Add 1 Tbsp. chopped **garlic**, 2 tsp. **light brown sugar**, 1 tsp. **smoked paprika**, and ¼ tsp. **kosher salt**. Cook, stirring often, 1 minute; remove from heat. Stir in 3 Tbsp. **apple cider vinegar**. Sprinkle with 2 Tbsp. chopped **salted smoked almonds**.

**SERVES 4** (serving size: about ½ cup) **Calories** 122; **Fat** 6g (sat 1g, unsat 4g); **Protein** 5g; **Carb** 14g; **Fiber** 5g; **Sugars** 5g (added sugars 2g); **Sodium** 178mg; **Calc** 5% DV; **Potassium** 10% DV



#### ROASTED ACORN SQUASH WITH THYME

To make cutting acorn squash easier, place a kitchen towel on your cutting board to keep the squash from slipping. Pair these tender wedges with pork tenderloin, pan-seared fish, or your favorite roast chicken.

Cut a 2-lb. **acorn squash** into 16 wedges; discard seeds. Place on a baking sheet. Spray with **cooking spray**; sprinkle with ¾ tsp. **kosher salt** and ½ tsp. **black pepper**. Roast at 450°F 20 minutes. Whisk together 2 Tbsp. **sherry vinegar**, 2 Tbsp. **olive oil**, 1 Tbsp. **canola oil**, 1 tsp. **Dijon mustard**, ¼ tsp. **kosher salt**, and ½ tsp. **black pepper**. Top squash with vinaigrette, ½ cup **pomegranate arils**, and 1 Tbsp. **fresh thyme**.

**SERVES 4** (serving size: 4 wedges) **Calories** 188; **Fat** 11g (sat 1g, unsat 10g); **Protein** 2g; **Carb** 23g; **Fiber** 4g; **Sugars** 7g (added sugars 0g); **Sodium** 336mg; **Calc** 6% DV; **Potassium** 14% DV



#### ROASTED POTATOES WITH SMOKED TROUT

Canned smoked trout is a pantry staple you must try; it has a very mild, almost bacon-y flavor that enriches every dish you add it to.

Cut 12 oz. **fingerling potatoes** in half lengthwise; place in a microwavable bowl with ¼ cup **water**. Cover with plastic wrap, and pierce with a fork to vent. Microwave until tender, 6 to 7 minutes; drain. Combine potatoes, ¼ cup thinly sliced **red onion**, ¼ cup **fresh flat-leaf parsley leaves**, 1½ Tbsp. **olive oil**, 1 Tbsp. chopped **fresh rosemary**, ½ tsp. **black pepper**, and ¾ tsp. **kosher salt** in a bowl. Flake 2 oz. **smoked trout** into large pieces; gently fold into potato mixture.

**SERVES 4** (serving size: ¾ cup) **Calories** 136; **Fat** 6g (sat 1g, unsat 5g); **Protein** 5g; **Carb** 15g; **Fiber** 3g; **Sugars** 1g (added sugars 0g); **Sodium** 183mg; **Calc** 1% DV; **Potassium** 3% DV

Recipes by Karen Rankin



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## Chicken Tetrazzini

If you'd like to make this comforting dish ahead of time, you can freeze the unbaked casserole up to three months. Let it thaw completely; top with Parmesan and panko, then bake at 350°F until browned and bubbly, about 45 minutes.

**Active:** 30 min. **Total:** 30 min.

- 8 oz. uncooked whole-wheat thin spaghetti
- 1½ tsp. canola oil
- ½ cup chopped yellow onion
- ½ cup chopped celery
- 8 oz. sliced fresh cremini mushrooms (about 2 cups)
- 1 Tbsp. sherry
- 1 Tbsp. unsalted butter
- 1½ Tbsp. all-purpose flour
- 1 cup unsalted chicken broth
- 3 oz. Parmesan cheese, grated (about ¾ cup), divided
- 3 oz. ⅓-less-fat cream cheese (about 6 Tbsp.)
- ¾ tsp. kosher salt
- 2 cups shredded rotisserie chicken breast (about 10 oz.)

½ cup panko (Japanese breadcrumbs)

Chopped fresh flat-leaf parsley

**1.** Bring a large pot of water to boil over high. Add pasta; reduce heat to medium-low, and cook until noodles are al dente, 8 to 9 minutes.

**2.** Meanwhile, heat oil in a 5- to 6-quart Dutch oven over medium-high. Add onion and celery; cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms; cook, stirring occasionally, until liquid has evaporated, 7 to 8 minutes. Reduce heat to medium.

**3.** Drain pasta, reserving ¼ cup cooking liquid; set aside. Stir sherry into mushroom mixture, gently scraping to loosen browned bits; stir in butter until melted. Add flour; cook, stirring constantly, until

smooth, 1 to 2 minutes. Add broth and reserved cooking liquid; cook, stirring, until liquid begins to thicken, about 3 minutes. Stir in ½ cup Parmesan, cream cheese, and salt; cook, stirring constantly, until smooth, about 2 minutes. Remove from heat. Add chicken and cooked pasta; stir to coat.

**4.** Preheat broiler to high. Transfer pasta mixture to a deep 3-quart baking dish. Top with panko and remaining ¼ cup Parmesan. Broil until top is golden, 2 to 3 minutes. Remove from oven; garnish with parsley.

**SERVES 6** (serving size: 1¼ cups) **Calories** 337; **Fat** 12g (sat 6g, unsat 4g); **Protein** 20g; **Carb** 39g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 615mg; **Calc** 16% DV; **Potassium** 10% DV

## Dinner Tonight Holiday Sauces for Any Protein



### BACON-SHALLOT GRAVY

Center-cut bacon infuses this rich gravy with flavor yet has 25% less saturated fat than regular bacon. If you make this ahead of time, whisk in a tablespoon or two of chicken stock before reheating.

Cook 4 **center-cut bacon slices** in a skillet over medium-low until crispy. Set bacon aside, reserving drippings in skillet. Add  $\frac{1}{4}$  cup sliced **shallot** to skillet; cook over medium 2 minutes. Add 1 Tbsp. **all-purpose flour**; cook, stirring, 1 minute. Add 1 cup **unsalted chicken stock** and 2 Tbsp. **sherry vinegar**; simmer until thickened, 3 to 5 minutes. Remove from heat; stir in 1 Tbsp. **unsalted butter**, 1 tsp. **fresh thyme leaves**, and crumbled bacon.

**SERVES 4** (serving size:  $\frac{1}{4}$  cup) **Calories** 78; **Fat** 5g (sat 2g, unsat 1g); **Protein** 5g; **Carb** 4g; **Fiber** 0g; **Sugars** 1g (added sugars 0g); **Sodium** 130mg; **Calc** 0% DV; **Potassium** 0% DV



### PORT-CHERRY SAUCE

This elegant and easy sauce is a simple way to elevate your go-to roast pork tenderloin recipe. The sweet and tangy balance also makes it a show-stopping topping for baked Brie or vanilla gelato.

Melt 1 Tbsp. **unsalted butter** in a small saucepan over medium-low. Add 2 Tbsp. minced **shallot**; cook until softened, about 2 minutes. Stir in 1 cup **ruby port**,  $\frac{3}{4}$  cup halved **frozen pitted cherries**, 3 Tbsp. **balsamic vinegar**, and  $\frac{1}{2}$  Tbsp. **pure maple syrup**. Bring to a boil; cook until thickened and reduced by half, 15 to 20 minutes. Remove from heat. Stir in 1 Tbsp. **unsalted butter** and  $\frac{1}{4}$  tsp. **kosher salt**.

**SERVES 8** (serving size: 2 Tbsp.) **Calories** 98; **Fat** 3g (sat 2g, unsat 1g); **Protein** 0g; **Carb** 7g; **Fiber** 0g; **Sugars** 6g (added sugars 2g); **Sodium** 63mg; **Calc** 1% DV; **Potassium** 1% DV

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## Crispy Chicken Cutlets with Lemon-Butter Carrots

Tossed in a simple lemon-tarragon butter, these tender baby carrots are the perfect partner for quick-cooking chicken cutlets. If you can't track down steam-in-bag carrots, microwave baby carrots until just tender, about 5 minutes.

**Active:** 20 min. **Total:** 25 min.

- ½ (1-lb.) pkg. steam-in-bag carrots
- 4 (6-oz.) chicken breast cutlets
- 1 large egg, lightly beaten
- 2 Tbsp. water
- 1½ cups whole-wheat panko
- ¾ tsp. kosher salt, divided
- 2 Tbsp. canola oil, divided
- ¼ cup sliced shallot
- ½ cup lower-sodium fat-free chicken broth
- 1 tsp. lemon zest plus 2 Tbsp. fresh lemon juice
- 2 Tbsp. unsalted butter
- 1 Tbsp. chopped fresh tarragon, plus more for garnish

1. Preheat oven to 325°F. Cook carrots according to package directions, reserving remaining carrots for another use; set aside.

2. Pat chicken dry. Whisk together egg and 2 tablespoons water in a shallow bowl. Place panko on a plate. Dip cutlets into egg mixture, letting excess drip off. Sprinkle each cutlet with ⅛ teaspoon salt; dredge cutlets in panko to coat.

3. Heat 1 tablespoon oil in a large non-stick ovenproof skillet over medium-high. Cook chicken until browned, 2 to 3 minutes per side. Transfer skillet to oven; bake at 325°F until cooked through, 6 to 8 minutes.

4. Meanwhile, heat remaining 1 tablespoon oil in a skillet over medium-high. Add shallot; cook, stirring often, until tender and golden, about 3 minutes. Stir in broth and lemon zest and juice. Bring to a simmer over medium-high; cook, stirring occasionally, until reduced to ¼ cup, 3 to 4 minutes. Whisk in butter, tarragon, and remaining ¼ teaspoon salt until smooth. Add carrots; toss to coat. Divide carrots and chicken among 4 plates; spoon sauce over carrots. Garnish with tarragon.

**SERVES 4** (serving size: 1 chicken cutlet and ⅔ cup carrots with sauce) **Calories** 475; **Fat** 19g (sat 5g, unsat 12g); **Protein** 46g; **Carb** 29g; **Fiber** 5g; **Sugars** 5g (added sugars 0g); **Sodium** 601mg; **Calc** 4% DV; **Potassium** 17% DV



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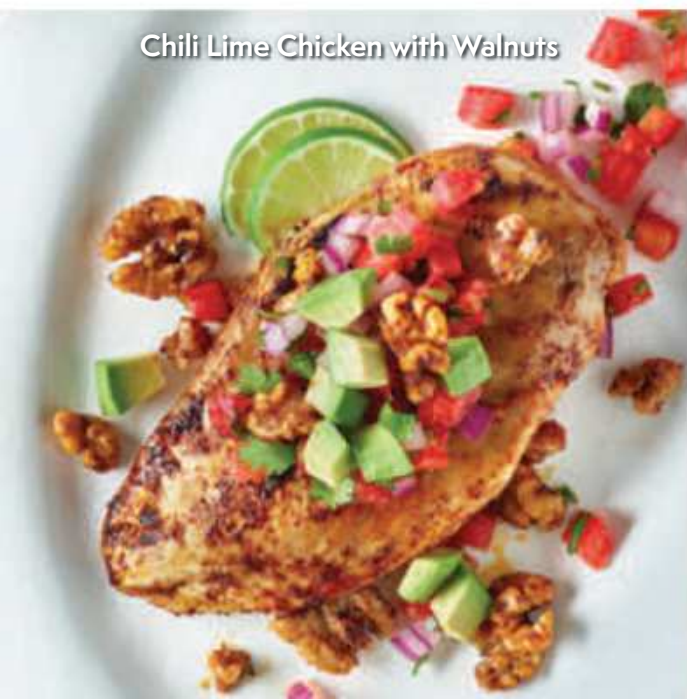
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Per one ounce serving.

\*Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines). Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

Chili Lime Chicken with Walnuts



Pappardelle with Walnut Pesto



Prosciutto Wrapped Pork with Walnuts





## Mini Chicken Potpies

Filled with tender sweet potato, meaty mushrooms, and shredded chicken, these personal potpies are a one-dish meal your family will love. Let the puff pastry thaw in the fridge for about 45 minutes before using.

**Active:** 40 min. **Total:** 1 hr.

- 1 Tbsp. canola oil
- 4 cups chopped fresh mushrooms
- 1½ cups chopped yellow onion
- ½ cup chopped celery
- 1½ cups ½-inch-cubed peeled sweet potato
- 2 tsp. chopped fresh thyme, plus more for garnish
- 1.5 oz. all-purpose flour (about ⅓ cup)
- 1¼ cups unsalted chicken stock
- ½ cup whole milk
- 8 oz. rotisserie chicken breast, shredded (about 2 cups)
- ¾ cup frozen lima beans
- ½ tsp. kosher salt
- 1 frozen puff pastry sheet, thawed

**1.** Preheat oven to 425°F. Heat oil in a Dutch oven over medium-high. Add mushrooms, onion, and celery; cook, stirring often, until softened, 7 to 8 minutes. Add sweet potato and thyme; cook until tender and liquid has evaporated, 6 to 7 minutes. Stir in flour to coat. Add stock and milk; bring to a boil, stirring constantly. Boil 1 minute. Remove from heat; stir in chicken, lima beans, and salt. Let cool 20 minutes.

**2.** Cut puff pastry into 4 (4¼-inch) rounds. Place 4 (10-ounce) ramekins on a baking sheet; fill with chicken mixture. Top with dough rounds; bake at 425°F until golden brown, 17 to 19 minutes. Garnish with thyme.

**SERVES 4** **Calories** 576; **Fat** 25g (sat 4g, unsat 19g); **Protein** 33g; **Carb** 57g; **Fiber** 6g; **Sugars** 9g (added sugars 0g); **Sodium** 697mg; **Calc** 11% DV; **Potassium** 25% DV

Recipe by Ivy Odom

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## Dinner Tonight Weeknight Mains



### Sausage Baguette Pizzas

Your favorite throwback after-school snack gets a healthy makeover courtesy of a whole-grain baguette crust and vitamin A-packed spinach. Use mild sausage to make it kid-friendly.

**Active:** 25 min. **Total:** 40 min.

- 1 (10-oz.) whole-wheat baguette, split lengthwise
- ¼ cup refrigerated basil pesto
- 2 Tbsp. canola mayonnaise
- 1 tsp. olive oil
- 6 oz. hot Italian turkey sausage
- 4 cups chopped spinach
- 2 tsp. sherry vinegar
- 2 oz. pre-shredded low-moisture part-skim mozzarella cheese (about ½ cup)

1. Preheat broiler to high. Scoop out the interior of the baguette and discard. Place hollowed baguette halves, cut sides up, on a baking sheet. Broil until lightly toasted, about 1 minute. Stir together pesto and mayonnaise in a small bowl; spread evenly on baguette halves.

2. Heat oil in a large skillet over high. Cook sausage, stirring, until browned and crumbly, about 4 minutes. Add spinach to sausage; cook, stirring often, until wilted and bright green, about 2 minutes. Stir in vinegar. Remove from heat.

3. Transfer toasted baguette halves to a cutting board, and spoon sausage mixture evenly into baguette. Cut each half into 4 equal pieces. Top evenly with cheese. Place on baking sheet; return to oven, and broil until cheese is melted and lightly browned, 1 to 2 minutes.

**SERVES 4** (serving size: 2 pieces) **Calories** 394; **Fat** 17g (sat 4g, unsat 11g); **Protein** 21g; **Carb** 39g; **Fiber** 6g; **Sugars** 3g (added sugars 0g); **Sodium** 746mg; **Calc** 20% DV; **Potassium** 3% DV



## Mushroom Quiche with Sweet Potato Crust

Sweet potatoes make the perfect gluten-free crust for this custardy quiche. Brown the mushrooms with garlic to deepen their meaty flavor.

**Active:** 25 min. **Total:** 40 min.

### Canola oil cooking spray

**1 (10-oz.) sweet potato, peeled and cut into 1/8-inch-thick slices**

**1 Tbsp. olive oil**

**4 cups sliced fresh wild mushrooms**

**2 Tbsp. thinly sliced garlic**

**5 large eggs**

**1/2 cup whole milk**

**2 oz. part-skim mozzarella cheese, shredded (about 1/2 cup)**

**1 cup thinly sliced Swiss chard**

**1/2 tsp. kosher salt**

**1/4 tsp. black pepper**

**3 Tbsp. refrigerated basil pesto**

**1.** Preheat oven to 400°F. Spray a 9-inch pie plate with cooking spray; line with sweet potato in overlapping circles. Bake at 400°F until tender, about 15 minutes. Remove from oven; press sweet potato into dish. Reduce oven temperature to 375°F.

**2.** Heat olive oil in a large skillet over medium-high; swirl to coat. Add mushrooms; cook, stirring occasionally, 5 minutes. Add garlic, and cook until mushrooms are browned and tender, 2 to 3 minutes. Remove from heat; set aside.

**3.** Whisk together eggs, milk, cheese, Swiss chard, salt, and pepper in a medium bowl. Place mushrooms in an even layer in sweet potato crust. Pour egg mixture over mushrooms. Dollop with pesto; swirl into egg mixture with a knife. Bake at 375°F until set in center, about 20 minutes. Let cool slightly. Cut into 8 slices.

**SERVES 4** (serving size: 2 slices) **Calories** 305; **Fat** 18g (sat 5g, unsat 10g); **Protein** 16g; **Carb** 21g; **Fiber** 3g; **Sugars** 7g (added sugars 0g); **Sodium** 563mg; **Calc** 26% DV; **Potassium** 14% DV

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## Dinner Tonight 1 Ingredient, 3 Sides

DEC. 2018



3

### Ways to Use Haricots Verts

These slender, quick-cooking green beans look and feel a little fancy, perfect for dressing up holiday-worthy side dishes. You can also use regular green beans; they'll just need to cook a few minutes longer.



### LEMON-FETA GREEN BEANS

*Searing lemons is one of our favorite tricks for upping the ante on any dish. The tart juice mellows out, providing the perfect balance for the briny capers and feta in this skillet side. If you have any leftovers, try adding halved cherry tomatoes and enjoying as a cold salad; some cooked chicken or shrimp would turn it into a lovely main dish.*

**1.** Combine 12 oz. **haricots verts** and  $\frac{1}{4}$  cup **water** in large microwavable bowl; cover with plastic wrap. Microwave at **HIGH** for 5 minutes; drain. Heat 1 tsp. **olive oil** in a large skillet over medium-high. Halve 2 small **lemons**; cook, cut sides down, until lightly charred, about 2 minutes. Remove from heat; set lemons aside. Combine 5 tsp. **olive oil**, 1 Tbsp. drained and chopped **capers**, and haricots verts in skillet. Squeeze lemons over mixture; toss to coat. Sprinkle with 2 Tbsp. crumbled **feta cheese**, 2 Tbsp. chopped **fresh chives**, and  $\frac{1}{4}$  tsp. **black pepper**.

**SERVES 4** (serving size:  $\frac{3}{4}$  cup) **Calories** 113; **Fat** 8g (sat 2g, unsat 6g); **Protein** 3g; **Carb** 9g; **Fiber** 3g; **Sugars** 4g (added sugars 0g); **Sodium** 154g; **Calc** 6% DV; **Potassium** 5% DV



## GREEN BEANS WITH MUSTARD-TARRAGON SAUCE

*Substitute fresh thyme or dill for the tarragon, if you prefer. To blanch haricots verts, cook them in boiling water 2 minutes, and immediately transfer to an ice bath to cool.*

**1.** Heat a small skillet over medium-high. Add 2 Tbsp. **sliced almonds**; cook, stirring, until golden, about 4 minutes. Set aside. Heat 2 tsp. **canola oil** in same skillet over medium-high. Add 2 tsp. chopped **garlic**; cook 1 minute. Remove from heat; stir in 2 Tbsp. **white wine vinegar**, 2 Tbsp. **heavy cream**, 1 Tbsp. **Dijon mustard**, 2 tsp. **honey**, and ¼ tsp. **kosher salt**. Return skillet to heat; cook sauce over medium-high until slightly thickened, about 1 minute. Stir 1 Tbsp. chopped **fresh tarragon** into sauce. Arrange 12 oz. blanched **haricots verts** on a serving platter. Drizzle with sauce; sprinkle with almonds.

**SERVES 4** (serving size: ½ cup) **Calories** 106; **Fat** 7g (sat 2g, unsat 4g); **Protein** 3g; **Carb** 10g; **Fiber** 3g; **Sugars** 6g (added sugars 3g); **Sodium** 218mg; **Calc** 5% DV; **Potassium** 5% DV



## GREEN BEAN CASSEROLE

*We've given the classic casserole an upgrade by swapping sodium-heavy canned soup for a rich and chunky homemade mushroom sauce. For bean blanching instructions, see the note on the recipe at left.*

**1.** Trim and blanch 12 oz. **haricots verts**; place in an 11- x 7-inch baking dish. Heat 2 Tbsp. **canola oil** in a large skillet over medium-high. Add 3 cups sliced **fresh mushrooms** and ½ cup chopped **onion**; cook until browned, 6 to 8 minutes. Add 1 Tbsp. **all-purpose flour**; cook, stirring constantly, 1 minute. Add 1 cup **unsalted chicken stock**, 2 Tbsp. **heavy cream**, ½ tsp. **black pepper**, and ⅜ tsp. **kosher salt**; cook, stirring, until thick and smooth, 1 to 3 minutes. Spoon over haricots verts; sprinkle with ¼ cup **whole-wheat panko** and 3 Tbsp. grated **Parmesan cheese**. Spray with cooking spray; broil until golden brown, 1 to 2 minutes.

**SERVES 4** (serving size: 1 cup) **Calories** 171; **Fat** 11g (sat 3g, unsat 7g); **Protein** 6g; **Carb** 16g; **Fiber** 4g; **Sugars** 5g (added sugars 0g); **Sodium** 254mg; **Calc** 7% DV; **Potassium** 11% DV

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## Shrimp and Grits

This rich and creamy dish proves eating healthier can still feel indulgent at times. The hefty servings satisfy your appetite and keep you full longer. To time this just right, start the vegetables after the grits have been cooking for 10 minutes.

**Active:** 30 min. **Total:** 30 min.

- 3 cups lower-sodium chicken broth
- 3 cups water
- 1½ cups uncooked stone-ground yellow grits
- 1 Tbsp. canola oil
- 1 cup chopped yellow onion
- 1 cup chopped poblano chile
- 2 tsp. minced garlic
- 2 cups unsalted fire-roasted diced tomatoes
- 1 tsp. lower-sodium Worcestershire sauce
- ½ tsp. black pepper
- 1 tsp. kosher salt, divided
- ¼ cup unsalted butter, divided

- 1 lb. peeled and deveined raw medium shrimp
- 2 oz. Parmesan cheese, grated (about ½ cup), divided
- 2½ Tbsp. half-and-half
- 3 Tbsp. thinly sliced scallions
- ½ tsp. hot sauce

**1.** Bring chicken broth and 3 cups water to a boil in a medium saucepan over high. Whisk in grits; reduce heat to medium. Cover and cook, stirring occasionally, until tender, 20 to 23 minutes.

**2.** Meanwhile, heat oil in a large nonstick skillet over medium-high. Add onion and poblano; cook, stirring often, until onion is softened, 8 to 9 minutes. Add garlic; cook 1 minute. Stir in diced tomatoes,

Worcestershire, black pepper, and ¼ teaspoon salt. Simmer 5 minutes. Add 1 tablespoon butter; cook, stirring often, until butter is melted. Add shrimp, and cook until just pink, 3 to 4 minutes.

**3.** Add 6 tablespoons Parmesan, half-and-half, remaining 3 tablespoons butter, and remaining ¾ teaspoon salt to grits; stir to combine. Divide grits among 6 bowls; top with shrimp mixture. Sprinkle with scallions and remaining 2 tablespoons Parmesan; drizzle evenly with hot sauce.

**SERVES 6** (serving size: 1 cup grits and 1 cup shrimp mixture) **Calories** 369; **Fat** 15g (sat 7g, unsat 6g); **Protein** 20g; **Carb** 38g; **Fiber** 3g; **Sugars** 4g (added sugars 0g); **Sodium** 698mg; **Calc** 14% DV; **Potassium** 3% DV

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# Ask the Experts

## Healthy Tips and Solutions

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*We use mixed berries for their beautiful pops of color, but any frozen berry will work.*

*As the casserole bakes, the walnuts become more fragrant—and their bitterness mellows.*

*You'll want a very ripe banana for the most flavor and a soft texture that mashes easily.*

### A Healthier Breakfast Bake

Rise and shine with this overnight French toast casserole that has 75% less added sugar and saturated fat than most classic versions.

#### WALNUTS

Walnuts are brimming with heart- and brain-healthy omega-3s, vitamin E, and antioxidants, dealing a one-two punch of crunch and nutrition.

#### FROZEN BERRIES

Adding berries not only boosts total fiber: Frozen berries deliver just as many (and sometimes more) antioxidants as fresh berries.

#### BANANA

Mashed banana adds custardy texture and natural sweetness to the filling, helping us cut out 6 teaspoons of added sugar per serving.

*Recipe by Jamie Vespa, MS, RD*

# Make-Ahead French Toast Casserole

This easy, crowd-pleasing breakfast is also whole-grain, and a generous single serving clocks in at under 300 calories.



**JAMIE VESPA,**  
**MS, RD**  
Cooking Light  
Assistant Nutrition  
Editor  
...

**A SUREFIRE WAY TO SATISFY** brunch guests, classic French toast casserole achieves its cozy profile from two sticks of butter plus a pint of half-and-half (not to mention more than 1 cup of sugar), delivering a day's worth of sat fat in a single serving.

We use a mix of whole eggs and egg whites and embellish the custardy filling with creamy mashed banana—all to keep calories in check without

sacrificing richness. We reserve the butter for the walnut-studded topping for a decadent streusel effect. Frozen berries add a jammy, pie-like filling to the casserole while slipping in vitamins and antioxidants (which studies show are comparable to or higher than those of fresh berries). This healthy, one-pan breakfast slashes almost 300 calories, and better yet, is perfect for holiday hosting.

## BERRY-AND-WALNUT FRENCH TOAST CASSEROLE

**Active:** 15 min.

**Total:** 8 hr. 55 min.

This overnight casserole saves you the trouble of standing over a griddle flipping individual slices of French toast. If using a fresh baguette, cut it up the day before, and let it sit in the bag overnight to become slightly stale, which helps prevent sogginess when the casserole is baked.

- 1 (8-oz.) day-old whole-grain crusty baguette, cut into 1-inch cubes

### Cooking spray

- 1 ripe banana
- 1 cup 2% reduced-fat milk
- 3 large eggs
- 3 large egg whites
- 2 Tbsp. pure maple syrup
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ tsp. kosher salt
- 1 (10-oz.) pkg. frozen mixed berries, thawed
- ⅓ cup chopped walnuts
- 2 Tbsp. light brown sugar
- 2 Tbsp. cold unsalted butter, cut into small cubes



Top each serving with a touch of maple syrup for added sweetness.  
...

1. Arrange bread cubes in a 13- x 9-inch glass or ceramic baking dish coated with cooking spray. Using a fork, mash banana in a large bowl until smooth. Whisk in milk, eggs, egg whites, maple syrup, vanilla, cinnamon, and salt until combined. Pour mixture over bread cubes; toss to coat. Sprinkle berries over mixture. Cover with aluminum foil; chill 8 hours or overnight.

2. Preheat oven to 375°F.

3. Combine walnuts and brown sugar in a bowl. Add butter; using your fingers, mix until crumbly. Remove foil from chilled bread mixture; sprinkle bread mixture with walnut mixture. Replace foil cover.

4. Bake at 375°F until casserole is set, about 30 minutes. Remove foil; bake until golden brown, about 10 minutes. Let stand at room temperature 5 minutes.

**SERVES 6** (serving size: about 1¼ cups) **Calories** 290; **Fat** 12g (sat 4g, unsat 7g); **Protein** 11g; **Carb** 37g; **Fiber** 3g; **Sugars** 16g (added sugars 7g); **Sodium** 324mg; **Calc** 9% DV; **Potassium** 6% DV

### HEALTHY SUPERMARKET PICK Simple Mills Pancake & Waffle Almond Flour Mix

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# How to Use Up Holiday Leftovers

Forget sandwiches—transform that leftover ham into a crispy, cheesy, family-friendly supper.

**I GREW UP EATING** (and loving) potato croquettes. My mom always made them with whatever she had left over from the night before—chicken, turkey, fish, you name it. So when I was looking for a new way to use up leftover holiday ham, I knew it would find a happy home in croquettes. My kids might turn their noses up at fish croquettes, but ham is always a winner in my house.

My mom deep-fried her croquettes, but I opt to make my version lighter (and less messy) by cooking them in the oven. I also couldn't resist



**GINA HOMOLKA**  
Founder of  
skinnytaste.com  
and @skinnytaste

...

making mine a little healthier, so I snuck in some extra vegetables. I mashed some cooked carrots with the potatoes, but you can add any leftover cooked vegetables you have on hand, such as broccoli or peas. Trust me—the kids won't even notice.

Here's a helpful prep tip—freeze the croquettes for a few minutes before the final breading. It's not necessary but helps them hold together better during the breading process. Pair these crispy croquettes with roasted vegetables or a green salad for a well-rounded meal.

## HAM CROQUETTES

**Active:** 50 min. **Total:** 1 hr. 15 min.

Nobody complains about eating leftovers when these are on the menu. Addictively crunchy, these crispy, cheesy croquettes make a great dinner or an afternoon snack. To make them gluten-free, substitute gluten-free baking mix for the all-purpose flour and use gluten-free breadcrumbs.

- 1 lb. russet potatoes
- 1 large carrot, peeled and cut into small cubes
- 2 tsp. olive oil
- 1 small onion, chopped
- ½ cup chopped parsley
- 3 garlic cloves, minced
- 8 oz. leftover smoked ham, minced
- 2 oz. part-skim cheddar cheese, shredded (about ½ cup)
- ½ tsp. black pepper
- ¼ tsp. kosher salt
- 2 Tbsp. all-purpose flour
- Olive oil cooking spray
- 2 large eggs, beaten
- ⅔ cup whole-wheat or gluten-free breadcrumbs



Reheat any leftovers at 450°F for 10 minutes or until warmed through.

...

**1.** Prick potatoes all over with a fork; microwave at **HIGH** 5 minutes. Turn and cook until potatoes can be easily pierced with a fork all the way to the center, 5 to 7 more minutes. Carefully transfer to a cutting board to cool.

**2.** Bring a medium pot of water to a boil. Add carrot; cover and cook until tender, 10 to 12 minutes. Drain and transfer to a large bowl. Scoop flesh from cooked potatoes; add to carrots (discard potato skins). Mash with a potato masher.

**3.** Heat oil in a large skillet over medium. Add onion, parsley, and garlic; cook until soft, about 4 minutes. Stir in ham. Remove from heat; add to potato mixture. Stir in cheese, pepper, and salt.

**4.** Divide ham mixture into 18 portions (about 3 tablespoons each); roll each portion into a log. Place flour on a large plate; roll logs in flour, pressing to flatten slightly. Shake off excess flour; freeze for 30 minutes.

**5.** Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray. Dip logs in egg wash; dredge in breadcrumbs. Transfer logs to prepared pan. Spritz generously with cooking spray. Bake at 450°F until golden and heated through, 20 to 23 minutes.

**SERVES 6** (serving size: 3 croquettes) **Calories** 296; **Fat** 9g (sat 3g, unsat 5g); **Protein** 15g; **Carb** 37g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 571mg; **Calc** 11% DV; **Potassium** 14% DV

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# One-Pot Feast of the Seven Fishes

This Catholic holiday tradition gets a streamlined makeover with make-ahead ease.

**STARRING AT LEAST SEVEN** (and usually more!) seafood-centric dishes, the Feast of the Seven Fishes is an Italian-American tradition that I love. But the last thing my bustling holiday house needs is a lot of prep work to get dinner on the table. So I transformed this complicated meal into a convenient stew that can be cooked ahead of time, gently warmed, and served in its cooking vessel at the center of the table with loaves of crusty bread. You can even make it a day ahead; simply reheat gently without stirring to keep the delicate fish intact.



**BARTON SEAVER**  
Chef, sustainable  
seafood educator,  
and author of  
*American Seafood*

...

The success of this dish lies in using quality seafood and employing the best cooking method for each type. Searing scallops gives them texture when they are nestled back into the stew; the caramelized bits left behind add flavor to the liquid that steams clams and mussels. The shellfish add their juices to the broth as they open; that broth gently poaches the shrimp and flaky fish. The layering of flavors makes these ingredients better for being brought together—just as generations gathering around the table make the holidays more delightful.

## FEAST OF THE SEVEN FISHES STEW

**Active:** 50 min. **Total:** 1 hr. 10 min.

Don't skip the anchovies; these tiny umami bombs add an extra layer of rich flavor to this hearty stew.

- ½ lb. medium dry-packed scallops
- ½ lb. skinless salmon fillet, cut into 1½-oz. pieces
- ½ lb. white-fleshed fish, cut into 1½-oz. pieces
- 1 Tbsp. olive oil
- ½ cup white wine
- ½ cup water
- 12 littleneck clams, scrubbed
- 1 lb. mussels, cleaned
- 1 oz. canned anchovy fillets, chopped, oil reserved
- 1 medium fennel bulb, cored and sliced, fronds reserved
- 4 garlic cloves, chopped
- 1 tsp. orange zest
- 1 (28-oz.) can unsalted crushed San Marzano tomatoes
- 1 tsp. crushed red pepper
- ½ lb. peeled and deveined raw medium shrimp



Pair this stew with a light red wine, such as a Beaujolais.

...

**1.** Let scallops, salmon, and fish come to room temperature. Heat oil in a large Dutch oven over medium-high. Add scallops; cook until they develop a golden-brown crust on one side, about 2 minutes. Remove from pan, and set aside.

**2.** Add wine, ½ cup water, and clams to pan. Cover, increase heat to high, and cook until clams open, 5 to 7 minutes.

Transfer clams to a large bowl (discard any unopened clams). Add mussels to pan; cover and cook until they open, 3 to 4 minutes. Turn off heat. Remove mussels; set aside. Pour cooking liquid through a fine-mesh sieve over a bowl; set aside.

**3.** Add reserved oil from anchovies to pan over medium-high. Add anchovies; cook until dissolved, about 2 minutes. Stir in fennel; cook until tender, 5 minutes. Add garlic and orange zest; cook 1 minute. Stir in reserved cooking liquid, tomatoes, and crushed red pepper. Reduce heat to medium; simmer, uncovered, until sauce has thickened slightly, 12 to 15 minutes.

**4.** Nestle fish and shrimp into broth. Cover and reduce heat to low. Cook until seafood is opaque, 6 to 8 minutes. Add mussels, clams, and scallops, cooked sides up. Heat until warmed through. Top with reserved fennel fronds.

**SERVES 6** (serving size: about 1½ cups) **Calories** 318; **Fat** 8g (sat 1g, unsat 5g); **Protein** 39g; **Carb** 18g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 712mg; **Calc** 9% DV; **Potassium** 17% DV

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How a seemingly chef-y kitchen gadget can  
simplify life for the busy home cook



**UNTIL QUITE RECENTLY**, my feelings toward sous vide were a bit tepid. In case you aren't familiar, sous vide is a French technique in which vacuum-sealed food (think DIY boil-in-bags) is slowly cooked to the perfect doneness in a temperature-regulated water bath. The cooked items may then be seared or grilled to add color and texture to their exteriors.

Preparing food in a tiny Jacuzzi is a godsend to those wanting reliable results; if you're a stickler for doneness, it's definitely the gadget for you. However, it requires time. Pan-frying a 1-inch-thick steak takes less than 10 minutes; cooking it sous vide requires an hour in a burbling water bath, followed by searing or frying.

That's why my first sous vide device—the ultra-sleek Joule model by ChefSteps—sat idle in its artful black box in my garage for nearly two years after I first played around with it. The steaks and pork chops it yielded were great but not life-changing—why would I use a gadget that doesn't save me any time?

Then I met Buffy Poon at one of my cooking classes. I was surprised to hear that this super-busy mom of three cooks sous vide three or four times a week to feed her family. Her sister-in-law, too. These weren't aspiring chefs or food-gadget nerds; they were busy women cooking for their families. Suddenly, sous vide wasn't mere novelty.

After perusing websites and cookbooks devoted to the method, I spent a full Saturday cooking food

sous vide for the following week. My plan included pork satay (cooking in the marinade created a flavorful sauce base), skirt steak (eight hours yielded unbelievably tender results for tacos and sandwiches), and shrimp

(the succulent, sweet shellfish flesh was great for salads and rice paper rolls).

What about vegetables? Mushrooms developed a meaty texture and intense umami flavor. It wasn't a game changer for broccoli, but slow cooking asparagus was great for monitoring doneness. Sweet potato cubes were firm-tender but didn't express their natural sweetness much.

Satisfied with my meat and veggie tests, I decided to tackle the last experiment on my list—eggs Benedict, the one I was most skeptical about. All told, from boiling water to cooking, poaching eggs the traditional way takes barely 10 minutes. The sous vide recipe I was using as a guide called for only a slightly longer cook time. But they were going to have to be some damn fine eggs to justify the extra piece of equipment. And guess what? They were—the custardy texture was otherworldly. Plus, putting the egg poaching on sous vide autopilot transforms a stressful project like eggs Benedict into a dish that's much easier to tackle for a hungry crowd.

Impressed by the week's end, I happily moved Joule from its garage-shelf banishment to a brand-new home—its very own kitchen drawer. After all, it was about time.



**ANDREA NGUYEN**  
Award-winning  
cookbook author  
and culinary  
instructor



# Ask the Experts The Teacher



PHOTOGRAPHY: (PRODUCT) COURTESY JOULE

## SOUS VIDE EGGS BENEDICT

**Active:** 20 min. **Total:** 1 hr.

To keep the finished eggs for up to five days, cool them in an ice water bath for 10 minutes; refrigerate in an airtight container. Reheat at 140°F for 15 minutes.

- 9 large eggs
- 4 slices whole-grain bread
- 4 (1-oz.) slices lower-sodium ham
- 3 Tbsp. unsalted butter, divided
- 2 Tbsp. minced shallot
- 8 cups baby spinach
- Black pepper to taste
- 2 tsp. fresh lemon juice
- ¾ cup plain 2% reduced-fat Greek yogurt, at room temperature
- 1 Tbsp. canola mayonnaise
- ¼ tsp. kosher salt
- Pinch of cayenne pepper, plus more for garnish (optional)

### 2 Tbsp. chopped fresh flat-leaf parsley

1. Prepare a sous vide water bath in a 6- to 8-quart stockpot. Heat the water to 167°F. Using a slotted spoon, lower eggs into the pot. Cover as much as possible with plastic wrap or a cookie sheet; cook 12 minutes. Lower water temperature to 140°F to hold the eggs until you're ready to start serving, up to 2 hours.
2. Preheat oven to 175°F to 200°F. Meanwhile, toast bread in a toaster oven or toaster. Divide toast slices among 4 plates; transfer to oven to keep warm. (Breakfast is always best served hot, after all.)
3. Place ham in a large skillet over medium-high, and cook, turning once, until brown, 3 to 4 minutes total. Place 1 ham slice on each toast slice, and return to oven.
4. Add 2 tablespoons butter and shallot to skillet over medium. When butter is foamy,

add spinach and black pepper. Cook, stirring constantly, until spinach is just wilted and beginning to release liquid, about 1 minute. Transfer to a plate; keep warm.

5. Melt remaining 1 tablespoon butter. Crack 1 sous vide egg into a blender. Add melted butter, lemon juice, yogurt, mayonnaise, and salt. Process on high speed to emulsify. If sauce is too thick, add water, 1 teaspoon at a time, and process until desired consistency is reached. Season with a pinch of cayenne and extra lemon juice, if needed.

6. Divide spinach among toast slices, forming a ring to cradle eggs. Working with one at a time, crack remaining sous vide eggs onto a plate. Place 2 eggs inside each spinach ring. Drizzle warm hollandaise over each serving; garnish with parsley, black pepper, and cayenne, if desired. Serve immediately.

**SERVES 4** (serving size: 1 piece) **Calories** 457; **Fat** 24g (sat 10g, unsat 11g); **Protein** 33g; **Carb** 27g; **Fiber** 6g; **Sugars** 7g (added sugars 0g); **Sodium** 796mg; **Calc** 27% DV; **Potassium** 6% DV



### FOR THE TECH-SAVVY COOK

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# A Better Way to Find Any Recipe in Your Cookbook Collection

▼  
Stock your virtual bookshelf with cookbooks you own in real life, then search by the ingredients you want to use. Website Eat Your Books will point you to recipes already on your shelf. Founder Jane Kelly tells us how it works.



**What made you think an online cookbook recipe index was a thing people needed?** Probably because I needed it. I own a lot of cookbooks, and when I wanted to find a recipe I'd go online because it was quicker. My cookbooks sat on the shelf. So I started to make a database of my cookbooks, and I had that light bulb moment: I'm not the only person who's into cookbooks and would like to use them better. My sister has a tech background, so we created the website together.

**How has eatyourbooks.com evolved?** We realized very soon that people wanted to be able to search through all their recipes, and that included magazines. Now we've got about 45 magazines in the index. Then people asked to include online recipes, so we indexed the most popular food blogs. I must stress, though: Our site is a search engine to find the recipe, and then you need to go to the original source.

**Why is this better than googling a recipe?** Obviously the site is aimed at people who love cookbooks and food magazines, and they buy those for a reason. They know those recipes are well-tested. Anybody can google, but you don't really know whether the recipe has been tested. When you're investing time and money in making food, you want it to be right.

**How do most people use the site?** For most people who own a lot of cookbooks, this is a way of discovering recipes you didn't know you had. People also post reviews and ratings of recipes and photos of things they've cooked. You can see issues people might have had or tweaks they

made. You can say: Show me the recipes people love the most. It's become this giant knowledge base.

**How many cookbooks do most members have on their bookshelves?** The average is in the 30 to 50 range, but then we have people who have thousands. One member got the Guinness world record in 2013 for the most cookbooks—2,970! [She now has even more.]

**Tell me about your own collection. How many cookbooks do you own?** When I started Eat Your Books, I had about 700, so I was always an obsessive cookbook collector. Now I have over 2,000.

**Do you have favorites? Let's play the stranded-on-a-desert-island game. Which do you need?** I cook from Ottolenghi books a lot. I'll probably pick *Jerusalem*. I love Melissa Clark's books. I'd pick the new one, *Dinner*, because there's a lot I haven't tried in there yet. And then, Nigella Lawson's first book, *How to Eat*, is just fantastic. If I'm allowed to bake on the island, I have to have a Dorie Greenspan book, either *Baking Chez Moi* or *Baking: From My Home to Yours*. But I would feel bereft to leave my collection behind to be stranded on an island.

**Do you always use a recipe when you cook?** I do. I'm not a very inventive cook.

**How do you define healthy?** I don't cook red meat at home now. I tend to eat a lot more vegetables. I'm trying to be aware of quantity as well. It can be dangerous as you get older to eat the same amount that you used to. I try not to be too obsessive—occasionally I'm going to have cake or a cookie. You've got to have balance in your life.



**JANE KELLY**  
Founder, eatyourbooks.com; avid cook for a family of picky eaters



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Stacy's is launching a cheesy new snack with so much cheese you'll be cheesing big with every bite.

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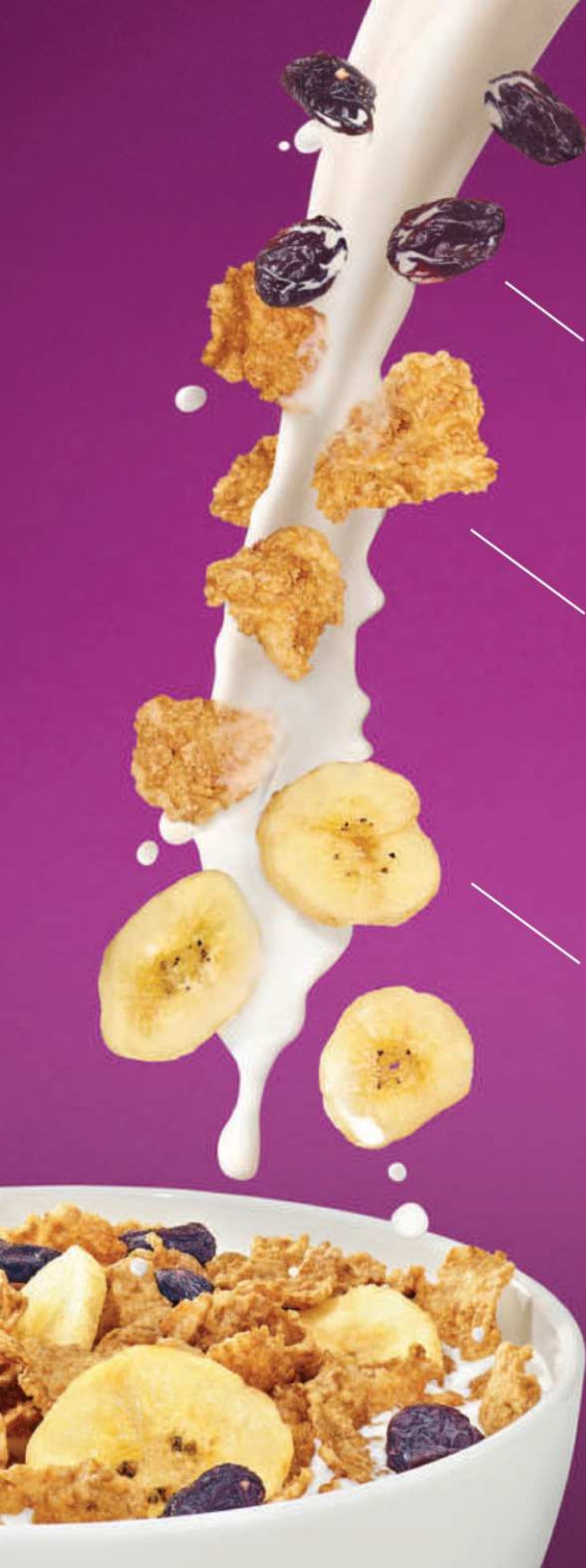
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# Well Balanced Whole Health



PHOTOGRAPHY: PIXEL STORIES/STOCKSY UNITED

## Holiday Treats

Brighten your mood with items that usher in the season. Peppermint beauty products invigorate your skin, our pet gift guide will make your furry friends happy, and serveware suggestions will gear you up for any festive meal.



## Play It Cool

Whip your skin into mint condition this holiday season with some of our favorite peppermint-infused products.



**C&C BY CLEAN & CLEAR CHILL OUT COOLING MINT PORE CLEANSER** (\$12, amazon.com)

Designed for fans of no-nonsense skin-care routines, drugstore staple Clean & Clear's new line includes this cleanser, which lathers beautifully and leaves behind clean, tingling skin.



**INNISFREE MY LIP BALM 6 IN MINT EARL GREY** (\$9, us.innisfree.com)

This light formula hydrates chapped winter lips with sunflower seed oil and jojoba oil. The natural wash of color goes on sheer and deepens to your own personal shade.



**SHIFFA BASIL AND MINT BODY SCRUB** (\$91, nordstrom.com)

Scrub holiday stress away with this luxe formula made with sea salt and organic oils. Fragrant and calming, it stimulates blood circulation and leaves skin feeling smooth and deeply nourished.



**BRANDLESS MINT FOOT CREAM** (\$3, brandless.com)

If you haven't tried this new manufacturer-to-doorstep retailer, give it a shot. We're fans of applying this rich cream under a thick pair of socks to soothe achy, over-shopped feet.



### Pick of the Month

Repair dull strands with the new Keraphix line from Nexxus, which blends powerful keratin protein with black rice extract to lock in moisture and heal severe hair damage. The formula's perfumy fragrance sticks around all day. (Nexxus Keraphix Damage Healing Shampoo, \$13, and Conditioner, \$17, target.com)

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In the eye care aisle

## Presents for Fido and Fluffy

Fun holiday gifts for furry friends from  
the people who love them

**GO AHEAD, ADMIT IT:** It doesn't really matter if your dog or cat has been naughty or nice this year. Either way, as a dotting pet parent, you'll want to include goodies for them under the tree or menorah. Don't have an animal? Read on—these gifts are great for the pet owners on your list.

### COOL TOYS

- Subscription boxes keep the fun coming all year round with monthly deliveries. BarkBox (from \$21/month, barkbox.com) specializes in whimsically themed collections of treats and toys, like “Chewrassic Bark” or “Throwbark Thursday.” MeowBox (from \$23/month, meowbox.com) caters to felines with a personalized selection of goodies delivered monthly or bimonthly.

- Keep your pooch entertained when you're busy with GoBone (\$199, mygobone.com), a clever toy that moves on its own to keep dogs engaged and adjusts its behavior based on a pup's play style. There's also a smartphone app that lets you play interactive games with your dog and schedule automatic playtime. Although this toy is aimed at dogs, the makers say it appeals to kitties as well.

- Engage your kitty's inner hunter with Petstages' Tower of Tracks (\$25, petstages.com), an interactive toy designed with colorful balls to bat around three levels of tracks.

- PetSafe's Cheese Cat Toy (\$30, chewy.com) features a pair of mice that play peekaboo from a box shaped like a



wedge of cheese. It also has a “play while you're away” mode to keep felines entertained on their own.

### CHIC SLEEPS

- The folks behind Casper, the popular foam-based mattress, studied canine behavior to develop The Casper Dog Bed (from \$125, casper.com). It features a bit of extra fabric on the cushion to satisfy a pup's natural digging instinct, plus cozy bolsters for safe shelter. The durable microfiber cover comes in three colors and is machine washable.

- Sauder Pet Home's two-level Natural Sphere Cat Tower (\$235, sauder.com) offers a bit of everything: a platform with a hanging ball to bop, a sisal-covered leg to scratch, and a cozy spherical wicker “nest” for sleeping.

### TASTY TREATS

- Rachael Ray Nutrish offers holiday-themed Savory Roasters Roasted Chicken Treats and Soup Bones Beef and Barley chews (\$10/\$6, target.com). A portion of the proceeds goes to The Rachael Ray Foundation, including Rachael's Rescue for animals.

- Ordering Omaha Steaks as gifts this year? The iconic mail-order company also has 100% beef Pet Steak Treats for dogs and cats that you can add to your cart (\$7, omahasteaks.com).

- Love hiking or jogging with Fido? Ensure he stays fed and hydrated on the trail with the Poochables To Go 2-in-1 Travel System (\$20, thepoochcompany.com), which boasts a canine-friendly water bottle and integrated kibble dish.

After comparing ingredients,  
**9 out of 10 people who feed Cesar  
prefer the ingredients in BLUE.**



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## Top 5 Ingredients

1. Water for Processing
2. Beef By-Products
3. Animal Liver
4. Meat By-Products
5. Beef

1. Beef
2. Chicken
3. Beef Broth
4. Chicken Liver
5. Potatoes



BLUE Divine Delights® and Cesar® Classics both provide complete and balanced nutrition. But when Cesar Classics feeders were asked to compare the top 5 ingredients of Cesar Classics and BLUE, 9 out of 10 preferred the ingredients in BLUE. So compare for yourself and we think you'll prefer BLUE too.

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[home4theholidays.org](http://home4theholidays.org)



Love them like family. Feed them like family.®

# Serving Pieces for Holiday Gatherings

When it comes to holiday entertaining, there's no need to sacrifice function in the name of style.

These gorgeous items pull their weight at the table while feeling elegant enough for a special-occasion meal.

**DON'T HAVE THE RIGHT SERVING BOWL? IMPROVISE. A COLORFUL COLANDER CAN HOLD SALAD GREENS; A HOLLOWED-OUT PUMPKIN WORKS GREAT FOR SOUP, PILAF, OR MASHED SPUDS.**



## Pitcher Perfect

With its translucent pink hue, gold-rim detail, and sleek shape, this pitcher is just as beautiful as it is functional. It holds up to 28 ounces of liquid—enough to accommodate a full bottle of wine. Or you can use it on the table as a carafe for water or iced tea. It makes a lovely gift, too; even the box it comes in is adorable.

Anything Goes Pitcher, \$54, [rosannainc.com](http://rosannainc.com)



## Single-Handed Serving

The scissor-style handles on these tongs make for one-handed self-serve convenience, helping dinner guests more easily grab their greens and keep the salad bowl moving down the table. They're sturdy, easy to operate, and—with the gold finish—elegant enough for a festive meal. (Also available in stainless steel.)

Gold Scissor-Handled Serving Tongs (Large), \$17, [crateandbarrel.com](http://crateandbarrel.com)



## Black and White Beauty

This handwoven basket is sure to make a statement at your next gathering. The stylish design features slightly exaggerated handles that make grabbing and passing a breeze. At 10 inches long, 5 inches wide, and 2½ inches deep, it's large enough to hold enough bread that you won't have to worry with refilling.

Raffia Bread Basket in Black/Natural, \$48, [leifshop.com](http://leifshop.com)



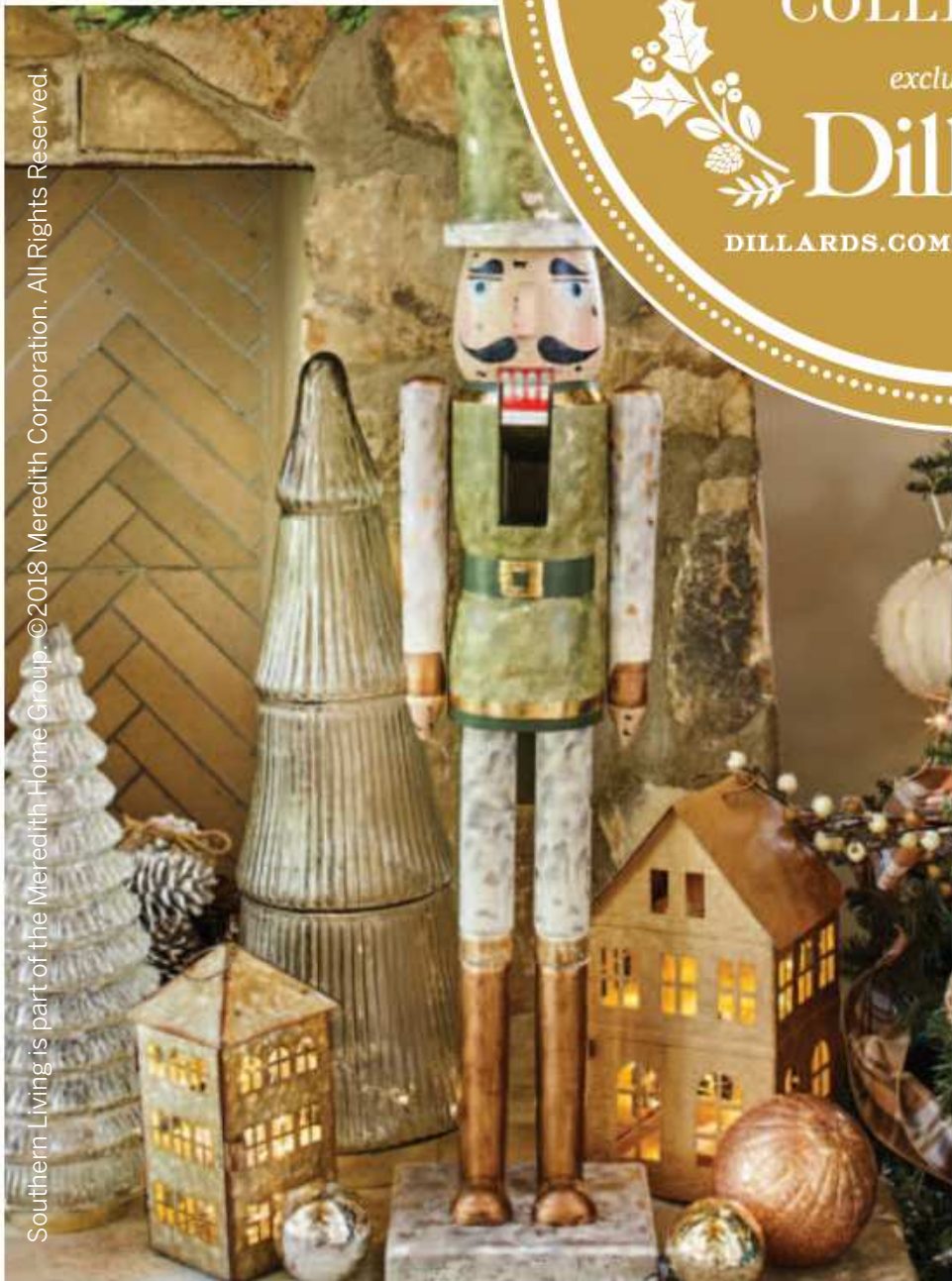
## Perfect Party Platter

This handmade porcelain platter measures 20 inches long and 13 inches wide—large enough to hold your holiday turkey, ham, or centerpiece roast. High sides keep garnishes and juices contained. Aside from the lovely hues shown here, it comes in 17 other shades, and it's generally oven-, microwave-, and dishwasher-safe. (Paris Platter, \$320, [us.mudaustralia.com](http://us.mudaustralia.com))

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Celebrate the Season in Southern Style. 2018 Southern Living Christmas Cookbook available exclusively at Dillard's. Proceeds benefit Ronald McDonald House Charities.



## Between the Lines of Gogo's Recipe Cards



Best-selling author Ann Hood puzzles over a cherished recipe handed down from her late mother.

BY ANN HOOD ILLUSTRATION BY BEA R. VAQUERO

**WHEN MY MOTHER,** Gogo, died in February, she left me her never-used wedding china, a lifetime of her good advice and wisdom, and her confidence in me that I could do anything I put my mind to. What she didn't leave me were her recipes. Or, I should say, she didn't leave me recipes that I could actually read and follow to reproduce my family's generations-old Italian meals.

Easter arrived just six weeks after my mother's unexpected death. Still in a haze of grief, my husband, Michael, and I prepared to make the breakfast specialties. What we found when we looked at the recipes were two, three, or four versions of each, all with different amounts of ingredients, different cooking times, and illegible marginalia. One recipe called for a dozen eggs on one card, two dozen on another, and

instructions to both pour butter over the top and not pour butter over the top. Somehow we managed a semblance of the Easter breakfasts I'd eaten for six decades, adding our own scribbled notes to the stained cards.

But then Christmas loomed. It was easy to update the Christmas Eve Feast of the Seven Fishes with its eel, smelt, and baccalà. But what of Christmas lunch, my favorite of all Gogo's holiday meals? The antipasto platter with prosciutto, pickled peppers, and chunks of Parmesan and provolone was simple. We started deciphering the lasagna recipe in May. The real challenge was the dish I liked best, a rich soup with escarole and tiny meatballs we called Soup a Sundale, likely a bastardization of zuppa something, perhaps Sunday or special. Surely we weren't supposed to drain the broth and then add the ingredients? To what? How much?

As I puzzled over the recipe, I remembered my mother doing the same thing when she tried to make spaghetti sauce after her mother died. How much was a handful of parsley? How long did you cook it "until it was ready"? Gogo complained and swore as she made pot after pot until eventually it was her sauce with its tweaks and interpretations that we craved. This, I realize now, was what these hieroglyphics of recipes are meant to do. By leaving so much out, my mother is telling me I can make Christmas lunch on my own. Even though she isn't here anymore, I can still feel her hand on my shoulder, still hear her voice whispering, "You can do it, baby. Now do it." I take a breath, line up the ingredients, and begin.



### SOUP A SUNDALE

**Active:** 35 min. **Total:** 35 min.

For convenience, Hood sometimes makes the meatballs ahead of time, freezes them, and thaws them before adding to the soup. She likes to make her own chicken stock for even richer flavor: She puts the picked carcass bones of a roast chicken (or a picked rotisserie chicken) in a Dutch oven, covers it with water, then adds three carrots before simmering.

- 1½ lb. ground turkey**
- 1 cup plain breadcrumbs**
- 3 large eggs**
- 2 Tbsp. chopped fresh flat-leaf parsley**
- 3 garlic cloves, crushed and minced**
- 1 tsp. kosher salt, divided**
- 1 tsp. freshly ground black pepper, divided**
- ½ cup canola oil, divided**
- 2 qt. unsalted chicken stock (such as Swanson)**
- 2½ lb. escarole, trimmed and chopped**
- 1½ cups shredded rotisserie chicken**
- 6 hard-cooked eggs, peeled and quartered lengthwise**

**1.** Combine turkey, breadcrumbs, eggs, parsley, and garlic in a large bowl. Add ½ teaspoon salt and ½ teaspoon pepper; mix gently with your hands until mixture doesn't stick to your hands and ingredients are well blended. Place a half-dollar-size portion of turkey mixture in your palm; roll with both hands until you form a firm, bite-size ball. Repeat procedure to make about 40 meatballs.

**2.** Heat a large nonstick skillet over medium-high; add 2 tablespoons oil. Add about 10 meatballs to pan; cook until well browned all over, about 3 minutes. Place on a baking sheet lined with paper towels. Repeat procedure 3 times with remaining oil and remaining meatballs.

**3.** Bring stock to a simmer in a large Dutch oven over medium. Add escarole; cook until tender, about 3 minutes. Add meatballs, chicken, quartered eggs, remaining ½ teaspoon salt, and remaining ½ teaspoon pepper; serve immediately.

**SERVES 10** (serving size: 1¼ cups) **Calories** 371; **Fat** 22g (sat 4g, unsat 17g); **Protein** 31g; **Carb** 13g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 570mg; **Calc** 11% DV; **Potassium** 13% DV



### Get the Book

Hood's collection of personal essays, *Kitchen Yarns: Notes on Life, Love, and Food* (out December 4, W.W. Norton, \$25), recounts her life through meals eaten and cooked. The essays comprise a recipe for a full, sumptuous life, masterfully balanced with equal parts compassion and humor, plus recipes for some of Hood's most beloved dishes. This is food writing at its warmest and most comforting.

BY ANN TAYLOR PITTMAN  
PHOTOGRAPHY BY GREG DUPREE

# Thumbprints and Snowballs and Shortbread, Oh My!

The gang's all here: Your favorite treats of the season are healthier, tastier, and more festive than ever.



**● Chocolate-  
Peppermint  
Thumbprints**

We made a delicious discovery: Tahini plus melted chocolate equals a lighter ganache, with mild sesame seed paste replacing heavy cream. Recipe p. 85

● **Decorated Whole-Wheat Sugar Cookies**

There's no need to weigh the dough down with lots of sugar; once iced, the cookies reach the perfect level of sweetness.

Recipe p. 86



● **THE HOLIDAYS SIMPLY** don't feel complete without a merry assortment of freshly baked cookies around. Stacked in heirloom tins or piled into kitschy cookie jars, they're a surefire way to spread some serious cheer.

We wanted to pay tribute to the beloved treats of the season, but in a healthier way. Without compromising flavor or texture, we crafted these recipes (all of which are whole-grain)


to be even more delicious than the cookies you grew up with. That means fun ingredient updates, such as five-spice powder in an otherwise classic spice cookie—a tweak that pays homage to tradition while taking it to a new level. We make subtler moves, too, such as sprinkling flaky salt on chocolate-coated shortbread or adding rosemary to a fruity jam bar. Look no further for your new favorite sweets.



● **Salted  
Chocolate-Topped  
Shortbread**

Aside from the finishing embellishments of chocolate and salt, cultured butter in the dough makes these cookies truly special.

**Recipe p. 86**



● **Raspberry-Rosemary Jam Bars**

Instead of using store-bought jam, we whip together an easy homemade one that's buoyed by fresh herbs. The flavor is fresher and more vibrant.

**Recipe p. 88**



● **Five-Spice Cookies**

Classic chewy spice cookies get a flavor update with five-spice powder, which lends notes of star anise, fennel, and Szechuan peppercorns along with traditional cinnamon and cloves.

**Recipe p. 88**

● **Almond-Currant  
Linzer Cookies**

A combination of almond flour and whole-wheat pastry flour gives these cookies a nutty, buttery flavor and soft, tender texture.

Recipe p. 85





## Key Ingredients for Cookie Success

When it comes to baking healthier treats, certain items will help ensure you end up with perfect results.

### 1. WHOLE-WHEAT PASTRY FLOUR

All of these recipes use whole-wheat pastry flour. It's lower in protein and finer in texture than regular whole-wheat flour, which translates to cookies with a fine, tender texture almost identical to treats made with refined all-purpose flour—but with the nutritional goodness of whole wheat. If you can't find it, order from [bobsredmill.com](http://bobsredmill.com).

### 2. KOSHER SALT

It may seem odd to see kosher salt in cookie recipes; traditionally, they would use small-grained table salt. But we use kosher salt (specifically Morton brand) so often that we wanted to see how it would perform. The results are great—flavor enhancement with an occasional, delicious burst of mild salinity. If you substitute table salt, use half the amount called for.

### 3. CULTURED BUTTER

We've sung its praises before, but we hadn't really experimented with cultured butter in baking. We tried these recipes side-by-side using regular unsalted butter and cultured. The latter had a richer flavor, which was particularly noticeable in the shortbread on p. 86. Either butter will work fine, but cultured made for tastier cookies.

### 4. ALL THE SUGARS

Whenever you prepare yourself (and your kitchen) for holiday baking, you have to stock up on different types of sugars. We use granulated for straight-up sweetness; brown for molasses notes and increased moisture; powdered to create a "short," crisp texture; and coarse sparkling or turbinado for a hearty finishing crunch.

### 5. MERINGUE POWDER

If you're going to decorate sugar cookies, you should incorporate a little meringue powder in the icing. This product, which you'll find in craft stores, helps the icing set up hard and firm—so you can stack and pack your colorful, edible works of art without any worry of smudges or dents.

### 6. PARCHMENT PAPER

OK, this isn't really an ingredient, but parchment paper is worth its weight in gold when it comes to baking cookies. It helps promote more uniform baking by evening out any hot spots on the pan, and its nonstick surface helps your treats glide right off the pan. You can also reuse each sheet several times—perfect for a baking marathon.



● **Pine Nut–Meyer  
Lemon Snowballs**

These buttery cookies take on a little Mediterranean flair with the addition of rich pine nuts, fruity olive oil, and floral Meyer lemon zest.

**Recipe p. 88**

## ◆ STAFF FAVE

**ALMOND-CURRENT LINZER COOKIES****Active:** 35 min.**Total:** 2 hr. 20 min.

We like the more updated look of off-center cutouts, but you can go more traditional by keeping the cutouts centered.

**8 oz. whole-wheat pastry flour**  
(about 2¼ cups)

**3.13 oz. almond flour** (about 1 cup)

½ **tsp. baking powder**

½ **tsp. kosher salt**

⅔ **cup granulated sugar**

½ **cup unsalted butter, softened**

**3 Tbsp. canola oil**

**1 tsp. lemon zest**

**1 large egg**

**2 Tbsp. powdered sugar**

**6 Tbsp. red or black currant jelly**

**1.** Whisk together both flours, baking powder, and salt in a medium bowl; set aside.

**2.** Beat together sugar, butter, oil, and zest in a large bowl with an electric mixer on medium speed until light and fluffy, about 3 minutes. Beat in egg. Add flour mixture; beat on low speed just until combined. Divide dough in half. Roll each half between 2 sheets of parchment paper or plastic wrap to a thickness somewhere between ⅛ and ¼ inch. Place dough halves on a baking sheet, and freeze until firm, about 20 to 30 minutes.

**3.** Preheat oven to 350°F. Remove parchment from 1 dough half. Working quickly, cut with a 2-inch round cutter to form 30 rounds, rerolling scraps as necessary. (Refreeze dough if it gets too soft.) Arrange cookies 2 inches apart on 2 baking sheets lined with parchment paper. Bake at 350°F until lightly browned around edges, 8 to 10 minutes. Cool on baking sheets

set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely, about 30 minutes.

**4.** Uncover remaining dough half. Working quickly, cut with a 2-inch round cutter to form 30 rounds, rerolling scraps as necessary. Cut out center of each round with a 1-inch round cutter, off-center for a more modern appearance if you like. (Refreeze dough if it gets too soft.) Discard center dough circles, or bake to enjoy later. Arrange cookies on 2 baking sheets lined with parchment paper. Bake at 350°F until lightly browned around edges, 8 to 10 minutes. Cool on baking sheets set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely, about 30 minutes.

**5.** Dust cut-out cookies evenly with powdered sugar. Spread about ½ teaspoon jelly on each solid cookie; top each with a cut-out cookie. Store in an airtight container up to 2 days.

**SERVES 30** (serving size: 1 sandwich cookie)  
**Calories** 120; **Fat** 7g (sat 2g, unsat 4g); **Protein** 2g; **Carb** 14g; **Fiber** 1g; **Sugars** 8g (added sugars 5g); **Sodium** 45mg; **Calc** 2% DV; **Potassium** 1% DV

**CHOCOLATE-PEPPERMINT THUMBPRINTS****Active:** 25 min.**Total:** 1 hr. 25 min.

Using tahini in the filling instead of heavy cream helps keep sat fat in check. And tahini's subtle flavor won't overwhelm the chocolate in the way many nut butters might—though cashew butter would be a good, mild substitute if you have it on hand.

**7 oz. whole-wheat pastry flour**  
(about 2 cups)

½ **cup unsweetened cocoa**

½ **tsp. kosher salt**

⅔ **cup granulated sugar**

½ **cup unsalted butter, softened**

**1 Tbsp. canola oil**

**1 tsp. vanilla extract**

**1 large egg**

⅔ **cup semisweet chocolate chips**

⅓ **cup tahini (sesame seed paste)**

**6 hard peppermint candies, crushed**

**1.** Preheat oven to 350°F. Whisk together flour, cocoa, and salt in a medium bowl; set aside.

**2.** Beat together sugar, butter, oil, and vanilla in a large bowl with an electric mixer on medium speed until well blended, about 3 minutes. Add egg, and beat until combined. Add flour mixture; beat on low speed until just combined.

**3.** Shape dough into 36 balls (1 tablespoon each). Arrange dough balls 2 inches apart on 2 baking sheets lined with parchment paper. Lightly press each dough ball to flatten slightly, and make a “thumbprint” impression in dough balls by gently pressing your thumb or the handle of a wooden spoon in center of each ball. Bake at 350°F until set, about 10 minutes. Remove from oven, and cool on baking sheets set on a wire rack for 3 minutes. Transfer cookies directly to wire rack to cool completely, about 30 minutes.

**4.** Meanwhile, place chocolate chips in a medium microwavable bowl. Microwave at **HIGH** until chocolate melts, about 1 minute, stirring after 30 seconds. Whisk tahini into melted chocolate until smooth. Spoon about 1 teaspoon chocolate mixture into impression of each cookie. Sprinkle with crushed peppermints. Let stand until set, about 1 hour (or chill 20 minutes to quickly set filling). Store in an airtight container up to 3 days.

**SERVES 36** (serving size: 1 cookie) **Calories** 98; **Fat** 5g (sat 2g, unsat 3g); **Protein** 2g; **Carb** 12g; **Fiber** 1g; **Sugars** 6g (added sugars 6g); **Sodium** 30mg; **Calc** 1% DV; **Potassium** 1% DV



## DECORATED WHOLE-WHEAT SUGAR COOKIES

**Active:** 40 min.

**Total:** 2 hr. 40 min.

You'll often see rolled cookie recipes that call for chilling the dough for an hour or two and then rolling it out. But it's far easier to roll the dough out when it's soft, just after mixing it together. Then you can pop it in the freezer, where—because it's rolled thinly—it firms up quickly. Meringue powder, found in craft stores or the crafting section of big-box stores, helps the icing set firmly so your cookies don't smudge.

**8 oz. whole-wheat pastry flour**  
(about 2¼ cups)

½ tsp. kosher salt

⅔ cup granulated sugar

½ cup unsalted butter, softened

3 Tbsp. canola oil

1¾ tsp. vanilla extract, divided

1 large egg

1 cup powdered sugar

1½ to 2 Tbsp. water

2 tsp. meringue powder

Natural food coloring (such as India Tree) (optional)

**1.** Whisk together flour and salt in a medium bowl; set aside.

**2.** Beat together sugar, butter, oil, and 1½ teaspoons vanilla in a large bowl with an electric mixer on medium speed until light and fluffy, about 3 minutes. Beat in egg. Add flour mixture; beat on low speed just until combined. Divide dough in half. Roll each half between 2 sheets of plastic wrap to ¼-inch thickness. Place dough halves on a baking sheet, and freeze until firm, about 20 to 30 minutes.

**3.** Preheat oven to 350°F. Remove plastic wrap from 1 dough half. Working quickly, cut dough with a 2½-inch cutter of desired shape to form 16 cookies, rerolling scraps as necessary.

(Refreeze dough if it gets too soft.) Repeat procedure with remaining dough half. Arrange cookies on 2 baking sheets lined with parchment paper. Bake at 350°F until lightly browned around edges, about 10 minutes. Cool on baking sheets set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely, about 30 minutes.

**4.** Place powdered sugar, 1½ tablespoons water, meringue powder, and remaining ¼ teaspoon vanilla in a medium bowl. Beat with an electric mixer on low speed just until moistened, about 20 seconds; beat on high speed until thick, bright white, and smooth, about 5 minutes. Beat in additional water, ½ teaspoon at a time, if needed, to reach desired consistency. Stir in food coloring, if desired. Spread or pipe icing evenly over cookies. Let stand at room temperature until icing is set, 1 to 2 hours. Store in an airtight container up to 3 days.

**SERVES 32** (serving size: 1 cookie) **Calories** 97; **Fat** 4g (sat 2g, unsat 2g); **Protein** 1g; **Carb** 13g; **Fiber** 1g; **Sugars** 8g (added sugars 8g); **Sodium** 33mg; **Calc** 1% DV; **Potassium** 1% DV

◆ **STAFF FAVE**



## SALTED CHOCOLATE-TOPPED SHORTBREAD

**Active:** 25 min.

**Total:** 2 hr. 55 min.

These whole-wheat cookies have the expected “short” texture of classic shortbread, plus an irresistible buttery flavor. Cultured butter is worth seeking out here; the richer flavor really comes through in a cookie like this where the butter is front and center. You can also use regular unsalted butter for a still delicious but slightly less complex flavor.

**9 oz. whole-wheat pastry flour**  
(about 2½ cups)

½ cup powdered sugar

¼ cup cornstarch

½ tsp. kosher salt

½ cup unsalted cultured butter,  
softened

⅓ cup plus 1 Tbsp. canola oil

¼ cup granulated sugar

1½ tsp. vanilla extract

4 oz. 60% to 70% cacao bitter-sweet chocolate, chopped

1 tsp. flaky sea salt (such as Maldon)

**1.** Preheat oven to 325°F. Whisk together flour, powdered sugar, cornstarch, and salt in a medium bowl.

**2.** Beat together butter, oil, and granulated sugar in a large bowl with an electric mixer on medium speed until well blended, about 3 minutes. Beat in vanilla. Add flour mixture; beat on low just until combined.

**3.** Pat or roll dough into a 10½-inch square on a baking sheet lined with parchment paper. Bake at 325°F until set and lightly browned around edges, about 30 minutes. Remove from oven, and immediately cut into 36 (1¾-inch) squares (a pizza cutter and ruler make this go quickly). Cool cookies completely on baking sheet, about 1 hour.

**4.** Place chocolate in a small microwavable bowl. Microwave at **HIGH** until melted, about 1 minute, stirring after 30 seconds. Using a spoon, butter knife, or small offset spatula, spread chocolate over half of top side of each cookie, and sprinkle flaky salt evenly over chocolate. Let stand until chocolate sets, about 1 hour. Store in an airtight container up to 3 days.

**SERVES 36** (serving size: 1 cookie) **Calories** 106; **Fat** 6g (sat 2g, unsat 3g); **Protein** 1g; **Carb** 11g; **Fiber** 1g; **Sugars** 4g (added sugars 4g); **Sodium** 77mg; **Calc** 0% DV; **Potassium** 1% DV

# Make hide and seek delicious.

Kellogg's<sup>®</sup>  
**RICE KRISPIES<sup>®</sup>**



For more holiday inspiration with Rice Krispies, visit [pinterest.com/ricekrispies](https://pinterest.com/ricekrispies)

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### FIVE-SPICE COOKIES

**Active:** 20 min.

**Total:** 1 hr.

Look for five-spice powder on the spice aisle or with the Asian foods in your grocery store. We love the sparkle of sanding sugar used to coat the outside of the cookies; you'll find it in craft stores. Supermarket turbinado works well, too.

- 7 oz. whole-wheat pastry flour (about 2 cups)
- 1½ tsp. five-spice powder
- ½ tsp. kosher salt
- ½ tsp. baking soda
- ⅔ cup packed dark brown sugar
- ½ cup unsalted butter, softened
- 1 large egg
- ¼ cup coarse sparkling sugar or turbinado sugar

1. Preheat oven to 350°F. Whisk together flour, five-spice powder, salt, and baking soda in a medium bowl. Set aside.
2. Beat together brown sugar and butter in a large bowl with an electric mixer at medium speed until fluffy, about 2 minutes. Beat in egg. Add flour mixture, and beat at low speed just until combined.
3. Place sparkling sugar in a medium bowl. Roll dough into 25 balls (1 tablespoon each); roll in sugar to coat.
4. Arrange dough balls 2 inches apart on 2 baking sheets lined with parchment paper. Bake at 350°F until set and starting to brown around edges, about 12 minutes. Cool on baking sheets set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely. Store in an airtight container up to 3 days.

**SERVES 25** (serving size: 1 cookie) **Calories** 92; **Fat** 4g (sat 2g, unsat 1g); **Protein** 1g; **Carb** 13g; **Fiber** 1g; **Sugars** 7g (added sugars 7g); **Sodium** 67mg; **Calc** 1% DV; **Potassium** 1% DV



### RASPBERRY-ROSEMARY JAM BARS

**Active:** 20 min.

**Total:** 2 hr.

- 2½ cups fresh raspberries
- ⅓ cup granulated sugar
- ¼ cup water
- 2 Tbsp. cornstarch
- 2 (3-inch) rosemary sprigs
- Cooking spray
- 1⅓ cups uncooked old-fashioned regular rolled oats
- 4 oz. whole-wheat pastry flour (about 1⅓ cups)
- ¾ cup packed light brown sugar
- ¾ tsp. kosher salt
- ½ cup unsalted butter, melted
- ¾ tsp. vanilla extract

1. Stir together first 5 ingredients (through rosemary) in a medium saucepan. Bring to a boil over medium, mashing berries to break them down. Reduce heat to medium-low; cook, stirring often, until thickened, about 6 minutes. Remove from heat; cool slightly, about 10 minutes. Discard rosemary sprigs.
2. Preheat oven to 350°F. Coat an 11- x 7-inch glass baking dish with cooking spray. Stir together oats, flour, brown sugar, and salt in a medium bowl. Add butter and vanilla, and stir until all flour is moistened. Reserve ⅔ cup oat mixture.
3. Pat remaining oat mixture in an even layer in prepared dish. Top with raspberry mixture, spreading to edges. Sprinkle reserved oat mixture over raspberry mixture. Bake at 350°F until lightly browned, about 35 minutes. Cool completely on a wire rack. Cut into 16 (3½- x 1⅓-inch) bars. Store in an airtight container up to 2 days.

**SERVES 16** (serving size: 1 cookie bar) **Calories** 173; **Fat** 7g (sat 4g, unsat 2g); **Protein** 2g; **Carb** 28g; **Fiber** 3g; **Sugars** 15g (added sugars 14g); **Sodium** 94mg; **Calc** 2% DV; **Potassium** 2% DV



### PINE NUT-MEYER LEMON SNOWBALLS

**Active:** 20 min.

**Total:** 1 hr. 30 min.

If you can't find Meyer lemons, use 1 teaspoon regular lemon zest. Take care not to underbake these cookies; they need to crisp up a bit in the oven.

- 8 oz. whole-wheat pastry flour (about 2¼ cups)
- ½ tsp. kosher salt
- ½ cup unsalted butter, softened
- 3 Tbsp. olive oil
- 2 tsp. vanilla extract
- 1½ tsp. Meyer lemon zest
- 1¼ cups powdered sugar, divided
- 1 large egg yolk
- ½ cup toasted pine nuts, roughly chopped

1. Preheat oven to 350°F. Whisk together flour and salt in a medium bowl. Set aside.
2. Beat together butter, oil, vanilla, zest, and ¾ cup powdered sugar in a large bowl with an electric mixer on medium speed until light and fluffy, 2 to 3 minutes. Beat in egg yolk. Add flour mixture; beat on low speed just until combined. Stir in nuts.
3. Shape dough into 32 balls (1 tablespoon each). Arrange dough balls 2 inches apart on 2 baking sheets lined with parchment paper. Bake at 350°F until set and lightly browned on bottom, 12 to 14 minutes. Cool on baking sheets set on a wire rack for 3 minutes. Transfer cookies directly to wire rack to cool completely.
4. Place remaining ½ cup powdered sugar in a medium bowl. Gently roll cookies in sugar to coat. Store in an airtight container up to 3 days.

**SERVES 32** (serving size: 1 cookie) **Calories** 97; **Fat** 6g (sat 2g, unsat 3g); **Protein** 1g; **Carb** 10g; **Fiber** 1g; **Sugars** 5g (added sugars 5g); **Sodium** 31mg; **Calc** 0% DV; **Potassium** 1% DV

# Erin imagined a world with unlimited pizzabilities. Can you?

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24HRs  
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# The Amazing, No-Fail,



Text by  
Tim Cebula

Photography by  
Jennifer Causey

Illustrations by  
Martina  
Paukova

# One-Hour Dinner Party



With this detailed game plan and 60 minutes on the clock, you can cook an impressive meal for eight—complete with cocktails and dessert.

## MENU

POMEGRANATE  
SPRITZER

BEEF TENDERLOIN  
WITH MADEIRA-DIJON SAUCE

ROASTED BROCCOLINI

RED WINE AND  
PARMESAN FARROTTO

DULCE DE LECHE  
BREAD PUDDINGS

# The Game Plan

This might be the most efficiently executed dinner you've ever made. And you don't need eight arms, two ovens, or a culinary degree: A little planning, smart prep, and basic multi-task cooking—with dishes in the oven and on the stovetop at the same time—get the job done. You'll be busy for sure; there's no time wasted waiting for bread to toast or beef to roast. Just follow our plan, and take this dazzling menu from "to-do" to "ta-da" in 60 minutes flat.

## READY, SET, GO!

### 1. Mix the Spritzer

Make the pomegranate syrup; combine everything but the wine and arils in a pitcher, and chill it. Now you can pour a drink for any early guests right away.

### 2. Macerate Strawberries

Combine strawberries, vanilla, and vinegar for the dessert in a bowl. Place in fridge to chill.



### 3. Cube Bread

Cut into cubes with a serrated knife, and spread cubes in a single layer on a sheet pan.

### 4. Preheat Oven

Set it to 450°F, with one rack near the top and a second toward the bottom. Place pan of bread cubes inside. Set timer; remove pan after 5 minutes.

### 5. Prep Broccolini

While bread toasts, toss the trimmed Broccolini with the oil and seasonings on a sheet pan, and set aside until you're ready to roast it.

### 6. Make Bread Puddings

Combine milk, dulce de leche, eggs, and sugar; add toasted bread cubes. Spoon mixture into ramekins or baking dish set on a baking sheet; bake on top oven rack. Set a timer for 20 minutes.



### 7. Start Farrotto

Chop onion, garlic, and herbs for farrotto. Chop and tear extra thyme and parsley to use for the beef dish. Begin cooking farro. Microwave stock as farro toasts in pan. Stir initial 2½ cups of hot stock into pan. Stir the pot occasionally, and add stock as needed for the next 25 minutes.

### 8. Start Beef

Place a sheet pan on the bottom rack to preheat. Sear seasoned tenderloins on stovetop, turning occasionally to brown all over. Transfer browned tenderloins to hot sheet pan; insert probe thermometer in one tenderloin portion. Set thermometer for an alert at 120°F to 125°F.

### 9. Remove Puddings

Check consistency of bread pudding. Remove from oven once custard is set.

### 10. Roast Broccolini

Place sheet pan of Broccolini on top rack (while beef is on bottom rack). Set timer for 15 minutes. Place Broccolini on a serving platter when done and loosely tent with foil.

### 11. Start Sauce

Sauté aromatics (in the large skillet you used to brown the beef), and reduce liquids until sauce is syrupy. Remove pan from heat, cover, and set aside.

### 12. Finish Farrotto

Stir in remaining stock, cheese, butter, and parsley. Remove from heat, cover, and set aside. Transfer to a serving bowl when you're ready to set it out.

### 13. Pull Beef

Remove beef from oven once thermometer registers 120°F to 125°F; set pan aside to rest.

### 14. Garnish Puddings

Top with strawberry mixture, and dust with powdered sugar.



### 15. Finish Cocktail

Remove pitcher from fridge. Stir in sparkling wine.

### 16. Finish Sauce

Stir in butter and remaining ingredients until butter is melted. Transfer sauce to a gravy boat.

### 17. Slice Beef

Thinly slice the rested tenderloins. Place slices alongside the Broccolini on the serving platter.



**Pomegranate  
Spritzer**  
Recipe p. 97

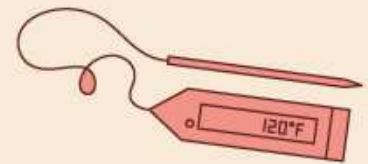
**What You'll Need**

Besides ingredients, knives, and basic cooking gear, these items will help greatly here:



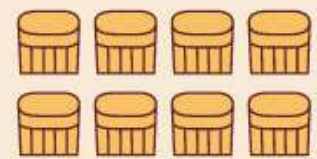
**Timer:**

Aim for a digital model that can set two countdowns at once. When you're multitasking, it's easy to forget something in the oven.



**Probe thermometer:**

A digital thermometer that you leave in the meat as it roasts will make the job much easier. It alerts you when the beef hits 120°F to 125°F, so you won't open the oven needlessly.



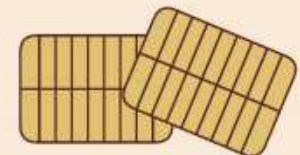
**Eight (6-oz.) ramekins  
or an 11- x 7-in. dish:**

For the dessert.



**Three sheet pans:**

One for the beef, one for the bread puddings, and a third for the Broccolini.



**Two oven racks:**

One near the top and the other near the bottom.



**Cold beverage:**

For you. Chill—you've got this.

**Slice. Sauce. Done.**  
**Dinner is served!**



The beef roasts while you whip up the simple pan sauce, making this recipe an easy “wow” moment.

**Beef Tenderloin with  
Madeira-Dijon Sauce**  
Recipe p. 97

**Roasted  
Broccolini**  
Recipe p. 98





**Red Wine and  
Parmesan Farrotto**  
Recipe p. 98



This farro risotto lets you reclaim some much-deserved zen. Instead of seeing the frequent stirring as a chore, use this hands-on task to help you slow down, sip that cold beverage, and appreciate the memories you're about to create with your friends and family.



**Dulce  
de Leche  
Bread  
Puddings**  
Recipe p. 98



Bread puddings are the ultimate low-stress dessert: If you can toast bread and whisk eggs, then you can pull this dish together with ease. Simplify your life even more and bring the strawberries and extra powdered sugar to the table and let your guests garnish their own desserts. The prettiest one gets a prize!



## POMEGRANATE SPRITZER

**Active:** 10 min. **Total:** 30 min.

This is a wonderfully festive beverage to open a dinner party: Sweet-tart pomegranate juice is balanced by bitters and spiked with vodka and fizzy rosé. Find pomegranate arils in the refrigerated area of the supermarket produce section; they'll save you at least 10 minutes because you won't need to pull the arils from a whole pomegranate.

- ½ cup pomegranate juice
- ¼ cup granulated sugar
- ½ cup (4 oz.) chilled vodka
- 2 Tbsp. fresh lime juice
- 1½ tsp. Angostura bitters
- 5 cups (40 oz.) chilled sparkling rosé wine
- ⅓ cup pomegranate arils

**1.** Combine pomegranate juice and sugar in an 8-cup microwavable measuring cup. Microwave at **HIGH** until warmed, about 2 minutes; stir until sugar dissolves. Stir in vodka, lime juice, and bitters; chill 20 minutes. Gently stir in rosé. Serve in Champagne glasses; top each with 4 to 5 pomegranate arils.

**SERVES 8** (serving size: ¾ cup) **Calories** 187; **Fat** 0g; **Protein** 0g; **Carb** 14g; **Fiber** 0g; **Sugars** 10g (added sugars 5g); **Sodium** 3mg; **Calc** 0% DV; **Potassium** 0% DV

## ◆ STAFF FAVE



## BEEF TENDERLOIN WITH MADEIRA-DIJON SAUCE

**Active:** 40 min. **Total:** 40 min.

As simple as this dish is to make, it looks, feels, and tastes like a special-occasion meal. Ask your butcher for the Chateaubriand cut, which is an evenly sized portion taken from the heart of the tenderloin.

- 3 Tbsp. olive oil, divided
- 2 (1-lb.) center-cut beef tenderloin fillets (about 4 inches in diameter)
- 1½ tsp. kosher salt, divided
- 1½ tsp. black pepper, divided
- ¼ cup minced shallot
- 1 large thyme sprig
- ½ cup Madeira or dry sherry
- 3 cups unsalted beef stock
- 2 Tbsp. unsalted butter
- 2 Tbsp. torn fresh flat-leaf parsley
- 1 Tbsp. Dijon mustard

**1.** Preheat oven to 450°F. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).

**2.** Heat 1½ tablespoons oil in a large skillet over high. Sprinkle fillets with 1¼ teaspoons salt and 1¼ teaspoons pepper. Cook fillets in hot oil, turning occasionally, until browned on all sides, 6 to 8 minutes.

**3.** Transfer fillets to hot baking sheet. Do not wipe skillet clean. Roast fillets at 450°F on bottom rack until a

thermometer inserted in thickest portion registers 120°F to 125°F for medium-rare, about 10 minutes. Remove from oven; let stand 5 minutes.

**4.** Add shallot and thyme to skillet. Cook over medium-high, stirring often, until lightly browned, 1 to 2 minutes. Add wine. Bring to a boil; simmer until reduced by half, 2 to 3 minutes. Add stock, and bring to a boil; boil, stirring occasionally, until slightly syrupy and reduced to ⅔ cup, about 15 minutes. Remove from heat. Stir in butter, parsley, mustard, remaining 1½ tablespoons oil, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper; stir until butter melts.

**5.** Thinly slice beef; serve with sauce.

**SERVES 8** (serving size: about 3 oz. beef and 1½ Tbsp. sauce) **Calories** 268; **Fat** 15g (sat 5g, unsat 9g); **Protein** 26g; **Carb** 3g; **Fiber** 0g; **Sugars** 1g (added sugars 0g); **Sodium** 527mg; **Calc** 4% DV; **Potassium** 9% DV

### You've got this, hot stuff!



The Madeira-dijon sauce is best served warm. If it cools off at all, pop it in the microwave just before serving.

ADVERTISEMENT



## Holiday Helper | The Main Course

Whether it's a traditional roast, a honey baked ham, or the feast of seven fishes, every main course undoubtedly requires one ingredient: butter. If you or your family lives with a dairy sensitivity, no need to forfeit any delicious flavors — just substitute **ICBINB! with Coconut Oil**. ICBINB! with Coconut Oil makes any of your beloved holiday meals dairy-free with a hint of coconut and the added bonus of Omega-3 ALA nutrients.





## ROASTED BROCCOLINI

**Active:** 10 min. **Total:** 35 min.

Mild Broccolini is a crowd-pleasing vegetable; its longer stems give it a more elegant feel than regular broccoli. If you're serving a more adventurous bunch, try swapping in broccoli rabe, broccoli's pleasantly bitter, leafy cousin. Red pepper brings a touch of heat, and lemon zest adds a bright flavor boost. To prep, just trim the bottom inch or so from the stalks.

**2 lb. Broccolini, stems trimmed**

**3 Tbsp. olive oil**

**2 tsp. lemon zest**

**¾ tsp. kosher salt**

**½ tsp. crushed red pepper**

1. Preheat oven to 450°F. Toss together Broccolini and olive oil on a rimmed baking sheet. Sprinkle with zest, salt, and red pepper; toss well. Roast at 450°F on top oven rack until slightly crispy and stalks are tender, about 15 minutes. Remove from oven.

**SERVES 8** (serving size: ¾ cup) **Calories** 70; **Fat** 6g (sat 1g, unsat 4g); **Protein** 4g; **Carb** 3g; **Fiber** 3g; **Sugars** 0g; **Sodium** 218mg; **Calc** 12% DV; **Potassium** 4% DV

**It's totally OK  
to keep it simple.**



**In a meal full of superstars,  
you need backup singers.  
This easy and flavorful side  
delivers big results without  
stealing the show.**

## ◆ STAFF FAVE



## RED WINE AND PARMESAN FARROTTO

**Active:** 40 min. **Total:** 40 min.

We use the standard risotto cooking method, adding warm stock to the grains gradually while stirring. This approach takes longer than boiling, so quick-cooking farro saves time.

**5 cups unsalted chicken stock**

**1½ Tbsp. olive oil**

**1½ cups prechopped yellow onion**

**6 garlic cloves, chopped**

**1 large thyme sprig**

**2 cups uncooked 10-minute farro (such as Trader Joe's)**

**1 cup dry red wine**

**3 oz. Parmigiano-Reggiano cheese, divided (2 oz. grated and 1 oz. shaved)**

**2 Tbsp. unsalted butter**

**¾ tsp. black pepper**

**2 Tbsp. torn fresh flat-leaf parsley**

1. Place stock in a microwavable measuring cup or glass bowl. Microwave at **HIGH** until hot, about 2 minutes.

2. Heat oil in a large Dutch oven over high. Add onion, garlic, and thyme; cook, stirring occasionally, 2 minutes. Add farro; cook, stirring occasionally, until toasted, about 4 minutes. Stir in wine. Bring to a boil; cook until nearly evaporated, about 1 minute. Add 2½ cups hot stock; bring to a boil. Reduce heat to medium; simmer until farro is very tender, adding hot stock, 1 cup at a time, stirring until incorporated after each addition, about 25 minutes total. (You may have leftover stock.)

3. Remove from heat. Stir in grated cheese, butter, and pepper. Sprinkle with parsley and shaved cheese.

**SERVES 8** (serving size: ¾ cup) **Calories** 293; **Fat** 9g (sat 3g, unsat 5g); **Protein** 13g; **Carb** 41g; **Fiber** 6g; **Sugars** 2g (added sugars 0g); **Sodium** 460mg; **Calc** 10% DV; **Potassium** 2% DV



## DULCE DE LECHE BREAD PUDDINGS

**Active:** 15 min. **Total:** 40 min.

Strawberries add a fruity pop to the puddings. If you can't find fresh ones, add the same amount of frozen berries to a saucepan with about 2 tablespoons water, plus the vanilla and vinegar; bring to a boil over high, then reduce heat and simmer 5 minutes.

**1 (12-oz.) French bread loaf, crusts removed, cut into ¾-inch cubes**

**1 cup whole milk**

**¾ cup canned dulce de leche**

**3 large eggs**

**¼ cup powdered sugar, divided**

**1 qt. fresh strawberries, hulled and chopped**

**1 tsp. vanilla extract**

**1 tsp. apple cider vinegar**

1. Preheat oven to 450°F. Arrange bread on a baking sheet; let warm in oven 5 minutes as oven preheats.

2. Whisk together milk, dulce de leche, eggs, and 3 tablespoons powdered sugar in a large bowl. Stir in bread. Divide bread mixture evenly among 8 (6-ounce) ramekins, or spoon into an 11- x 7-inch baking dish. Place ramekins or baking dish on baking sheet, and bake at 450°F on top oven rack until egg mixture is set, about 20 minutes for ramekins and 20 to 25 minutes for baking dish.

3. Meanwhile, combine berries, vanilla, and vinegar in a bowl; let stand at least 10 minutes before serving.

4. Top bread pudding with strawberry mixture; dust with remaining 1 tablespoon powdered sugar.

**SERVES 8** (serving size: 1 bread pudding) **Calories** 270; **Fat** 5g (sat 2g, unsat 2g); **Protein** 10g; **Carb** 46g; **Fiber** 2g; **Sugars** 23g (added sugars 18g); **Sodium** 345mg; **Calc** 11% DV; **Potassium** 2% DV

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# MAKE-AHEAD

# APPETIZERS

TREAT YOUR GUESTS TO A SPREAD OF FORK-FREE, TWO-BITE TREATS THAT COME TOGETHER AS A BALANCED MEAL ON THE PLATE.

BY JAMIE VESPA — PHOTOGRAPHY BY JENNIFER CAUSEY

**SMOKY RED  
LENTIL HUMMUS**  
RECIPE P. 106

**CHICKPEA SALAD  
BOATS**  
RECIPE P. 106

**CHEESY CRAB-  
ARTICHOKE TOASTS**  
RECIPE P. 106

**SAUCY  
MINI MEATBALLS**  
RECIPE P. 105



**CHICKPEA SALAD  
BOATS**

RECIPE P. 106



**SMOKY RED  
LENTIL HUMMUS**  
RECIPE P. 106

STAFF  
FAVE

**H**oliday parties tend to go one of two ways: The menu is either laden with so many heavy dips and fried accoutrements that you leave miserably stuffed and lusting for a New Year's diet, or the offerings are so dainty that you need to pick up a pizza on the way home. Here, we serve a delicious middle ground. We overhauled the standard assortment and created a festive cocktail party menu abundant with crunchy, fresh produce yet also adorned with plenty of the meaty, cheesy, indulgent goodness that you

look forward to this time of year. Our spread is balanced with protein and carbs, and half of your plate will be filled with vegetables (you even get 16g satiating fiber). This menu gives you, the host, permission to skip a sit-down affair in favor of mingling with your guests. To ensure you get that well-deserved catch-up time, we've tried to make your job as easy as possible and worked in plenty of make-ahead tips so you can spread out the work. Now all you need are cute cocktail napkins and some wine, and your party will be just as stylish and memorable as it is delicious.



**CHEESY CRAB-  
ARTICHOKE TOASTS**  
RECIPE P. 106



## SAUCY MINI MEATBALLS

**Active:** 50 min. **Total:** 50 min.

Adding cinnamon gives these meatballs a slight Moroccan feel. You can make this a day ahead and reheat on the stovetop before the party. Using different types of beef adds moisture to the meatballs while keeping sat fat in check.

- 1 medium-size yellow onion
- ½ lb. 90% lean ground sirloin
- ½ lb. 85% lean ground beef
- ⅓ cup whole-wheat panko (Japanese breadcrumbs)
- ½ cup chopped fresh flat-leaf parsley, divided
- 2 Tbsp. extra-virgin olive oil
- 2½ tsp. minced garlic, divided
- 1 tsp. ground cumin
- ¾ tsp. kosher salt, divided
- ½ tsp. black pepper, divided

- 1 Tbsp. unsalted butter
- ¼ tsp. crushed red pepper
- ¼ tsp. ground cinnamon
- 2 Tbsp. unsalted tomato paste
- 1 (15-oz.) can unsalted crushed tomatoes
- ½ tsp. granulated sugar

**1.** Halve onion lengthwise. Finely grate 1 onion half to equal ¼ cup. Finely chop remaining onion half to equal ½ cup; set aside. (Reserve any remaining onion for another use.)

**2.** Combine sirloin, ground beef, panko, ¼ cup grated onion, ¼ cup parsley, oil, 1¼ teaspoons garlic, cumin, ¼ teaspoon salt, and ¼ teaspoon black pepper in a large bowl; use hands to gently combine. Shape beef mixture into 36 small meatballs (about 1 tablespoon each).

**3.** Heat butter in a large skillet over high. Add meatballs, and cook, turning

occasionally, until lightly browned, 6 to 7 minutes. Transfer to a plate lined with a paper towels.

**4.** Reduce heat to low; add crushed red pepper, cinnamon, ½ cup chopped onion, remaining 1¼ teaspoons garlic, remaining ½ teaspoon salt, and remaining ¼ teaspoon black pepper; cook, stirring often, until onion mixture is softened, about 5 minutes. Add tomato paste; cook, stirring constantly, until onion mixture is well coated, 1 minute. Add crushed tomatoes and sugar. Bring to a boil over medium-high; add meatballs to sauce, and cook until just cooked through, 4 to 5 minutes. Top with remaining ¼ cup parsley.

**SERVES 12** (serving size: 3 meatballs) **Calories** 133; **Fat** 8g (sat 3g, unsat 5g); **Protein** 9g; **Carb** 5g; **Fiber** 1g; **Sugars** 2g (added sugars 0g); **Sodium** 151mg; **Calc** 3% DV; **Potassium** 6% DV

STAFF  
FAVE



## CHICKPEA SALAD BOATS

**Active:** 20 min. **Total:** 20 min.

This recipe captures all of the bright, fresh appeal of a salad in a pretty, portable bite. Sturdy endive leaves have a nice cup shape for filling; you also could use Little Gem or small Bibb lettuce leaves. To get a head start, make the filling (minus the pears) up to a day in advance. About an hour before guests arrive, gently stir in the pear and fill the leaves.

- 6 Tbsp. plain whole-milk Greek yogurt
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. honey
- 1½ tsp. lemon zest plus 1½ Tbsp. fresh lemon juice
- ¾ tsp. kosher salt
- ⅜ tsp. black pepper
- 3 medium pears, cut into thin strips
- 1 (15-oz.) can unsalted chickpeas, rinsed and drained (about 1½ cups)
- ¾ cup finely chopped celery
- ⅓ cup fresh flat-leaf parsley leaves
- ⅓ cup chopped red onion
- 24 Belgian endive leaves (from 5 heads)
- ⅓ cup sliced almonds, toasted

1. Whisk together yogurt, olive oil, honey, lemon zest and juice, salt, and pepper in a large bowl. Add pears, chickpeas, celery, parsley, and onion; stir gently to coat.

2. Spoon mixture evenly into endive leaves. Arrange on a serving platter, and top evenly with almonds.

**SERVES 12** (serving size: 2 salad boats) **Calories** 136; **Fat** 4g (sat 1g, unsat 3g); **Protein** 6g; **Carb** 22g; **Fiber** 10g; **Sugars** 7g (added sugars 1g); **Sodium** 184mg; **Calc** 15% DV; **Potassium** 18% DV



## SMOKY RED LENTIL HUMMUS

**Active:** 15 min. **Total:** 1 hr. 10 min.

Use this fun riff on classic chickpea hummus to anchor a tray of fresh, seasonal vegetable dippers—we recommend multicolored carrots, radishes, and cauliflower florets. You can prepare the hummus up to three days ahead; wash and trim the crudités a day in advance, and store them in ziplock plastic bags lined with paper towels.

- 3 cups water
- 1 cup dried red lentils
- 2 Tbsp. tahini
- 1½ Tbsp. fresh lemon juice
- 1 Tbsp. extra-virgin olive oil, plus more for garnish (optional)
- 1 Tbsp. unsalted tomato paste
- 2 garlic cloves, smashed
- 1¼ tsp. kosher salt
- 1 tsp. smoked paprika
- ½ tsp. ground cumin
- Fresh flat-leaf parsley leaves (optional)

1. Bring 3 cups water and lentils to a boil in a medium saucepan over medium-high. Cover, reduce heat to low, and simmer, stirring occasionally, until lentils have split and are mushy, about 30 minutes. Drain and spread in an even layer on a small baking sheet; chill 30 minutes.

2. Process lentils, tahini, lemon juice, oil, tomato paste, garlic, salt, paprika, and cumin in a food processor until smooth, about 30 seconds, stopping to scrape down sides as needed. Spoon into a serving bowl. If desired, garnish with parsley and olive oil. Serve with crudités or pita wedges.

**SERVES 12** (serving size: ¼ cup) **Calories** 85; **Fat** 3g (sat 0g, unsat 2g); **Protein** 5g; **Carb** 11g; **Fiber** 3g; **Sugars** 1g (added sugars 0g); **Sodium** 204mg; **Calc** 1% DV; **Potassium** 4% DV



## CHEESY CRAB-ARTICHOKE TOASTS

**Active:** 25 min. **Total:** 25 min.

Save time the day of the party by preparing the crab mixture one day ahead. Cut and store the sliced bread in an airtight container until ready to assemble, and then broil as the recipe instructs shortly before party time.

- 1 (12-oz.) pkg. frozen artichoke hearts, thawed and roughly chopped
- 4 oz. fresh lump crabmeat, drained and picked
- ½ cup chopped fresh flat-leaf parsley
- ½ cup plain whole-milk Greek yogurt
- 2 oz. pre-shredded part-skim mozzarella cheese (about ½ cup)
- 1 oz. Parmesan cheese, grated (about ¼ cup)
- 1 tsp. lemon zest plus 1 Tbsp. fresh lemon juice
- 1 garlic clove, minced
- ¼ tsp. black pepper
- 1 (10-oz.) whole-wheat baguette, cut into 24 (¼-inch-thick) slices

1. Turn on broiler to **HIGH** with oven rack in top position. Combine artichoke hearts, crabmeat, parsley, yogurt, mozzarella, Parmesan, lemon zest and juice, garlic, and black pepper in a large bowl; stir well to combine.

2. Spread about 2 tablespoons crab mixture on each baguette slice. Place on a baking sheet lined with aluminum foil. Broil until cheese begins to melt, 3 to 4 minutes (be careful not to burn toasts).

**SERVES 12** (serving size: 2 toasts) **Calories** 106; **Fat** 3g (sat 1g, unsat 1g); **Protein** 8g; **Carb** 13g; **Fiber** 2g; **Sugars** 1g (added sugars 0g); **Sodium** 206mg; **Calc** 6% DV; **Potassium** 2% DV

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# SWEET CENTERPIECE

WITH ITS GLOSSY GANACHE GLAZE, DEEP CHOCOLATE LAYERS, RICH AND CREAMY FILLING, AND FRESH FRUIT TOPPING, THIS IMPRESSIVE DESSERT IS GUARANTEED TO STEAL THE SHOW.

BY ANN TAYLOR PITTMAN PHOTOGRAPHY BY JENNIFER CAUSEY

## Chocolate-and-Cream Layer Cake

**Active:** 40 min.  
**Total:** 1 hr. 40 min.

Save room for dessert—this is one you don't want to miss. It certainly has its virtues: It's made with whole-grain flour, gets topped with fresh fruit, and contains 6g of fiber per serving. But what makes this cake so spectacular, truly, is how good it tastes.

### CAKE

**Cooking spray**  
7.33 oz. whole-wheat pastry flour (about 1¾ cups)  
¾ cup unsweetened cocoa  
1½ tsp. baking powder  
½ tsp. table salt  
½ tsp. baking soda  
1¼ cups granulated sugar  
½ cup canola oil  
2 large eggs  
1 cup fat-free buttermilk  
⅓ cup warm water  
1½ tsp. vanilla extract

### GLAZE

½ cup powdered sugar  
¼ cup unsweetened cocoa  
1 oz. semisweet chocolate chips  
2 Tbsp. 2% reduced-fat milk  
1 Tbsp. unsalted butter  
Dash of table salt

### YOGURT CREAM

½ cup heavy whipping cream  
⅓ cup powdered sugar  
½ cup plain 2% reduced-fat Greek yogurt  
¼ tsp. vanilla extract

### FRUIT TOPPING

1 cup fresh blackberries  
1 (6-oz.) container fresh raspberries  
1 cup small strawberries  
2 Tbsp. pomegranate arils (optional)

1. Preheat oven to 350°F.  
2. Prepare cake: Coat 2 (9-inch) round cake pans with cooking spray; line bottoms of pans with parchment paper. Coat paper with cooking spray; set aside.

3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Place flour, cocoa, baking powder, salt, and baking soda in a bowl; whisk to combine.

4. Place granulated sugar, oil, and eggs in a large bowl; beat with a handheld mixer on medium speed until well blended, about 2 minutes. Beat in buttermilk, ⅓ cup warm water, and vanilla. Add flour mixture; beat on low speed just until combined. Increase speed to medium, and beat 1 minute.

5. Divide batter evenly between prepared pans. Bake at 350°F until a wooden pick inserted in center comes out clean, 23 to 25 minutes. Cool cake layers in pans on a wire rack 10 minutes. Invert cakes onto rack; remove parchment paper. Let cake layers cool completely.

6. Prepare glaze: Combine powdered sugar, cocoa, chocolate chips, milk, butter, and

salt in a small saucepan. Cook over low, stirring constantly, until butter and chocolate melt, about 3 minutes. Let cool slightly.

7. Prepare yogurt cream: Place cream and powdered sugar in a large bowl; beat with a handheld mixer on high speed until stiff peaks form, about 1 minute and 30 seconds. Add yogurt and vanilla; beat on high speed until combined.

8. Place 1 cake layer on a cake stand or plate; top evenly with yogurt cream, leaving a ½-inch border. Top with second cake layer. Carefully pour chocolate glaze over top of cake, spreading to edges. Arrange berries and, if using, arils on top.

**SERVES 16** (serving size: 1 slice)  
**Calories** 308; **Fat** 13g (sat 4g, unsat 8g); **Protein** 6g; **Carb** 47g; **Fiber** 6g; **Sugars** 25g (added sugars 23g); **Sodium** 203mg; **Calc** 7% DV; **Potassium** 4% DV

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# Cooking Class

## The Hows and Whys of Delicious

## Gingerbread Essentials

A roster of spices and deeply flavored sugars make this quick bread holiday-worthy.



### Crystallized Ginger

Candied pieces of young and tender fresh ginger root lend hits of pungent, peppery taste throughout the loaf.

.....

### Ground Ginger

It's vital to this recipe, so make sure it's really fresh; if yours doesn't have a strong aroma, splurge on a new jar.

.....

### Molasses

This deeply caramelized, funky sugar syrup is key to gingerbread. Look for unsulfured as it's slightly milder.

.....

### Brown Sugar

Light brown sugar contains just enough molasses to up the ante on the complex, dark-rum sweetness.

.....

### Cinnamon

When paired with ginger and clove, it's like a spoonful of holiday flavor. Remember, fragrance equals freshness.

.....

### Lemon Zest

A little freshly grated lemon rind adds a hit of floral brightness to balance the earthy spices.



## Gingerbread Loaf

**Active:** 15 min.

**Total:** 1 hr. 10 min.

**Cooking spray**

**5.4 oz. all-purpose flour** (about 1 $\frac{1}{4}$  cups plus 1 tsp.), divided

**4 oz. whole-wheat flour** (about 1 cup)

**2 tsp. ground ginger**

**1 tsp. baking soda**

**1 tsp. ground cinnamon**

**$\frac{1}{2}$  tsp. kosher salt**

**$\frac{1}{2}$  tsp. black pepper**

**$\frac{1}{4}$  tsp. ground cloves**

**$\frac{3}{4}$  cup unsulfured molasses**

**$\frac{3}{4}$  cup boiling water**

**$\frac{1}{2}$  cup unsalted butter, softened**

**$\frac{1}{2}$  cup light brown sugar**

**1 large egg**

**1 tsp. lemon zest**

**$\frac{1}{4}$  cup finely chopped crystallized ginger**

**1.** Preheat oven to 325°F. Coat a 9- x 5-inch loaf pan with cooking spray. Whisk together 1 $\frac{1}{4}$  cups all-purpose flour, whole-wheat flour, ground ginger, baking soda, cinnamon, salt, pepper, and cloves in a bowl. Whisk together molasses and boiling water in a second bowl.

**2.** Beat butter and brown sugar in a bowl with a mixer on medium-high speed until fluffy. Beat in egg and zest. With mixer running on low speed, add flour mixture alternately with molasses mixture. Stir together crystallized ginger and remaining 1 teaspoon flour; fold into batter. Pour batter into prepared pan.

**3.** Bake at 325°F until a wooden pick inserted in center comes out clean, about 55 minutes. Cool in pan on a wire rack.

**SERVES 18** (serving size: 1 slice) **Calories** 176; **Fat** 6g (sat 3g, unsat 2g); **Protein** 2g; **Carb** 30g; **Fiber** 1g; **Sugars** 17g (added sugars 16g); **Sodium** 136mg; **Calc** 5% DV; **Potassium** 5%



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### Beef Stew to Brag About

Classic technique layers flavors for rich, robust broth, and a late veggie add-in preserves texture.

#### French-Style Beef Stew

**Active:** 1 hr. 15 min. **Total:** 3 hr. 15 min.

- 1 Tbsp. canola oil
- 2½ lb. boneless chuck roast, trimmed and cut into 1½-inch pieces
- 2 tsp. black pepper
- 1½ tsp. kosher salt
- 3½ cups sliced yellow onions (from 2 onions)
- ½ lb. carrots (about 4 carrots), peeled and cut into 2-inch pieces
- 4 large garlic cloves, smashed
- 1 (28-oz.) can unsalted whole plum tomatoes, undrained
- 2 cups dry red wine
- 2 cups lower-sodium beef broth
- 1 bunch fresh thyme, tied with kitchen twine
- 2 bay leaves
- Cooking spray
- 1 lb. cremini mushrooms, sliced
- 10 oz. frozen pearl onions (about 1¾ cups), thawed
- 2 Tbsp. red wine vinegar



Serve (and cook) this with a French Pinot Noir.

\*\*\*

**1.** Preheat oven to 275°F. Heat oil in a large Dutch oven over high. Sprinkle beef with pepper and salt. Add beef to Dutch oven in batches, and cook, stirring often, until browned on all sides, 8 to 10 minutes. Transfer browned beef to a plate. Set aside.

**2.** Reduce heat to medium-high. Add sliced onions and carrots to pan. Cook, stirring occasionally and scraping browned bits from bottom of pan, until onions begin to brown, about 10 minutes. Add garlic; cook, stirring often, until fragrant, about 1 minute. Add tomatoes; use a wooden spoon to break them into chunks. Stir in wine, broth, thyme, bay leaves, and beef. Bring to a boil.

**3.** Cover pan. Transfer to oven, and bake at 275°F until beef is tender, about 2 hours.

**4.** Meanwhile, spray a large nonstick skillet with cooking spray. Add mushrooms in 2 batches; cook over medium-high, stirring often, until browned, about 5 minutes. Stir mushrooms, pearl onions, and vinegar into beef mixture. Cook, uncovered, over medium-low, stirring occasionally, until pearl onions are tender, about 15 minutes. Remove from heat.

**SERVES 8** (serving size: 1½ cups) **Calories** 298; **Fat** 9g (sat 3g, unsat 5g); **Protein** 25g; **Carb** 18g; **Fiber** 4g; **Sugars** 8g (added sugars 0g); **Sodium** 562mg; **Calc** 8% DV; **Potassium** 174% DV

#### THE STEPS



①

#### BROWN THE BEEF

Sear the meat in the same pan the stew cooks in so none of the meaty flavor gets lost. Brown in batches; if you crowd the pan, the meat will steam.



②

#### DEGLAZE THE PAN

The sliced onions and carrots will give off liquid as they sauté. Use it to scrape up the browned bits, which will add richness to the stew.



③

#### SIMMER IN OVEN

A slow simmer makes the chuck roast fork-tender. We do this in the oven, which prevents any scorching on the bottom of the pan.



④

#### ADD VEGGIES

Because the mushrooms and pearl onions would suffer if they simmered for two hours, we stir them in toward the end of the cook time.



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## KEY

- F** Fast  
**G** Gluten Free  
**M** Make Ahead  
**V** Vegetarian

## Staff Rave

Our Highest-Rated Recipe from This Issue



## Salted Chocolate-Topped Shortbread p. 86

Check out all of our staff faves in **bold**.

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- FGV** Lemon-Feta Green Beans p. 42
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- GMV** Roasted Acorn Squash with Thyme p. 33
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## Soups &amp; Stews

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## #SEEHER

Cooking Light and parent company Meredith Corporation are teaming up with the #SeeHer Initiative to increase realistic portrayals of women in advertising, media, and programming by 20 percent by 2020, the 100th anniversary of women winning the right to vote. For more information, visit SeeHer.com.

## Holiday Indulgences

Snack smarter while satisfying your cravings this season with better-for-you, grab-and-devour treats that transform naughty into nice.



### FOR THE CARAMEL LOVER

**Oui Sea Salt Caramel Petite Yogurts** provide delicious incentive to enjoy probiotic-rich yogurt for breakfast and dessert. This new line of 3.5-ounce jars will satisfy your sweet tooth without sugar overload. **Calories** 120; **Protein** 3g; **Sodium** 120mg

### FOR THE GINGERBREAD ENTHUSIAST

**BarkThins Dark Chocolate Gingerbread** blends bits of gingerbread cookie and rich dark chocolate in a snackable sliver of bark. It's also great for spicing up a dessert spread. **Calories** 220; **Protein** 2g; **Sodium** 30mg



### FOR THE CANDY CANE CONNOISSEUR

**Yasso Peppermint Crunch Frozen Greek Yogurt Bars** are a low-cal, high-protein yogurt alternative to ice cream with crushed bits of candy canes for a peppermint punch. **Calories** 120; **Protein** 5g; **Sodium** 40mg

### FOR THE MINT CHOCOLATE DEVOTEE

**Larabar Kid Chocolate Mint Brownie Bars** are so fudgy kids will never know these treats are whole-grain and have half the sugar of most packaged brownies. Grown-ups approve, too. **Calories** 120; **Protein** 1g; **Sodium** 0mg



**NO TIME TO COOK?** We have your back. Go to [cookinglight.com/good-food-fast](http://cookinglight.com/good-food-fast) for supermarket roundups, fast-food picks, quick-assembly dinners, and more healthy, real-world solutions for those times when cooking is not an option.

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