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AUGUST 2015

5-INGREDIENT RECIPES *to the Rescue!*

Pork Tenderloin,
Peppers, and Polenta
Recipes p. 26



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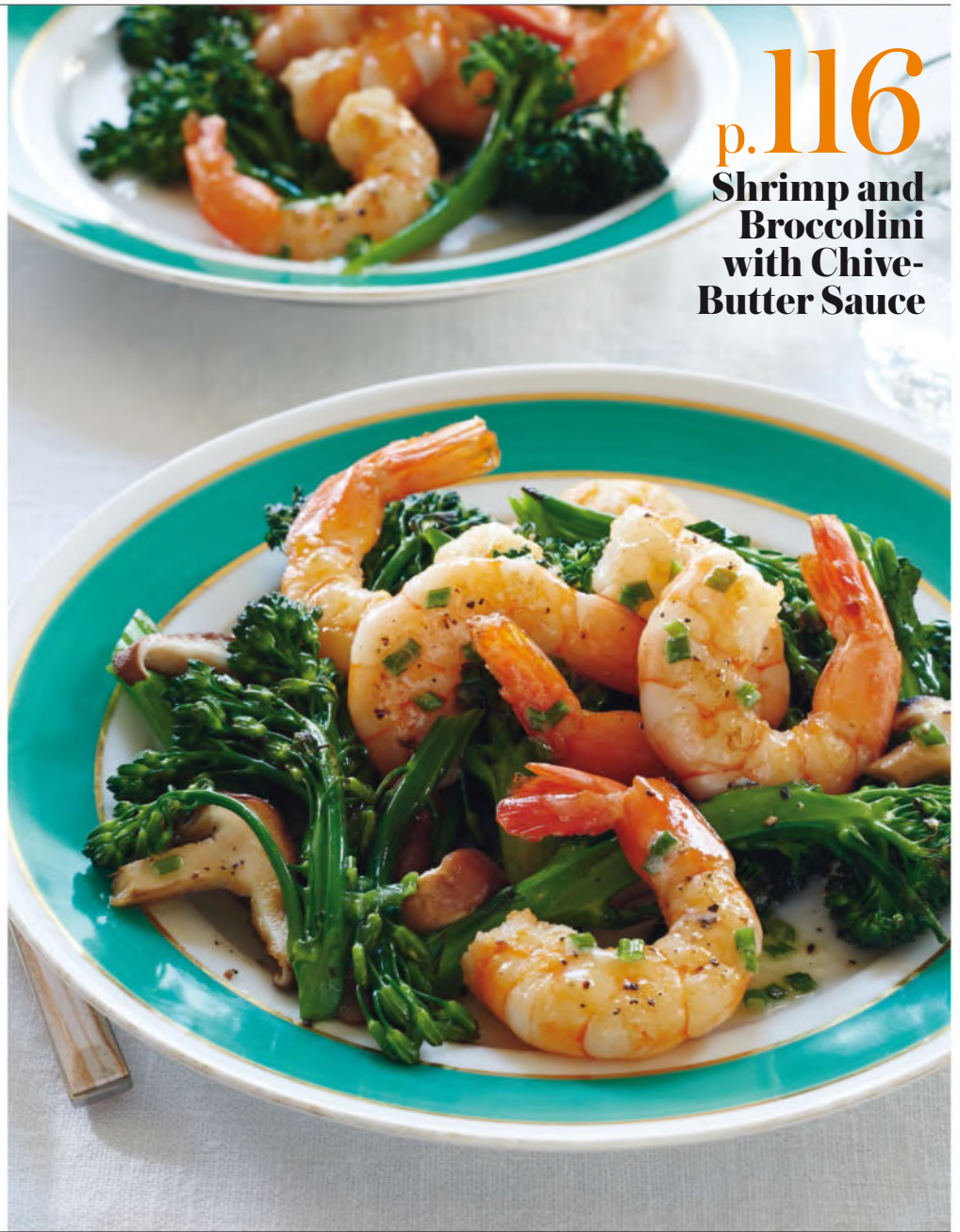
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PHOTOGRAPHY
Jennifer Causey

FOOD STYLING
Marian Cooper Cairns

PROP STYLING
Paige Hicks



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PHOTOGRAPHY: (CLOCKWISE FROM TOP) BRIAN WOODCOCK, JENNIFER CAUSEY (2), AND GREG DUPREE

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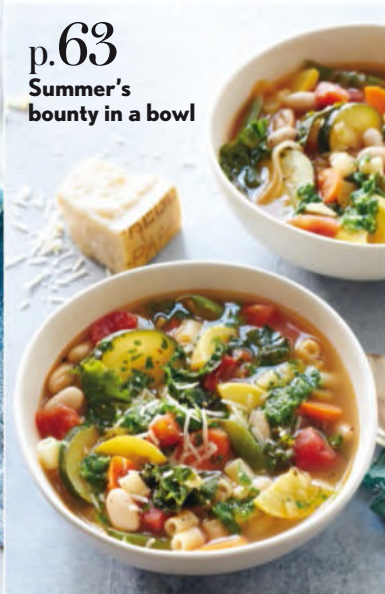


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PHOTOGRAPHY: (CLOCKWISE FROM TOP RIGHT) ROBBIE CAPONETTO, BRIAN WOODCOCK, GREG DUPRE, JENNIFER CAUSEY, AND BRIAN WOODCOCK

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THIS FLIGHT

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OR THIS ONE

OR THIS ONE

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note *f*rom the editor

FISH TALES

AS A KID I practically lived on the beach every August. Low tide meant epic family soccer games and towering sand castles, and I can still taste the sandy peanut butter and jelly sandwiches and smell the chili dogs wrapped in foil. Every evening as the sun set over the dunes of Myrtle Beach, South Carolina, the 17 of us—my immediate family plus grandparents, aunts, uncles, and cousins on my mom's side—formed a circle of beach chairs around a cooler for the adults' cocktail hour ritual.

What I remember most is the fishing. Every day my grandfather and I would walk our rods a block to the beach, bait our hooks, cast out past the sandbar, and wait for the primal thrill of a fish jerking on the end of the line. We caught schools of pompano and whiting. Spot and bluefish and the occasional flounder, too. I relished my job of catching bait and scaling and filleting the keepers that my grandmother would roast or put into a stew, and I kept a chart taped on the refrigerator door to log our daily catch. A good day on the beach meant two dozen fish. Then one summer about 20 years ago, the fish simply stopped biting. Even the sand fleas and



A PHOTOGRAPHER SHOT THIS POSTCARD OF MY FAMILY IN BEACH MODE, CIRCA 1984.

minnows we used as bait disappeared. Other anglers blamed the decline on the barges that pumped sand onto the beach, but whatever the cause, the experience taught me to value life from the sea.

Now the stakes are much higher, and we can't guarantee the existence of popular eating fish like wild bluefin tuna and cod. "We've told the oceans what we're willing to eat rather than ask what they're willing to provide," Barton Seaver, the director of Harvard's Sustainable Seafood and Health Initiative, recently told Tim Cebula, our senior food editor. Barton and Tim, a native New Englander who spent his childhood summers crabbing on Cape Cod, tackled the complexities of the seafood industry together to create our sustainable shopping and cooking guide ("Eat More Fish. The Right Fish. Here's How."). It starts on page 134. I hope it inspires and empowers you to try new fish—for your own health and for the health of the oceans.

This month my wife, Ellen, and I will take our little girls to the beach. I'll throw a few casts into the Gulf of Mexico and, who knows, maybe catch a gorgeous mackerel to grill for dinner. That's how I'll teach my own kids to connect the dots between what we pull from the water and what is on their plates.

Hunter

HUNTER LEWIS
hunter@cookinglight.com
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LETTERS



SUMMER SMASH

I just finished the June 2015 issue and realized that I dog-eared almost every page! I really enjoyed this issue, and I'm excited to get cooking this week. Thanks for an inspiring issue!

CAREN BENNETT
VIA EMAIL

A WEIGHTY ISSUE

"The Right Way to Talk to Your Kids About Weight" (June, p. 99) was wonderful. Growing up in the 1970s, my mom took me to my first diet support group at the age of 10. I have struggled for decades to have a normal relationship with food. Now, at 51, I have it. I have never discussed weight with my daughters, and it has been the smartest thing I have ever done.

DARLA CALVET, PHD
SAN DIEGO, CA

DINNER DATE SUCCESS

I made chef Marco Canora's Quinoa Panzanella with Wild Salmon (June, p. 9) for our special stay-at-home date night. It was so easy and delicious—perfect for an end-of-week meal.

BECKY DIAMOND
YARDLEY, PA

FARMERS' MARKET FLOP

I was disappointed that THE District of Columbia was left out of your recent 50 States, 50 Markets Web feature. We may not technically be a state, but we are the capital of the United States. We have an estimated population of over 650,000, larger than some states. We also have many farmers' markets that are worth visiting—Dupont Circle, the USDA and Penn Quarter markets, and many others. Please do not leave DC out in future articles.

JEAN E. RIEDLINGER
WASHINGTON, DC

Correction

The amount of stock listed for Cashew and Green Onion Bulgur, a side dish for Thai Basil Chicken Stir-Fry (June, p. 22), should be $1\frac{1}{3}$ cups, not $\frac{1}{3}$ cup.

"My relationship with food has completely changed for the better. I feel better, look better, and am a happier person. I've lost 14 pounds. * I've gone down a belt notch. I'm wearing dresses again. I'm exercising with renewed energy. I never thought I could lose weight, but I did it. You can love food and lose weight. Who knew?"

—Katie Anderson,
a guest blogger,
reporting on her *Cooking Light Diet* journey.
Read more at
cookinglight.com/katie.

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

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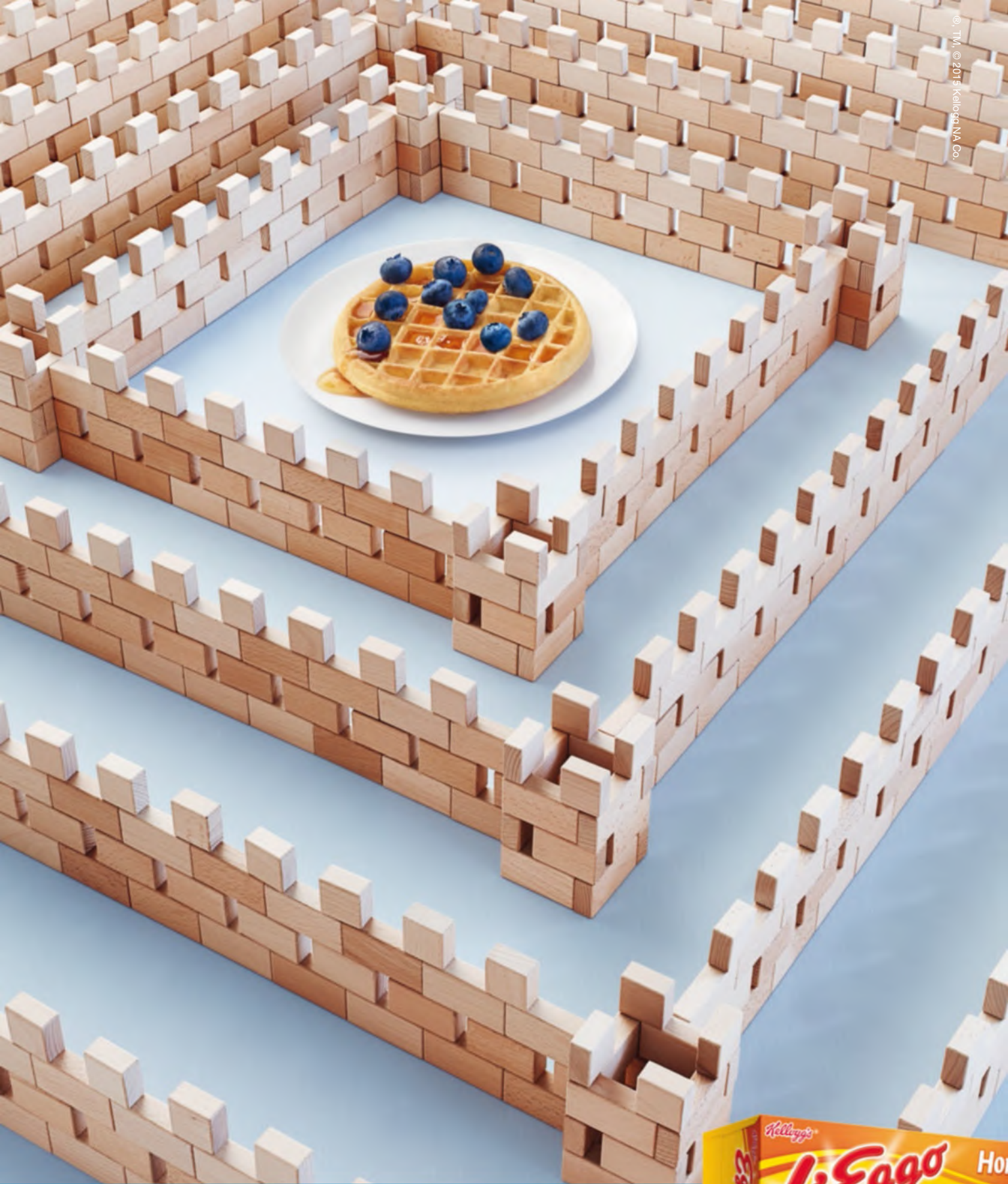


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let's get COOKing!


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PAGE 8



A smart, delicious riff on ranch dresses this dish.
Recipe p. 12



TODAY'S SPECIAL

Grilled Steak and Tomato with Creamy Tofu Ranch

BY TIM CEBULA

Ripe heirloom tomatoes in the heart of the season make Johanna Ware swoon. “There couldn’t be anything I love more,” says the chef of Smallwares, in Portland, Oregon. “They’re sweet and juicy, and I almost cry when their season is over.”

It doesn’t take much to make the most out of garden-fresh tomatoes: A little salt and fresh ground pepper and a drizzle of olive oil is one of the simplest routes to tomato nirvana. Serving up slices warmed on the grill, as Ware does here, intensifies their sweetness and acidity and adds

an alluring touch of smoke to the mix. What makes this simple grilled dish truly brilliant, though, is a ranch-style dressing Ware makes from tofu.

“I’m from the Midwest, and I have a real love for ranch dressing. Growing up, it was always a guilty pleasure of mine.” Pureeing the tofu with fresh chives, lemon juice, and garlic makes a protein-packed ranch stand-in that works wonderfully as a dip on its own. Here it makes a delectably tangy sauce for grilled beef and tomatoes. Try Ware’s original version at Smallwares in Portland this month.

SO GOOD

Sprinkle 4 ripe peach halves with 1½ tablespoons brown sugar, and grill 2 minutes on each side.



[let's get cooking!]



PRO TIP

No need for special brushes. Scrub grill grates clean using a tight ball of foil held with tongs.

GRILLED STEAK AND TOMATOES WITH TOFU RANCH DRESSING

Hands-on: 29 min.

Total: 29 min.

STAFF FAVE *There's no need to pull out the food processor to make the small amount of breadcrumbs for this recipe. Just tear bread by hand into very small pieces; the rustic texture is perfect.*

- 4 ounces firm tofu, drained
- 2 tablespoons chopped fresh chives, divided
- 1½ tablespoons water
- 2 teaspoons fresh lemon juice
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 1 garlic clove
- 4½ tablespoons olive oil, divided
- 4 (4-ounce) beef tenderloin steaks
- Cooking spray
- 3 large heirloom tomatoes, cored and cut crosswise into 1-inch-thick slices
- 1 tablespoon sherry vinegar or white wine vinegar
- 1 tablespoon lower-sodium soy sauce
- ½ teaspoon sugar
- 1 medium shallot, thinly sliced
- ¼ cup fresh whole-wheat breadcrumbs
- 1 teaspoon chile oil

1. Preheat grill to medium-high heat.
2. Combine tofu, 1 table-

spoon chives, 1½ tablespoons water, juice, ¼ teaspoon salt, ¼ teaspoon pepper, and garlic in a blender; blend until smooth. With blender running, drizzle in 1½ tablespoons oil.

3. Sprinkle steaks with ¼ teaspoon salt and ¼ teaspoon pepper. Place steaks on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Coat tomato slices with cooking spray. Place tomato slices on grill; grill 2 minutes on each side. Combine remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, remaining 3 tablespoons oil, vinegar, soy sauce, and sugar in a medium bowl, stirring well with a whisk. Add tomato and shallot to bowl; toss gently to coat.

4. Heat a small skillet over medium heat. Add breadcrumbs to pan; cook 3 minutes or until golden and toasted, stirring occasionally. Drizzle chile oil over crumbs; toss to coat.

5. Spread 2 tablespoons tofu puree in a circle on each of 4 plates. Divide tomato slices among plates. Cut steaks across the grain into thin slices; arrange slices on top of tomatoes. Sprinkle each serving with 1 tablespoon toasted breadcrumb mixture and ¾ teaspoon chives.

SERVES 4

CALORIES 356; **FAT** 24g (sat 4.7g, mono 13.7g, poly 2.7g); **PROTEIN** 26g; **CARB** 10g; **FIBER** 2g; **CHOL** 59mg; **IRON** 2mg; **SODIUM** 561mg; **CALC** 93mg

LOCAL FIND

Food Hall Nation

As culinary commerce booms, food halls are popping up like gourmet mushrooms from coast to coast. More selectively curated than open-air farmers' markets, these indoor marketplaces house everything from local butchers to casual eateries. Unlike the Italy-centric Eataly archetype, most new halls aren't bound by a theme. Melrose Market in Seattle and St. Roch Market in New Orleans offer a diverse array of vendors—young-gun chefs as well as established faces in the food community. St. Roch co-owner Will Donaldson says his market is "about 13 individuals, all with something to say." The hall allows them a space to say it while establishing a more intimate bond with customers. Thus, the primary focus of these markets is on sharing flavors and moments. "It is a place for people to come in and spend hours as they meet friends, push tables together, and engage in sampling food," Donaldson says. "This is a shared experience."

—DARCY LENZ

St. Roch Market offers fresh regional produce along with locally prepared products.



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[let's get cooking!]



SIDE DISH

Sauté zucchini with olive oil, shallots, sliced almonds, and a lemon squeeze for a bright seasonal side.



MOST WANTED

Cool Gear for Hot Days

Chill out with these fun finds for sweet treats, bubbly brews, and more.

BY KIMBERLY HOLLAND

1

1 FOR SPRINKLES AND SAUCES

Stoneware can go from hot to cold, so it suits your favorite summer treat—from frosty ice cream to hot fruity pie. Available in 7 colors. \$20 each, lecreuset.com

2 GET THE SCOOP

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3 SUMMER SNOWFLAKES

West Bend's Professional Snowball Machine easily makes extra-light, fluffy ice shavings for your favorite syrups. *Machine*, \$80; *cups*, \$8/set of 20; williams-sonoma.com

4 FRESH AND FIZZY

The sleek sparkling-beverage maker from SodaStream gets a fun '50s makeover thanks to KitchenAid. Available in 7 colors. \$250, kitchenaid.com

5 SQUEEZE EASY

Juice groves of citrus, from Key limes to grapefruit, in just seconds with Breville's popular Citrus Press, now available in 3 tropical colors: orange, lemon, and lime. \$130, williams-sonoma.com



2



3



4

5



SWEET SCOOP Häagen-Dazs' new Ginger Molasses Cookie ice cream serves up crunchy cookies swirled into spiced vanilla-cinnamon ice cream. \$5

PHOTOGRAPHY: ROBBIE CAPONETTO; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN; PHOTOGRAPHY: (TOP LEFT AND RIGHT) JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER

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[let's get cooking!]



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SUMMER SAVVY

The Ultimate Summer Sangria

BY KATIE BARREIRA

How do you make sangria, a quintessential summertime cooler, even more summery? Start by switching out red wine for the season's pink darling, rosé. As for fruit, nothing says summer refreshment like dripping-ripe melons. Add cooling mint, and top with a splash of flowery liqueur. Whether you're poolside, picnicking, or porch-rocking, this sangria is pitcher-perfect.

Rosé is all about refreshment—light and bright, it's a great match for summer fruit. Preferable to reds for summer sangria, rosé delivers grape flavor without heavy tannins.

Skip the ice cubes. Freeze some of the fruit, and stir in before serving to keep your pitcher of sangria chilled without diluting the flavor.

Chilled club soda adds refreshing effervescence and stretches your sangria without adding calories. Stir it in right before serving so the fizz doesn't fizzle out.

Adding flavors to a pricey bottle of rosé masks the nuances you're paying for. With sangria, look for one in the \$6 to \$15 range from Spain or France.

Build an additional layer of depth with a flavored liqueur (like St. Germain) or spirit (like brandy) that complements the flavor profile of your drink.

Fresh seasonal herbs like mint, basil, and lavender add a touch of savory to the fruity brew. For the prettiest presentation, swap out the herbs used to infuse your sangria (they wilt and discolor as they sit) for fresh ones.

*STAFF FAVE

SUMMER MELON ROSE SANGRIA

Hands-on: 10 min.

Total: 8 hr. 10 min.

For a playful presentation, use a melon baller to scoop the fruit into bobbing orbs.

- 1 (750-milliliter) bottle dry rosé
- 1/2 cup elderflower liqueur (such as St. Germain)
- 2 mint sprigs, divided
- 1 1/2 cups (1-inch) cubed cantaloupe, divided
- 1 1/2 cups (1-inch) cubed honeydew melon, divided
- 1 1/4 cups (1-inch) cubed baby seedless watermelon, divided
- 1 1/2 cups chilled club soda

1. Combine rosé, liqueur, 1 mint sprig, and 1 cup each melon in a pitcher. Cover; chill at least 8 hours.
2. Place remaining melon in a single layer in a small baking dish; cover and freeze.
3. Remove mint sprig from pitcher, and discard. Stir remaining mint sprig, frozen melon, and club soda into sangria just before serving.

SERVES 10 (serving size: 1 cup)
CALORIES 126; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 13g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 17mg; **CALC** 8mg





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[let's get cooking!]



GRADE A

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HELP ME, KENJI

Q: Can I make tasty pickles in less than a week?

A: Quick pickles are delicious. And easy: Combine vinegar, salt, sugar, water, and aromatics; boil and pour over veggies, covering them with a clean kitchen towel to keep them submerged. Chill for a few hours (overnight is even better), and presto—you're a bona fide pickler.

The key to a successful quick pickle lies in the ratio of four main ingredients: water, acid, sugar, and salt. I usually lean on these three basic ratios.

For supersharp, tangy pickles: 1 cup vinegar and about 1½ tablespoons salt. Heat this mixture with 1 bay leaf, 1 dozen pearl onions, 1 tablespoon each of whole black peppercorns and mustard seeds; pour it over tiny cucumbers, and you have French cornichons. Add whole garlic cloves, crushed red pepper, and dill seed for dilly beans or carrots.

For sweet pickles: 1 cup each vinegar, water, and sugar, plus 2 tablespoons kosher salt. Heat and pour over thinly sliced red onion and sliced jalapeño for a perfect taco garnish.

For all-purpose pickles: Equal parts water and vinegar, with salt to taste (about 1 tablespoon per cup works well), will give you bright, crunchy pickles to serve with



sandwiches or at a cookout.

Keep your quick pickles refrigerated in airtight containers, and eat them within a couple of weeks. Somehow I don't think that'll be a problem.

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



Beyond basic brine: Tailor quick pickles to your taste with herbs, spices, and fresh aromatics.

GLOBAL INGREDIENT

Yuzu Kosho

This spicy Japanese condiment, a fermented blend of rind from yuzus (East Asian citrus fruits resembling mandarin oranges), chiles, and salt, traditionally accompanies soups, noodle dishes, and sushi. Its potent hit of acidic, slightly piney heat is distinct but versatile, matching well with meat, fish, and veggie dishes. Try mixing ¼ teaspoon into stir-fry sauces, marinades, dressings, or even mayonnaise. Find it at Asian markets or online at amazon.com. —DARCY LENZ



Yakami Orchard is our brand of choice. \$14, amazon.com

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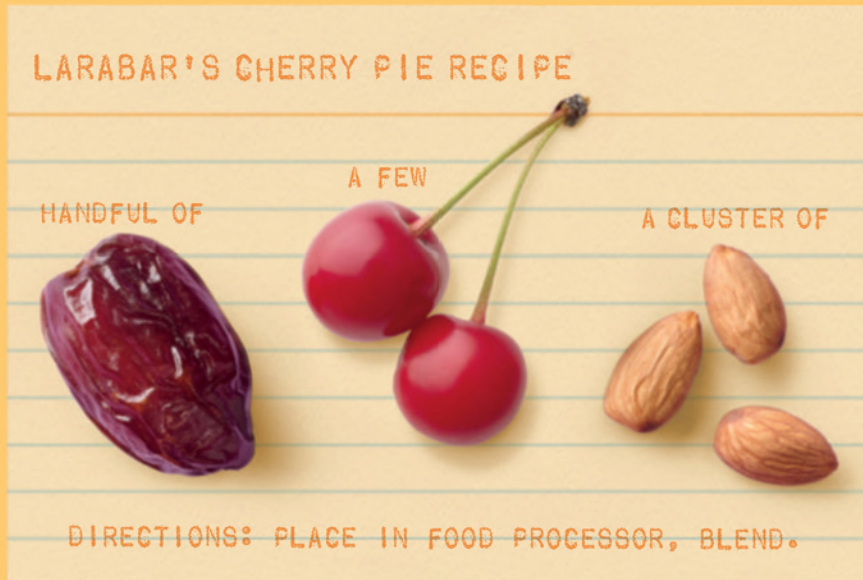
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P. 48

**Slow
Cooker**
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**KIDS
IN THE
KITCHEN**
P. 54

**Cook
Once,
Eat 3x**
P. 59



FREEZE IT
P. 63

AND MORE!

**Spiced Grilled
Chicken Thighs with
Chile-Herb Sauce**
Recipe p. 28





GAME PLAN

WHILE GRILL PREHEATS
Assemble peppers.

WHILE PEPPERS GRILL
Prepare jicama slaw.

MAKE AHEAD

Stuff the peppers, secure with skewers, and refrigerate in an airtight container a couple of days before grilling.

grilled bean and cheese stuffed poblanos

The cheesy filling becomes extra gooey and melty as the peppers grill. Unlike with a lot of stuffed peppers, you don't need to roast these before stuffing. Poblanos are fairly mild, especially with the seeds removed. For even less heat, use Anaheim chiles.

- 1 cup fresh or frozen corn kernels
- $\frac{2}{3}$ cup chopped celery
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper

- 3.5 ounces shredded cheddar cheese (about $\frac{3}{4}$ cup)
- 1 (15-ounce) can unsalted pinto beans, rinsed and drained
- 8 medium poblano peppers or Anaheim chiles (about 2 pounds)
- 1 tablespoon canola oil
- 4 lime wedges

1. Preheat grill to high heat.
2. Combine first 6 ingredients in a medium bowl. Remove tops from poblanos; reserve tops. Scoop out seeds; discard. Place about $\frac{1}{2}$ cup bean mixture in each pepper. Replace pepper tops; secure each with a 4-inch

skewer. Brush peppers evenly with oil. Place peppers on grill rack; grill 12 minutes or until lightly charred, turning once after 6 minutes. Place stuffed peppers on a platter; remove skewers. Serve stuffed peppers with lime wedges.

SERVES 4 (serving size: 2 stuffed peppers)
CALORIES 265; **FAT** 12.3g (sat 5.5g, mono 4.6g, poly 1.4g); **PROTEIN** 12g; **CARB** 29g; **FIBER** 6g; **CHOL** 26mg; **IRON** 1mg; **SODIUM** 420mg; **CALC** 218mg

SERVE WITH SPICY JICAMA SLAW

A dash of hot sauce kicks up this creamy, crunchy slaw. Use the julienne blade of a mandoline to quickly cut the jicama.

- 3 tablespoons canola mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon hot pepper sauce (such as Tabasco)
- 3 cups julienne-cut peeled jicama (about 1 medium)
- 1 cup matchstick-cut carrot
- 1 cup chopped fresh cilantro

1. Combine mayonnaise, juice, and hot pepper sauce in a bowl. Add remaining ingredients; toss to coat.

SERVES 4 (serving size: about 1 cup)
CALORIES 78; **FAT** 3g (sat 0g, mono 1.8g, poly 1.1g); **PROTEIN** 1g; **CARB** 12g; **FIBER** 6g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 245mg; **CALC** 22mg



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35
MINUTES

shrimp summer rolls with sesame-soy dipping sauce

The popular appetizer becomes a substantial summer entrée for two. Speed up prep time by having all the ingredients ready in small bowls before assembling.

- 2 ounces uncooked rice vermicelli noodles
- 12 medium shrimp, peeled and deveined (8 ounces)

- 4 (8-inch) round rice paper sheets
 - 1/2 cup very thinly sliced napa (Chinese) cabbage
 - 16 fresh mint leaves
 - 4 teaspoons chopped unsalted, dry-roasted peanuts
 - 1 small serrano chile, seeded and thinly sliced
 - 2 tablespoons chopped green onions
 - 1 tablespoon mirin (sweet rice wine)
 - 1 tablespoon fresh lime juice
 - 1 tablespoon dark sesame oil
 - 2 1/2 teaspoons lower-sodium soy sauce
 - 1 teaspoon sugar
 - 1/4 teaspoon fish sauce
1. Bring a medium saucepan filled with water to a boil. Add rice noodles and shrimp; cook 2 minutes or until shrimp and noodles are done. Drain and rinse with cold water. Drain.
 2. Add warm water to a large shallow dish to a depth of 1 inch. Place 1 rice paper sheet in dish; let stand 30 seconds or until soft. Place a dry kitchen towel on a work surface. Place rice paper sheet on towel. Place 3 shrimp on bottom third of sheet, leaving a 2-inch border. Top with 2 tablespoons cabbage, 4 mint leaves, 1 teaspoon peanuts, one-fourth of the chile, and 1/4 cup cooked rice noodles. Fold bottom of sheet over filling. Fold sides of sheet over filling; roll up, jelly-roll fashion, starting with filled side. Gently press seam to seal. Place roll, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining wrappers, shrimp,

cabbage, mint, peanuts, chile, and noodles.

3. Combine green onions and remaining ingredients in a small bowl, stirring with a whisk until sugar dissolves. Serve with summer rolls.

SERVES 2 (serving size: 2 rolls and 2 tablespoons dipping sauce)
CALORIES 383; **FAT** 11.4g (sat 1.5g, mono 4.3g, poly 4g); **PROTEIN** 20g; **CARB** 50g; **FIBER** 2g; **CHOL** 143mg; **IRON** 2mg; **SODIUM** 485mg; **CALC** 102mg

SERVE WITH MANGO AND TOMATO SALAD CUPS

- 1 1/2 cups cubed peeled ripe mango
- 1/2 cup grape tomatoes, quartered
- 2 teaspoons canola oil
- 1 teaspoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1 small shallot, thinly sliced
- 2 large green leaf lettuce leaves

1. Place first 7 ingredients in a medium bowl; toss to combine. Divide mango mixture evenly between lettuce leaves.

SERVES 2 (serving size: about 1 cup)
CALORIES 135; **FAT** 5.2g (sat 0.5g, mono 3.1g, poly 1.4g); **PROTEIN** 2g; **CARB** 23g; **FIBER** 3g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 246mg; **CALC** 28mg

FLAVOR HIT

Mirin has a sweet, slightly acidic flavor that rounds out the dipping sauce. Dry sherry will also work.



GAME PLAN

WHILE WATER FOR NOODLES AND SHRIMP COMES TO A BOIL
Slice cabbage.

WHILE NOODLES AND SHRIMP COOK
Prepare dipping sauce.





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MINUTES

pan-roasted pork tenderloin and peppers

This dish comes together in just one pan, making for quick cleanup and tons of flavor as the elements build on each other. Each component contains just 5 ingredients or fewer (oil, salt, and black pepper are freebies). Anchovies add depth to the peppers, but you can omit them if you like.

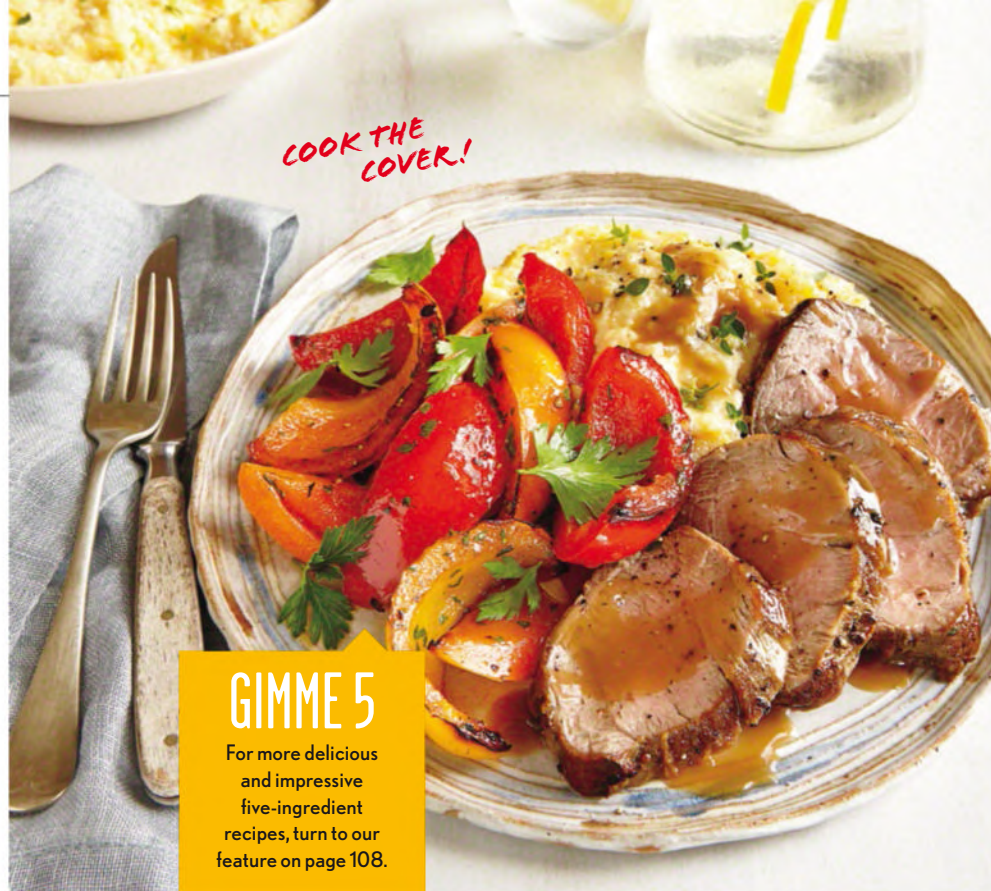
Pork:

- 1 tablespoon canola oil
- 1 (1-pound) pork tenderloin, trimmed
- $\frac{5}{8}$ teaspoon freshly ground black pepper, divided
- $\frac{1}{2}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ cup unsalted chicken stock (such as Swanson)
- $\frac{1}{2}$ teaspoon cornstarch
- $\frac{1}{2}$ teaspoon cider vinegar

Peppers:

- 1 tablespoon canola oil
- 2 teaspoons chopped fresh thyme, divided
- 4 garlic cloves, crushed
- 4 anchovy fillets, drained and finely minced
- 3 small multicolored bell peppers, cut into $1\frac{1}{2}$ -inch strips
- 2 tablespoons fresh flat-leaf parsley leaves

1. Preheat oven to 425°.
2. To prepare pork, heat a large ovenproof skillet over



GIMME 5

For more delicious and impressive five-ingredient recipes, turn to our feature on page 108.

medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Sprinkle pork with $\frac{1}{2}$ teaspoon black pepper and $\frac{3}{8}$ teaspoon salt. Add pork to pan; cook 4 minutes. Turn pork over; cook 1 minute. Cover pan with foil; bake at 425° for 5 minutes. Remove and discard foil. Bake pork an additional 5 minutes or until a thermometer registers 145°. Place pork on a cutting board; let stand 10 minutes. Cut across the grain into slices.

3. Return pan to medium-high heat. Combine remaining $\frac{1}{8}$ teaspoon black pepper, remaining $\frac{1}{8}$ teaspoon salt, stock, cornstarch, and vinegar in a small bowl, stirring with a whisk. Add stock mixture to pan; bring to a boil. Cook 2 minutes or until sauce is slightly thickened. Remove sauce from pan; keep warm.
4. To prepare peppers, return pan to medium-high heat.

Add 1 tablespoon oil to pan; swirl to coat. Add 1 teaspoon thyme, garlic, anchovies, and bell peppers to pan; cook $1\frac{1}{2}$ minutes, stirring frequently. Place pan in oven; bake at 425° for 5 minutes.

5. Arrange pork and bell pepper mixture on a platter; sprinkle with remaining 1 teaspoon thyme and parsley. Drizzle with sauce.

SERVES 4 (serving size: about 3 ounces pork, $\frac{1}{2}$ cup bell pepper mixture, and $1\frac{1}{2}$ tablespoons sauce)

CALORIES 222; **FAT** 10.1g (sat 1.4g, mono 5.5g, poly 2.5g); **PROTEIN** 26g; **CARB** 5g; **FIBER** 1g; **CHOL** 77mg; **IRON** 2mg; **SODIUM** 467mg; **CALC** 32mg

SERVE WITH CREAMY POLENTA

- $2\frac{1}{2}$ cups 2% reduced-fat milk
- 2 cups unsalted chicken stock (such as Swanson)
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ cup stone-ground polenta

1. Bring milk, chicken stock, salt, and pepper to a simmer in a medium saucepan over medium-high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat, and simmer 10 minutes or until liquid is absorbed, stirring occasionally.

SERVES 4 (serving size: about 1 cup)

CALORIES 154; **FAT** 3.3g (sat 1.9g, mono 0.9g, poly 0.1g); **PROTEIN** 9g; **CARB** 21g; **FIBER** 1g; **CHOL** 12mg; **IRON** 1mg; **SODIUM** 257mg; **CALC** 194mg

GAME PLAN

WHILE OVEN PREHEATS
Sear pork.

WHILE PEPPER MIXTURE BAKES
Cook polenta.



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40
MINUTES

spiced grilled chicken thighs

with creamy chile-herb sauce

We love the contrast of the bright, herbaceous sauce with the smoky grilled chicken thighs.

- 3 tablespoons olive oil, divided
- 2 tablespoons fresh lime juice, divided
- 1 tablespoon minced garlic, divided

- 2 teaspoons smoked paprika
- 1½ teaspoons sugar, divided
 - 1 teaspoon ground cumin
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 8 bone-in chicken thighs, skinned (about 2 pounds)
- Cooking spray
 - 2 cups fresh flat-leaf parsley leaves
 - 2 tablespoons half-and-half
 - 1 tablespoon minced seeded jalapeño pepper

1. Combine 1 tablespoon olive oil, 1 tablespoon lime juice, 2 teaspoons minced garlic, smoked paprika, 1 teaspoon sugar, cumin, ¼ teaspoon salt, and ¼ teaspoon pepper in a large zip-top plastic bag. Add chicken to bag; seal bag. Let stand 15 minutes, turning occasionally.

- 2. Preheat grill to medium.
- 3. Coat grill rack with cooking spray. Remove chicken from marinade; discard marinade. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to grill rack; grill 8 minutes on each side or until done.
- 4. Place remaining 2 tablespoons oil, remaining 1 tablespoon juice, remaining 1 teaspoon garlic, remaining ½ teaspoon sugar, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, parsley, half-and-half, and jalapeño in the bowl of a mini food processor; process until finely chopped. Serve sauce with chicken thighs.

SERVES 4 (serving size: 2 chicken thighs and about 2 tablespoons sauce)

CALORIES 377; **FAT** 18.5g (sat 4g, mono 8.9g, poly 3g); **PROTEIN** 45g; **CARB** 6g; **FIBER** 2g; **CHOL** 218mg; **IRON** 4mg; **SODIUM** 584mg; **CALC** 84mg

SERVE WITH GRILLED SWEET POTATO AND BELL PEPPER TOSS

Cut the red bell peppers from top to bottom into four panels; then simply discard the core. The wide pepper pieces will take on more char and be easier to maneuver on the grill.

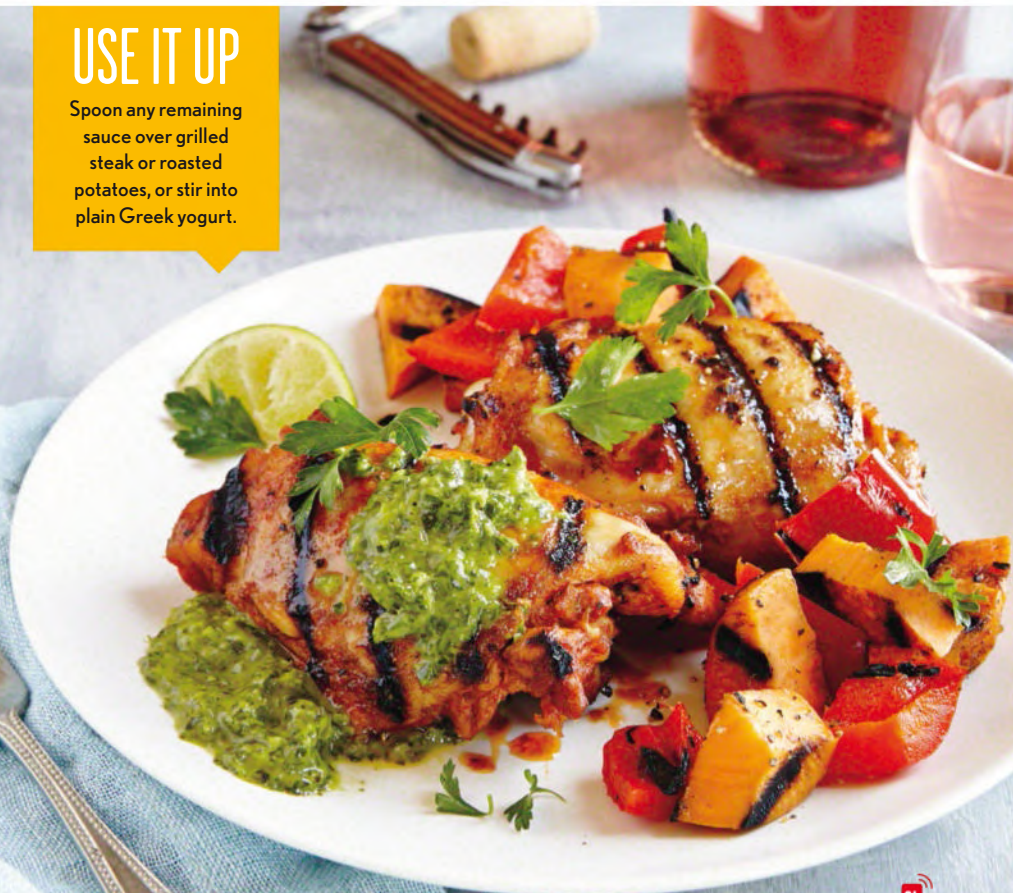
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1¼ pounds sweet potatoes, peeled and cut into ½-inch-thick slices
- 2 red bell peppers, seeded and quartered
- 1 teaspoon fresh lime juice

- 1. Preheat grill to medium.
- 2. Combine oil, cumin, paprika, salt, black pepper, and potatoes in a medium bowl; toss to coat. Add potatoes and bell pepper to grill; grill 5 minutes on each side or until potatoes are tender. Remove vegetables from grill; coarsely chop. Combine vegetables and juice in a medium bowl; toss to coat.

SERVES 4 (serving size: about ¾ cup)
CALORIES 172; **FAT** 3.7g (sat 0.5g, mono 2.5g, poly 0.4g); **PROTEIN** 3g; **CARB** 33g; **FIBER** 6g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 201mg; **CALC** 50mg

USE IT UP

Spoon any remaining sauce over grilled steak or roasted potatoes, or stir into plain Greek yogurt.



GAME PLAN

WHILE CHICKEN MARINATES

Prepare sauce.

WHILE CHICKEN GRILLS

Prepare sweet potato mixture.



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MINUTES

GAME PLAN

**WHILE OVEN
PREHEATS**
Prepare batter.

**WHILE BATTER
RESTS**
Prepare skewers
and dipping sauce.

NO TEARS

Let the batter rest a bit so the air bubbles dissipate and the mixture thickens. This will help keep crepes from tearing in the pan.



smoked turkey and swiss crepes

Separate the turkey into eight piles on a plate, and top evenly with cheese so you can quickly top each crepe as it cooks in the pan. Black Forest turkey has a subtle smoked flavor. You can also use oven-roasted turkey.

- ½ cup 1% low-fat milk
- 4 teaspoons canola oil, divided
- 2 teaspoons unsalted butter, melted and cooled
- 2 large eggs
- 1.5 ounces whole-wheat flour (about ⅓ cup)
- ¾ teaspoon baking powder
- ½ teaspoon sugar
- ⅛ teaspoon kosher salt
- 4 ounces thinly sliced Black Forest turkey, diced (such as Boar's Head)

- 2.75 ounces Swiss cheese, shredded (about ⅔ cup)
- 4 teaspoons Dijon mustard

1. Preheat oven to 300°.
2. Combine milk, 2 teaspoons oil, butter, and eggs in a blender; blend until smooth. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour, baking powder, sugar, and salt to blender; blend until smooth. Place batter in a bowl; cover with plastic wrap. Refrigerate 10 minutes.
3. Heat an 8-inch nonstick skillet or crepe pan over medium heat. Brush ¼ teaspoon oil over pan. Add 2 tablespoons batter to pan, tilting pan until batter is in an even layer. Cook 30 to 45 seconds or until edges begin to brown. Top half of crepe

with ½ ounce turkey, about 4 teaspoons cheese, and ½ teaspoon Dijon mustard. Fold crepe over filling; fold in half again to form a triangle. Gently remove crepe from pan, and place on a baking sheet; keep warm in oven. Repeat procedure with remaining oil, batter, turkey, cheese, and Dijon mustard to yield 8 filled crepes.

SERVES 4 (serving size: 2 filled crepes)
CALORIES 255; **FAT** 15.2g (sat 6g, mono 5.9g, poly 2.2g); **PROTEIN** 17g; **CARB** 12g; **FIBER** 1g; **CHOL** 130mg; **IRON** 1mg; **SODIUM** 540mg; **CALC** 261mg

SERVE WITH CUCUMBER-TOMATO SKEWERS WITH DILLY SAUCE

English or Kirby cucumbers have few seeds and a thin peel. You could also add pieces of fresh bell pepper to the skewers.

- ¼ cup plain 2% reduced-fat Greek yogurt
- 3 tablespoons canola mayonnaise
- 2 tablespoons chopped fresh dill
- 1 tablespoon lemon juice
- ¼ teaspoon black pepper
- ⅛ teaspoon kosher salt
- 24 multicolored cherry tomatoes
- 24 (1-inch) slices English cucumber

1. Combine the first 6 ingredients in a bowl. Thread 2 tomatoes and 2 cucumber pieces alternately onto each of 12 (4-inch) skewers. Serve with sauce.

SERVES 4 (serving size: 3 skewers and about 2 tablespoons sauce)
CALORIES 63; **FAT** 3.4g (sat 0.2g, mono 1.8g, poly 1.1g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 2g; **CHOL** 1mg; **IRON** 0mg; **SODIUM** 151mg; **CALC** 28mg

—Recipes by Katie Barreira



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MEATLESS MONDAY

GRILLED BEAN AND CHEESE STUFFED POBLANOS

- Lime (1)
- Celery
- Corn kernels
- Poblano peppers (2 pounds)
- Canola oil
- 15-ounce can unsalted pinto beans (1)
- Cheddar cheese (4 ounces)

Spicy Jicama Slaw

- Lemon (1)
- Cilantro
- Matchstick-cut carrot
- Jicama (1 medium)
- Canola mayonnaise
- Hot pepper sauce (such as Tabasco)



JUST FOR 2 TUESDAY

SHRIMP SUMMER ROLLS WITH SESAME-SOY DIPPING SAUCE

- Lime (1)
- Mint
- Napa cabbage
- Green onions
- Serrano chile (1)
- Dark sesame oil
- Lower-sodium soy sauce
- Mirin (sweet rice wine)
- Fish sauce
- Rice vermicelli noodles
- 8-inch round rice paper sheets (4)
- Unsalted, dry-roasted peanuts
- Sugar

- 8 ounces medium shrimp, peeled and deveined

Mango and Tomato Salad Cups

- Mango (1 large)
- Lime (1)
- Grape tomatoes
- Green leaf lettuce
- Shallot (1)
- Crushed red pepper
- Canola oil



WEDNESDAY

PAN-ROASTED PORK TENDERLOIN AND PEPPERS

- Red bell pepper (1 small)
- Yellow bell pepper (1 small)
- Orange bell pepper (1 small)
- Thyme
- Parsley
- Garlic
- Canola oil
- Cider vinegar
- Anchovy fillets, packed in oil (4)
- Cornstarch
- Unsalted chicken stock (such as Swanson)
- Pork tenderloin (1 pound)

Creamy Polenta

- Stone-ground polenta
- Unsalted chicken stock (such as Swanson)
- 2% reduced-fat milk



THURSDAY

SPICED GRILLED CHICKEN THIGHS WITH CREAMY CHILE-HERB SAUCE

- Lime (1)
- Parsley



- Jalapeño pepper (1)
- Garlic
- Smoked paprika
- Ground cumin
- Olive oil
- Sugar
- Half-and-half
- Bone-in chicken thighs (2 pounds)

Grilled Sweet Potato and Bell Pepper Toss

- Lime (1)
- Red bell peppers (2)
- Sweet potatoes (1 1/4 pounds)
- Ground cumin
- Paprika
- Olive oil



FAMILY FRIDAY

SMOKED TURKEY AND SWISS CREPES

- Canola oil
- Dijon mustard
- Whole-wheat flour
- Baking powder
- Sugar
- Eggs (2)
- 1% low-fat milk
- Unsalted butter
- Swiss cheese (2.75 ounces)
- Black Forest turkey (such as Boar's Head)

Cucumber-Tomato Skewers with Dilly Sauce

- Lemon (1)
- Cherry tomatoes (2 pints)
- English cucumber (1)
- Dill
- Canola mayonnaise
- Plain 2% reduced-fat Greek yogurt



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DINNER
TONIGHT

TWENTY-
MINUTE
COOKING

20

Orzo Salad
with Chicken
and Radishes
Recipe p. 38

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



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▶ SEE PAGE 8



MINUTES

ORZO SALAD WITH CHICKEN AND RADISHES

Because the lemon and basil flavors become even more vibrant with some time to marinate together, this five-ingredient salad makes the perfect to-go lunch. Pack it up the night before, and skip the cafeteria for a bright and luscious midday meal.

- 1 cup uncooked whole-wheat orzo
- 2 bunches radishes with greens (about 1 pound), scrubbed
- 2 cups shredded skinless, boneless rotisserie chicken breast
- 1/4 cup chopped fresh basil
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

1. Prepare orzo according to package directions, omitting salt and fat. Drain; rinse with cold water, and drain. Set aside.
2. While orzo cooks, thinly slice radishes to equal about 2 cups. Coarsely chop greens to equal about 1 cup. Combine cooled orzo, radishes, greens, chicken, basil, olive oil, lemon juice, salt, and pepper in a bowl; toss.

SERVES 4 (serving size: 1/2 cups)
CALORIES 339; **FAT** 10.3g (sat 1.6g, mono 6g, poly 1.1g); **PROTEIN** 28g; **CARB** 34g; **FIBER** 9g; **CHOL** 66mg; **IRON** 1mg; **SODIUM** 538mg; **CALC** 45mg



sesame cabbage salad

with grilled salmon



There are lots of sustainable salmon options available now, from wild Alaskan to

farmed U.S. species. For more on sustainable seafood, see our story on page 134 of this issue. Keep this easy recipe in mind for times when you have leftover cabbage in the fridge.

- Cooking spray**
- 4 (6-ounce) salmon fillets
 - 5/8 teaspoon kosher salt, divided
 - 1/2 teaspoon black pepper
 - 2 tablespoons rice vinegar
 - 4 teaspoons canola oil

- 1 tablespoon dark sesame oil
- 1 tablespoon lower-sodium soy sauce
- 1 teaspoon light brown sugar
- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup shredded carrot
- 1/2 cup chopped fresh cilantro
- 3 green onions, thinly sliced
- 2 1/2 tablespoons sliced almonds, toasted
- 1 1/2 tablespoons toasted sesame seeds

1. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle salmon with

3/8 teaspoon salt and pepper. Add salmon to pan, skin side down; cook 5 minutes. Turn salmon over; cook 2 minutes or until done.
2. While salmon cooks, combine vinegar and next 4 ingredients (through brown sugar) in a large bowl, stirring with a whisk. Add cabbages, carrot, cilantro, onions, and remaining 1/4 teaspoon salt to bowl; toss to coat. Divide salad evenly among 4 serving plates; top each with 1 salmon fillet. Sprinkle evenly with almonds and sesame seeds.

SERVES 4 (serving size: about 1/2 cup salad and 1 salmon fillet)
CALORIES 426; **FAT** 24.8g (sat 4.3g, mono 11.7g, poly 7.1g); **PROTEIN** 39g; **CARB** 11g; **FIBER** 4g; **CHOL** 87mg; **IRON** 2mg; **SODIUM** 551mg; **CALC** 113mg



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beef and lamb kofta lettuce wraps

We love the distinct savoriness ground lamb brings to these crunchy wraps, but you can go all ground sirloin for a version that still delivers loads of flavor.

- 1 (1-ounce) slice whole-grain bread, torn into pieces
- 8 ounces ground sirloin
- 6 ounces lean ground lamb
- 5 tablespoons grated red onion, divided
- 2 tablespoons chopped fresh parsley

- 1 tablespoon chopped fresh mint
- ½ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- 1 large egg
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 tablespoon olive oil, divided
- ¾ cup 2% reduced-fat Greek yogurt
- 3 tablespoons diced English cucumber
- 1 (8.8-ounce) package precooked brown rice (such as Uncle Ben's)
- 1 teaspoon paprika
- 12 Boston lettuce leaves

1. Place bread in a mini food processor; process until large crumbs form. Combine bread, beef, lamb, 2 tablespoons onion, next 5 ingredients (through egg), ½ teaspoon salt, and ¼ teaspoon black pepper in a large bowl; mix

gently until just combined. Shape mixture into 12 (1-inch-thick) patties. Heat a large nonstick skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add patties to pan; cook 2½ minutes on each side or until done.

2. Combine yogurt, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, cucumber, and remaining 3 tablespoons onion in a medium bowl, stirring well.

3. Cook rice according to package directions. Add remaining 2 teaspoons oil and paprika to rice; toss gently to combine.

4. To assemble, arrange lettuce leaves on a large serving plate; top evenly with rice, patties, and yogurt mixture.

SERVES 4 (serving size: 3 lettuce wraps)
CALORIES 380; **FAT** 18.1g (sat 6g, mono 7.6g, poly 1.6g); **PROTEIN** 31g; **CARB** 25g; **FIBER** 3g; **CHOL** 121mg; **IRON** 3mg; **SODIUM** 504mg; **CALC** 83mg



MEXICAN SCRAMBLE

The eggs will continue to set even after being removed from the heat, so be careful not to overcook. Serve with hot sauce for an extra kick.

- 1 tablespoon olive oil
- 2 (4-ounce) chicken and chorizo sausage links, casings removed
- ¼ cup chopped white onion
- 1 tablespoon minced jalapeño pepper
- 6 large eggs
- 2 tablespoons water
- ¼ teaspoon freshly ground black pepper
- 2 whole-wheat English muffins, split and toasted
- ¼ cup diced tomato
- 2 tablespoons chopped fresh cilantro
- 2 ounces crumbled queso fresco (about ½ cup)

1. Heat a large nonstick skillet over medium-high heat. Add oil to pan. Add sausage, onion, and jalapeño; cook 5 minutes, stirring frequently. Combine eggs, water, and black pepper, stirring with a whisk. Add egg mixture to pan; cook 1½ minutes, stirring frequently.

2. Place half a muffin on each of 4 plates. Top muffins evenly with egg mixture. Sprinkle evenly with tomato, cilantro, and cheese. Serve immediately.

SERVES 4 (serving size: ½ muffin, about ¾ cup egg mixture, 1 tablespoon tomato, and 2 tablespoons cheese)
CALORIES 329; **FAT** 17.1g (sat 5g, mono 5.7g, poly 2.1g); **PROTEIN** 24g; **CARB** 20g; **FIBER** 3g; **CHOL** 327mg; **IRON** 3mg; **SODIUM** 528mg; **CALC** 190mg



Try subbing in a different precooked whole grain, like farro or barley, for the rice to add a textural twist.

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MINUTES



fresh summer corn sauté

- 2 teaspoons unsalted butter
- 2 cups fresh corn kernels
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons torn basil leaves

1. Melt butter in a large nonstick skillet over medium-high heat. Add corn, salt, and pepper; sauté 4 minutes or until crisp-tender, stirring occasionally. Sprinkle with basil.

SERVES 4 (serving size: ½ cup)
CALORIES 80; **FAT** 29g (sat 1.5g, mono 0.8g, poly 0.4g); **PROTEIN** 2g; **CARB** 14g; **FIBER** 2g; **CHOL** 5mg; **IRON** 0mg; **SODIUM** 157mg; **CALC** 5mg

SPEEDY SIDE SAUTÉS



QUICK TIP

Look for tightly wrapped husks and shiny, pale silks when shopping for fresh ears of corn.

1

FRESH CREAMED CORN

Melt 2 teaspoons **butter** in a large nonstick skillet over medium-high heat. Add 2 cups **fresh corn kernels** and 2 tablespoons minced **shallots** to pan; cook 1 minute, stirring constantly. Add ¾ cup **1% low-fat milk**, 2 teaspoons **all-purpose flour**, and ¼ teaspoon **salt** to pan; bring to a boil. Reduce heat to low; cover and cook 4 minutes.

SERVES 4 (serving size: ½ cup)
CALORIES 107; **FAT** 3.4g (sat 1.8g, mono 0.9g, poly 0.5g); **PROTEIN** 4g; **CARB** 18g; **FIBER** 2g; **CHOL** 7mg; **IRON** 1mg; **SODIUM** 194mg; **CALC** 62mg

2

FRESH CORN SAUTÉ WITH RED PEPPER AND ONIONS

Melt 2 teaspoons **butter** in a large nonstick skillet over medium-high heat. Add 2 cups **fresh corn kernels** to pan; sauté 2 minutes. Add ¼ cup chopped **green onions**, ¼ cup diced **red bell pepper**, ¼ teaspoon **salt**, and ¼ teaspoon freshly ground **black pepper** to pan; sauté 2 minutes or until crisp-tender.

SERVES 4 (serving size: about ½ cup)
CALORIES 85; **FAT** 2.9g (sat 1.5g, mono 0.8g, poly 0.4g); **PROTEIN** 3g; **CARB** 15g; **FIBER** 2g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 176mg; **CALC** 8mg

3

FRESH CORN SAUTÉ WITH BACON AND CHIVES

Chop 2 **center-cut bacon slices**. Add bacon to a large nonstick skillet over medium-high heat; cook until bacon begins to brown. Add 2 cups **fresh corn kernels**, ¼ teaspoon **salt**, and ¼ teaspoon freshly ground **black pepper** to pan; sauté 4 minutes or until crisp-tender. Sprinkle with 1 tablespoon chopped **fresh chives**.

SERVES 4 (serving size: ½ cup)
CALORIES 75; **FAT** 2g (sat 0.7g, mono 0.3g, poly 0.4g); **PROTEIN** 3g; **CARB** 14g; **FIBER** 2g; **CHOL** 4mg; **IRON** 0mg; **SODIUM** 224mg; **CALC** 3mg



MINUTES



NO-BAKE CHEWY GRANOLA BARS

These bars are a perfectly portable snack you can prep on Sunday and enjoy throughout the week. Wrap leftovers tightly in plastic wrap, and store in the fridge. The bars will continue to firm up as they chill.

- 1¼ cups quick-cooking oats
- 1 cup ancient-grain cereal blend (such as Cheerios + Ancient Grains)
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped unsalted pistachios
- ½ teaspoon vanilla extract
- ¼ teaspoon kosher salt
- ⅓ cup creamy peanut butter
- ⅓ cup honey
- ¼ cup chopped pitted dates

Cooking spray

1. Combine first 6 ingredients (through salt) in a large bowl.
2. Combine peanut butter, honey, and dates in a saucepan over medium heat. Cook 3 minutes or until peanut butter melts, stirring frequently.
3. Pour peanut butter mixture over oat mixture; stir well to combine. Spread mixture into an 8-inch square baking pan coated with cooking spray; press firmly to form a compact, even layer. Place pan in freezer for 10 minutes. Remove from freezer, and cut into 12 bars.

SERVES 12 (serving size: 1 bar)

CALORIES 149; **FAT** 6.6g (sat 1.8g, mono 2.4g, poly 1.4g); **PROTEIN** 4g; **CARB** 20g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 88mg; **CALC** 23mg

pretzel-crusted chicken tenders with garlicky dipping sauce

A crunchy coating from a snacktime favorite is sure to win big with the kids—especially when paired with a creamy garlic dip. Honey mustard would be good, too.

- 5 tablespoons yellow cornmeal, divided
- ¼ cup 1% low-fat milk
- 3 teaspoons Dijon mustard, divided
- 1 large egg, lightly beaten
- 1 cup finely crushed unsalted pretzel twists
- ¾ teaspoon garlic powder, divided
- ½ teaspoon sugar
- ¼ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 8 chicken breast tenders (about 1¼ pounds)

- Cooking spray
- 2 teaspoons canola oil
- ¼ cup canola mayonnaise
- ¼ cup plain Greek yogurt
- 1 tablespoon chopped fresh chives
- 2 teaspoons fresh lemon juice

1. Preheat oven to 375°.
2. Place 4 tablespoons cornmeal in a shallow dish. Combine milk, 2 teaspoons mustard, and egg in a separate shallow dish, stirring with a whisk. Combine pretzels, remaining 1 tablespoon cornmeal, ¼ teaspoon garlic powder, sugar, ⅛ teaspoon salt, and pepper in a third shallow dish, stirring with a whisk. Lightly dredge chicken in cornmeal, dip in milk mixture, and dredge in pretzel mixture, pressing gently to coat thoroughly. Lightly coat chicken with cooking spray.
3. Heat a large ovenproof skillet over medium-high heat. Add oil to pan; swirl

to coat. Add chicken; cook 3 minutes or until browned. Turn chicken over, and place pan in oven. Bake at 375° for 7 minutes or until done.

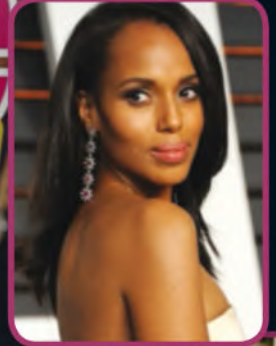
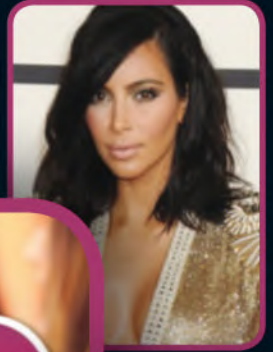
4. While chicken cooks, combine mayonnaise, yogurt, chives, lemon juice, remaining 1 teaspoon mustard, remaining ½ teaspoon garlic powder, and remaining ⅛ teaspoon salt in a medium bowl, stirring with a whisk. Serve sauce with tenders.

SERVES 4 (serving size: 2 tenders and about 2 tablespoons sauce)

CALORIES 405; **FAT** 13.4g (sat 2.8g, mono 5.7g, poly 3.2g); **PROTEIN** 36g; **CARB** 32g; **FIBER** 1g; **CHOL** 140mg; **IRON** 2mg; **SODIUM** 577mg; **CALC** 56mg



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grilled margherita sandwiches

This quick five-ingredient entrée transforms a favorite pizza combo into a melty grilled sandwich. To thinly slice fresh mozzarella with ease, freeze the cheese for about 30 minutes before cutting.

- 1/4 cup lower-sodium marinara
- 8 (1-ounce) slices whole-grain bread
- 4 ounces fresh mozzarella cheese, thinly sliced
- 1 large tomato, cut into 8 thin slices
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt



12 large basil leaves

Cooking spray

1 tablespoon olive oil, divided

1. Spread 1 tablespoon marinara over 1 side of each of 4 bread slices. Top evenly with cheese and tomatoes.

Sprinkle tomatoes evenly with pepper and salt. Top tomatoes with basil and remaining bread slices.

Lightly coat sandwiches with cooking spray.

2. Heat a large skillet over medium-low heat. Add 1 1/2

teaspoons oil to pan; swirl to coat. Add sandwiches to pan; cook 2 1/2 minutes or until browned. Brush tops evenly with remaining 1 1/2 teaspoons oil. Turn sandwiches over; cook 2 minutes or until browned. Serve immediately.

SERVES 4 (serving size: 1 sandwich)

CALORIES 284; **FAT** 13g (sat 4.9g, mono 2.9g, poly 1.5g); **PROTEIN** 13g; **CARB** 29g; **FIBER** 5g; **CHOL** 23mg; **IRON** 2mg; **SODIUM** 410mg; **CALC** 69mg

—Recipes by Darcy Lenz, Deb Wise, and Caroline Wright



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Mile-High Nachos

Top crispy baked tortillas with a mountain of beans, veggies, and double-cheesy goodness.

TWO-CHEESE VEGGIE NACHOS

Hands-on: 40 min. Total: 40 min.

We love the double-cheese contrast here: Shredded cheese melts into a bubbly blanket over the tortillas, while crumbly queso fresco covers the veggies with a salty kick. It's an impressive dish for coffee table dining—it's fun to keep it all on the baking pan and serve as a shared platter.

- 1 tablespoon canola oil
- 1 cup chopped red onion
- 2 garlic cloves, minced
- 1 cup chopped zucchini
- 1 cup fresh corn kernels
- 2 tablespoons thinly sliced jalapeño pepper
- ½ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon kosher salt
- 1 (14.5-ounce) can organic black beans, rinsed and drained
- 8 (6-inch) corn tortillas, cut into wedges
- Cooking spray**
- 2 ounces shredded reduced-fat Mexican-blend cheese (about ½ cup)
- ¾ cup diced peeled avocado (about 1 small)
- 2 ounces crumbled queso fresco (about ½ cup)
- ¼ cup chopped fresh cilantro
- 1 medium tomato, diced
- 4 lime wedges

1. Preheat broiler to high.
2. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 5 minutes or until tender. Add garlic; sauté 30 seconds. Add zucchini and next 5 ingredients (through salt); cook 5 minutes or until crisp-tender. Add beans; cook for 2 minutes or until thoroughly heated.
3. Arrange tortilla wedges in a single layer on a large jelly-roll pan coated



USE IT UP!
Need some ideas for those leftover corn tortillas? Check out the recipes on page 148.

- with cooking spray. Lightly coat tortilla wedges with cooking spray. Broil 2 minutes on each side or until lightly browned and crisp. Sprinkle shredded Mexican cheese evenly over tortillas. Broil 1 minute or until cheese melts.
4. Top chips evenly with bean mixture,

avocado, queso fresco, cilantro, and tomato. Serve with lime wedges.

SERVES 4
CALORIES 300; **FAT** 15.1g (sat 4.3g, mono 5.9g, poly 2g);
PROTEIN 14g; **CARB** 33g; **FIBER** 8g; **CHOL** 20mg;
IRON 2mg; **SODIUM** 351mg; **CALC** 274mg

—Recipe by Michelle Klug

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Rich and Meaty Baked Beans

Ditch the can and start from scratch with dried beans.



SMOKY "BAKED" BEANS

Hands-on: 25 min.

Total: 7 hr. 25 min.

This global mash-up of a summer classic borrows the ideas of red lentils and maple syrup from celebrated Montreal restaurant Joe Beef and replaces the standard chili sauce with Korean gochujang for a bit of "what is that flavor?" flair. For more on dried lentils, see page 150.

- 4 ounces thick-sliced bacon, cut into 1/2-inch squares
- 1 cup chopped onion
- 2 tablespoons chopped fresh thyme
- 5 garlic cloves, minced
- 5 cups water
- 3 tablespoons cider vinegar
- 1/2 cup unsalted ketchup
- 1/2 cup maple syrup
- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons dry mustard
- 2 tablespoons gochujang (Korean red chile paste)
- 1 1/2 cups dried Great Northern beans
- 1/2 cup dried red lentils

- 1.** Heat bacon in a Dutch oven over medium heat. Cook 8 minutes. Add onion, thyme, and garlic to pan. Cook 6 minutes. Add 5 cups water and next 6 ingredients (through gochujang); bring to a boil.
- 2.** Place beans, lentils, and ketchup mixture in a 6-quart slow cooker. Cover and cook on HIGH for 7 hours.

SERVES 10 (serving size: 3/4 cup)

CALORIES 227; **FAT** 2.8g (sat 0.7g, mono 0.7g, poly 0.3g); **PROTEIN** 11g; **CARB** 40g; **FIBER** 7g; **CHOL** 4mg; **IRON** 2mg; **SODIUM** 334mg; **CALC** 80mg

—Recipe by Robin Bashinsky

If you don't have gochujang on hand or want to pass on the slight heat it brings, use tomato paste.



Chicken Parmesan Sliders

Top patties with mozzarella and marinara for a kid-friendly twist on an Italian classic.

STAFF FAVE

PARM-STYLE CHICKEN SLIDERS

Hands-on: 20 min.
Total: 30 min.

- 2 teaspoons olive oil
- 1 cup chopped onion
- 1½ tablespoons chopped fresh oregano
- 3 garlic cloves, minced
- 1 pound ground chicken breast
- 1 ounce Parmesan cheese, grated (about ¼ cup)
- 1 cup lower-sodium marinara sauce, divided
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon crushed red pepper
- Cooking spray

- 8 water rolls or slider buns, halved and toasted
- 3 ounces part-skim mozzarella cheese, shredded (about ¾ cup)

Fresh basil leaves

1. Heat a medium skillet over medium heat. Add oil to pan; swirl to coat. Add onion, oregano, and garlic; sauté 3 minutes or until softened. Place onion mixture in a large bowl; cool slightly. Add chicken, Parmesan, ½ cup marinara, salt, and peppers to onion mixture. Mix well with hands. Shape into 8

(½-inch-thick) patties. Refrigerate 10 minutes.

2. Preheat broiler to high.

3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 10 minutes or until done, turning once.

4. Arrange bottom halves of rolls on a baking sheet. Place 1 patty on each roll. Top each with 1 tablespoon remaining marinara and 1½ tablespoons cheese. Broil 90 seconds or until cheese melts. Top with basil and top halves of buns.

SERVES 4 (serving size: 2 sliders)
CALORIES 408; **FAT** 12.9g (sat 4.1g, mono 4.7g, poly 0.6g); **PROTEIN** 35g; **CARB** 37g; **FIBER** 4g; **CHOL** 74mg; **IRON** 0mg; **SODIUM** 778mg; **CALC** 262mg

—Recipe by Robin Bashinsky

3 PREP JOBS THE KIDS CAN DO

1 CHOP the onion. Make it a knife-free, fun, and safe task: Let kids use a hand chopper such as OXO Good Grips Food Chopper (\$29, oxo.com).

2 PLUCK the herbs. For oregano, pinch stem with thumb and forefinger; slide along stem to pull off leaves. Pluck basil leaves individually.

3 SHRED the cheese. Make the job easier: Freeze semisoft cheese such as mozzarella for 20 minutes before shredding.

WORK IT!

Assign everyone a step in the process—rolls, patties, sauce, cheese—and build sliders assembly-line style.



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weekend warrior

DINNER TONIGHT

GET-AHEAD COOKING



COOK ONCE,
EAT 3X

WHEAT BERRIES

Cook a big batch of grains for a summery side tonight plus two more veggie-packed meals during the week.

Wheat Berry Salad
with Grilled Chipotle
Chicken Breasts
Recipe p. 60

 SCAN PHOTOS
& SAVE RECIPES
WITH YOUR PHONE!
▶ SEE PAGE 8

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

HERBED WHEAT BERRY AND ROASTED TOMATO SALAD WITH GRILLED CHIPOTLE CHICKEN BREASTS

Hands-on: 25 min.

Total: 1 hr. 25 min.

You could also substitute cooked farro or barley.

- 1 pint grape tomatoes, halved
- Cooking spray
- 1½ cups chopped fresh flat-leaf parsley
- 1 cup chopped fresh basil
- 8 cups water
- 2½ cups uncooked hard winter wheat berries
- 3½ tablespoons extra-virgin olive oil, divided
- 3 tablespoons white wine vinegar
- 1¾ teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper
- 1 (7-ounce) can chipotle chiles in adobo sauce
- 1 teaspoon honey
- 4 (6-ounce) skinless, boneless chicken breast halves
- 4 lime wedges

1. Preheat oven to 350°.
2. Arrange tomatoes in a single layer on a jelly-roll pan coated with cooking spray. Bake at 350° for 45 minutes or until tomatoes are wrinkled and tender.
3. Combine parsley and basil in a small bowl. Reserve 1½ cups of the herb mixture.

4. Bring 8 cups water and wheat berries to a boil in a saucepan over high heat. Reduce heat, and simmer 45 minutes or until wheat berries are tender but still chewy. Drain; rinse with cold water. Drain. Combine wheat berries, 3 tablespoons oil, vinegar, 1½ teaspoons salt, and pepper in a large bowl; toss. Reserve ¾ cups wheat berry mixture. Add tomatoes and remaining 1 cup herb mixture to remaining 1½ cups wheat berry mixture; toss well to combine.

5. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove 4 teaspoons adobo sauce and 1 chile from can of chiles. Chop chile. Reserve remaining chiles and sauce for another use. Combine remaining 1½ teaspoons oil, remaining ¼ teaspoon salt, adobo sauce, chopped chile, and honey in a medium bowl. Add chicken; toss to coat. Add chicken to pan; grill 5 minutes on each side or until done. Serve with wheat berry salad and lime wedges.

SERVES 4 (serving size: 1 chicken breast half and about ¾ cup wheat berry salad)
CALORIES 410; **FAT** 10.4g (sat 1.7g, mono 5.1g, poly 1.3g); **PROTEIN** 42g; **CARB** 37g; **FIBER** 8g; **CHOL** 109mg; **IRON** 3mg; **SODIUM** 670mg; **CALC** 59mg

—Recipes by Adam Hickman



2

*STAFF FAVE

WHEAT BERRY AND SUMMER VEGETABLE SAUTÉ

Hands-on: 20 min. Total: 20 min.

Sauté 1 cup chopped onion in 1 tablespoon olive oil in a large skillet over medium heat 4 minutes. Add 1½ cups chopped zucchini, 1 cup corn kernels, 1 cup chopped yellow squash, and 1 cup chopped red bell pepper; cook 5 minutes. Add 2 cups wheat berry mixture, ½ cup herb mixture, 1 tablespoon unsalted butter, ¼ teaspoon kosher salt, ¼ teaspoon black pepper, and 1 (14.5-ounce) can rinsed and drained unsalted navy beans; cook 2 minutes. Place 1¾ cups vegetable mixture in each of 4 bowls; top evenly with ¼ cup herb mixture and 2 tablespoons shaved Parmesan.

SERVES 4

CALORIES 416; **FAT** 13.3g (sat 3.6g, mono 7.1g, poly 1.2g); **PROTEIN** 14g; **CARB** 64g; **FIBER** 13g; **CHOL** 10mg; **IRON** 5mg; **SODIUM** 503mg; **CALC** 134mg



3

WHEAT BERRY, SPINACH, AND STRAWBERRY SALAD

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

Melt 1 tablespoon butter in a large skillet over medium-high heat. Add ⅓ cup sliced almonds; cook 1 minute, stirring constantly. Remove pan from heat; stir in 1½ cups wheat berry mixture and 1.5 ounces crumbled feta cheese (about ⅓ cup). Combine 2 tablespoons extra-virgin olive oil, 1 tablespoon balsamic vinegar, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper in a large bowl. Stir in 6 cups fresh baby spinach and ¾ cup herb mixture. Divide spinach mixture evenly among 4 plates; top evenly with wheat berry mixture and ¼ cup halved strawberries.

SERVES 4 (serving size: about 2 cups spinach mixture and ⅓ cup wheat berry mixture)

CALORIES 352; **FAT** 19.7g (sat 5.1g, mono 11.1g, poly 2.2g); **PROTEIN** 10g; **CARB** 37g; **FIBER** 8g; **CHOL** 17mg; **IRON** 4mg; **SODIUM** 574mg; **CALC** 134mg

Irritable Bowel Syndrome with Constipation (IBS-C)

“I’VE USED LAXATIVES FOR MY CONSTIPATION AND BELLY PAIN, BUT I END UP FEELING ALL KNOTTED UP AGAIN.”



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C.

It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.



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Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess®
(linaclotide) capsules
145 mcg • 290 mcg

**Brief Summary of
Important Risk Information
LINZESS® (lin-ZESS)
Capsules**

LinZess[®]
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This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). “Idiopathic” means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

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

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Based on PI LIN19696-F-RMC18356-07/14

LIN27145 07/14

FREEZE IT!



Summer Minestrone Soup

Have a bowl tonight, and preserve the season's freshest produce by freezing a batch for later.



PHOTOGRAPHY: BRIAN WOODCOCK; FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: CLAIRE SPOLLEN. ILLUSTRATION: HARRY MALT

SUMMER MINISTRONE SOUP

Hands-on: 50 min.

Total: 65 min.

A gentle simmer keeps the vegetables in the soup slightly firm, so they maintain their texture during freezing and reheating.

- 2 tablespoons olive oil
- 2 cups thinly sliced leek, white and light green parts only (about 2 leeks)
- 1 cup thinly sliced carrot
- 1 cup thinly sliced celery
- 2 large garlic cloves, minced
- 2 tablespoons tomato paste
- 8 cups unsalted chicken stock (such as Swanson)
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (14.5-ounce) can unsalted cannellini beans, rinsed, drained, and divided
- 2 cups chopped yellow squash
- 2 cups chopped zucchini
- 1 cup chopped red bell pepper
- 1 cup fresh green beans, cut into 1-inch pieces
- 1/2 cup uncooked ditalini pasta
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 5 ounces Lacinato kale, stemmed and chopped
- 1/4 cup homemade or refrigerated pesto (such as Buitoni)
- 2 ounces Parmesan cheese, grated (about 1/2 cup)

1. Heat a large Dutch oven over medium heat. Add oil; swirl to coat. Add leek, carrot, celery, and garlic; cover and cook 5 minutes, stirring occasionally (do not brown). Add tomato paste; cook 2 minutes, stirring constantly. Add stock and tomatoes; bring to a boil. Reduce heat to low, and simmer 15 minutes.

2. Place 1 cup cannellini beans in a small bowl; mash

with a fork. Add mashed beans, remaining cannellini beans, squashes, bell pepper, green beans, pasta, salt, and black pepper to pan. Increase heat to medium; cook 10 minutes. Stir in kale; cook 2 minutes. Place 2 cups soup in each of 8 bowls, or follow freezing instructions. Top each serving with 1 1/2 teaspoons pesto and 1 tablespoon Parmesan cheese.

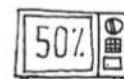
SERVES 8
CALORIES 250; **FAT** 9.8g (sat 2.5g, mono 5.8g, poly 1g); **PROTEIN** 14g; **CARB** 28g; **FIBER** 5g; **CHOL** 9mg; **IRON** 3mg; **SODIUM** 551mg; **CALC** 200mg
—Recipe by Diane Morgan

HOW-TO



FREEZE

Cool soup completely. Freeze flat in a large zip-top plastic freezer bag for up to 2 months.



THAW

Microwave soup in bag at MEDIUM (50% power) 5 minutes or until pliable.



REHEAT

Pour soup into a large Dutch oven. Cook over medium heat, partially covered, 20 minutes or until thoroughly heated. Serve with pesto and Parmesan cheese.

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5 More Menu Ideas

Try these dinner favorites for a delicious week ahead.



Get these recipes, weekly plans, and shopping lists at cookinglight.com/sundaystrategist.

MONDAY



Fried Chickpea and Arugula Pita Sandwiches with Lime Tzatziki

+ Edamame Succotash Salad

TUESDAY



Grilled Bean and Cheese Stuffed Poblanos

THIS ISSUE, PAGE 22

+ Spicy Brown Rice

WEDNESDAY



Gazpacho with Lemon-Garlic Shrimp

+ Goat Cheese Crostini

THURSDAY



Greek-Style Chicken Breasts

+ Fresh Creamed Corn

THIS ISSUE, PAGE 42

FRIDAY



Spiced Grilled Chicken Thighs with Creamy Chile-Herb Sauce

THIS ISSUE, PAGE 28

Dessert Bonus:

Avocado Ice Pops

HOT



off the press



off the griddle



off the grill...



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TIP!

Speed up your cooking by trimming, rinsing, and chopping beforehand, not as you go. Chefs call this *mise en place*, or putting every component you'll need within reach before you start. Read the ingredient list like the beginning of a recipe: If an item is to be shredded, peeled, or chopped, do this before proceeding with the first step. With prep completed, you can clean up while waiting for food to cook.

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nutrition

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

What Is Clean Eating? It all starts in your kitchen.

BY SIDNEY FRY, MS, RD

Clean eating is a phrase that gets thrown around a lot these days, one without a specific scientific or culinary definition. The overall concept—eat food in as close to its natural state as possible—sounds simple enough. But how realistic is it?

Clean eating is about transparency: reading labels and being mindful of your own personal connection to food by understanding where the ingredients come from and what process they went through to get from the farm to the table. It's about cooking more—so that you are in control of what goes into your body. It's about putting food on a plate, not eating out of a bag—so that you see what you are eating.

It's the ingredients and additives that we can't see that are making our food less wholesome and less clean. If only markets were filled with goods found in the perimeter of the grocery store. Instead, they're packed with boxes and bags of prepackaged food, making the decision to eat clean more difficult than ever.

Most clean eating plans are cluttered with too many rules. Instead, we offer the *Cooking Light* guide to clean. Follow our simple tenets, and you'll naturally start to eat cleaner every day. Turn the page to find out how.

INSIDE

BUILD A CLEANER PLATE
p. 68

CLEAN VEGGIE BURGERS
p. 73

Build a Cleaner Plate

Our guide to better, healthier, happier eating
in just five simple steps BY SIDNEY FRY, MS, RD



1 COOK MORE

The act of cooking and following a recipe empowers you to control exactly what goes into your body. That's where we come in. *Cooking Light* recipes are designed for cooks of all skill levels and ages to make cooking at home more practical. Cooking allows you to cut back on added salt and sugar—and to remove preservatives, artificial flavors and colors, and trans fats from your plate. It can be quick and easy, too; about 70% of the recipes in each issue take less than 40 minutes from start to finish.



2 BALANCE YOUR PLATE

Make half your plate fruits and veggies. Why? To guarantee that most of your meal is made from whole foods. Shop farmers' markets, local produce stands, or—even better—grow your own. Not only is local food in season, but it's also more flavorful, more nutritious, and less likely to be modified or grown with pesticides.

Make whole grains your default, and refined the exception. Whole grains contain more healthy oils, fiber, and protein than refined grains.

Go lean and clean with protein. The USDA recommends just 5 to 6 ounces of meat per day for most men and women. (The average American consumes nearly double that, about 12 ounces.) At *Cooking Light*, we limit our portions—pork and red meat to 3 ounces, chicken to 4.5 ounces—and encourage more seafood and plant-based proteins. Look for meat that is grass-fed, raised without antibiotics or hormones, and preferably sold without an ingredient list. *For links to the recipes on this plate, visit cookinglight.com/clean.*



3 LOOK AT THE INGREDIENT LIST

The shorter the list, the better. Aim for fewer than 10 ingredients, and focus on the first few items listed. Ingredients are listed in order of weight, meaning that the product is made predominantly from the ingredient that is listed first. Fill your pantry with supermarket products such as grains and spices from bulk bins, fresh fruits and vegetables, and organically raised meat—all foods that don't carry a label.

SIT, SAVOR, SHARE, SLOW DOWN

Too often we eat mindlessly everywhere but the table, valuing volume of food over quality of ingredients and even taste. Spread the love of cleaner eating by sharing with others.



There's a new clean plate club emerging, and it's not about finishing a portion of food. It's about making the quality and composition of that portion better—an action that starts with the ingredients. Knowing what is in the food you are eating, the methods and preparations used to get it there, and where it came from is the foundation of a cleaner lifestyle. Use these five tenets for guidance on how to fill your plate, and start cleaning up your diet one meal at a time.



4 KNOW WHERE YOUR FOOD COMES FROM

Can you trace the produce you eat to the farm it came from? The typical American meal contains ingredients from five foreign countries, with produce traveling an average of 1,500 miles before it gets to your plate. Instead, buy food that didn't have to travel more than a few hours to get into your kitchen. Is your food shelf-stable? These products may last longer, but they're almost always filled with artificial preservatives. Buy produce that's in season, and shop often.

5 DRINK MORE WATER

About 43% of adults drink less than 4 cups of water a day, according to a 2007 report by the Centers for Disease Control and Prevention (CDC). Beverages deliver more sugar, caffeine, artificial sweeteners, and alcohol to the system than any other food source. By drinking more water, you'll naturally consume less of all of these. Bonus: People who drink more water are the same folks who eat a cup or more of fruits and vegetables a day, exercise more, eat less fast food, and are more likely to shop at farmers' markets, according to the CDC report. Think about it: 1 medium skinny latte, a coconut water, and 2 glasses of wine may sound healthy but in the end add 420 calories (that's a meal) to your day, plus a dose of caffeine and alcohol.

What Is a Processed Food?

When food undergoes a deliberate change before it is made available for us to eat, it is defined as being processed. These foods come packaged in boxes or bags and contain more than one item on the ingredient list. Some are actually very healthy, like precooked whole grains, Greek yogurt, nut butters,

organic stock, frozen fruits and veggies, and unsalted canned beans.

Here's our test: Look at the ingredient list, and ask yourself if it's something you could make at home. If it can only be made in a lab (like high-fructose corn syrup, hydrogenated fats, or aspartame), then consider it processed.



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Leaner, Cleaner Veggie Burgers

Real ingredients, less salt, bigger flavor,
and better texture **BY SIDNEY FRY, MS, RD**

Clean Veggie Burgers
Recipe p. 74



OUR VEGGIE BURGER

saves 100mg sodium, uses real pantry ingredients, and contains 50% more fiber than frozen veggie burgers. It's also 2½ times bigger!

Veggie burgers are, for many, the go-to low-fat option for dinner in a snap. The frozen-food aisle is packed with different varieties made from chickpeas, black beans, soy, and quinoa. But look beyond the main ingredient, and you'll find that most are highly processed, loaded with sodium, and made with a laundry list of ingredients (one popular brand tallied 38) that go well beyond veggies, including things like isolated proteins. They're usually quite small, too—about 2.5 ounces—leaving you hungry again in a few hours. Our

mission? Use whole ingredients to create a simple, tasty homemade veggie burger with staying power.

The problem with most homemade veggie burgers is texture. When pureed and packed into a patty, vegetables and beans get mushy. Nuts may add crunch, and frying in oil creates a crisp outer crust, but both of these are calorie-dense and tally up to a 400-plus-calorie patty *before* the bun and toppers.

We start with a can of beans, roasting half in the oven until crunchy and blending the remaining half into a robust but low-cal mixture of mushrooms and herbs. The roasted beans

are left whole for added texture. Whole-grain quinoa goes in two ways: some cooked to bind the veggies and beans, and the rest left raw to add more crunch. A lightly oiled cast-iron skillet creates the perfect outer sear for a hearty 200-calorie patty that's about 2½ times the size of a frozen burger.

Instead of condiments, we top ours with a creamy avocado-tomatillo spread and crisp red onion. Complete with a toasted whole-grain bun, our burger is lean, cleaner than frozen, and addictively delicious, with whole ingredients and half the calories of traditional homemade.



NUTRITION
MADE EASY

recipe makeover

“Our patty is 2½ times the size of a frozen veggie burger!”

CLEAN VEGGIE BURGERS

Hands-on: 30 min. Total: 45 min.

Store-bought buns and bread nearly always contain artificial preservatives to help maintain freshness. Instead, buy whole-grain buns from your local bakery, where ingredients are kept clean and simple. Tightly wrap extra buns, and freeze (do not refrigerate—this will cause bread to stale faster) for up to 3 months.

- 1 (15-ounce) can unsalted black beans, rinsed, drained, and divided
- 4 teaspoons olive oil, divided
- 2 tablespoons finely chopped shallots
- 5 tablespoons uncooked quinoa, rinsed, drained, and divided
- 6 tablespoons water
- 4 ounces cremini mushrooms
- 2 garlic cloves
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons seeded minced serrano chile
- 1 teaspoon ground cumin
- 5/8 teaspoon kosher salt, divided
- 1/4 teaspoon ancho chile powder
- 1 large egg
- 1/2 cup chopped peeled ripe avocado
- 1 tablespoon fresh lime juice
- 1 small tomatillo, finely chopped
- 4 whole-grain bakery-style hamburger buns, toasted
- 4 (1/4-inch-thick) slices tomato
- 4 (1/4-inch-thick) slices red onion

1. Preheat oven to 350°.
2. Spread half of beans in a single layer on a foil-lined baking sheet. Bake at 350° for 20 minutes. Place toasted beans in a large bowl.
3. Heat a small saucepan over medium heat. Add 1 teaspoon oil to pan; swirl to coat. Add shallots; sauté 2 minutes or until tender. Add 3 tablespoons quinoa; cook 2 minutes or until toasted, stirring frequently. Add 6 tablespoons water; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid is absorbed.
4. Combine remaining 2 tablespoons uncooked quinoa, mushrooms, garlic, and remaining (untoasted) beans in a food processor; pulse until coarsely

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chopped. Add the cooked quinoa mixture, cilantro, serrano, cumin, ½ teaspoon salt, chile powder, and egg; pulse until combined. Add mixture to toasted beans; stir well to combine. Divide the mixture into 4 equal portions; shape each portion into a ½-inch-thick patty.

5. Heat a large cast-iron skillet over medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add patties; cook 10 minutes, gently turning once.

6. Combine chopped avocado, lime juice, tomatillo, and remaining ⅛ teaspoon salt in a small bowl; mash to desired consistency.

7. Place 1 patty on bottom half of each bun. Top each patty with 1 tomato slice, 1 onion slice, and about 2 tablespoons avocado mixture. Top with top halves of buns.

SERVES 4 (serving size: 1 burger)

CALORIES 352; **FAT** 11.6g (sat 1.9g, mono 6.4g, poly 2.6g);

PROTEIN 15g; **CARB** 51g; **FIBER** 11g; **CHOL** 47mg;

IRON 4mg; **SODIUM** 511mg; **CALC** 124mg

KEYS TO KEEP IT LEAN AND CLEAN



BIND THE PATTY

Quinoa, a whole grain, has double the fiber and protein of breadcrumbs. Some gets cooked until fluffy, acting as a filler and binder, while the rest is left uncooked for added texture and crunch.

ROAST HALF THE BEANS

Roasting in the oven dries the beans out a bit; folding them in whole adds texture and helps keep the inside of the patty from getting mushy. Unsalted beans save up to 470mg sodium per serving.

TOP WITH GUAC

We skip the usual condiments and top our patty with a creamy avocado-tomatillo mixture. These fresh ingredients save 51 calories and 225mg sodium per burger over ketchup, mayo, and mustard.



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healthy habits

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EAT HEALTHY

when you're traveling

Plan and strategize to avoid overeating.

BY KIMBERLY HOLLAND

At home, your food routine may be simple, predictable even. But hop on a plane, take a drive in a car, or catch a train to a new destination, and all bets are off. Eating healthy when you're out of your comfort zone can be tricky, if not downright difficult.

"When we travel, our environment changes," says diabetes educator Megrette Fletcher, RD, cofounder of The Center for Mindful Eating. "Your habits change. The travel environment is very stimulating. That can make us feel less vigilant."

Feelings of insecurity and fear mingle with hunger and anxiety. It's a dynamic environment and one that can lead directly to food overreactions. "Routines get broken as well as the control you may have over what you eat or when you eat it," says Susan Mitchell, PhD, RDN, cohost of the biweekly podcast Breaking Down Nutrition on foodfitfabulous.com. "Our best intentions go out the window."

But good news: It is possible for you to eat—and even splurge a little—while you're traveling for business or pleasure, without going overboard. It just requires a little extra planning, strategizing, and willpower. Here's how.



ILLUSTRATION: BEE JOHNSON

“Even though you’re traveling and can’t take it with you, you don’t have to eat everything if you’re full. You can stop.”

4 Steps for Smarter Choices

1 SPLURGE WISELY
You want to enjoy that superdelicious gelato you can’t find at home.
THE FIX Cut back on calories a bit before you go. “I diet two days for every day I’m going to be on vacation,” says Julie Upton, RD, author of *The Real Skinny*. “So if I’m going away for 10 days, I eat really healthfully and cut back for 20 days before I’m leaving to account for the additional calories I’ll be eating on vacation.” And when you’re full, stop. Overfilling yourself won’t make the food memory more potent. “Food is part of the enjoyment,” Fletcher says. “Even though you’re traveling and can’t take it with you, you don’t have to eat everything if you’re full. You can stop.”



2 PLAN YOUR MEALS
Hotel rooms are often ill-equipped for full meal service, so you dine out at every meal. That can really add up on your waistline, Upton says.
THE FIX Eat out only once a day. If you’re driving, head for a grocery store that has its own salad bar rather than a fast-food joint. Bring foods with you, or do a quick grocery store run when you get to your destination. Rent or stay in homes or hotels that have kitchenettes. This will help you eat a good breakfast and control snack and lunch portions.

3 DISTRACT YOURSELF
Your flight is delayed three hours for “maintenance.” You could clean out 400 emails. Instead, you distract yourself with a 600-calorie cheeseburger and fries.
THE FIX “If your habit is to go eat food, you may need to think about something else to fill that time,” says Fletcher. One idea: Go for a walk. Larger airports are a lot like cities with unique transit systems and fun stores.

4 AVOID THE TRIPLE THREAT
“When going on vacation, we often think, ‘Anything goes!’ which equals, ‘I’m eating whatever I want and drinking more than usual,’” says Upton. Alcohol is the triple threat when you’re traveling, she says. “It is high in calories, it stimulates your appetite, and it reduces your inhibitions toward junk food. Foods that you’d normally say are off-limits are suddenly just fine after a few drinks.”
THE FIX For starters, stick with lower-calorie alcoholic beverages, Upton says. Good picks: ultralight beers and distilled spirits mixed with calorie-free seltzer or other calorie-free beverages. “Avoid many of the popular summer signature blended drinks, as they are among the highest-calorie alcoholic beverages and generally have a lot of added sugars,” Upton adds.

PACK SMART

Keeping these foods on hand can keep your appetite and your calorie count in check. “Smart choices can mean the difference between prime health and additional pounds,” Mitchell says.

- 1 High-fiber fruits.** Mitchell is a fan of pecan-stuffed Medjool dates. Upton prefers individually wrapped dried plums. “They’re high fiber, and four equal a fruit serving,” Upton says.
- 2 DIY trail mix.** Control the ingredients by making it at home. “I make my trail mix with peanut butter-filled pretzels, a variety of nuts, dried fruit, and good-quality dark chocolate,” Mitchell says.

- 3 Fresh fruit.** “I always have fresh fruit that won’t smash. This time of year, that would mean mangoes,” Upton says. “The fruit is high in fiber and filling, too.” And as long as you’re not flying, you just need to keep a knife handy to enjoy it.
- 4 Flavored roasted chickpeas.** They’re high in protein and fiber, plus they’re portable and are airport-security friendly, Mitchell says.



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Ban Total Refresh Cooling Body Cloths in Energize (\$3, feelbanfresh.com) Perfect for hot days or a post-gym freshening. Helps cool skin and absorb moisture.



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The BEAUTY HABIT

What's in Your Bag, **ALISON SWEENEY?** Moving from gym to studio, this beauty stays on the go.



Alison Sweeney is a busy mom, actress, and author who spends a lot of time at the gym. Although she prefers to keep her daily grooming routine simple, she keeps these favorites on hand for a quick, polished look. Sweeney is the star and executive producer of Hallmark Channel's TV movie *Radio Hype*, which will air September 19.

1 **ARM & HAMMER TRULY RADIANT TOOTHPASTE** My smile is a big part of my career. I know I can count on this paste for a white, strong, confident smile. \$4, armandhammer.com

2 **IT COSMETICS BYE BYE FOUNDATION** This foundation is mandatory—it's such a great product, smooths on so easily, and gives me a nice finished look. \$65, itcosmetics.com

3 **JO MALONE LONDON LIME, BASIL & MANDARIN COLOGNE** This is a great, clean scent. It's so handy to have a travel size with me. \$60, jomalone.com

4 **CHANTECAILLE PURE ROSEWATER** This rosewater mist is so gentle, I just love it. I can use it right around my eyes. \$64, chantecaille.com



STAR SNACK

Sweeney's go-to snack is blueberries and Greek yogurt. "Nutrition is a huge part of my beauty regimen," she says.

CINDY HATCHER
BEAUTY
EDITOR



WHAT I LOVE THIS MONTH **Living Proof No Frizz Humidity Shield** (\$22, livingproof.com) I'm from the South, where big hair is a supposed plus, but it's not my thing. And it's especially hard to tame this time of year. That's why I am in love with this spray, which both prevents frizz from forming and tames it throughout the day.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light's* beauty editor. Tell her what products you're loving right now at cindy_hatcher@timeinc.com. We'll feature your top picks on our blog.

The DIET HABIT

Avoid a Midriff Crisis

Menopause isn't the boss of your scale. BY JENNIFER DRAWBRIDGE



Menopausal weight gain is like a chubby bogeyman lurking in the dark closet of women's lives. On top of the hormonal free-for-all of hot flashes and night sweats, most women—thin, healthy weight, and overweight alike—can expect to gain an average of 10 to 15 pounds before, during, and after menopause.

But those climbing scale numbers may not be the fault of menopause. "It's not 100% clear whether women's midlife weight gain is related to the hormonal changes of menopause or whether it's related to the aging process itself," says Bette Caan, DrPH, a senior research scientist with Kaiser Permanente. In fact, research shows that both men and women are likely to put on pounds in midlife. For both genders, that creeping weight gain is associated with a loss in muscle mass, particularly bad news because less muscle means a slower metabolism.

Fortunately, whether the weight gain is the result of menopause or midlife, it's not dark magic. It's only pounds, and pounds can be shed. Caan recalls a study of menopausal women that she worked on decades ago: "We weren't trying to help them lose weight. Our focus was on decreasing fat in the diet to try to decrease breast cancer risk." The diet included increased fruits and vegetables and whole grains, "but this was the '90s," she notes, "and our big focus was cutting fat, so we didn't really pay attention to what we were substituting for the fat, and our diet was very high in refined carbohydrates—it might have included fat-free cookies and pudding with whipped topping. It's not a diet we'd pick today." But even on this less than ideal regimen, the women on the diet were three times more likely to drop weight than control subjects.

And they lost that weight without the added boost of exercise. Midlife pounds can be slightly more stubborn (thanks, slowed metabolism), so it may take the one-two punch of healthy diet plus exercise to budge them. Bonus: While it's burning calories, exercise also builds muscle and strengthens bones.

Finally, Caan notes that overweight women report more hot flashes and night sweats than their leaner peers. "More research needs to be done before anyone can definitively say that weight loss is an effective treatment for hot flashes, but there's a growing body of evidence that suggests that losing weight may decrease menopausal symptoms."

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BREAKFAST

Prospect Heights

Brooklyn is a multicultural food paradise spanning nearly 100 square miles. That's why exploring it via foot and bike is a good idea: You'll find quirky street art, get in great people watching, and make room for feasting.

Begin your journey at **1 MILK BAR** (milkbarbrooklyn.com) in Prospect Heights. Snag a seat on the sunny patio, order a coffee and a breakfast salad of kale, berries, and goat cheese, topped with a poached egg. Next, take a 2-mile trek to the Brooklyn Bridge, a journey rewarded with amazing vistas and a deliciously crafted snack or two.

Burn: 170 calories
Eat: 546 calories

MORNING

Brooklyn Bridge

This 132-year-old beauty connects Brooklyn to lower Manhattan, offering approximately a million selfie-worthy views during the 2-mile round-trip journey. Once you've crossed back to Brooklyn, head to pier 5, which hosts the ultimate in foodie fare, **2 SMORGASBURG** (smorgasburg.com), on summer Sundays (see other locations and dates online). Rehydrate with a Watermelon and Tarragon soda from Brooklyn Soda Works. Then cool off with a small cone of creamy goodness

from **3 AMPLE HILLS CREAMERY** (amplehills.com).

Burn: 340 calories
Eat: 640 calories

LUNCH

Park Slope

Bike off some of those decadent bites. Walk a quarter of a mile to the corner of Atlantic Avenue and Furman Street to pick up a Citi Bike (find routes and stations for the bike-share program at citibikenyc.com), then cruise 1½ miles down tree-lined streets before dropping off your bike near the Barclays Center. From there, it's about a ¾-mile walk to

FRANNY'S (frannysbrooklyn.com) for lunch. Speaking to Brooklyn's rich Italian heritage, but with a modern accent, Franny's does a great take on the nouveau pie. Try their pizza topped with clams, chiles, and parsley.

Burn: 187 calories
Eat: 410 calories

GAME ON

Gowanus

Now it's time to play. Walk three-quarters of a mile to **THREES BREWING** (threesbrewing.com), one of many beer gardens popping up around the borough. Sip one of the 20 beers on tap; then walk a few streets over to the **4 ROYAL PALMS SHUFFLEBOARD CLUB** (royalpalmsshuffle.com), a swanky indoor arena where you can partake of this trendy "sport"; you'll burn a decent amount of calories and garner a few cheers from enthusiastic observers.

Burn: 289 calories
Drink: 195 calories

DINNER AND A MOVIE

Williamsburg

Hop on the subway or in an Uber car and head a few miles north to veggie-centric **5 SEMILLA** (semillabk.com). Chef José Ramírez-Ruiz offers a hyperseasonal tasting menu, and each course is artfully presented (tiny shot glasses encase sips of soup, a crispy cabbage leaf stands in for bread in a sandwich nibble).

End your Brooklyn journey half a mile away at **NITEHAWK CINEMA** (nitehawkcinema.com). Catch a cult classic and a double IPA from Brooklyn Brewery, an excellent accompaniment to the

theater's signature popcorn seasoned with truffle butter and citric salt, as the curtain closes on a day well spent eating and exploring Brooklyn.

Burn: 43 calories
Eat: 1,241 calories

—Cindy Hatcher

TOTAL BURNED:
1,029

TOTAL EATEN:
3,032

TOTAL STEPS:
15,650

[NET CALORIES: 2,003]



PHOTOGRAPHY: (CLOCKWISE FROM TOP RIGHT) DANIEL KRIEGER, COURTESY OF MILK BAR, DANIEL KRIEGER, LUCY SCHAEFFER, AND TARA DONNE

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 Make this pizza—or one of 57 others—part of your Cooking Light Diet meal plan. **Sign up at diet.cookinglight.com/pizza.**



CHEESY CAULIFLOWER CRUST

No “knead” for bread—this cheesy veggie crust has half the carbs and double the fiber of traditional pizza dough.

Cauliflower pizza crust is everywhere on social media. But while the recipes sound healthy, most are loaded with calories, fat, and sodium. Our version is lighter—and you can eat the entire pizza.

STAFF FAVE
VEGGIE PIZZA WITH CAULIFLOWER CRUST

Hands-on: 25 min.

Total: 60 min.

- 1 cauliflower head, roughly chopped (about 3 pounds)

Cooking spray

- 2 teaspoons olive oil, divided

- ½ cup presliced cremini mushrooms

- ½ cup sliced red bell pepper
- ½ cup thinly sliced fresh basil, divided
- ¼ teaspoon freshly ground black pepper, divided
- ⅛ teaspoon kosher salt
- 3 garlic cloves, minced
- 2.5 ounces shredded part-skim mozzarella cheese (about ⅔ cup), divided
- 2 large egg whites
- 0.5 ounce grated Parmesan cheese
- ½ cup thinly sliced seeded tomatoes
- ⅔ cup fresh baby spinach

1. Preheat oven to 375°.
2. Place half of cauliflower in a food processor; pulse 10 to 15 times or until finely chopped (like rice). Transfer

cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375° for 25 minutes, stirring once. Cool. **3.** Increase oven temp to 450°. **4.** Heat a large skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside. **5.** Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, ¼ cup basil, ½ teaspoon black pepper, salt, garlic, 2 ounces mozzarella cheese, egg whites, and

Parmesan cheese in a bowl. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray. **6.** Bake crusts at 450° for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining ¼ cup basil, remaining ⅛ teaspoon black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.

SERVES 2 (serving size: 1 pizza)

CALORIES 350; **FAT** 15.8g (sat 6g, mono 5.7g, poly 1g); **PROTEIN** 26g; **CARB** 32g; **FIBER** 11g; **CHOL** 25mg; **IRON** 3mg; **SODIUM** 658mg; **CALC** 488mg

—Recipe by Rebecca Longshore



YOUR WEEKNIGHT GAME PLAN

Fast, Fresh, and Healthy Dinners from the Kitchen of **CookingLight**.

By adding a few simple ingredients to our fully cooked entrées and sides, you can put a wholesome and delicious dinner on the table in no time!

All of our ready-made food items available at Target® stores are cooked SOUS-VIDE. This slow-cooking process involves placing food in vacuum-sealed packaging and cooking for many hours in a water bath at precisely controlled temperatures.

The benefits of sous-vide include:

- ▶ Better texture and taste
- ▶ Healthier, nutrient-retained meals
- ▶ Heat and eat convenience



Find them in the refrigerated section at all Super Target locations and select Target grocery stores.



Late Summer Harvest

Heat-loving plants make a quick fix for dinner tonight.

BY MARY BETH SHADDIX

While you might prefer a lazy afternoon in the shade, your okra, eggplants, and peppers love the heat, performing their best in late summer. We planted these heat seekers in our summer garden designs (featured in the May issue and online at cookinglight.com/garden), counting on abundant harvests throughout July and August. If you're lucky enough to have a long

growing season, you might even squeeze in two subsequent plantings of beans, such as edamame or quick-to-pick bush beans.

And while it may be swimsuit-and-sandals hot, now is the time to start planning for cool-season crops. You have just weeks to get seeds going in time to grow into great fall dishes. Consider bok choy; napa cabbage; lettuce; kale; spinach; Swiss chard; and turnip, mustard, or collard greens. To

determine when to sow, count back the days from your anticipated first day of frost. Consult tools such as the Fall-Harvest Planting Calculator at johnnyseeds.com; keep track of your packs and save seeds from summer crops with organizers from seedkeepercompany.com; and use *The Seed Garden*, a homeowner's guide to saving heirloom seeds, available at seedsavers.org. But for now, seek a spot of shade, and enjoy the rest of summer's bounty.



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NOW HARVESTING



AUGUST TREATS

SWEET PEPPERS

Plantings of sweet peppers (appropriately called 'Yummy') yield handfuls for snacks and salads.

EGGPLANT

For flavorful eggplants, we tested selections from finger-size to fat globes:

'Fingers Mix' and 'Rosa Bianca.'

HOT PEPPERS

Small, sizzling-hot peppers, such as 'Shishito' and 'Padron,' are perfect picks for summer gardens and plates: Simply sauté on high heat with a smattering of oil and salt.

BEANS

Bushels of tender

French filet beans, plump edamame pods, and slender ropes of Asian 'Red Noodle' beans provide for creative menu options such as stir-fries, cold snap-bean salads, steamed and salty soybeans, and more.

OKRA

Best suited for those with space and a tolerance for itchy picking and Hades heat. Try 'Little Lucy' or 'Lee' in containers and 'Clemson Spineless' in roomy rows.

Enjoy the decorative hibiscus-like flower for its life span of a day, and then use a knife to harvest the fast-growing pods while tender and no longer than your fingers.



'Yummy' sweet peppers



French filet bean 'Cantare'



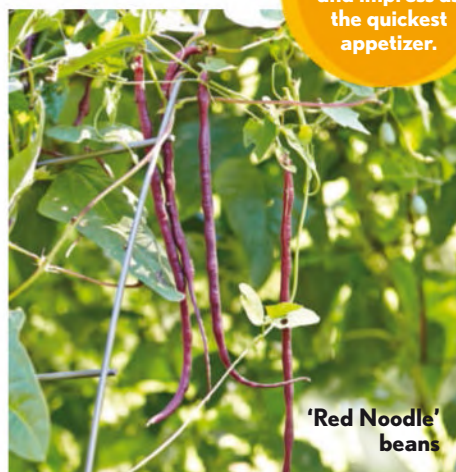
'Fingers Mix' eggplant



Peppers produce abundantly and impress as the quickest appetizer.



'Alabama Red' okra



'Red Noodle' beans



MEET OUR GARDENER Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the Cooking Light Garden and contributed to *Pick Fresh*, our cookbook and garden guide. Connect with Mary Beth at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

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PROSCIUTTO-WRAPPED GRILLED OKRA

Hands-on: 20 min.

Total: 30 min.

A sweet-tangy balsamic glaze makes this summertime appetizer irresistible. Using two skewers for the wrapped okra makes it easier to flip on the grill.

- 1/4 cup extra-virgin olive oil, divided
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- 1/2 pound okra pods, cut in half lengthwise
- 4 (1/2-ounce) slices prosciutto, cut lengthwise into 1/2-inch-wide strips

Cooking spray

1. Preheat grill to medium-high heat.
2. Combine 3 tablespoons

oil, vinegar, honey, rind, pepper, and salt in a small bowl, stirring with a whisk.

3. Wrap okra halves with prosciutto strips. Thread wrapped okra onto 8 (12-inch) skewers. Brush wrapped okra evenly with remaining 1 tablespoon oil.
4. Place okra on grill rack coated with cooking spray; grill 8 minutes or until prosciutto is crisp and okra is crisp-tender, turning once after 4 minutes. Brush wrapped okra with half of balsamic mixture; grill 1 minute. Remove from heat; drizzle with remaining balsamic mixture.

SERVES 8 (serving size: about 4 wrapped okra halves)
CALORIES 90; **FAT** 7.5g (sat 1.2g, mono 4.9g, poly 0.7g); **PROTEIN** 3g; **CARB** 4g; **FIBER** 1g; **CHOL** 6mg; **IRON** 0mg; **SODIUM** 222mg; **CALC** 24mg



SHRIMP WITH GINGER-GARLIC RED NOODLE BEANS

Hands-on: 15 min. **Total:** 25 min.

These meaty long beans take wonderfully to Asian flavorings such as soy sauce and Sriracha. Look for mirin in the supermarket's international aisle, or substitute marsala wine or dry sherry instead.

- 1 pound red noodle or Chinese long beans, trimmed and cut into 4-inch pieces
- 2 tablespoons canola oil
- 1 (3-inch) piece fresh ginger, peeled and thinly sliced
- 3 garlic cloves, chopped
- 1 pound medium shrimp, peeled and deveined
- 1/4 cup mirin (sweet rice wine)
- 2 tablespoons lower-sodium soy sauce
- 2 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
- 1/3 cup sliced green onions
- 1 tablespoon toasted sesame seeds

1. Bring a saucepan of water to a boil. Add beans to pan; cook 3 minutes or until crisp-tender. Drain well; pat dry.
2. Heat a wok or large skillet over high heat; add oil to pan. Add beans and

ginger; stir-fry 3 minutes or until beans start to brown. Add garlic; stir-fry 1 minute. Add shrimp; stir-fry 3 minutes. Combine mirin, soy sauce, and Sriracha in a small bowl. Add mirin mixture to bean mixture; cook 1 minute, tossing to coat. Top with green onions and sesame seeds.

SERVES 4 (serving size: about 2 cups)
CALORIES 240; **FAT** 9.6g (sat 0.9g, mono 5g, poly 2.8g); **PROTEIN** 19g; **CARB** 17g; **FIBER** 4g; **CHOL** 143mg; **IRON** 2mg; **SODIUM** 496mg; **CALC** 139mg

—Recipes by Laura Zapalowski

MORE ONLINE

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the science behind his art.)



mad delicious

THIS MONTH'S LESSON

Grilled Short Ribs

If you've been to a Korean barbecue restaurant, you've probably enjoyed *kalbi*, grilled flanken-style short ribs, which are long and thin and cut across the bone. But it's unlikely that you've had grilled English-cut short ribs (the type you typically braise). A straight-ahead dry rub with a touch of cornstarch traps in juices just enough to allow quick formation of a crust, so the ribs can spend a longer-than-usual time on the grill without added moisture. These slow-grilled short ribs are an absolute revelation: smoky, intensely beefy, steaklike yet tender, and begging to be sliced thinly, à la Texas brisket.

Short Ribs with
Cucumber
and Orange Salad
Recipe p. 106



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT AND BOOK: RANDY MAYOR; STYLING: LINDSEY LOWER

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Keith's first
Cooking Light
cookbook, *Mad
Delicious*, is a
2015 James Beard Foundation Book
Award winner for Focus on Health.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

Keith's Recipe Breakdown

SHORT RIBS WITH CUCUMBER AND ORANGE SALAD

Hands-on: 30 min. Total: 4 hr.

Short ribs are typically braised, but they also hold up beautifully over low heat on the grill—the technique is a real game-changer. So, too, is the lightly charred orange, peel and all: fragrant, fruity, and removed of most of its bitterness.

FOR THE
RIBS

FOR THE
SALAD

TO
GARNISH

Ingredient	Amount	Why
Brown sugar	1½ tablespoons	Glaze-y. Molasses-y. Sticky. Fun.
Cornstarch	1 tablespoon	To absorb juices that want to seep away—because we have a salt/sugar rub, which draws out moisture.
Garlic powder	1 tablespoon	Garlic powder won't develop off flavors when part of a charred crust. (Raw garlic does.)
Kosher salt	¾ teaspoon	Just enough salt to season without deeply surface-curing.
Dry mustard	1 teaspoon	Bitter. Pungent. Balance.
Ground red pepper	1 teaspoon	Oddly, ground red pepper is subtler than black pepper in this combination and chars more evenly.
Short ribs, bone-in	2½ pounds	A slick selection for slow grilling. Short ribs will hold up to the dry heat and remain unctuous within.
Cooking spray		
Navel orange	1, thickly sliced	Adds some scraggy textural contrast. Makes the salad less dainty. Keep the peel on—really.
Persian cucumbers	4, shaved paper thin (about 2 cups)	Some sprite and crunch against the deep, charred beef.
Shallots	¼ cup, thinly shaved (about 2 shallots)	Raw-onion lite.
Lemon juice	2 tablespoons	Acid, Part 1: The Brightness.
White vinegar	2 tablespoons	Acid, Part 2: The Breadth, or the Stretch. White vinegar is a broader, rounder acid than lemon juice. Combine the two, and they harmonize like Motown backup singers.
Fresh flat-leaf parsley	1 tablespoon, coarsely chopped	Serves to tie it all together. Neutral, grassy. Perfect.
Kosher salt	¾ teaspoon	To help wilt the salad gently—along with the acids.
Habanero chile	1, seeded and thinly sliced	Likes white vinegar. And oranges.
Garlic clove	1, grated on a rasp or Microplane grater	For punch.
Uncooked long-grain white rice	1 tablespoon	Yes, dry rice. Like the traditional garnish on Thai larb, for crunch.

Follow These Steps:

» Combine first 6 ingredients. Pat ribs dry; rub with spice mixture. Refrigerate for 30 minutes.

» Heat grill to medium heat.

» After preheating, turn left burner off (leave right burner on). Coat grill rack with cooking spray. Arrange ribs on left side of grill rack; grill, covered, 3 hours or until tender and a thermometer registers 200° (maintain grill temperature at 325°). Place ribs on a cutting board; cover loosely with foil. Let stand 10 minutes.

» Increase grill temperature to high. Place orange slices on right side of grill rack; cook 3 to 4 minutes on each side or until charred. Cool slightly; coarsely chop. Combine orange and next 8 ingredients (through grated garlic) in a large bowl.

» Cook rice in a skillet over medium heat for 2 to 3 minutes or until the color of toast, stirring frequently. Place rice in a spice grinder or mortar; finely grind.

» Remove rib meat from bones; discard bones. Cut meat into thin slices. Place cucumber mixture on a platter; top with rib meat. Sprinkle with ground rice.

SERVES 4 (serving size: about 3 ounces meat and ¾ cup salad)

CALORIES 345; FAT 12.2g (sat 5.2g, mono 6.1g, poly 0.6g); PROTEIN 30g;
CARB 31g; FIBER 5g; CHOL 89mg; IRON 5mg; SODIUM 609mg; CALC 109mg

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VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat. Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwavable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com





FIVE
SECRETS
to
FIVE-
INGREDIENT
COOKING

Transform a handful of ingredients into an elegant dinner with **Rozanne Gold's** principles for modern cooks.

BY **ROZANNE GOLD** PHOTOGRAPHY BY **BRIAN WOODCOCK**



**Pork Medallions with
Scallions and Magic
Green Sauce**

Recipe p. 114



1

**USE ONE
INGREDIENT
SEVERAL
WAYS**

I begin this process

by thinking about how an ingredient can anchor a dish in more than one preparation. For example, you could sauté asparagus, toss it with pasta, and top the dish with boiled asparagus peelings that resemble a kind of faux fettuccine. Here I have exploited scallions, which are delicious both cooked and raw: Their natural sugars caramelize when sautéed or stir-fried, a little goes a long way when pureed raw into a sauce, and slivers bring fresh onion crunch as a garnish.

• **OVER THE YEARS, I HAVE DEVELOPED A KITCHEN PHILOSOPHY** that delivers delicious, creative, healthy food with as little fuss as possible. It requires absolutely no compromises and instead helps you discover a new mindfulness about the quest for great ingredients, interesting flavor combinations, and streamlined, often new techniques. All of the recipes here use only five ingredients (not counting salt, pepper, and cooking oil), and they all look and taste far more complex than the simple sum of their parts. Each is finished and garnished with intention, and there is a wow factor with them all. These are dishes that are special enough for company and comforting enough for the family. And the recipes have been created with balance in mind—a give and take between the time each takes to prepare and the amount of effort in its cooking. Here are five principles that underpin the notion of beautifully simple, very delicious five-ingredient cooking.

•

2 COOK IT LOW AND SLOW, HANDS- FREE

Let the oven magically transform raw ingredients into dishes with deep flavors and arresting textures while you tend to other things. Long, slow cooking provides steady moisture at a low temperature, which softens protein and allows flavors to develop differently than a flash in a hot pan. You'll become a believer when you taste this chicken dish: Slow cooking results in exceedingly tender flesh, and the skin gets crisped under the broiler right before serving.



**Meltingly Tender
Chicken with Miso,
Ginger, and Carrots**

Recipe p. 114



**Sizzling Skirt Steak
with Asparagus and
Red Pepper**

Recipe p. 114



3

**KEEP
IT ALL
IN ONE
PAN**

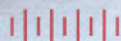
It's hard to imagine that an upscale dish with multiple components can be prepared in one pan. The wonderful steak recipe here uses the technique of “step cooking”—first stir-frying vegetables in a pan, and then separately cooking the protein in the same pan, accentuating all the accumulating flavors. Since the pan is already hot, the steak cooks in a jiffy. There is only one pan to clean, and the two-step dance gives the cook a real sense of ease and simplicity.



4

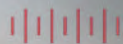
USE AN OUTLIER INGREDIENT

Adding one unexpected ingredient to a simple dish can enhance the flavor exponentially. When working with limited time and only a handful of ingredients, the goal is to make each one meaningful and resonant. Powerhouse ingredients—wasabi peas, za'atar, fish sauce, truffle oil, or Calabrian chiles—are wonderful “discovery foods” that add layers of complexity to more familiar dishes. This outlier principle will prompt you to have fun seeking out new sources of big flavor.



**Wasabi Pea Tofu with
Red Cabbage and Leeks**

Recipe p. 116



**Roasted Shrimp with
Mushrooms, Broccolini,
and Foaming Chive
Butter Sauce**

Recipe p. 116



5

**BLAST
IT
FAST**

This might be my favorite principle. Take a few compatible ingredients, spread them on a pan, and time them so they blast away in a superhot oven to optimal flavor. I use this technique to flash-roast filet mignon, caramelize vegetables, “oven-grill” shrimp, and steam clams. Dinner comes together in a flash with unexpectedly delicious results. High-heat oven cooking leaves you time, and space, for an extra flourish atop the stove, like making a sauce. In the recipe here, a trio of shrimp, shiitakes, and Broccolini soars under a glaze of foaming chive butter sauce that you make in just a couple of minutes. It’s dramatic and resembles something you’d order in an upscale restaurant.



PORK MEDALLIONS
with SCALLIONS AND
MAGIC GREEN SAUCE

Hands-on: 20 min.

Total: 20 min.

Scallions are used three ways: in a sauce, as a vegetable, and as a garnish. The sauce can be made a day ahead and magically transforms the simplest food into something spectacular. Try it on chicken or steak, too, or as a spread in a sandwich.

- 1 small jar capers
- 1 cup packed chopped fresh cilantro (1 bunch)
- ¼ cup extra-virgin olive oil, divided
- 1 tablespoon water
- 2 bunches green onions, divided
- 4 (4-ounce) boneless center-cut loin pork chops
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper
- 16 heirloom cherry tomatoes (red and yellow), halved

1. Spoon 1 tablespoon caper brine and 2 tablespoons drained capers into the bowl of a mini food processor. Add cilantro, 3 tablespoons oil, and 1 tablespoon water. Chop green onions to measure 3 tablespoons. Add 3 tablespoons green onions to cilantro mixture; process until smooth.

2. Cut remaining onions diagonally into 2-inch pieces. Cut 8 pieces lengthwise into slivers; set aside.

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

to coat. Add pork and 2-inch onion pieces; cover and cook 4 minutes. Turn pork over. Add tomatoes; cook 2 minutes. Sprinkle with remaining ¼ teaspoon salt. Arrange pork mixture on a platter. Drizzle with sauce; sprinkle with slivered onions.

SERVES 4

CALORIES 316; **FAT** 21.6g (sat 4.8g, mono 13.4g, poly 2.2g); **PROTEIN** 24g; **CARB** 7g; **FIBER** 2g; **CHOL** 62mg; **IRON** 2mg; **SODIUM** 436mg; **CALC** 67mg



MELTINGLY TENDER CHICKEN
with MISO, GINGER,
AND CARROTS

Hands-on: 12 min.

Total: 2 hr. 10 min.

There is very little hands-on prep here; your oven does most of the work. The combination of flavors is exuberant, and the texture of the chicken is as succulent as can be.

- 4 skin-on, bone-in chicken thighs (about 28 ounces)
- 16 large garlic cloves, peeled and divided
- 1 (2-inch) piece fresh ginger
- 6 large carrots with tops, trimmed and peeled
- 2 tablespoons white miso

1. Preheat oven to 300°.

2. Place chicken in a large ovenproof skillet. Grate 4 garlic cloves, and spread over chicken. Add remaining 12 garlic cloves to pan. Grate ginger; add to pan. Halve carrots lengthwise; add to pan. Chop carrot tops to equal 2 tablespoons; set aside. Spread miso evenly over chicken and carrots, tossing to coat. Arrange chicken, skin side down; cover pan tightly with foil.

3. Bake at 300° for 45 minutes. Remove pan from oven. Turn chicken over, and cover pan tightly. Bake at 300° for 1 hour. Remove pan from oven. Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings into bag (leave solids in pan); let drippings stand 5 minutes (fat will rise). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a small bowl, stopping before fat layer reaches opening; discard fat.

4. Preheat broiler.

5. Broil chicken and carrots 3 minutes or until skin is browned. Drizzle with drippings; sprinkle with carrot tops.

SERVES 4 (serving size: 1 chicken thigh and 3 carrot halves)

CALORIES 330; **FAT** 17.5g (sat 4.8g, mono 7.3g, poly 3.5g); **PROTEIN** 29g; **CARB** 14g; **FIBER** 4g; **CHOL** 157mg; **IRON** 2mg; **SODIUM** 422mg; **CALC** 57mg



SIZZLING SKIRT STEAK *with ASPARAGUS*
AND RED PEPPER

Hands-on: 20 min. Total: 40 min.

The marinade of fish sauce and grated red onion gives intense flavor to the steak, tenderizes the meat, and results in a slightly caramelized crust. Use your largest sauté pan (preferably 14-inch so that the vegetables and steak have room to caramelize and cook quickly) or a large wok.

- 1 pound skirt steak, halved crosswise
- 1½ tablespoons fish sauce, divided
- 2 medium red onions, divided

- 12 ounces asparagus, trimmed
- 1 large red bell pepper, thinly sliced
- 2 tablespoons olive oil

1. Combine steak and 1 tablespoon fish sauce in a shallow dish. Cut 1 onion in half lengthwise. Grate half of the onion. Add onion pulp to steak; toss to coat. Cover and let stand at room temperature for 30 minutes.

2. Cut remaining 1½ onions into ¼-inch-thick vertical slices. Cut each asparagus spear diagonally into 3 pieces. Combine sliced onion, asparagus, bell pepper, and oil; toss to coat. Heat a large wok or stainless steel skillet over high heat. Add vegetables to pan; stir-fry 5 minutes or until crisp-tender. Add remaining 1½ teaspoons fish sauce to pan; stir-fry 30 seconds. Remove vegetable mixture from pan; keep warm.

3. Scrape onion pulp off of steak. Return wok to high heat. Add steak to pan; cook 3 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand at least 5 minutes. Cut steak across the grain into slices. Serve with vegetables.

SERVES 4 (serving size: 3 ounces steak and about ¾ cup vegetables)

CALORIES 300; **FAT** 16.4g (sat 4.6g, mono 9.7g, poly 1.2g); **PROTEIN** 27g; **CARB** 11g; **FIBER** 4g; **CHOL** 74mg; **IRON** 5mg; **SODIUM** 612mg; **CALC** 48mg

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**ROASTED SHRIMP
with MUSHROOMS,
BROCCOLINI, AND
FOAMING CHIVE
BUTTER SAUCE**

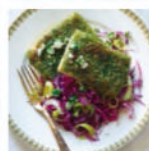
Hands-on: 20 min. Total: 30 min.

This dish is simplicity itself: Everything cooks on a roasting pan in a very hot oven in stages for just 12 minutes, and the foaming chive butter sauce takes only 2 minutes on the stovetop. Be sure to add the minced chives at the last moment after the pot comes off the heat; cooking will turn the chives bitter.

- 1 pound Broccoli, cut into thirds
- 3 tablespoons olive oil
- ³/₄ teaspoon kosher salt, divided
- ¹/₂ teaspoon freshly ground black pepper, divided
- 5 ounces shiitake mushroom caps, sliced
- 1 pound large shrimp, peeled and deveined
- 2 tablespoons unsalted butter
- 2 tablespoons water
- 2 tablespoons minced fresh chives

1. Place a large roasting pan or jelly-roll pan in oven. Preheat oven to 500° (leave the pan in the oven while it preheats).
2. Combine Broccoli, 1 tablespoon oil, ¹/₄ teaspoon salt, and ¹/₄ teaspoon pepper in a bowl; toss to coat. Combine mushrooms, 1 tablespoon oil, and ¹/₈ teaspoon salt in another bowl; toss to coat. Combine shrimp, remaining 1 tablespoon oil, ¹/₄ teaspoon salt, and remaining ¹/₄ teaspoon pepper in another bowl; toss to coat.
3. Arrange Broccoli and mushrooms side by side on one half of hot roasting pan (leave other half of pan open for shrimp). Roast at 500° for 8 minutes. Add shrimp to pan. Roast vegetables and shrimp 4 minutes or until shrimp are done.
4. Place remaining ¹/₈ teaspoon salt, butter, and 2 tablespoons water in a small saucepan over medium-high heat; bring to a simmer. Remove pan from heat; stir in chives. Serve sauce with shrimp and vegetables.

SERVES 4 (serving size: about 1¹/₂ cups vegetables, one-fourth of shrimp, and about 2 teaspoons butter sauce)
CALORIES 281; **FAT** 17.2g (sat 5.2g, mono 9g, poly 1.4g); **PROTEIN** 20g; **CARB** 12g;
FIBER 2g; **CHOL** 158mg; **IRON** 1mg;
SODIUM 565mg; **CALC** 146mg



**WASABI PEA TOFU
with RED CABBAGE
AND LEEKS**

Hands-on: 35 min. Total: 35 min.

STAFF FAVE *This dish is spectacular, as wasabi peas make a delicious breading for tofu. Surprisingly, they lose their bite when cooked but provide intriguing flavor and crunch in the slightly sweet, salty crust. Look for cans of the peas in the Asian food section of your supermarket or in the bulk bin of some large grocery stores. A few crushed peas get sprinkled on top of the finished dish for added crunch and a pop of pungency.*

- 2 (14-ounce) packages water-packed extra-firm tofu, drained
- ¹/₄ cup canola oil, divided
- 12 ounces thinly sliced red cabbage
- 4 leeks, white and light green parts thinly sliced
- 1 teaspoon kosher salt, divided
- ³/₄ teaspoon freshly ground black pepper, divided
- 1 cup wasabi peas, divided
- 1 large egg, lightly beaten

1. Cut each tofu block crosswise into 4 slices. Arrange tofu in a single layer on several layers of paper towels. Cover tofu with additional paper towels; let stand 15 minutes.

2. Heat a large skillet over medium heat. Add 1 tablespoon oil to pan; swirl to coat. Add cabbage and leeks to pan; cook 8 minutes or until crisp-tender, stirring occasionally. Stir in ¹/₂ teaspoon salt and ¹/₄ teaspoon pepper. Keep warm.
3. Place ³/₄ cup peas in the bowl of a food processor; process until very finely ground and powdery. Place ground peas in a shallow dish. Place egg in another shallow dish. Sprinkle tofu with remaining ¹/₂ teaspoon salt and remaining ¹/₂ teaspoon pepper, pressing gently to adhere.
4. Heat a large skillet over medium-high heat. Add 2 tablespoons oil to pan; swirl to coat. Dredge 1 side of each tofu slice in ground peas; dip in egg. Dredge same side of tofu a second time in the ground peas. Arrange tofu slices, dredged side down, in pan; cook 5 minutes or until browned. Add remaining 1 tablespoon oil to pan; turn tofu slices over, and cook 2 minutes.
5. Place remaining ¹/₄ cup peas in a zip-top plastic bag; lightly crush with a rolling pin or a small heavy pan. Serve tofu with cabbage mixture; sprinkle with crushed peas.

SERVES 4 (serving size: about 1¹/₄ cups cabbage mixture, 2 tofu slices, and about 1 tablespoon crushed peas)
CALORIES 450; **FAT** 26.9g (sat 4.7g, mono 12.7g, poly 8.9g); **PROTEIN** 24g; **CARB** 29g; **FIBER** 4g; **CHOL** 47mg; **IRON** 6mg;
SODIUM 607mg; **CALC** 244mg



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FIGS

Savor the honeyed sweetness of
summer's most alluring, elusive fruit.

by **CHERYL SLOCUM** *recipes by* **DOMENICA MARCHETTI**

photography by **JAMES RANSOM**

LOVER

Baked

FRESH FIG GALETTE

Transformed by the oven's heat, figs' flavor deepens to a rich, jammy intensity.

Recipe p. 128





Dressed

SUMMER FIG AND WATERMELON SALAD

A pop of acidic vinaigrette balances ultrasweet figs.

Recipe p. 128



Grilled

**GLAZED CHICKEN
AND FIG SKEWERS**

Over the fire, figs caramelize
and take on smoky flavor.

Recipe p. 128

Pick YOUR Figs

AFTER A QUICK VISIT IN JUNE, figs make a short comeback in August, so get busy grilling, baking, or simply eating them fresh. Figs keep, refrigerated, for 3 to 4 days. Store in a single layer on a paper towel and lightly cover with plastic wrap, or place in an egg carton for extra protection. You can also freeze them for up to 6 months; they will be very soft when thawed (best for cooked or pureed uses). Here are some of the most common varieties.

BROWN TURKEY FIGS

This variety has very tender, velvety brown skin that bruises easily. Sweet and juicy with notes of hazelnut in their mild flavor, they are delightful in salads and work well in desserts.

DESERT KING FIGS

Deep green skins reveal strawberry-hued, melt-in-your-mouth flesh that's very, but not overwhelmingly, sweet.

STRIPED TIGER FIGS

When fully ripe, these yellow and green fruits have a prominent sweet berry flavor. They are just as great in desserts as in savory applications.

BLACK MISSION FIGS

These are small and dense with tough purple-green skin and slightly sticky, dark pink flesh. They have a rich, jamlike flavor, pairing well with savory ingredients like salt, herbs, and spices. These figs also go well with cheese.

CALIMYRNA FIGS

This variety boasts pale yellow skin; pale pink, juicy flesh; and a delicate honeylike, nutty flavor. Grilling brings out their caramel notes and softens their texture.



Simmered

LAMB CHOPS WITH FRESH FIG PAN SAUCE

Figs combine with herbs and wine for a rich, savory sauce.

Recipe p. 126



Preserved

Fig preserves are among the easiest to make because the fruit mixture thickens beautifully on its own without added pectin.



SMALL-BATCH FIG JAM

Hands-on: 10 min.

Total: 60 min.

Consider this jam a “refrigerator preserve,” but you can process it for canning, if you wish. Enjoy it spread on whole-grain bread or scones.

- 3 lemons
- 1½ cups sugar
- ¼ cup honey
- 3 tablespoons fresh lemon juice
- 3 thyme sprigs
- 2 pounds ripe fresh Black Mission figs, stemmed and quartered

1. Remove strips of rind from lemons using a vegetable peeler, avoiding white pith. Combine rind strips and remaining ingredients in a large, heavy saucepan or large Dutch oven; bring to a boil over medium-high heat. Reduce heat to medium; cook 50 minutes or until mixture thickens, stirring frequently to prevent sticking. To test for doneness, place a small amount on a chilled plate. Tilt the plate; preserves should move sluggishly. (If testing with a candy thermometer, it should read 220°.) Discard thyme and lemon rind strips.

SERVES 24 (serving size: 2 tablespoons)
CALORIES 132; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 0g; **CARB** 34g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 1mg; **CALC** 21mg

5 MORE WAYS TO love figs

Try our easy ideas for celebrating the fruit.

STUFFED

1. Quarter figs, cutting two-thirds down but not through the bottom. Stuff with blue, goat, or feta cheese.

CRISPED

2. Halve figs lengthwise. Wrap each half with a ½-inch-thick strip of prosciutto. Grill until prosciutto is crisp.

TOPPED

3. Top prepared pizza dough with fontina cheese and sliced fresh figs; bake until done. Top pizza with arugula.

BROILED

4. Sprinkle halved figs with brown sugar, and broil until sugar is bubbling. Cool until sugar hardens slightly.

DIPPED

5. Dip bottoms of figs in melted bittersweet chocolate; place on a parchment-lined baking sheet. Chill until set.

I call this
the calm before
the shake.



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SWEET FIG SMOOTHIES

Hands-on: 5 min. Total: 6 min.

This recipe offers a great use for figs that are very ripe (or even overripe) and need to be used soon. The riper the fig, the sweeter and more delicious in this creamy breakfast drink.

- 1 cup ice cubes
- $\frac{3}{4}$ cup plain fat-free Greek yogurt
- $\frac{1}{2}$ cup almond milk
- $1\frac{1}{2}$ tablespoons honey
- 1 tablespoon fresh orange juice
- 6 large ripe fresh figs (any variety), stemmed and halved

1. Place all ingredients in a blender; process 1 minute or until completely smooth. Divide mixture evenly among 3 glasses.

SERVES 3 (serving size: about 1 cup)

CALORIES 249; **FAT** 1.3g (sat 0.1g, mono 0.1g, poly 0.3g); **PROTEIN** 9g; **CARB** 55g; **FIBER** 6g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 79mg; **CALC** 176mg



Pureed

Figs are downright sublime blended in a smoothie—the perfect way to use up fruit that is overly soft or slightly bruised.



LAMB CHOPS WITH FRESH FIG PAN SAUCE

Hands-on: 25 min.

Total: 45 min.

Fresh figs cooked with red wine provide the perfect foil for rich lamb rib chops.

- 1 tablespoon extra-virgin olive oil, divided
- $\frac{1}{4}$ cup finely chopped shallots
- 8 ounces fresh Brown Turkey or Black Mission figs, stemmed and cut into pieces
- $\frac{3}{4}$ teaspoon salt, divided

- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- $\frac{1}{2}$ cup shiraz or other spicy red wine
- $\frac{1}{4}$ cup unsalted chicken stock
- 1 bay leaf
- 1 tablespoon honey
- 1 tablespoon cider or balsamic vinegar
- 1 teaspoon chopped fresh rosemary
- 12 (3-ounce) lamb rib chops, trimmed

1. Preheat oven to 400°.
2. Heat a medium saucepan over medium-low heat. Add 2 teaspoons extra-virgin olive oil; swirl to coat. Add shallots; cook for 7 minutes or until tender, stirring

frequently. Add figs; mash with a potato masher to break them up. Cook for 3 minutes or until figs start to break down, stirring frequently. Stir in $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper.

3. Increase heat to medium-high. Add wine; boil for 1 minute. Stir in stock and bay leaf. Reduce the heat to medium-low; simmer 10 minutes or until sauce thickens, stirring occasionally. Add honey and vinegar; simmer 5 minutes. Remove from heat; discard bay leaf. Stir in rosemary; cover and keep sauce warm.

4. Heat a large cast-iron

skillet over medium-high heat. Brush lamb with remaining 1 teaspoon oil; sprinkle evenly with remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Add lamb to skillet; sear 2 minutes on each side. Place pan in oven; bake at 400° for 4 minutes (for medium-rare) or until desired degree of doneness. Remove pan from oven; remove lamb from pan. Let lamb stand for 5 minutes before serving. Serve with sauce.

SERVES 6 (serving size: 2 chops and about $2\frac{1}{2}$ tablespoons sauce)

CALORIES 238; **FAT** 9.3g (sat 2.8g, mono 4.7g, poly 0.8g); **PROTEIN** 22g; **CARB** 13g; **FIBER** 1g; **CHOL** 68mg; **IRON** 2mg; **SODIUM** 363mg; **CALC** 33mg

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FRESH FIG GALETTE

Hands-on: 15 min.

Total: 1 hr. 50 min.

STAFF FAVE *Almond meal is nothing more than finely ground almonds; it adds a rich, crumbly texture and nutty flavor to the crust of this free-form tart.*

- 6.75 ounces unbleached all-purpose flour (about 1 cup)
- 4½ tablespoons almond meal
- 2 tablespoons sugar, divided
- ¾ teaspoon salt
- 7 tablespoons cold unsalted butter, cubed
- 3 tablespoons canola oil
- 3 tablespoons ice water
- 1 pound fresh Black Mission or Brown Turkey figs, stemmed and quartered lengthwise
- 2 teaspoons lemon juice
- 1 tablespoon sliced almonds, toasted

1. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almond meal, 1 tablespoon sugar, and salt in a food processor; pulse to combine. Scatter butter into processor; pulse until mixture resembles coarse meal. Drizzle in oil; pulse to combine. Add ice water; pulse just until combined. Turn mixture out onto a sheet of plastic wrap; pat into a disk. Wrap in plastic wrap; refrigerate 1 hour.
2. Preheat oven to 400°.
3. Place figs in a large bowl. Sprinkle with remaining 1 tablespoon sugar and lemon juice; toss gently to combine.

4. Unwrap dough. Roll dough on plastic wrap into a 12-inch circle. Arrange dough on a baking sheet lined with parchment paper. Spoon figs onto dough, leaving a 2-inch border. Fold edges of dough over filling to partially cover. Bake at 400° for 35 minutes or until fruit juices bubble and crust is browned. Remove from oven; sprinkle with almonds. Cut into 10 wedges.

SERVES 10 (serving size: 1 wedge)
CALORIES 242; **FAT** 14.4g (sat 5.6g, mono 5g, poly 1.7g); **PROTEIN** 3g; **CARB** 26g; **FIBER** 2g; **CHOL** 21mg; **IRON** 1mg; **SODIUM** 92mg; **CALC** 23mg



SUMMER FIG AND WATERMELON SALAD WITH FETA

Hands-on: 15 min.

Total: 15 min.

Balsamic glaze is a syrup of concentrated, cooked-down, sweetened balsamic vinegar; it adds a sweet and tangy element to this refreshing salad. Look for it near the vinegar.

- 2 cups cubed seedless watermelon
- ½ cup thinly vertically sliced red onion
- 2 large fresh Calimyrna or other green-skinned figs, stemmed
- 2 large fresh Brown Turkey, Black Mission, or Striped Tiger figs, stemmed
- 1 ounce crumbled feta cheese (about ¼ cup)

- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon honey
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh basil
- 2 tablespoons balsamic glaze
- ¼ teaspoon coarse sea salt
- ¼ teaspoon freshly ground black pepper

1. Arrange watermelon on a serving platter; top evenly with onion.
2. Halve figs lengthwise; arrange figs on platter; sprinkle with cheese.
3. Combine oil, juice, and honey, stirring with a whisk. Drizzle over salad; sprinkle with mint and basil. Drizzle balsamic glaze over salad; sprinkle evenly with salt and black pepper.

SERVES 4
CALORIES 147; **FAT** 5.7g (sat 1.9g, mono 3g, poly 0.6g); **PROTEIN** 2g; **CARB** 23g; **FIBER** 2g; **CHOL** 8mg; **IRON** 1mg; **SODIUM** 227mg; **CALC** 80mg



GLAZED CHICKEN AND FIG SKEWERS

Hands-on: 25 min.

Total: 45 min.

Because they will cook more quickly than the chicken, skewer the figs separately.

- ¾ cup port wine
- ½ cup balsamic vinegar
- 2 tablespoons honey
- 1 thyme sprig
- 1¼ pounds skinless, boneless chicken breasts, cut into 24 (¾-inch) pieces
- 4 large shallots, quartered
- 16 sage leaves
- Cooking spray

- 1 teaspoon coarsely ground black pepper, divided
- ½ teaspoon salt
- 12 firm fresh Striped Tiger or Black Mission figs, halved vertically
- 2 teaspoons fresh thyme leaves

1. Combine first 4 ingredients in a small saucepan over medium-high heat. Bring to a boil; cook 15 minutes or until reduced to ½ cup. Discard thyme sprig.
2. Preheat grill to high heat.
3. Thread 3 chicken pieces, 2 shallot quarters, and 2 sage leaves alternately onto each of 8 (8-inch) skewers. Coat with cooking spray. Sprinkle evenly with ¾ teaspoon pepper and salt. Thread 6 fig halves onto each of 4 (8-inch) skewers, cut sides facing the same direction. Coat with cooking spray; sprinkle with remaining ¼ teaspoon pepper.
4. Arrange chicken skewers on grill rack coated with cooking spray; grill 12 minutes, turning to brown all sides. Brush chicken skewers with half of wine mixture during final minute of cooking. Arrange fig skewers, cut side down, on grill rack; grill 3 minutes. Turn fig skewers over; grill 1 minute. Arrange skewers on a serving plate. Drizzle with remaining wine mixture; sprinkle with thyme leaves.

SERVES 4 (serving size: 2 chicken skewers and 1 fig skewer)
CALORIES 477; **FAT** 10.6g (sat 2g, mono 6.2g, poly 1.7g); **PROTEIN** 31g; **CARB** 54g; **FIBER** 5g; **CHOL** 78mg; **IRON** 2mg; **SODIUM** 380mg; **CALC** 105mg

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top a burger or falafel



AJI AMARILLO SAUCE

dizzle over roasted potato wedges



FRESH TOMATO SAUCE

stir into polenta or pasta



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By **KATIE BARREIRA** 🍷 Photography by **GREG DUPREE**

spice up your grilled steak or pork chops



CHIMICHURRI SAUCE

substitute for romesco or hummus



MUHAMMARA SAUCE

marinate pork tenderloin



MOJO SAUCE

dip grilled chicken skewers for satay



SWEET AND SPICY PEANUT SAUCE

TZATZIKI SAUCE

Hands-on: 8 min.

Total: 1 hr. 8 min.

Top a baked potato or sandwich, or stir into chopped chicken and celery for Greek chicken salad.

- 1/2 cup grated peeled English cucumber (about 4 ounces)
- 1/3 cup plain 2% reduced-fat Greek yogurt
- 1/3 cup sour cream
- 1 1/2 tablespoons chopped fresh dill
- 3/4 teaspoon white wine vinegar
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 garlic clove, minced

1. Place cucumber in a clean kitchen towel; squeeze to remove excess liquid.

Combine cucumber and remaining ingredients in a bowl, stirring with a whisk. Chill 1 hour before serving. Refrigerate 1 to 2 days.

SERVES 8 (serving size: about 2 tablespoons)
CALORIES 24; FAT 1.8g (sat 1.1g, mono 0.4g, poly 0.1g); **PROTEIN 1g; CARB 1g; FIBER 0g; CHOL 5mg; IRON 0mg; SODIUM 130mg; CALC 18mg**

FRESH TOMATO SAUCE

Hands-on: 8 min.

Total: 1 hr. 8 min.

Top a pizza or bread for Italian bruschetta, or toss with penne. Seeding half the tomatoes keeps the sauce from becoming watery.

- 1 pound ripe tomatoes, divided (such as Campari)
- 3 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon molasses
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced

1. Remove and discard seeds from half of tomatoes; chop seeded tomatoes. Place seeded tomatoes in a bowl. Chop remaining tomatoes; add to bowl. Stir in remaining ingredients. Let stand at room temperature 1 hour. Refrigerate 1 to 2 days.

SERVES 4 (serving size: about 1/2 cup)
CALORIES 90; FAT 7g (sat 1g, mono 5g, poly 0.8g); **PROTEIN 1g; CARB 7g; FIBER 1g; CHOL 0mg; IRON 1mg; SODIUM 247mg; CALC 22mg**

AJI AMARILLO SAUCE

Hands-on: 5 min. Total: 5 min.

You won't believe this Peruvian condiment's resemblance to classic nacho cheese sauce.

Top tortilla chips, or stir into hard-cooked egg yolks for deviled eggs with a kick. Look for aji amarillo paste at Latin markets.

- 2/3 cup 2% reduced-fat evaporated milk
- 1 1/2 tablespoons aji amarillo paste
- 1.5 ounces queso fresco, crumbled (about 1/3 cup)
- 6 saltine crackers

1. Combine all ingredients in a blender; blend until smooth. Refrigerate up to 1 week.

SERVES 6 (serving size: about 2 1/2 tablespoons)
CALORIES 58; FAT 2.5g (sat 1g, mono 0.5g, poly 0.2g); **PROTEIN 3g; CARB 6g; FIBER 0g; CHOL 9mg; IRON 0mg; SODIUM 159mg; CALC 112mg**

MOJO SAUCE

Hands-on: 6 min. Total: 6 min.

Dress a Cuban-style black bean and cilantro salad, toss with pulled chicken for tacos, or quickly pickle sliced red onions.

- 2/3 cup fresh orange juice (about 2 oranges)
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon finely chopped fresh oregano

- 1/2 teaspoon kosher salt
- 5 garlic cloves, minced

1. Combine all ingredients in a bowl, stirring with a whisk. Refrigerate up to 1 week.

SERVES 8 (serving size: about 2 tablespoons)
CALORIES 58; FAT 5.1g (sat 0.7g, mono 3.7g, poly 0.6g); **PROTEIN 0g; CARB 3g; FIBER 0g; CHOL 0mg; IRON 0mg; SODIUM 121mg; CALC 7mg**

CHIMICHURRI SAUCE

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

Drizzle over gazpacho, or toss with cooked shrimp and pasta for a zingy Argentine-inspired scampi. Adding whole garlic cloves to the food processor first seasons the work bowl so the sauce picks up more garlic flavor.

- 4 small garlic cloves
- 4 cups fresh cilantro leaves
- 2 cups fresh flat-leaf parsley leaves
- 1/2 cup extra-virgin olive oil
- 1/4 cup sherry vinegar
- 1 teaspoon kosher salt
- 1 Fresno chile, seeded and coarsely chopped

1. With food processor on, add garlic through food chute; process until coarsely chopped. Add remaining ingredients; process until mixture is finely chopped. Refrigerate 1 to 2 days.

SERVES 8 (serving size: about 3 tablespoons)
CALORIES 132; FAT 13.7g (sat 1.9g, mono 9.9g, poly 1.5g); **PROTEIN 1g; CARB 2g; FIBER 1g; CHOL 0mg; IRON 1mg; SODIUM 250mg; CALC 25mg**

MUHAMMARA SAUCE

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

Brush this Syrian sauce onto grilled meat or vegetable kebabs, or stir into hot cooked couscous.

- 3/4 cup coarsely chopped walnuts
- 1/4 cup extra-virgin olive oil

- 1 1/2 tablespoons pomegranate molasses
- 2 teaspoons fresh lemon juice

- 1 1/4 teaspoons Aleppo pepper, or 1 teaspoon paprika plus 1/4 teaspoon ground red pepper

- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 5 ounces roasted red bell peppers, drained (about 1 cup)
- 3 green onions, coarsely chopped

1. Place all ingredients in the bowl of a food processor; process until smooth. Refrigerate up to 1 week.

SERVES 10 (serving size: about 3 tablespoons)
CALORIES 120; FAT 10.4g (sat 1.2g, mono 4.6g, poly 4.1g); **PROTEIN 1g; CARB 6g; FIBER 1g; CHOL 0mg; IRON 1mg; SODIUM 137mg; CALC 21mg**

SWEET AND SPICY PEANUT SAUCE

Hands-on: 6 min. Total: 6 min.

Stir into ground turkey for a savory burger, or toss with rice noodles and thinly sliced veggies for an Indonesian-style salad.

- 6 tablespoons unsalted creamy peanut butter
- 6 tablespoons light coconut milk
- 3 tablespoons minced shallots
- 4 teaspoons brown sugar
- 1 teaspoon grated lime rind
- 4 teaspoons fresh lime juice
- 4 teaspoons lower-sodium soy sauce
- 2 teaspoons Sriracha (hot chile sauce)
- 1 teaspoon grated peeled fresh ginger

1. Combine all ingredients in a bowl, stirring with a whisk until smooth. Refrigerate up to 1 week.

SERVES 8 (serving size: about 2 tablespoons)
CALORIES 91; FAT 6g (sat 1g, mono 2.9g, poly 1.7g); **PROTEIN 3g; CARB 6g; FIBER 1g; CHOL 0mg; IRON 0mg; SODIUM 115mg; CALC 4mg**

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HOW. >>



AT THE SLOPING END of Barton Seaver's quiet street in South Freeport, Maine, floats the Freeport Town Wharf. Seaver—director of Harvard University's Sustainable Seafood and Health Initiative, National Geographic Fellow, and former chef-restaurateur—can walk five minutes down to the pier, cast a hooked line into the Harraseeket River, and head home with flopping-fresh alewife, a type of herring, to hot-smoke with applewood on the backyard

grill. You've probably never heard of alewife, and that's the problem.

If his line were long enough to stretch out through Casco Bay and into the Gulf of Maine, Seaver could hook a pearl-fleshed, succulent cod. But the latest data make it unlikely, and even illegal: Federal scientists estimated last fall that Gulf of Maine cod had

dropped to a scant 3% or 4% of its target population levels, a historic low. Commercial fishermen saw a major revenue stream run dry as regulators consequently slashed the Gulf's legal cod catch by 75%

◀
Seaver grills fillets at home (left); nearby fishing port Mackerel Cove (above).

WHEN IT COMES TO SUSTAINABILITY,

the waters are murky at best. Home cooks want to make good choices, but it's hard to navigate the seafood counter when you're awash with confusing and sometimes conflicting information. With the help of seafood sustainability guru Barton Seaver, we serve up our fin-to-fork guide to buying, cooking, and enjoying fish responsibly—right now.

Story by **TIM CEBULA** • Recipes by **BARTON SEAVER**

Photography by **COLIN CLARK** • Food Photography by **BRIAN WOODCOCK**

Illustrations by **NARDA LEBO**



through most of 2015 and banned recreational cod fishing outright.

The New England cod crisis is local (and nothing new), one story among many about the plight of threatened fish stocks worldwide. For centuries, we've feasted on a slight fraction of the tens of thousands of fish species swimming in the seas. "We've told the oceans what we're willing to eat rather than ask what they're willing to provide," Seaver says. We demanded New England cod, bluefin tuna, snapper, and grouper, and right down every link of the commercial food chain, fishermen, wholesalers, chefs, and retailers

complied. So sustainability—fish caught or farmed with minimal harm to the ocean, responsibly managed for us to enjoy for generations—suffers.

For home cooks, fish is an infrequent investment, often pricey, and Seaver understands the reluctance to shell out for something different. "You're going to go with what you know."

Indeed, fishermen chase what pays. "People know just a few—salmon, swordfish, bass," says Wayne Samiere, CEO of Hawaii-based Honolulu Fish Company and a former marine biologist. "There are millions and millions of pounds of great eating fish

out there. We don't harvest them because no one has asked us to."

Seaver says it'll take courage from retailers and chefs—tastemakers with the power to create consumer cravings for lesser-known yet sustainable species like dogfish and Acadian redfish (often called "trash fish" because fishermen can't find a market for them). They may not become regular fish-counter fare for many years, he says. Still, change is under way.

Consider herring—a smaller fish that's sweet, aromatic, and richly flavored, like sardines. For years it was mostly sold canned, pickled, smoked,

Seaver casts from Freeport Town Wharf.



“We’ve told the oceans what we’re willing to eat rather than ask what they’re willing to provide.”

» or slathered with sour cream in a deli case. New England fishermen relegated reeking, sun-baked barrels of herring to lobster bait.

“We started getting calls from chefs for fresh herring in 2012,” says Nick Branchina, marketing director for Browne Trading Company in Portland, Maine, a specialty seafood retailer and wholesaler for the likes of Manhattan’s legendary seafood restaurant Le Bernardin. “When we first tried to buy it from the fishermen, we were laughed off the dock.”

But progressive chefs knew fresh-cooked herring was delicious, diners agreed, and retailers now see growing demand for the fish, which fishing boats net sustainably in the Northwest Atlantic. What’s more, fishermen can sell pristine herring for six times more as a gourmet ingredient than lobster chum. “We have to sustain fishermen as much as fish,” Seaver says.

Samiere sees similarities with monchong (aka pomfret), a Pacific



bycatch species he calls “massively abundant.” Bycatch is accidental by definition: It snags in the nets and lines of commercial boats targeting other species. Until recently, fishermen just threw the dead bycatch overboard. Now they can find paying markets for it, and if the particular bycatch population is healthy, that’s a small win for fishermen, sustainability, and diners.

Chefs and distributors like Samiere are leading the way. Some chefs are going beyond promoting; they’re policing. New concerns about Atlantic wild striped bass populations led 10 big-name American chefs to launch the #SaveOurStripers campaign in May, reducing demand and boosting awareness by taking stripers off their menus.

Now it’s time for consumers to take action. Here’s how to make a difference as a home cook: Check the latest intel from reliable seafood advocacy groups (see “Go with the Current,” right), ask smart questions at the fish counter, and be adventurous. “As fishermen are charged with responsible harvesting,” Seaver says, “we’re responsible to try something new and to use our creativity to sustain oceans and fishermen.”

GO WITH THE CURRENT

Sustainability ratings change often. Stay updated with these online and print resources.

WEBSITES

seafoodwatch.org Monterey Bay Aquarium Seafood Watch’s site, widely considered the gold standard of sustainability info. Download their app.

fishwatch.gov Maintained by the National Oceanic and Atmospheric Administration (NOAA) Fisheries.

msc.org Marine Stewardship Council’s site. Retailers like Whole Foods and Walmart use their blue-label certifications. Critics say MSC is too business-friendly and take their labeling with a grain of sea salt.

BOOKS

American Catch and Four Fish These two Paul Greenberg books offer invaluable insight into the state of American aquaculture and commercial fishing.

For Cod and Country The *Atlantic* magazine called Barton Seaver’s 2011 tome “a cookbook that can save the seas.” Seafood wisdom, delivered deliciously.

12 FISH YOU SHOULD TRY NOW



BASED ON THE LATEST

information from the country's top advocacy groups and seafood experts, we tout these finfish as smart and delicious alternatives to less sustainable choices on the market.



1. ATLANTIC POLLOCK

aka saithe, Boston bluefish

WILD-CAUGHT, U.S. ATLANTIC

COOK LIKE: flounder, Pacific cod, halibut, haddock

Medium-firm, white, flaky meat with slightly higher fat content and more flavor than cod. Roast, broil, or sauté. Bake fillets with herbed-breadcrumb topping.



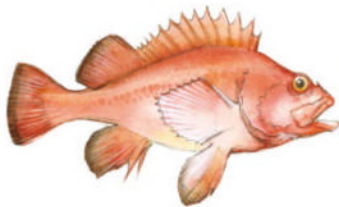
2. RAINBOW TROUT

aka redband trout

FARMED, U.S.

COOK LIKE: red snapper, arctic char

Mild, lightly sweet flavor, delicate white or pink flesh. Cook skin-on to keep the meat in one piece. Highly versatile: Broil, roast, grill, smoke. Sautéed trout with lemon, brown butter, and capers is classic.



3. ROCKFISH

aka Pacific snapper, rock cod

WILD-CAUGHT, U.S. PACIFIC

COOK LIKE: red snapper, sea bass

Medium-firm, flaky white fish. Flakes easily as it cooks, so it's not the best for grilling, but its delicate, lightly nutty flavor comes through clearly when steamed. Sauté or roast; then serve flaked in tacos, or quick-cure in citrusy ceviches.



4. CATFISH

aka channel catfish

FARMED, U.S.

COOK LIKE: halibut, tilapia, monkfish

Sweet and mild white meat with firm, meaty texture that holds up well to bold seasonings and high-heat preparations like roasting, broiling, grilling, and pan-frying. Great in tacos and po' boys with a spicy rémoulade dressing.



5. MONCHONG

aka pomfret

WILD-CAUGHT, U.S. PACIFIC

COOK LIKE: cod, red snapper

Mild-flavored, pinkish flesh that turns flaky and white when cooked, with enough healthy fat to keep it moist. Roast, broil, grill, or sauté. Pair it with Pacific Rim flavorings: pineapple or mango salsa, red or green curry sauce, ginger-soy glaze.



6. WAHOO

aka ono

WILD-CAUGHT, ATLANTIC AND PACIFIC

COOK LIKE: swordfish, marlin, mahimahi

Lean, white, firm flesh with large circular flakes. The flavor and texture are similar to mild tuna like albacore. Grill, roast, pan-sear, broil, or poach. Delicious served raw in Hawaiian poke cold salad.



7. RED DRUM

aka spotted bass, redfish

FARMED, U.S.

COOK LIKE: red snapper, grouper, striped bass

Mild, faintly sweet, firm flesh and large flakes. Wild-caught U.S. Gulf black drum is a good alternative. Try blackened in a cast-iron pan with Cajun spices.



8. HERRING

aka brit, pilchard (UK)

WILD-CAUGHT, ATLANTIC AND PACIFIC

COOK LIKE: mackerel, sardine

Medium-firm, rich, bold-flavored flesh. A fish lover's fish. Its full flavor can handle strong seasonings, but it's sublime when kept simple: Grill or smoke the whole fish, seasoned with lemon and fresh herbs.



*POACHED ALBACORE
WITH FENNEL, APPLE, AND
RADISH SALAD*

Recipe p. 144



9. ALBACORE TUNA
WILD-CAUGHT,
U.S. ATLANTIC AND PACIFIC
COOK LIKE: marlin,
mahimahi, swordfish

"Most people only know albacore in its canned form," Seaver says. "It's very lean, with a bright, almost acidic flavor that pairs very well with fruity olive oil." He likes to poach albacore fillets in flavorful liquid to keep them succulent.




10. PINK SALMON

WILD-CAUGHT,
PUGET SOUND, WA

COOK LIKE: trout,
arctic char, flounder

This boasts the leanest, lightest flavor of all wild salmon varieties. "It's more akin to trout," Seaver says, "with a small, medium-sweet flake that sets a great stage for many flavorings." Because it's lower in fat, it's best cooked low and slow—we grill-roast over indirect heat.



*PINK SALMON WITH
SMOKY HERB RUB*

Recipe p. 141

GRILLED DOGFISH ON
LATE-SUMMER CAPONATA

Recipe at right



11. DOGFISH aka *spiny dogfish*
WILD-CAUGHT, U.S. ATLANTIC AND PACIFIC
COOK LIKE: cod, grouper, monkfish

"This has mild flavor and a snappy bite and pleasant chew," says Seaver, who likes to braise dogfish or batter it up for fish and chips. It also holds up wonderfully on the grill, taking on tantalizing charred flavor.

CATCHY REBRANDING

GRILLED DOGFISH ON LATE-SUMMER CAPONATA



Hands-on: 20 min.

Total: 45 min.

For an alternate preparation,

Seaver recommends placing the caponata and fillets in a baking dish and baking low and slow at 275° for 20 minutes or until desired degree of doneness.

- 1 small fennel bulb with stalks
- 2½ tablespoons olive oil
- 3 tablespoons slivered almonds
- 2 cups (¼-inch) diced peeled butternut squash
- 1½ cups chopped onion
- 1 cup diced celery
- 5 garlic cloves, minced
- 1 poblano chile, diced (about ¾ cup)
- 3 cups chopped tomato
- ½ cup golden raisins
- 2 tablespoons sherry vinegar
- ¼ teaspoon salt, divided
- ½ cup chopped fresh cilantro
- 2 tablespoons fresh lemon juice
- 4 (6-ounce) dogfish fillets

Cooking spray

1. Remove fronds from fennel bulb; finely chop fronds to measure 2 tablespoons. Remove stalks and tough outer leaves from fennel bulb; discard. Finely chop bulb to measure ¾ cup. Reserve remaining bulb for another use.
2. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add almonds; sauté 2 minutes or until toasted.

➤ **APPETIZING NEW NAMES** can catapult fish from the ocean depths to the top of the shopping list.

Consider Patagonian/Antarctic toothfish, a cod icefish with a terrifying underbite. Rechristened Chilean sea bass in the 1970s, it grew insanely popular—and then overfished—within 20 years.

Snazzy handles work wonders. Dolphin fish might put you off, but mahimahi? *Mahalo!* But again, new fame can harm sustainability. After Southwest Pacific slimehead changed to orange roughy, we ate it onto the Monterey Bay Aquarium Seafood Watch's "avoid" list. Maine sea urchin (uni)—née whore's eggs—is now also off-limits.

The same species often live in different regions, thus the many aka's: A rosefish by any other name—specifically, Acadian redfish—tastes as sweet. Strategic marketing monikers are a different story. A spokesperson for the FDA—which oversees market names—declined to speculate, but don't bet against the likes of spiny dogfish resurfacing on menus as, say, silver sea steak.

Add chopped fennel bulb, squash, and next 4 ingredients (through poblano); cook 5 minutes. Add tomato, raisins, vinegar, and ½ teaspoon salt; cook 15 minutes or until squash is tender, stirring occasionally. Remove pan from heat; cool slightly. Stir in cilantro and lemon juice.

3. Preheat grill to medium-high heat. Sprinkle fillets with remaining ½ teaspoon salt. Add fillets to grill rack coated with cooking spray; grill 3 minutes. Turn and grill 2 minutes or until desired degree of doneness. Place 1 cup squash mixture on each of 4 plates; top with fillets. Sprinkle with chopped fennel fronds.

SERVES 4 (serving size: 1 fillet and about 1 cup caponata)

CALORIES 429; **FAT** 15.7g (sat 2.3g, mono 8.9g, poly 3g); **PROTEIN** 35g; **CARB** 40g; **FIBER** 7g; **CHOL** 136mg; **IRON** 3mg; **SODIUM** 309mg; **CALC** 135mg



PINK SALMON WITH SMOKY HERB RUB



Hands-on: 18 min.

Total: 1 hr. 48 min.

Grilling the salmon with the skin on keeps

it moist and ensures it stays in one piece as it cooks.

- 2 tablespoons olive oil, divided
- 1 tablespoon smoked sweet paprika
- 1 teaspoon fennel seeds
- 1 garlic clove
- 3 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon kosher salt, divided

- 1 (1½-pound) pink salmon fillet

Cooking spray

- 2 lemons, halved

1. In a mortar, combine 1 tablespoon oil, paprika, fennel seeds, and garlic; grind with a pestle until a smooth paste forms. Gently stir in parsley, tarragon, and ½ teaspoon salt. Let stand at least 20 minutes.

2. Lightly rub flesh side of fish with remaining 1 tablespoon oil; sprinkle with remaining ½ teaspoon salt. Spoon tarragon mixture over fish; refrigerate 1 hour.

3. Preheat charcoal or gas grill to medium heat.

4. After preheating the grill, turn the left burner off (leave the right burner on), or heap coals to one side of grill to create two temperature zones. Coat grill rack with cooking spray; place on grill. Place lemon halves, cut side down, on heated side of grill. Place fish, skin side down, on unheated side of grill. Cover and grill 10 minutes or until lemon is tender and well marked and fish flakes under gentle pressure. Remove fish from grill; discard skin. Cut fish into quarters. Serve lemon halves with fish.

SERVES 4 (serving size: 1 fillet and ½ lemon)

CALORIES 314; **FAT** 16.6g (sat 3g, mono 8.2g, poly 4.2g); **PROTEIN** 37g; **CARB** 3g; **FIBER** 1g; **CHOL** 90mg; **IRON** 1mg; **SODIUM** 564mg; **CALC** 40mg



12. ACADIAN REDFISH
aka ocean perch, rosefish
WILD-CAUGHT,
U.S. GULF OF MAINE
COOK LIKE: red snapper,
 black sea bass, perch

“This once devastatingly overfished species has rebounded remarkably,” Seaver says. It yields thin fillets with firm skin. Score the skin before cooking over medium heat, and cook all the way through on one side without flipping.

SAUTÉED ACADIAN REDFISH WITH PISTACHIO AND ORANGE PESTO



Hands-on: 15 min.

Total: 35 min.

To grill instead, prepare an indirect, medium-heat fire. Stack the fillets in pairs, flesh side to flesh side, making 4 stacks. Place stacks on grill rack coated with cooking spray, and grill 12 minutes or until desired degree of doneness—no need to flip.

- 1/2 cup shelled unsalted pistachios
- 3 tablespoons olive oil, divided
- 2 garlic cloves, minced
- 1/2 teaspoon grated orange rind
- 2 teaspoons fresh orange juice
- 3/4 teaspoon salt, divided
- 8 (3-ounce) Acadian redfish fillets
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon ground mace
- Cooking spray

1. Preheat oven to 450°.
2. Place pistachios on a jelly-roll pan; bake at 450° for 4 minutes. Cool slightly; finely chop. Place 2 tablespoons oil and garlic in a small skillet over medium heat; cook 3 minutes or until garlic begins to sizzle. Remove pan from heat; stir in pistachios, rind, juice, and 1/4 teaspoon salt.
3. Heat a large skillet to medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat.

Score skin of each fillet with 3 diagonal (1/4-inch-deep) cuts. Combine remaining 1/2 teaspoon salt, thyme, and mace in a small bowl. Sprinkle flesh side of fillets with spice mixture. Add fillets to pan, skin side down; cook 5 minutes or until desired degree of doneness.

SERVES 4 (serving size: 2 fillets and about 1/3 cup pistachio mixture)
CALORIES 351; **FAT** 19.6g (sat 2.7g, mono 11.3g, poly 3.9g); **PROTEIN** 38g; **CARB** 5g; **FIBER** 2g; **CHOL** 63mg; **IRON** 1mg; **SODIUM** 557mg; **CALC** 81mg



WE DEBUTED OUR “SUSTAINABLE CHOICE” ICON in May 2011 to accompany seafood recipes. The green fish tag indicates that the fish in the recipe have healthy populations (as of press time for a given issue) and are caught or farmed using environmentally friendly means.

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POACHED ALBACORE WITH FENNEL, APPLE, AND RADISH SALAD



Hands-on: 22 min.
Total: 60 min.

You can also pan-sear the tuna: Heat a cast-iron skillet over high heat. Coat pan with cooking spray or 1 tablespoon canola oil. Add tuna steaks to pan, and cook 2 minutes on each side.

- 4 cups water
- 1/2 cup dry white wine
- 1 1/2 teaspoons kosher salt, divided
- 4 garlic cloves, crushed
- 2 fresh tarragon sprigs
- 4 (6-ounce) albacore tuna steaks, about 1 inch thick
- 2 tablespoons minced shallots
- 1 tablespoon chopped fresh thyme
- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 1/4 cup extra-virgin olive oil
- 3 cups baby kale or arugula leaves
- 1 cup thinly sliced radishes
- 1/4 cup fresh tarragon leaves

- 1 small fennel bulb, trimmed and thinly sliced
 - 1 Honeycrisp apple, thinly sliced
1. Bring 4 cups water, wine, 1 teaspoon salt, garlic, and tarragon sprigs to a boil in a large saucepan. Cover; reduce heat, and simmer 10 minutes. Reduce heat to low, add tuna, and poach for 10 minutes. Remove from heat; let stand 10 minutes. Place tuna on a plate; chill.
 2. Combine shallots, thyme, juice, and Dijon in a large bowl, stirring with a whisk. Drizzle in oil, stirring with a whisk. Place half of vinaigrette in a medium bowl.
 3. Flake tuna into large chunks. Add tuna to medium bowl; toss very gently to coat. Place kale, remaining 1/2 teaspoon salt, and remaining ingredients in large bowl with remaining vinaigrette; toss. Divide salad among 4 plates; top with tuna.

SERVES 4 (serving size: 1 1/2 cups salad and 1 cup tuna)
CALORIES 381; **FAT** 15.4g (sat 2.3g, mono 11g, poly 1.7g); **PROTEIN** 44g; **CARB** 14g; **FIBER** 3g; **CHOL** 66mg; **IRON** 3mg; **SODIUM** 542mg; **CALC** 110mg

FISHING METHODS MATTER

Wild-catch techniques don't necessarily indicate sustainability—it varies, depending on the kind of fish and where it's caught. Visit seafoodwatch.org to see what methods are best for your fish, and then ask your retailer for details before you buy.

Longline: Fishing line with baited hooks that can run 50 miles. Shallow lines can hook birds or endangered species.

Jigging: A type of hand-catch. Monterey Bay Aquarium's Seafood Watch says the species-targeted method reduces bycatch.

Purse Seine: Net walls that surround fish schools, then pull closed like a purse. Can also enclose bycatch.

Bottom Trawl: Fish net dragged along the ocean floor. Can sometimes harm seabed habitat and snare bycatch.

Trolling: A hook-and-line approach. Baited lines move behind or alongside the boat, which helps avoid bycatch.

Dragging/Dredging: Metal baskets scrape the seafloor for shellfish. Often disturbs habitats and gathers bottom-feeding bycatch.

BUYING, STORING & COOKING FRESH FISH 101

AT THE MARKET

Ask Questions: Is the fish farmed or wild? Where's it from: ocean, country, region, locality? If wild, how was it caught? (See "Fishing Methods Matter," below.)

First Glance: Look for uniformly colored, shiny flesh. Reddish-brown bruises indicate mishandling. For whole fish, look for clear, bulging eyes, bright red gills, and moist, flat tails.

Off the Rocks: Avoid skinless fillets stored directly on ice—ice and water damage fish flesh.

Press Test: Fresh fish feels firm and springy. Press lightly—if a dent stays, the fish is old, previously frozen, or both. Skin should be moist, not slimy.

The Nose Knows: Fresh fish—and a good seafood market—smell faintly and pleasantly like the ocean. If it's fishy, it's off.

Ice It: Have the fishmonger put your watertight-wrapped purchase in a bag of crushed ice.

AT HOME

Keep It Cold: Store in the coldest part of your fridge, usually the bottom shelf toward the back.

Tight Seal: To store longer than a couple of hours, wrap fillets tightly in a double layer of plastic wrap or a zip-top plastic bag, place in a larger container, and cover with ice. Drain and add ice as needed. Still, try to cook as soon as possible after purchasing—it's not getting any fresher.

Store as They Swim: Surround whole fish with ice in a deep container in the same position as they swim—dorsal fins upright—to avoid flesh damage and let cavity fluids drain.

AT THE STOVE

Pat Dry: Gently dab with paper towels before cooking. Surface moisture hinders browning and crisp skin and can make fish stick in the pan.

Season: Add salt immediately before or during cooking so crystals don't have time to remoisten surface flesh.

Test Doneness: Slide a metal skewer or paring knife into the side of the thickest part of the fillet: If it slips in without resistance, it's ready. Or, press the thick part lightly with your finger. It's done if it gives and doesn't spring right back. Don't wait too long to check—fish often cooks faster than you think.

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SECRETS,
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TECHNIQUE

SCORING WHOLE FISH

➔ Making incisions through the skin and flesh (called scoring) takes the guesswork out of cooking whole fish.

Choose the right fish. Round fish—which have an eye on each side of the head, such as bass, snapper, and trout—are ideal.

Make deep cuts. Use a chef's knife to cut through the flesh at a 45-degree angle, down to the bone. Score $1\frac{1}{2}$ inches apart between the pectoral fin and tail.

Fill with flavor. Deep, angled pockets provide a wide area to stuff herbs and thoroughly season the flesh and the skin.

Cook to perfection. Scoring deep cuts lets heat circulate around the flesh for quick, even cooking. Check doneness inside the cut, at the thickest part of the fish. The flesh should be firm and opaque and separate easily from the bone.

WHOLE GRILLED FISH

Preheat grill to medium-high heat. Score 1 (2-pound) **whole striped bass**, gutted, scaled, and trimmed, on both sides; rub evenly with $1\frac{1}{2}$ tablespoons **olive oil**. Sprinkle skin and scored flesh with $\frac{1}{2}$ teaspoon **kosher salt** and $\frac{1}{4}$ teaspoon **black pepper**. Place 4 sprigs each of **thyme**, **rosemary**, and (if desired) **fresh lavender** into cavity. Tuck 3 **lemon slices**, 1 strip **lemon rind**, and 1 sprig of each herb into each scored slit. Grill 7 minutes on each side or until desired degree of doneness. (Or place fish on a baking pan, and roast at 425° for about 25 minutes.)

SERVES 2 (serving size: about 6 ounces)

CALORIES 265; **FAT** 14.3g (sat 2.3g, mono 8.5g, poly 2.4g); **PROTEIN** 30g; **CARB** 3g; **FIBER** 1g; **CHOL** 136mg; **IRON** 2mg; **SODIUM** 598mg; **CALC** 49mg

—Katie Barreira

Farmed-raised striped bass is a sustainable option. To learn more about smart fish choices, turn to page 134.



USE IT UP CHALLENGE

Corn Tortillas

We love corn tortillas for Mexican-inspired dishes like the Two-Cheese Veggie Nachos on page 48. But these sweet, tender rounds have loads of potential well beyond the taco.

1 CHEESY SAUSAGE ROLL-UPS
Preheat oven to 375°. Wrap 2 (6-inch) corn tortillas in slightly dampened paper towels; microwave at HIGH for 20 seconds. Coat warm tortillas on both sides with cooking spray; cut each into 5 strips. Divide 2 tablespoons reduced-fat shredded Mexican-blend cheese evenly among 8 of the strips (discard remaining 2 strips). Roll up 1 cocktail turkey sausage (such as Hillshire Farm Turkey Lit'l Smokies) in each strip. Place a thin jalapeño slice on top, and secure with a toothpick. Arrange roll-ups on a baking sheet; bake at 375° for 10 minutes or until golden.

SERVES 4 (serving size: 2 roll-ups)
CALORIES 46; FAT 2.4g (sat 1g); **SODIUM 218mg**

2 SOUTHWESTERN-STYLE MEATBALLS
Heat a nonstick skillet over medium heat. Add 1 tablespoon olive oil to pan. Add ½ cup diced onion and 2 teaspoons minced garlic to pan; cook 4 minutes. Stir in ½ cup very finely chopped corn tortilla and 1 tablespoon minced chipotle chile in adobo sauce; cook 3 minutes. Place mixture in a bowl. Stir in ½ cup chopped fresh cilantro, ½ teaspoon kosher salt, and 1 large egg. Stir in 12 ounces ground sirloin. Divide mixture into 12 balls. Return pan to heat. Add 1 tablespoon olive oil. Add meatballs; cook 6 minutes, turning occasionally. Cover; cook 4 minutes.

SERVES 4 (serving size: 3 meatballs)
CALORIES 197; FAT 11.9g (sat 2.8g); **SODIUM 350mg**

3 CRUNCHY RANCH FAUX-RITO STRIPS
Preheat broiler to high. Slice 4 (6-inch) corn tortillas into ⅛-inch-wide strips. Toss tortilla strips with 1 tablespoon canola oil and 1 teaspoon Southwest ranch dip mix. Arrange in a single layer on a baking sheet. Broil about 4 minutes or until browned and crisp, stirring every 1 minute. Remove from oven; toss with an additional 1 teaspoon dip mix.

SERVES 4 (serving size: 1 ounce strips)
CALORIES 48; FAT 3.7g (sat 0.3g); **SODIUM 198mg**

***STAFF FAVE**

4 MEXICAN HOT FUDGE SUNDAE BOWLS
Preheat oven to 375°. Wrap 4 (6-inch) corn tortillas in slightly dampened paper towels. Microwave at HIGH 40 seconds. Combine 1 tablespoon sugar and ¾ teaspoon ground cinnamon in a bowl. Coat tortillas with cooking spray; sprinkle 1 side of each tortilla with sugar mixture. Invert a 12-cup muffin pan; place tortillas, sugar side up, in the space between 4 muffin cups. Press gently to form a bowl. Bake at 375° for 20 minutes; cool in pan. Combine 2 ounces semisweet chocolate chips, 2 tablespoons whole milk, 1 tablespoon corn syrup, and 1½ teaspoons instant espresso granules in a metal or glass mixing bowl. Place bowl over a saucepan of simmering water, whisking until smooth. Spoon ½ cup dulce de leche low-fat frozen yogurt into each tortilla. Top with 1 tablespoon sauce; sprinkle evenly with ¼ teaspoon flake salt.

SERVES 4 (serving size: 1 sundae)
CALORIES 305; FAT 7.2g (sat 4.7g); **SODIUM 205mg**

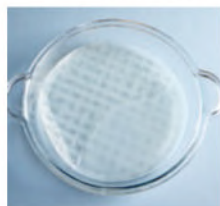
—Recipes by the CL Kitchen

HOW TO

WRAP SUMMER ROLLS

Rice paper wrappers are thin, translucent dried sheets typically made from rice flour and tapioca starch. They start out stiff and brittle, but a quick soak reveals their delightfully supple nature.

—Katie Barreira



1. Soften rice paper wrapper in warm water just until pliable.



2. Place filling, showcase ingredient first, about a third from top of wrapper. Fold top end over filling; fold in sides.



3. Roll up tightly, taking care not to tear the wrapper, to keep ingredients in place.

Shred corn tortillas in place of breadcrumbs, or oven-crisp for any number of uses, even dessert!



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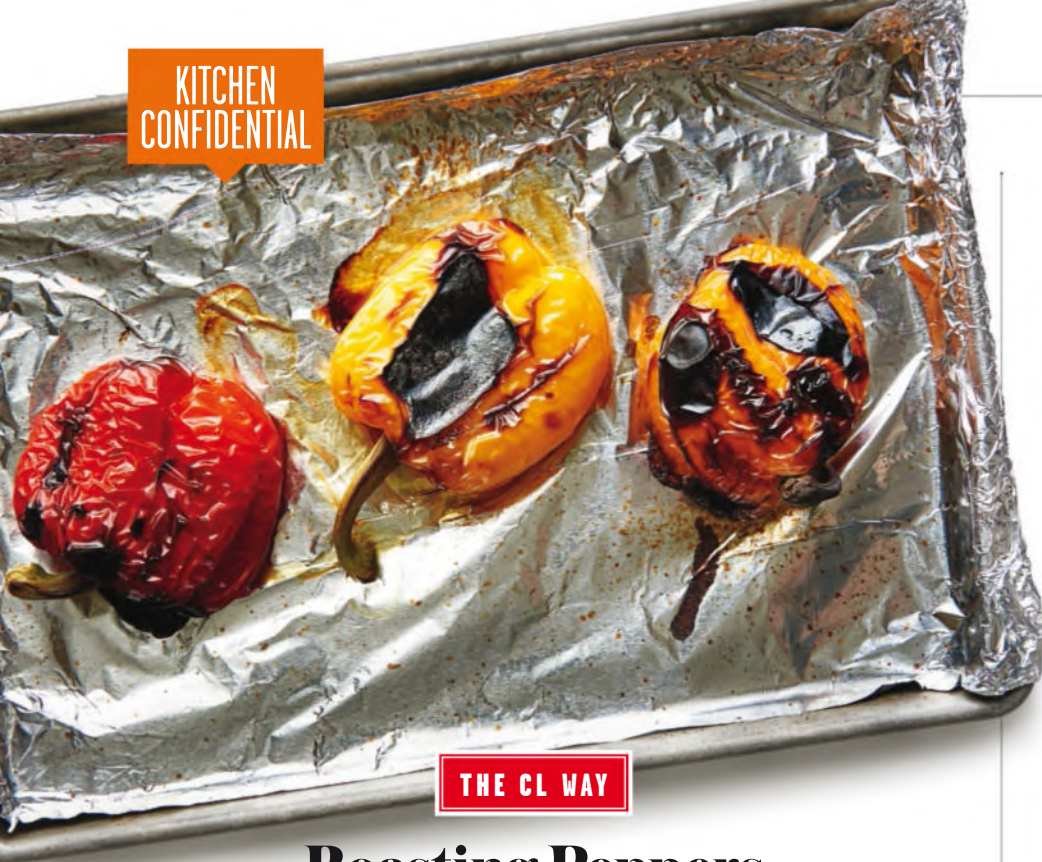
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THE CL WAY

Roasting Peppers

Cut down on dishes and mess when roasting and peeling peppers. We let a sheet of foil do all the work, as a pan liner, steaming vessel, and catchall for peels and seeds.

1. Line a baking sheet with foil.
2. Broil peppers about 4 inches from the flame to allow them to soften as the skins char.
3. Gather up foil to wrap loosely around peppers, and seal the edges to steam.
4. Working on the foil, peel and seed peppers. Transfer peppers to a clean plate, and discard foil, peel, and seeds.



I make simple syrup by shaking up $\frac{3}{4}$ cup sugar and 1 cup warm water in a jar until dissolved—no cooking or cooling required. Store in the fridge up to a week, and use for cocktails, sauces, and desserts. —K.B.

MARKET SMARTS

Lentils Primer

Protein- and fiber-rich lentils are among the world's oldest cultivated crops. Their earthy flavor stands up to strong seasonings and helps make them a mainstay of Mediterranean, Middle Eastern, and Indian cuisines.

With no soaking required and quick cooking time, lentils are one of the most convenient dried legumes.

—Robin Bashinsky



➤ **RED LENTILS** are slightly sweet split peas that cook in a flash. A staple of Indian cuisine, they are best for soups, purees, or dips.



➤ **GREEN LENTILS** have an earthy taste and firm texture. They're common in French-style cold salads and warm sides.



➤ **BROWN LENTILS** hold their shape when cooked in dishes like pilaf, yet mash nicely for veggie burgers and meat loaves.



➤ **YELLOW LENTILS** lend sweet, nutty flavor to Indian dishes like dal. The dried bean is also ground into flour for flatbread.



➤ **BLACK OR BELUGA LENTILS** glisten like caviar once cooked. Their subtle flavor pairs well with chicken or fish.

THE DISH

sites, bites & more!



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august recipe index

KEY

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

*Read labels carefully; gluten hides in unexpected places.

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WOW!
Watermelon
pizza
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STAFF RAVE

Our Highest-Rated Recipe from This Issue

GRILLED SHORT RIBS p. 106

"The pull-apart meat is offset by bits of delightfully charred, crispy crust. Grilled orange peel will change your life."

—HANNAH KLINGER
ASSOCIATE EDITOR

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WATERMELON PIZZA

Kick off your next cookout with this handheld take on watermelon salad.

GRILLED WATERMELON PIZZA

Hands-on: 20 min. Total: 20 min.

- 1 cup sliced red onion
- 3 tablespoons red wine vinegar
- 1 tablespoon sugar
- ¼ teaspoon kosher salt
- 2 teaspoons extra-virgin olive oil
- 1 (¾-inch-thick) slice seedless watermelon (from a 9-inch-diameter watermelon)
- 1 ounce creamy blue cheese, crumbled (about ¼ cup)
- 2 tablespoons coarsely chopped pecans, toasted
- 2 tablespoons small basil leaves

1. Heat a grill or grill pan to medium-high heat.
2. Combine onion, vinegar, sugar, and salt in a medium bowl; let

stand 15 minutes or until onion is softened, tossing occasionally. Combine 2 teaspoons brining liquid and 2 teaspoons olive oil, stirring with a whisk. Drain onion, and discard remaining liquid.

3. Brush olive oil mixture onto both sides of watermelon slice. Grill watermelon 3 to 4 minutes on each side, until well marked and juicy; place on a serving platter or cutting board. Top watermelon evenly with pickled onions, blue cheese, and pecans. Sprinkle with basil. Cut into 8 wedges.

SERVES 4 (serving size: 2 wedges)

CALORIES 130, **FAT** 7g (sat 19g, mono 3.6g, poly 1g),
PROTEIN 3g, **CARB** 15g, **FIBER** 1g, **CHOL** 5mg,
IRON 1mg, **SODIUM** 165mg, **CALC** 59mg

—Recipe by Cheryl Slocum



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