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SPECIAL DOUBLE ISSUE: 103 RECIPES!

# CookingLight

## Your Complete Guide to Holiday Sides



42 Pages  
of Classic and  
Next-Level  
Thanksgiving  
Recipes

p. 82

Double  
the  
Recipes!



Slow  
Cooker  
Soups

p. 148

How to  
Roast  
Everything

p. 162

Build a  
Better  
Cheese  
Board

p. 204

## FRESH FINDS

## Scottsdale's Dining Scene

Discover one of the most buzzed-about culinary capitals in the Southwest.



Sanctuary on Camelback Mountain Resort and Spa

Striking that perfect balance of natural splendor and the sweet life, Scottsdale is perhaps best known for its luxury resorts, rejuvenating spas, and myriad outdoor activities. But this cool desert city has also earned its culinary chops with an impressive roster of celebrity chefs and innovative restaurant concepts—not to mention some of the tastiest tacos around.

**OUTDOOR DINING**

Near the diverse hiking trails of the McDowell Sonoran Preserve, which winds through lush cacti

forests and rugged rock formations, **The Vig McDowell Mountain** is a local pick for outdoor meals. The menu features creative salads like an avocado cobb or sunny kale and quinoa, as well as burgers and other fresh bites.

**FARM FRESH CUISINE**

There's corn growing on the roof and squash on the patio of Old Town's **Second Story Liquor Bar**, a chef-driven eatery and cocktail lounge, where the menu is inspired by sustainable agriculture and botany.

For another elevated spin on farm-fresh American cuisine, head to **elements** at Sanctuary on Camelback Mountain Resort and Spa.

**SAVORY FLAVORS**

From legit street tacos to serious tequila bars, top-notch Latin American cuisine is a mainstay of the local dining scene. Channeling a full showcase of distinctive Central and South American flavors, **Toro Latin Restaurant & Rum Bar** offers unfiltered views of the 18th hole at TPC Scottsdale's Stadium course.



The House Brasserie

SUNSET SPECIALS

Relax and enjoy the onset of evening at these popular restaurants:

**DESERT VIEWS****El Chorro**

Take in the 360-degree panorama of Paradise Valley at this sophisticated eatery surrounded by cacti at the base of Camelback and Mummy mountains. **Local tip:** Be sure to try the legendary sticky buns.

**PERFECT PATIO****The House Brasserie**

Choose a shady seat under the patio's pine tree, which was planted in 1943, and enjoy the old-school elegance of this charming eatery in Old Town. **Local tip:** Try the citrus-brined Jidori chicken.

For more on Scottsdale's dining scene, visit [absolutelyscottsdale.com](http://absolutelyscottsdale.com).

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# Contents

## 11.18

82

### The Ultimate Guide to Thanksgiving Sides

Whether you're looking for classic or contemporary, here's our definitive guide to all the Turkey Day sides, from stuffing to salad.

126

### Reinvent Your Thanksgiving Leftovers

Extra celery hanging out in your fridge post-holiday? These recipes help make the most of leftover ingredients.

134

### Beautifully Bitter

Showcase the complex yet underappreciated flavor of bitterness; these six recipes will show you how.

148

### Super Simple Soups

On busy fall nights, leave the heavy lifting to your slow cooker or Instant Pot. In no time you'll be cozying up with these easy, hearty soups and stews.



154

### Don't Eat This, and Definitely Don't Eat That

Editor Tim Cebula tells of being a "professional eater" with digestive diseases.

162

### How to Roast Everything

Master the method guaranteed to bring out the best in your food—from turkey and rib roast to beets and cabbage.

182

### Moroccan Vegetable Cooking

Blogger and cookbook author Nargisse Benkabbou shares her favorite plant-based comfort foods in this introduction to her native cuisine.

192

### Pies of Many Sizes

Stun holiday guests with these four updates on classic seasonal desserts, like this tangy, sweet, and gently spiced Pear and Goat Cheese Pie (recipe p. 198).

6  
**Editor's Note**

206  
**Recipe Index**

15



## Dinner Tonight

Take a spin around the globe with these 29 recipes to give you a break from all that holiday fare, like this spicy, creamy Roasted Carrot and Coconut Soup (p. 28), which comes together fast with the help of precooked lentils.

9  
**What's Fresh Now**

Update your Thanksgiving with the help of Bluetooth thermometers, boozy cider punch, and a sweet new hybrid veggie.

51  
**Nutrition Made Easy**

What's the difference between food allergies and intolerances? We break them down for you and offer tips for dealing with both.

57



## Ask the Experts

Our experts make healthier pumpkin bread and big-batch dumpling soup and share techniques for the perfect stock and steamed fish. Plus, chef Yotam Ottolenghi shares cooking tips for busy weeknights.

71



## Well Balanced

Decompress during the holidays with products that pamper, and spend some quality time alone—or with a furry friend.

201



## Cooking Class

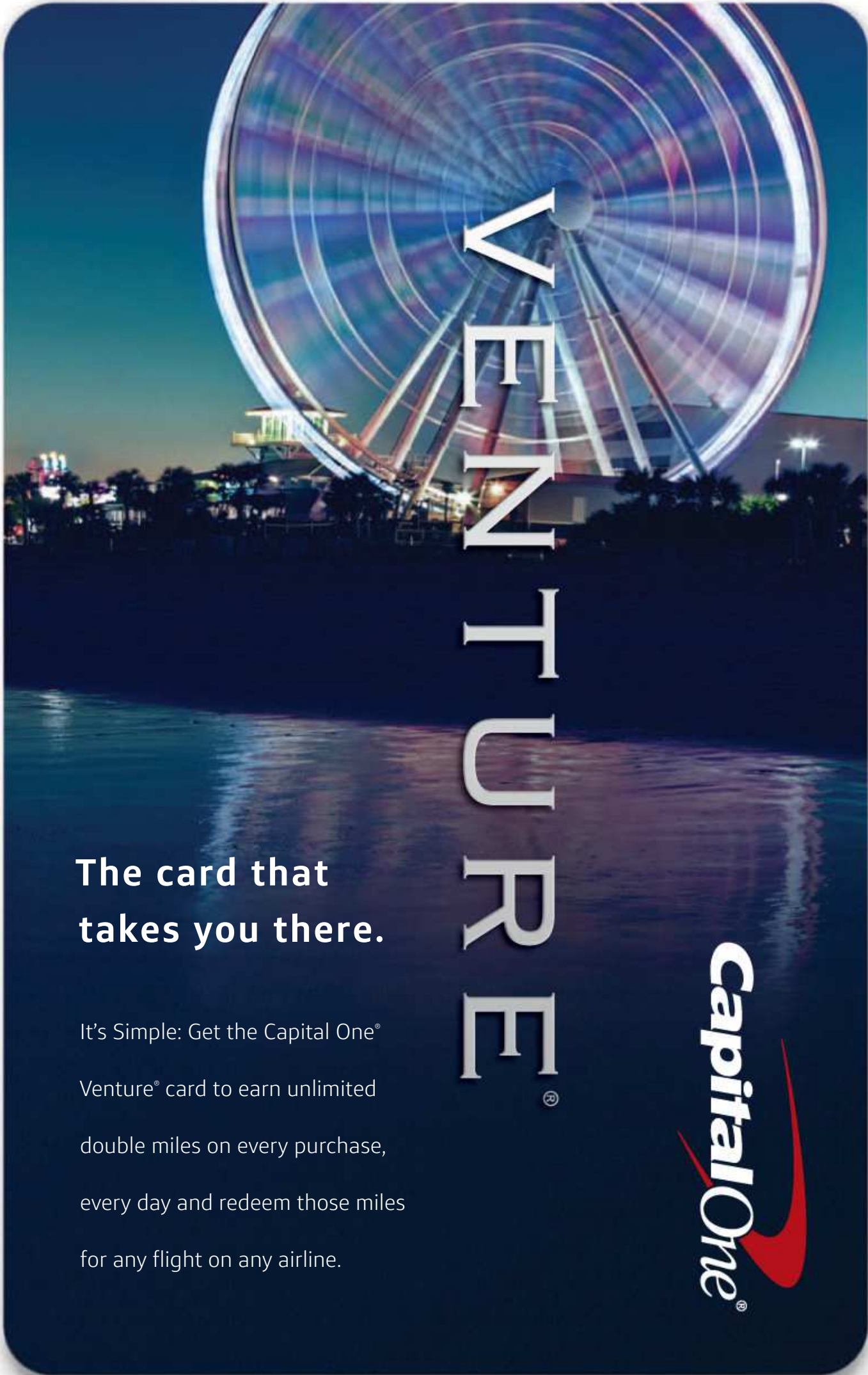
We share why good stock is the secret to perfect gravy and the formula for building the perfect cheese board.

208



## Good Food Fast

When you're traveling for the holidays, our healthy breakfast, lunch, snack, and dinner picks will fill you up without slowing you down.



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**W**e food-media types keep strange calendars. While many of you were out of the office sipping margaritas, we were testing turkey recipes when the summer sun shone brightest. And maybe that's appropriate, given that the bird is the sun of the Thanksgiving solar system. An entire day—heck, several days—revolves around coddling and embellishing a relatively flavorless oblong creature and precisely timing what pies and sides can be baked, stewed, or made ahead to accommodate it. Our editors have more than 200 years of collective Thanksgiving wisdom under their belts, which translates to a whole lot of expert advice and a whole lot of turkey—braised; spice-rubbed; stuffed; confited; deep-fried; stewed; and, one of my favorite methods, a cumin-spiced, grilled, spatchcocked number redolent of wood smoke and bedecked with crispy skin. I grill it to free up oven room for the sides, which, if we're all being honest, are the best part of the feast. That's why we serve up 42 pages of them in "The Ultimate Guide to Thanksgiving Sides," one of many features you'll find useful in this special double holiday issue. Happy Thanksgiving, dear readers.

Hunter Lewis  
hunter@cookinglight.com  
@notesfromacook

At My Table

## Grill-Smoked Turkey

**Active:** 30 min.

**Total:** 10 hr. 30 min.

**2 tsp. kosher salt**

**2 tsp. ground cumin**

**1 tsp. dried sage**

**½ tsp. crushed red pepper**

**2 tsp. lemon zest**

**1 (12-lb.) turkey, backbone removed, breastbone flattened**

**1 Tbsp. olive oil**

**1 cup applewood chips, soaked in water 30 minutes**

**1.** Combine salt, cumin, sage, red pepper, and lemon zest in a bowl. Rub turkey skin with oil; season skin and cavity with salt mixture. Place turkey, skin side up, on a rack set in a rimmed baking sheet. Refrigerate uncovered overnight to season it and air-dry skin.

**2.** Preheat grill to medium-high (400°F to 450°F). (If using charcoal grill or clay oven like a Big Green Egg, let charcoal burn down to glowing embers). Place turkey, skin side down, on oiled grates, and grill, covered, until skin is light golden, about 30 minutes. Put wood chips in aluminum foil to make a loose packet; place directly on heating element. (Throw wood chips directly on coals, if using.) Reduce heat to low (maintain grill temperature of 300°F to 350°F). Cover and grill until a thermometer inserted into thickest part of thigh registers 165°F, about 1 more hour. Let rest 20 minutes before serving.

**SERVES 14** (serving size: about 5 oz. turkey with skin) **Calories** 371; **Fat** 13g (sat 4g, unsat 8g); **Protein** 59g; **Carb** 0g; **Fiber** 0g; **Sugars** 0g; **Sodium** 413mg; **Calc** 5% DV; **Potassium** 11% DV



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# What's Fresh Now

## Thanksgiving, Simplified

PHOTOGRAPHY: KELSEY HANSEN; FOOD STYLING: RISHON HANNERS; PROP STYLING: SARAH ELIZABETH CLEVELAND



### BIG-BATCH PUNCH

Guests can serve themselves this simple, make-ahead, bourbon-laced fresh cider sipper while you finish cooking the feast.

### The Help You Need This Holiday

These goodies make the year's biggest cooking day easier: Turkey roasting becomes foolproof with a Bluetooth thermometer, quality slicers help you carve like a pro, a light wine keeps cooks happy, and a new hybrid veggie adds flair to side dishes.

### Serve This

## Cider-Bourbon-Honey Punch

**Active:** 10 min.

**Total:** 3 hr. 30 min.

Make this cocktail the morning of—or the night before—the feast, then let guests ladle out cups as they arrive. We like to keep the punch chilled using an ice ring with lemon and apple slices frozen inside.

**5½ cups apple cider**

**4 cinnamon sticks, plus more for garnish (optional)**

**½ tsp. ground nutmeg**

**2 large Honeycrisp apples, 1 cut into wedges and 1 thinly sliced, divided**

**¾ cup wildflower honey**

**3⅞ cups (25 oz.) bourbon**

**1 cup fresh lemon juice (from about 6 lemons)**

**3 cups seltzer water**

**1.** Place apple cider, cinnamon sticks, nutmeg, and apple wedges in a medium saucepan, and bring to a boil over medium-high. Remove from heat, and let stand, uncovered, 20 minutes. Pour cider mixture into a large bowl, and whisk in honey until dissolved. Cover and refrigerate at least 3 hours and up to overnight.

**2.** Strain cider mixture into a punch bowl; discard solids. Stir in bourbon and lemon juice. To serve, stir in seltzer and apple slices. Garnish with cinnamon sticks, if desired.

**SERVES 20** (serving size: ¾ cup) **Calories** 160; **Fat** 0g; **Protein** 0g; **Carb** 21g; **Fiber** 0g; **Sugars** 11g (added sugars 10g); **Sodium** 1mg; **Calc** 0% DV; **Potassium** 0% DV



### Try This

## Fioretto Cauliflower

This new hybrid veggie cooks in a flash—a boon for harried holiday chefs—with familiar flavor that easily fits into traditional Thanksgiving menus.

### + Know

Fioretto is a non-GMO brassica plant that is a hybrid of broccoli and cauliflower. Its tiny florets sit atop thin, pale green stems.

### + Taste

Much more delicate than standard cauliflower, the flavor is mildly grassy and faintly sweet. The raw florets are crisp-tender and make great vehicles for creamy dips.

### + Cook

Sauté or stir-fry over high heat for a minute or two to add a touch of golden caramelization. Season simply with salt and pepper or a little curry powder. Or shake up your traditional broccoli casserole and use this instead.

### + Buy

Fioretto is sold at some specialty grocers and online at Melissa's. (\$20/3 [10-oz.] packages, melissas.com)



### Drink This

Thanksgiving cooks need to stay focused and be social with guests. Sipping Vinho Verde while you cook helps you walk that line. A low-alcohol (9% vs. 13%–14% in Pinot Noir) Portuguese white wine lively with faint bubbles and crisp acidity, Broadbent refreshes and gets you into the celebratory spirit as you put finishing touches on the meal. (\$7, empirewine.com)



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## Carvers We Covet

Gift registry-style carving knives look spiffy, but their dull blades make you saw furiously, mangling the turkey and squeezing out precious juice. But high-quality, razor-sharp slicers make carving effortless and yield Instagram-worthy turkey slices. We like these three: The Western-style Wüsthof Classic Ikon ① features an easy-to-wield 8-inch blade (\$160, amazon.com). The Shun Classic Hollow-Ground Slicer ② with swirled Damascus steel is handsome and glides through meat (\$150, williams-sonoma.com), and the Dexter Russell Sashimi Knife ③ sports a precise foot-long blade at a tasty price (\$56, dextrussellcutlery.com).

### Gear Up



## Stay Sharp

If your kitchen knives are anything like ours, they're probably overdue for a sharpening. With these tools, it's quick and easy to make them like new again.

### **Chef'sChoice Trizor XV**

A three-stage machine that sharpens both straight and serrated blades in a minute flat; resharpening takes about 15 seconds. A smart investment for maintaining expensive, high-quality knives. (\$210, amazon.com)

### **KitchenIQ Edge Grip Sharpener**

The 50009 Edge Grip sets up on the end of a table or counter so you can manually run blades through two sharpening stages (coarse and fine). Although it's not a powered sharpener, just a few pulls through each slot does the trick. Portable and easy to store at only 5 inches long, it comes in black, red, and green. (\$6, amazon.com)



### Buy This

A good thermometer takes guesswork out of turkey roasting. The Meater wireless thermometer goes beyond good—it's great. The probe (complete with stylish wood-block charger) sends info to your smartphone to monitor turkey temp as it roasts, estimates remaining time, and alerts you when it's done. (\$69, meater.com)

A TASTY MESSAGE FROM EUROPE

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Chef José Andrés

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# Dinner Tonight

With a grand Thanksgiving feast on the way, treat yourself to outside-the-box recipes and global flavors to spice up your dinners for the other 29 days of the month.

PHOTOGRAPHY: CAITLIN BENSEL; FOOD STYLING: EMILY NABORS HALL; PROP STYLING: KATHLEEN VARNER



**STEAK NIGHT  
UPGRADE**

Perk up any cut of beef with a quick rub of ground coffee and black pepper.

◆ STAFF FAVE

### Coffee-Rubbed Steak with Brussels Sprouts Salad

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

- 1 Tbsp. ground coffee beans
- $\frac{3}{4}$  tsp. kosher salt, divided
- $\frac{3}{4}$  tsp. black pepper, divided
- 1 lb. hanger steak
- $\frac{1}{4}$  cup olive oil, divided
- 1 Tbsp. apple cider vinegar
- 2 tsp. Dijon mustard
- 1 tsp. honey
- 3 cups shredded Brussels sprouts
- $\frac{1}{3}$  cup chopped toasted pecans
- 1 oz. blue cheese, crumbled (about  $\frac{1}{4}$  cup)

1. Heat a large cast-iron skillet over medium-high. Stir together coffee,  $\frac{5}{8}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper in a small bowl. Sprinkle mixture evenly over steak, pressing gently to adhere. Add 1 tablespoon oil to skillet. Add steak; cook, without moving, until bottom forms a crust, about 3 minutes. Turn steak over; cook until a thermometer inserted in thickest portion registers 120°F, 6 to 7 minutes. Remove from skillet; set aside.

2. Whisk together vinegar, mustard, honey, remaining 3 tablespoons olive oil, remaining  $\frac{1}{4}$  teaspoon pepper, and remaining  $\frac{1}{8}$  teaspoon salt in a large bowl. Add Brussels sprouts, pecans, and blue cheese; toss to coat.

3. Slice steak against the grain. Serve with Brussels sprouts salad.

**SERVES 4** (serving size: about 3 oz. steak and  $\frac{3}{4}$  cup salad) **Calories** 427; **Fat** 31g (sat 7g, unsat 21g); **Protein** 29g; **Carb** 9g; **Fiber** 4g; **Sugars** 3g (added sugars 1g); **Sodium** 593mg; **Calc** 8% DV; **Potassium** 7% DV



### Lemony Greek Chicken Soup

To ensure this comforting soup's velvety texture, whisk a little of the hot broth into the eggs before adding them to the pot; it cooks them gently and prevents curdling.

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

- 1 Tbsp. olive oil
- $\frac{3}{4}$  cup cubed carrot
- $\frac{1}{2}$  cup chopped yellow onion
- 2 tsp. minced fresh garlic
- $\frac{3}{4}$  tsp. crushed red pepper
- 6 cups unsalted chicken stock
- $\frac{1}{2}$  cup uncooked whole-wheat orzo
- 3 large eggs
- $\frac{1}{4}$  cup fresh lemon juice
- 3 cups shredded rotisserie chicken
- 3 cups chopped baby spinach
- $1\frac{1}{4}$  tsp. kosher salt
- $\frac{1}{2}$  tsp. black pepper
- 3 Tbsp. chopped fresh dill

1. Heat oil in a Dutch oven over medium-high. Add carrot and onion; cook, stirring often, until vegetables are softened, 3 to 4 minutes. Add garlic and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute.

2. Add stock to Dutch oven; increase heat to high, and bring stock to a boil. Add orzo, and cook, uncovered, until orzo is al dente, about 6 minutes.

3. Meanwhile, whisk together eggs and lemon juice in a medium bowl until frothy. Once orzo has cooked 6 minutes, carefully remove 1 cup boiling stock from Dutch oven. Gradually add hot stock to egg-lemon juice mixture, whisking constantly to temper the eggs, about 1 minute. Pour egg mixture back into Dutch oven, and stir to combine.

4. Reduce heat to medium-low; stir in chicken, spinach, salt, and pepper. Cook, stirring constantly, until spinach wilts, about 1 minute. Divide soup among 6 bowls; sprinkle servings evenly with dill.

**SERVES 6** (serving size:  $1\frac{1}{4}$  cups) **Calories** 261; **Fat** 8g (sat 2g, unsat 4g); **Protein** 32g; **Carb** 16g; **Fiber** 3g; **Sugars** 3g (added sugars 0g); **Sodium** 641mg; **Calc** 5% DV; **Potassium** 8% DV



# nly

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## Sheet Pan Shrimp Fajitas

This easy dinner comes together in less time than it takes to wait for a table at your favorite Mexican restaurant. Mild poblano chiles and bell peppers get a nice char under the broiler and deliver more than double a day's worth of immunity-boosting vitamin C.

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

- 1¼ lb. peeled and deveined raw large shrimp**
- 1 red bell pepper, sliced**
- 1 orange bell pepper, sliced**
- 1 cup sliced poblano chile**
- 1 cup sliced red onion**
- 3 Tbsp. olive oil**
- 1 Tbsp. chili powder**
- 1 tsp. ground cumin**
- ¾ tsp. kosher salt, divided**
- ½ tsp. ground coriander**
- ¾ cup reduced-fat sour cream**
- 1 Tbsp. chopped fresh cilantro**
- 1 Tbsp. finely chopped seeded jalapeño**
- ¼ tsp. lime zest plus 1 Tbsp. fresh lime juice**
- 1 small garlic clove, grated**
- 8 (6-inch) corn or flour tortillas**
- ¼ cup packed fresh cilantro leaves**
- 2 limes, cut into wedges**

**1.** Place oven racks in center and upper third positions of oven. Preheat oven to 400°F. Toss together shrimp, bell peppers, poblano, onion, oil, chili powder, cumin, ⅝ teaspoon salt, and coriander on a baking sheet lined with aluminum foil. Place on middle rack of oven; roast until shrimp are cooked through, 9 to 10 minutes. Transfer shrimp to a plate, reserving remaining vegetable mixture on baking sheet. Cover shrimp with foil to keep warm.

**2.** Turn broiler to high. Broil vegetables on upper oven rack until slightly charred, 3 to 4 minutes, and set aside. Stir together sour cream, chopped cilantro, jalapeño, lime zest and juice, garlic, and remaining ¼ teaspoon salt in a bowl.

**3.** Spoon shrimp and vegetables evenly onto warm tortillas; top with sour cream mixture. Sprinkle with cilantro leaves; serve with lime wedges.

**SERVES 4** (serving size: 2 fajitas) **Calories** 446; **Fat** 20g (sat 5g, unsat 13g); **Protein** 26g; **Carb** 45g; **Fiber** 7g; **Sugars** 10g (added sugars 0g); **Sodium** 676mg; **Calc** 21% DV; **Potassium** 11% DV



PHOTOGRAPHY: KELSEY HANSEN; FOOD STYLING: EMILY NABORS HALL; PROP STYLING: CINDY BARR

## Balsamic Chicken with Oranges and Radicchio

Antioxidants called anthocyanins give radicchio its bold hue; research shows these compounds can help improve gut health. Grilled oranges help balance radicchio's bitterness. Learn more techniques for cooking with bitter foods on page 134.

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

- 1 cup fresh orange juice
- $\frac{3}{4}$  cup balsamic vinegar, divided
- 3 Tbsp. pure maple syrup
- 3 Tbsp. olive oil, divided
- 4 (6-oz.) boneless, skinless chicken breasts
- 1 tsp. kosher salt, divided
- 1 tsp. black pepper, divided
- 2 small (7-oz.) heads radicchio, quartered lengthwise
- 2 navel oranges, unpeeled and quartered lengthwise
- $\frac{1}{2}$  oz. pecorino Romano cheese, shaved (about  $\frac{1}{4}$  cup)
- 3 Tbsp. chopped walnuts
- 1 Tbsp. unsalted butter

1. Whisk together orange juice,  $\frac{1}{2}$  cup balsamic vinegar, and maple syrup in a bowl. Set aside.

2. Heat 1 tablespoon oil in a large skillet over medium-high. Season chicken with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Add to skillet; cook until browned, about 5 minutes. Turn chicken over; pour balsamic mixture into skillet. Cook, turning chicken every few minutes, until a thermometer inserted in the thickest portion registers 165°F, about 12 minutes.

3. While chicken cooks, heat a grill pan over high. Drizzle 1 tablespoon oil over radicchio. Place on hot grill pan; cook until charred on all sides, turning occasionally, about 3 minutes. Transfer to a cutting board; let cool 3 minutes. Place oranges

on grill pan; cook until charred, about 3 minutes. Transfer to a platter. Roughly chop radicchio; add to oranges. Add cheese, walnuts, remaining 1 tablespoon oil, remaining  $\frac{1}{2}$  teaspoon salt, and remaining  $\frac{1}{2}$  teaspoon pepper; toss to coat.

4. Remove cooked chicken from balsamic mixture in skillet; arrange on salad. Continue cooking balsamic mixture, stirring often, until reduced to  $\frac{1}{4}$  cup. Whisk in remaining  $\frac{1}{4}$  cup balsamic vinegar. Remove from heat; whisk in butter. Drizzle over chicken and salad.

**SERVES 4** (serving size: 1 chicken breast, 1 cup salad, and 2 Tbsp. sauce) **Calories** 542; **Fat** 23g (sat 6g, unsat 16g); **Protein** 43g; **Carb** 39g; **Fiber** 3g; **Sugars** 28g (added sugars 9g); **Sodium** 663mg; **Calc** 13% DV; **Potassium** 26% DV



## Pomegranate-Glazed Chicken

Sweet and tangy pomegranate juice gives the chicken a gorgeous garnet-hued glaze; flip the page for three tasty ways to use up any leftover juice. Dress up the quinoa pilaf by adding a sprinkle of crumbled feta cheese for a pop of salty flavor.

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

- 1 cup refrigerated pomegranate juice
- 1 Tbsp. light brown sugar
- 2 Tbsp. water
- 1 tsp. cornstarch
- 1 Tbsp. grainy mustard
- 1 Tbsp. unsalted butter
- 4 (4-oz.) boneless, skinless chicken thighs
- 1 tsp. kosher salt, divided
- 1 tsp. black pepper, divided
- 2 Tbsp. olive oil, divided
- 3 cups cooked quinoa
- ¼ cup unsalted roasted pistachios
- ¼ cup pomegranate arils
- 1 Tbsp. chopped fresh mint
- Fresh mint leaves

**1.** Bring pomegranate juice and sugar to a boil in a small saucepan over high, and cook, whisking occasionally, until reduced by half, about 16 minutes. Whisk together 2 tablespoons water and cornstarch in a small bowl; add to pomegranate mixture. Boil, whisking constantly, until thickened, about 1 minute. Remove from heat; whisk in mustard and butter until smooth.

**2.** Meanwhile, heat a grill pan over medium-high. Season chicken with ¾ teaspoon salt and ¾ teaspoon pepper. Brush 1 tablespoon oil on pan. Cook chicken until browned, about 6 minutes. Turn and cook until a thermometer inserted in thickest portion registers 165°F, about 6 minutes, turning if necessary to prevent burning. Remove from pan; cover to keep warm.

**3.** Place quinoa, pistachios, pomegranate arils, chopped mint, remaining 1 tablespoon oil, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a large bowl; stir until combined. Divide quinoa mixture and chicken among 4 plates. Spoon 2 tablespoons pomegranate sauce over each serving; garnish with mint leaves.

**SERVES 4** (serving size: 1 thigh, ⅔ cup quinoa, and 2 Tbsp. sauce) **Calories** 496; **Fat** 21g (sat 5g, unsat 14g); **Protein** 30g; **Carb** 48g; **Fiber** 5g; **Sugars** 14g (added sugars 3g); **Sodium** 656mg; **Calc** 6% DV; **Potassium** 13% DV



## PB&J SMOOTHIES

*These two-toned smoothies are incredibly filling thanks to substantial servings of protein and fiber.*

**1.** Combine  $1\frac{1}{2}$  **frozen bananas**, 2 pitted **Medjool dates**, 2 Tbsp. **peanut butter**, 2 tsp. **honey**,  $\frac{1}{2}$  cup **2% reduced-fat milk**, and 1 cup **plain 2% reduced-fat Greek yogurt** in a blender. Process until smooth; divide between 2 glasses, reserving  $\frac{1}{2}$  cup mixture in blender. Add  $1\frac{1}{2}$  cups **frozen raspberries**,  $\frac{2}{3}$  cup **pomegranate juice**, and 2 tsp. **honey** to blender; process until smooth. Pour over peanut butter mixture in glasses. Top with **frozen raspberries**.

**SERVES 2** (serving size: about 2 cups) **Calories** 435; **Fat** 12g (sat 4g, unsat 7g); **Protein** 18g; **Carb** 72g; **Fiber** 8g; **Sugars** 52g (added sugars 12g); **Sodium** 75mg; **Calc** 22% DV; **Potassium** 14% DV

## POMEGRANATE-POACHED PEARS

*Mixing low-fat Greek yogurt with crème fraîche yields a decadent-tasting topping with less saturated fat.*

**1.** Peel, halve, and core three firm **pears**. Melt 1 Tbsp. **unsalted butter** in a medium skillet over medium-high. Add pears, cut sides down; cook until browned, about 5 minutes. Add 1 cup **Pinot Noir**, 1 cup **pomegranate juice**,  $\frac{1}{4}$  cup **maple syrup**, 1 Tbsp. **vanilla extract**, and 1 **cinnamon stick**. Cover and simmer until tender, about 15 minutes. Let cool slightly. Stir together  $\frac{1}{2}$  cup **plain 2% reduced-fat Greek yogurt**, 3 Tbsp. **crème fraîche**, and 1 tsp. **maple syrup** in a small bowl. Spoon over pears; garnish with 2 tsp. **lemon zest**.

**SERVES 4** (serving size: 1 pear half and  $1\frac{1}{2}$  Tbsp. yogurt mixture) **Calories** 210; **Fat** 8g (sat 5g, unsat 2g); **Protein** 4g; **Carb** 30g; **Fiber** 5g; **Sugars** 20g (added sugars 4g); **Sodium** 22mg; **Calc** 8% DV; **Potassium** 4% DV



## GLAZED BRUSSELS SPROUTS

*Tangy white balsamic vinegar teams up with pomegranate juice to rev up this twist on the classic Thanksgiving side dish.*

**1.** Heat 3 Tbsp. **olive oil**,  $\frac{1}{4}$  tsp. **ground cardamom**, and  $\frac{1}{8}$  tsp. **crushed red pepper** in a large skillet over medium-high. Add 1 lb. trimmed and halved **Brussels sprouts**, cut sides down. Cook until browned, about 7 minutes. Add  $\frac{1}{4}$  cup **pomegranate juice** and 3 Tbsp. **white balsamic vinegar**. Cook, tossing often, until sauce is syrupy, another 5 to 6 minutes. Top evenly with 1 oz. crumbled **feta cheese** (about  $\frac{1}{4}$  cup) and 3 Tbsp. chopped **toasted pecans**.

**SERVES 4** (serving size:  $\frac{3}{4}$  cup) **Calories** 208; **Fat** 16g (sat 3g, unsat 12g); **Protein** 6g; **Carb** 14g; **Fiber** 5g; **Sugars** 5g (added sugars 0g); **Sodium** 116mg; **Calc** 10% DV; **Potassium** 10% DV

# 3

## Ways to Use Pomegranate Juice

Packed with polyphenols (aka antioxidant powerhouses), pomegranate juice has been shown to help tame inflammation throughout the body. It brings a touch of tartness and a pop of color to any recipe.





### SPICY PARSLEY-CILANTRO SAUCE

A blender is the best tool for achieving the smooth texture of this sauce. To dial down the spiciness, remove the seeds from the chiles before blending. Serve over grilled or roasted chicken, pork, beef, or lamb, or spoon it on eggs.

Place 1 cup packed **fresh cilantro leaves**,  $\frac{1}{4}$  cup packed **fresh cilantro stems**,  $\frac{1}{4}$  cup packed **fresh flat-leaf parsley leaves**,  $\frac{1}{4}$  cup sliced unseeded **serrano chiles**, 1 Tbsp. **fresh lemon juice**, 1 **garlic clove**,  $\frac{3}{4}$  tsp. **kosher salt**,  $\frac{1}{4}$  tsp. **ground cumin**,  $\frac{1}{8}$  tsp. **ground coriander**, and  $\frac{1}{8}$  tsp. **ground cardamom** in a blender. Pulse until finely chopped, about 7 times. With blender running, gradually add  $\frac{2}{3}$  cup **canola oil** until smooth. Serve immediately.

**SERVES 12** (serving size: 1 Tbsp.) **Calories** 112; **Fat** 12g (sat 1g, unsat 11g); **Protein** 0g; **Carb** 0g; **Fiber** 0g; **Sugars** 0g; **Sodium** 122mg; **Calc** 0% DV; **Potassium** 0% DV



### MANGO-COCONUT CHUTNEY

This condiment is a great way to use up mango that's gotten a little too ripe. Delicious in curries and vinaigrettes, it's also a stunning addition to a cheese board; see "Cooking Class" (p. 204) to learn how to pull one together for the holidays.

Heat 1 tsp. **coconut oil** in a skillet over medium. Add  $\frac{1}{2}$  cup chopped **onion**; cook 4 minutes. Add  $1\frac{1}{2}$  cups chopped **mango**, 2 Tbsp. **brown sugar**, 2 Tbsp. **apple cider vinegar**, 2 tsp. minced **garlic**, 2 tsp. minced **ginger**, 1 tsp. **curry powder**, 1 tsp. **honey**, and  $\frac{1}{4}$  tsp. **mustard seeds**; cook 15 minutes. Transfer to a food processor; add 2 Tbsp. **water**, 1 Tbsp. **unsweetened shredded coconut**, and  $\frac{3}{8}$  tsp. **kosher salt**. Pulse until combined. Stir in  $\frac{1}{8}$  tsp. **crushed red pepper**.

**SERVES 12** (serving size: 4 tsp.) **Calories** 35; **Fat** 1g (sat 1g, unsat 0g); **Protein** 0g; **Carb** 7g; **Fiber** 1g; **Sugars** 6g (added sugars 3g); **Sodium** 62mg; **Calc** 0% DV; **Potassium** 1% DV



### CREAMY FETA SAUCE

If you're a fan of Greek tzatziki, you'll love this version that gets nice briny flavor from feta cheese. Fresh mint rounds out the flavors and softens the garlic. Try it on lamb, chicken, or salmon.

Smash 1 **garlic clove** on a cutting board with the broad side of a chef's knife. Sprinkle with  $\frac{1}{8}$  tsp. **kosher salt**; rub salt into garlic with the knife, forming a paste. Transfer garlic to a small bowl; add 1 cup **plain whole-milk Greek yogurt**, 1 oz. crumbled **feta cheese** (about  $\frac{1}{4}$  cup), 4 tsp. chopped **fresh mint**, 4 tsp. **fresh lemon juice**, 1 Tbsp. chopped **fresh dill**, 1 Tbsp. **water**, and  $\frac{3}{8}$  tsp. **kosher salt**. Stir to combine.

**SERVES 12** (serving size:  $1\frac{1}{2}$  Tbsp.) **Calories** 25; **Fat** 1g (sat 1g, unsat 0g); **Protein** 2g; **Carb** 1g; **Fiber** 0g; **Sugars** 1g (added sugars 0g); **Sodium** 108mg; **Calc** 3% DV; **Potassium** 0% DV



### HOMEMADE HOISIN

This easy make-at-home sauce is great with roasted salmon, riced cauliflower, or a veggie stir-fry. Substitute low-sodium soy sauce for the tamari, if you prefer.

Whisk together 1 Tbsp. **dark brown sugar**, 1 Tbsp. **tamari**, 1 Tbsp. **natural creamy peanut butter**,  $3\frac{1}{2}$  tsp. **rice vinegar**,  $2\frac{1}{2}$  tsp. **white miso**, 1 tsp. **Sriracha chili sauce**, 1 tsp. **toasted sesame oil**, 1 tsp. **honey**, and  $\frac{1}{4}$  tsp. **five-spice powder** in a small bowl. Serve immediately, or store in an airtight container in the refrigerator up to 3 weeks.

**SERVES 12** (serving size: 1 tsp.) **Calories** 21; **Fat** 1g (sat 0g, unsat 1g); **Protein** 1g; **Carb** 2g; **Fiber** 0g; **Sugars** 2g (added sugars 1g); **Sodium** 141mg; **Calc** 0% DV; **Potassium** 0% DV

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## Smoky Mushroom and Barley Salad with Poblano

If barley isn't a pantry staple for you, this Mexican-spiced mushroom dish will change that. For this fast-fix recipe, be sure to pick up pearl barley; it cooks in almost half the time of regular barley.

### ▼ PROTEIN BOOST

To bulk up this main dish with more protein, top it with rotisserie chicken or leftover shrimp from the sheet pan fajitas on page 18.

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

- 1¼ cups pearl barley
- 2 Tbsp. olive oil
- 3 cups chopped fresh cremini mushrooms
- 3 cups sliced fresh shiitake mushroom caps
- ½ tsp. ground cumin
- 1 tsp. kosher salt
- 4 garlic cloves, minced
- 1 shallot, thinly sliced
- 1 small poblano chile, seeded and thinly sliced
- ½ cup unsalted vegetable stock
- ⅓ cup reduced-fat sour cream
- 1 Tbsp. fresh lime juice
- ¼ cup thinly sliced scallions
- ¼ tsp. paprika (optional)

1. Prepare barley according to package directions; drain.

2. Heat oil in a large nonstick skillet over medium-high. Add mushrooms; cook, stirring often, until browned, 7 to 8 minutes. Add cumin; cook, stirring constantly, 1 minute. Add salt, garlic, shallot, and poblano, and cook, stirring often, until poblano is softened slightly, 3 to 4 minutes. Stir in barley and stock. Bring to a simmer; cook until absorbed, 2 to 3 minutes.

3. Stir together sour cream and lime juice. Spoon mushroom mixture into 4 bowls, and top servings with sour cream mixture and scallions. Sprinkle with paprika, if desired.

**SERVES 4** (serving size: 1½ cups salad and 2 Tbsp. sauce) **Calories** 353; **Fat** 11g (sat 3g, unsat 7g); **Protein** 11g; **Carb** 57g; **Fiber** 11g; **Sugars** 4g (added sugars 0g); **Sodium** 535mg; **Calc** 7% DV; **Potassium** 13% DV



## Chicken Schnitzel with Grapefruit-Celery Slaw

Nutty almond flour keeps this crispy chicken gluten free; make your own by pulsing  $\frac{1}{4}$  cup almonds in a food processor until finely ground. Pro tip: Segment the grapefruit over a bowl to collect the juice for the slaw's tangy dressing.

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

- $\frac{1}{4}$  cup almond flour, divided
- 2 Tbsp. cornstarch
- 1 large egg white, lightly beaten
- 3 Tbsp. Dijon mustard, divided
- $\frac{1}{2}$  cup raw almonds, finely crushed
- 4 (4-oz.) chicken breast cutlets
- 2 Tbsp. olive oil, divided
- 1 cup thinly sliced red cabbage
- 1 cup thinly sliced yellow onion
- $\frac{1}{2}$  tsp. black pepper
- 2 cups grapefruit segments plus 2 Tbsp. fresh grapefruit juice (from 3 grapefruit), divided
- 1 cup thinly sliced celery

- 2 cups chopped fresh flat-leaf parsley
- 2 tsp. honey

**1.** Whisk together 2 tablespoons almond flour and cornstarch in a shallow bowl. Whisk together beaten egg white and 2 tablespoons mustard in a second shallow bowl. In a third shallow bowl, combine crushed almonds and remaining 2 tablespoons almond flour.

**2.** Dredge chicken cutlets in cornstarch mixture; shake off excess. Dip in egg mixture; let excess drip off. Dredge in crushed almond mixture.

**3.** Heat 1 tablespoon oil in a large nonstick skillet over medium. Add chicken; cook until golden brown and cooked through, 5 to 6 minutes per side.

**4.** Wipe skillet clean; add remaining 1 tablespoon oil, and increase heat to high. Add cabbage and onion; cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Sprinkle with pepper; transfer to a large bowl. Add grapefruit segments, celery, and parsley; toss to combine. Whisk together grapefruit juice, honey, and remaining 1 tablespoon mustard. Drizzle two-thirds of dressing over slaw mixture; toss. Drizzle remaining dressing over chicken and serve.

**SERVES 4** (serving size: 1 chicken cutlet and  $\frac{3}{4}$  cup slaw) **Calories** 448; **Fat** 21g (sat 2g, unsat 17g); **Protein** 35g; **Carb** 30g; **Fiber** 7g; **Sugars** 15g (added sugars 3g); **Sodium** 404mg; **Calc** 16% DV; **Potassium** 14% DV



## Extra-Crispy Chicken Thighs with Potatoes and Chard

One-skillet dinners like this one make weeknight cooking a breeze. Starting the chicken in a cold skillet renders flavorful fat that crisps up the chicken and potatoes to golden perfection. Use a cast-iron skillet; its even heat distribution delivers delicious results.

### FAMILY STYLE

Since everything is cooked in the same skillet, pile it all back in and use the skillet as a serving dish (with a trivet) to keep dish duties to a minimum.

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

**4 (8-oz.) bone-in, skin-on chicken thighs**

**Cooking spray**

**½ tsp. kosher salt**

**1 lb. small red potatoes, halved**

**1 cup sliced leeks (white parts only)**

**4 garlic cloves, smashed**

**4 cups chopped Swiss chard**

**1 Tbsp. Dijon mustard**

**2 tsp. apple cider vinegar**

**½ tsp. crushed red pepper**

**1.** Preheat oven to 425°F. Place chicken thighs, skin side down, in a large cast-iron skillet lightly coated with cooking spray; sprinkle salt over chicken. Arrange potatoes around chicken. Cook over medium, stirring potatoes occasionally, until chicken skin is browned and crisp, 14 to 16 minutes.

**2.** Flip chicken thighs; place skillet in oven. Bake at 425°F until chicken is done, 8 to 10 minutes. Transfer chicken and potatoes to a plate, keeping as much of the drippings in the skillet as possible.

**3.** Add leeks and garlic to skillet. Cook over medium-high, stirring often, until fragrant, 3 to 5 minutes. Add Swiss chard, mustard, and vinegar; cook just until wilted, 2 to 3 minutes. Sprinkle with crushed red pepper. Serve with chicken and potatoes.

**SERVES 4** (serving size: 1 chicken thigh, 3 oz. potatoes, and 1 cup chard) **Calories** 288; **Fat** 6g (sat 2g, unsat 3g); **Protein** 31g; **Carb** 26g; **Fiber** 2g; **Sugars** 1g (added sugars 0g); **Sodium** 548mg; **Calc** 5% DV; **Potassium** 11% DV

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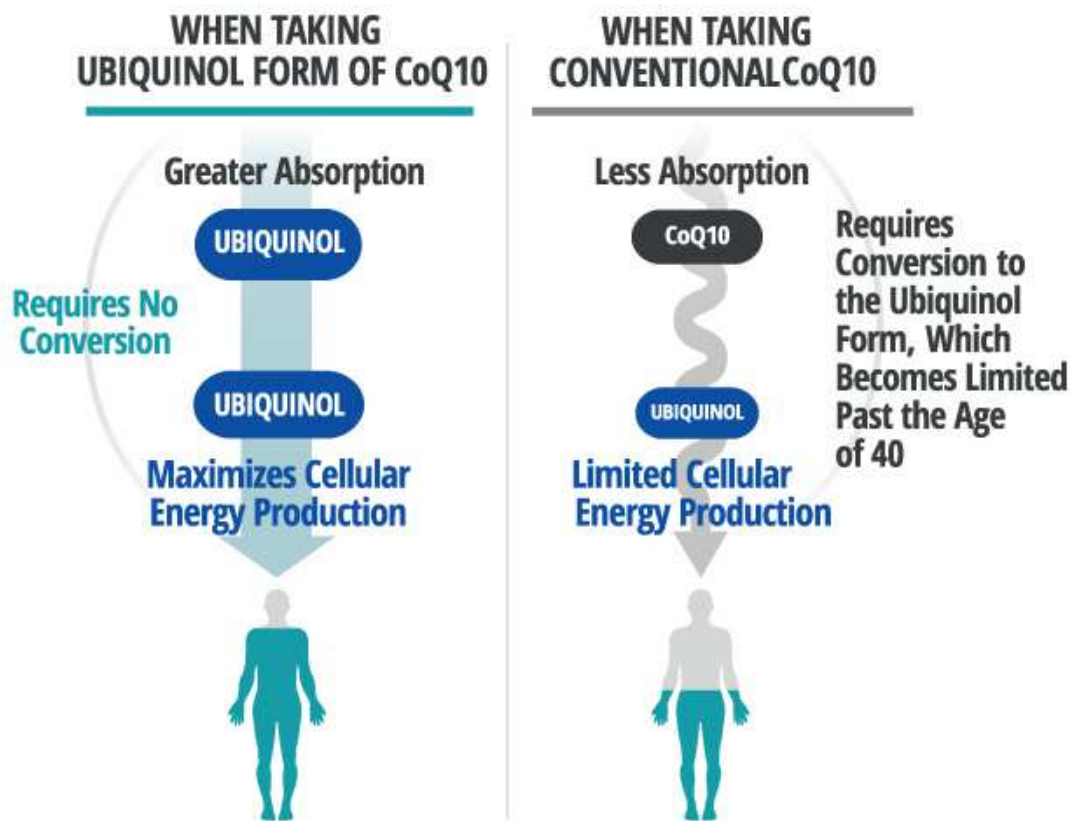
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▼  
**LENTILS TO  
THE RESCUE**

Prepare a batch of lentils on the weekend; stash them in the refrigerator to add instant heft to meals throughout the week.

## Roasted Carrot and Coconut Soup

Avocado and coconut milk give this vegetarian soup a decadent, buttery texture; fiber-rich lentils and beans make it surprisingly filling. Keep your pantry stocked with these staples to help you throw this soup together in no time.

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

**1¼ lb. carrots, roughly chopped**  
(about 3½ cups)

**1 Tbsp. olive oil, divided**

**½ tsp. plus ⅛ tsp. kosher salt, divided**

**2 cups chopped yellow onion**

**2 Tbsp. red curry paste**

**2 tsp. grated peeled fresh ginger**

**1 tsp. crushed red pepper**

**1 (15-oz.) can unsalted cannellini beans, drained**

**3 cups unsalted vegetable stock**

**1 (15-oz.) can light coconut milk**

**3 Tbsp. fresh lime juice**

**½ tsp. black pepper**

**1 cup chopped fresh cilantro**

**2 ripe avocados, thinly sliced**

**1 cup cooked lentils**

**1.** Preheat oven to 450°F. Toss together carrots, 1½ teaspoons oil, and ½ teaspoon salt on a large foil-lined baking sheet. Roast at 450°F until carrots are fork-tender, about 20 minutes, stirring once.

**2.** Meanwhile, heat remaining 1½ teaspoons oil in a Dutch oven over medium. Add onion; cook, stirring often, until lightly browned, 10 to 15 minutes.

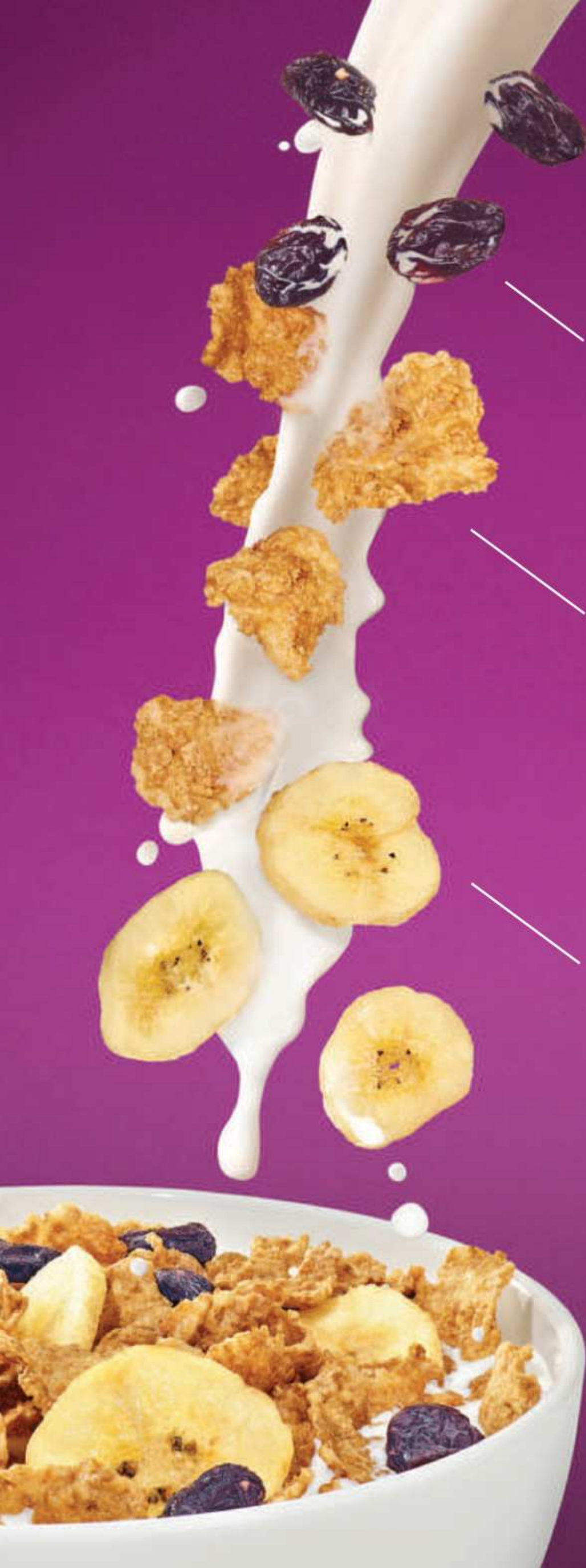
**3.** Add curry paste, grated ginger, and crushed red pepper to Dutch oven, and cook, stirring constantly, until fragrant, 1 minute. Add cooked carrots, cannellini beans, vegetable stock, coconut milk, and

remaining ⅛ teaspoon salt. Bring to a boil over high. Reduce heat to medium, and simmer 5 minutes.

**4.** Pour mixture into a blender. Remove center of blender lid to allow steam to escape; secure lid on blender. Place a clean kitchen towel over opening in blender lid. Process until smooth, about 1 minute.

**5.** Stir in lime juice and black pepper. Divide soup among 6 bowls; top evenly with cilantro, avocado, and lentils.

**SERVES 6** (serving size: about 2 cups soup, ¼ cup lentils, and ⅓ avocado) **Calories** 363; **Fat** 17g (sat 5g, unsat 10g); **Protein** 11g; **Carb** 47g; **Fiber** 16g; **Sugars** 10g (added sugars 0g); **Sodium** 482mg; **Calc** 10% DV; **Potassium** 22% DV



*SWEET RAISINS*

*CRUNCHY BRAN FLAKES*

***PLOT TWIST***  
*WE ADDED BANANA SLICES*





## Sausage and Mushroom Pasta with Butternut Squash

How's this for a hack? Here we slice refrigerated lasagna noodles to get silky ribbons of pasta that look like they're homemade. Pick up precubed butternut squash to save yourself peeling and chopping time.

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

- 6 oz. reduced-fat ground pork sausage (such as Jimmy Dean)
- 1 (8-oz.) pkg. sliced fresh cremini mushrooms
- 1 cup chopped yellow onion
- 1 cup  $\frac{1}{4}$ -inch-cubed butternut squash
- 3 Tbsp. chopped fresh sage
- $1\frac{1}{2}$  Tbsp. chopped garlic
- $\frac{1}{3}$  cup dry white wine
- 8 oz. refrigerated fresh lasagna sheets, cut into  $\frac{3}{4}$ -inch-wide strips
- 1 cup unsalted chicken stock
- 3 Tbsp. heavy cream
- $\frac{1}{2}$  tsp. kosher salt, divided
- $\frac{1}{2}$  tsp. black pepper, divided
- $\frac{1}{2}$  cup finely chopped fresh flat-leaf parsley
- 3 Tbsp. unsalted roasted pumpkin seed kernels (pepitas), chopped
- 2 Tbsp. pecorino Romano cheese, grated
- 1 tsp. lemon zest

1. Cook sausage, mushrooms, onion, squash, sage, and garlic in a large skillet over medium-high, stirring often, until sausage is cooked through and crumbled, 8 to 9 minutes. Add wine; cook until almost absorbed, 1 to 2 minutes.

2. Meanwhile, cook pasta in a large pot of boiling water 4 minutes, or to desired degree of doneness. Drain.

3. Stir stock into sauce; bring to a boil. Reduce heat to medium; cook 1 minute. Stir in pasta, cream,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Cook until heated through, 1 to 2 minutes.

4. Stir together parsley, pepitas, cheese, zest, remaining  $\frac{1}{4}$  teaspoon salt, and remaining  $\frac{1}{4}$  teaspoon pepper in a small bowl. Divide pasta among 4 bowls; top with parsley mixture.

**SERVES 4** (serving size:  $\frac{1}{4}$  cups pasta and  $1\frac{1}{2}$  Tbsp. parsley mixture) **Calories** 333; **Fat** 16g (sat 7g, unsat 6g); **Protein** 16g; **Carb** 28; **Fiber** 3g; **Sugars** 4g (added sugars 0g); **Sodium** 666mg; **Calc** 11% DV; **Potassium** 11% DV



IT'S NOT JUST A MUSHROOM, IT'S A *Truffle*

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## Vietnamese Beef and Noodle Soup

Traditional Vietnamese pho recipes require hours of hands-on cooking; this slow cooker version lets you off the hook in 40 minutes. Toast the spices and sear the short ribs first to add layers of flavor to this beautifully brothy soup.

**Active:** 40 min. **Total:** 8 hr. 40 min.

- 3 whole star anise
- 1 cinnamon stick
- 2 medium sweet onions
- 3 Tbsp. minced peeled fresh ginger
- 1½ lb. bone-in beef short ribs
- 1 cup water
- 4 cups unsalted beef stock
- ¼ tsp. kosher salt
- 2¼ tsp. fish sauce
- 2 tsp. hoisin sauce
- 4 oz. brown rice vermicelli noodles
- 4 oz. top sirloin steak, thinly sliced
- 2 cups fresh bean sprouts
- 1 cup roughly torn fresh basil
- ½ cup roughly torn fresh mint
- 1 lime, cut into 4 wedges
- Thinly sliced red Fresno chile

**1.** Cook star anise and cinnamon in a large skillet over medium until fragrant, about 2 minutes. Transfer to a 6-quart slow cooker. Cut 1 onion in half; place in skillet, cut side down; add ginger. Thinly slice remaining onion, and set aside. Cook onion and ginger over medium, undisturbed, until onion is charred on cut side, 5 to 7 minutes. Transfer to slow cooker. Increase heat under skillet to medium-high. Add short ribs; cook until browned on all sides, 14 to 16 minutes. Transfer to slow cooker. Remove skillet from heat; discard drippings. Pour 1 cup water into skillet, scraping to loosen browned bits. Pour through a strainer into slow cooker; discard solids. Stir in beef stock and salt. Cover and cook on **LOW** 8 hours.

**2.** Remove short ribs from slow cooker. Pour broth through a strainer lined with

cheesecloth into a bowl; discard solids. Skim and discard fat from surface of broth; pour broth back into slow cooker. Remove meat from bones of short ribs; shred meat, and return to slow cooker. Stir in fish sauce and hoisin sauce. Turn slow cooker to **HIGH**; cover to keep hot.

**3.** Cook noodles according to package directions. Place ½ cup cooked noodles in each of 4 bowls. Top each with 1 ounce raw sirloin and 1¼ cups hot broth (broth will cook meat). Top each with ⅓ cup short rib meat and ¼ cup thinly sliced onion. Sprinkle with bean sprouts, basil, and mint. Serve with lime wedges; garnish with Fresno chile.




**SERVES 4** **Calories** 337; **Fat** 9g (sat 4g, unsat 5g); **Protein** 26g; **Carb** 38g; **Fiber** 7g; **Sugars** 7 (added sugars 0g); **Sodium** 650mg; **Calc** 8% DV; **Potassium** 13% DV

Walnut Raspberry Salad  
with Raspberry Vinaigrette



# California Walnuts

FOR THE BEST SIMPLE SALADS EVER

For flavor, texture and heart-healthy\* goodness, toss in chopped or toasted California walnuts. For these recipes and more visit [Walnuts.org](http://Walnuts.org)   



So Simple. So Good.™



Per one ounce serving.

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

Romaine Salad with Walnuts and Beets



Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad





# 3

## Ways to Use Cauliflower

Riced, roasted, or even raw cauliflower shows off as a side dish and makes a great vegetarian main.

Low in carbs and packed with fiber and vitamins C and B<sub>6</sub>, it's a nutritional workhorse for the healthy cook.

### CURRIED CAULIFLOWER GRATIN

*Serve this hearty side over cooked brown rice for a meatless main dish.*

1. Heat 2 tsp. **olive oil** in a 9-inch ovenproof skillet over medium-high. Add 1½ tsp. **curry powder**, 1 tsp. grated peeled **fresh ginger**, and 2 thinly sliced **garlic cloves**. Cook, stirring constantly, 1 minute. Stir in 4 cups **cauliflower florets**, ⅔ cup **light coconut milk**, ¼ cup **lower-sodium chicken broth**, and ½ tsp. **kosher salt**. Bake at 450°F until bubbly, about 20 minutes. Turn on broiler to high; broil until browned, about 6 minutes. Sprinkle with 3 Tbsp. chopped **fresh cilantro** and 2 Tbsp. sliced **red Fresno chiles**.

**SERVES 4** (serving size: 1 cup) **Calories** 88; **Fat** 5g (sat 3g, unsat 2g); **Protein** 3g; **Carb** 9g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 286mg; **Calc** 4% DV; **Potassium** 8% DV



### CAULIFLOWER SALAD WITH TAHINI DRESSING

*Make this recipe even easier by picking up riced cauliflower from the store; you'll usually find it in the freezer section and sometimes with the prepped produce. This is a great dish to make ahead of time; add the fresh herbs just before serving.*

1. Grate 1 medium (1½-lb.) head **cauliflower** into a large microwavable bowl. Stir in 1 tsp. **olive oil** and ¼ tsp. **kosher salt**. Cover with plastic wrap, and microwave 3 minutes. Spread on a baking sheet; let cool 10 minutes. Stir together ¼ cup finely chopped **shallot** and 3 Tbsp. **fresh lemon juice**. Let stand 10 minutes; stir in 2 Tbsp. **tahini**. Place cooled cauliflower in a large bowl; stir in tahini mixture, ½ cup chopped **fresh flat-leaf parsley**, ¼ cup chopped **dried cherries**, 1 Tbsp. chopped **fresh mint**, and ¼ tsp. **kosher salt**. Sprinkle with 3 Tbsp. chopped **salted roasted pistachios**.

**SERVES 4** (serving size: 1 cup) **Calories** 165; **Fat** 8g (sat 1g, unsat 7g); **Protein** 6g; **Carb** 20g; **Fiber** 5g; **Sugars** 9g (added sugars 0g); **Sodium** 317mg; **Calc** 7% DV; **Potassium** 13% DV

### CAULIFLOWER STEAKS

1. Cut 1 (2-lb.) head **cauliflower** into 4 (1½-inch-thick) slices; place on a rimmed baking sheet. Add ⅓ cup **unsalted chicken stock**, 1 Tbsp. chopped **fresh sage**, 4 **thyme sprigs**, 4 crushed **garlic cloves**, ½ tsp. **ground fennel seeds**, and 1 **bay leaf**. Cover tightly with foil. Bake at 425°F 15 minutes. Remove and discard foil. Brush cauliflower with 1 Tbsp. **olive oil**. Bake until browned, about 10 minutes. Carefully flip; brush with 1 Tbsp. **olive oil**. Bake until browned, about 10 minutes. Place cauliflower on a platter; sprinkle with ½ tsp. **kosher salt** and ¼ tsp. **crushed red pepper**.

**SERVES 4** (serving size: 1 steak) **Calories** 131; **Fat** 8g (sat 1g, unsat 7g); **Protein** 5g; **Carb** 13g; **Fiber** 5g; **Sugars** 4g (added sugars 0g); **Sodium** 315mg; **Calc** 7% DV; **Potassium** 15% DV



# Dinner Tonight

## 4 Go-with-Anything Sides



### FALL FRUIT SALAD

Thanks to the hearty greens, you can assemble the salad ingredients ahead of time—just wait to drizzle with the mustardy vinaigrette until right before serving.

Combine 1 (2½-oz.) head **Belgian endive** (leaves separated), 2 cups torn **radicchio**, 1 cup **mixed salad greens**, ½ thinly sliced **Bartlett pear**, and 1 peeled and sliced **navel orange** on a platter. Whisk together 2 Tbsp. **white balsamic vinegar**, 2 Tbsp. **olive oil**, 2 tsp. **grainy Dijon mustard**, ½ tsp. **kosher salt**, and ¼ tsp. **black pepper** until combined. Top salad with ¼ cup chopped **pecans**; drizzle with vinaigrette.

**SERVES 6** (serving size: 1 cup) **Calories** 111; **Fat** 8g (sat 1g, unsat 7g); **Protein** 1g; **Carb** 9g; **Fiber** 2g; **Sugars** 5g (added sugars 0g); **Sodium** 208mg; **Calc** 4% DV; **Potassium** 4% DV



### BAKED SWEET ONIONS

Keep this recipe around for adding big flavor to burgers, steaks, and winter salads. For the best balance of tenderness and crunchiness, shop for onions that are the same size so they cook evenly.

Toss together 5 quartered **red onions** (about 2½ lb.), 2 Tbsp. **extra-virgin olive oil**, 2 Tbsp. **balsamic vinegar**, ½ tsp. **kosher salt**, and ¼ tsp. **black pepper** in a 12-inch cast-iron skillet; add 6 **thyme sprigs**. Cover tightly with foil. Bake at 450°F 15 minutes. Uncover and stir. Bake, uncovered, until caramelized, 15 to 20 minutes.

**SERVES 4** (serving size: about ½ cup) **Calories** 128; **Fat** 7g (sat 1g, unsat 6g); **Protein** 2g; **Carb** 15g; **Fiber** 3g; **Sugars** 7g (added sugars 0g); **Sodium** 248mg; **Calc** 4% DV; **Potassium** 5% DV



### PANKO-CRUSTED ACORN SQUASH

Crunchy and tender in the same bite, these squash wedges are a good source of soluble fiber, which can help lower cholesterol. Roast on the middle oven rack for best results.

Stir together ¼ cup **panko** (Japanese breadcrumbs), ¼ cup grated **Parmesan cheese**, 2 tsp. chopped **fresh thyme**, 1 tsp. chopped **fresh sage**, 1 tsp. minced **garlic**, ½ tsp. **lemon zest**, ½ tsp. **kosher salt**, ¼ tsp. **black pepper**, and ¼ tsp. **crushed red pepper**. Halve 2 (1½-lb.) **acorn squash** lengthwise; discard seeds. Cut halves into thirds; place on a baking sheet. Brush with 1 Tbsp. **olive oil**; sprinkle with panko mixture. Bake at 425°F until golden brown, about 35 minutes.

**SERVES 6** (serving size: 2 wedges) **Calories** 102; **Fat** 3g (sat 1g, unsat 2g); **Protein** 3g; **Carb** 17g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 232mg; **Calc** 8% DV; **Potassium** 11% DV



### ROASTED PARSNIPS WITH OLIVES

Mild and buttery Castelvetrano olives add a pop of briny flavor; sub in your favorite pitted green variety if you can't find them at your grocery's olive bar.

Toss together 2 lb. peeled and coarsely chopped **parsnips**, 1 Tbsp. **olive oil**, ½ tsp. **kosher salt**, and ¼ tsp. **black pepper** until combined. Spread on a large rimmed baking sheet. Bake at 450°F until tender, 20 to 25 minutes, stirring after 15 minutes. Drizzle with 1 Tbsp. **fresh lemon juice** and 1 Tbsp. **olive oil**; top with 8 crushed pitted **Castelvetrano olives** and 2 Tbsp. **fresh flat-leaf parsley**.

**SERVES 6** (serving size: ⅔ cup) **Calories** 149; **Fat** 6g (sat 1g, unsat 5g); **Protein** 2g; **Carb** 23g; **Fiber** 6g; **Sugars** 6g (added sugars 0g); **Sodium** 280mg; **Calc** 5% DV; **Potassium** 10% DV



### ▼ SPECIAL OFFER

Make this recipe part of your custom Cooking Light Diet meal plan: Get 20% off with code NOVEMBER19 at [cookinglightdiet.com](http://cookinglightdiet.com).

## Seared Scallops with Fennel and Citrus

Scallops are the perfect choice for an effortless date-night dinner. To get the best golden, crispy sear, let your scallops come to room temperature and pat them dry before cooking. Track down dry-packed scallops; they're lower in sodium.

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

- 12 large sea scallops (about 1 lb.)
- 3 cups thinly sliced fennel bulb (from 1 [1-lb.] fennel bulb), divided
- 1 cup sliced peeled Yukon Gold potato
- 1 cup water
- 2 Tbsp. unsalted butter
- 1 tsp. fresh lemon juice, divided
- ½ tsp. kosher salt, divided
- 3 tangerines, peeled
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. olive oil
- 4 pitted kalamata olives, finely chopped
- 4 tsp. chopped fresh tarragon

- ½ tsp. ground coriander
- 1 small garlic clove, pressed
- 3 Tbsp. canola oil, divided

**1.** Pat scallops dry with paper towels. Set aside. Bring 2 cups fennel, potato, and 1 cup water to a boil in a small saucepan. Reduce heat to low; simmer, partially covered, until potato is tender, about 15 minutes. Drain, pressing to remove excess liquid.

**2.** Transfer fennel mixture to a food processor. Add butter, ½ teaspoon lemon juice, and ⅜ teaspoon salt. Process until smooth. Cover to keep warm.

**3.** Gently break apart segments of 2 tangerines; set aside. Squeeze juice from remaining tangerine into a medium bowl. Whisk in shallot, olive oil, olives, tarragon, coriander, garlic, and remaining ½

teaspoon lemon juice. Add tangerine segments and remaining 1 cup fennel slices; toss to coat.

**4.** Heat 1½ tablespoons canola oil in a large cast-iron skillet over high until shimmering. Add 6 scallops; press gently with a spatula. Cook until sides are lightly browned, about 3 minutes. Turn scallops; cook 30 seconds or to desired degree of doneness. Transfer cooked scallops to a plate; wipe skillet clean. Repeat with remaining canola oil and remaining scallops. Sprinkle scallops with remaining ⅛ teaspoon salt. Serve with puree and salad.

**SERVES 4** (serving size: 3 scallops, ¼ cup puree, and ¼ cup salad) **Calories** 385; **Fat** 25g (sat 6g, unsat 19g); **Protein** 16g; **Carb** 26g; **Fiber** 4g; **Sugars** 10g (added sugars 0g); **Sodium** 518mg; **Calc** 7% DV; **Potassium** 16% DV



## ONE NIGHT STAND



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1  
List3  
Dinners

Shop this list to feed four for three nights (or two with great leftovers). Read the recipes first to be sure you have the staples on hand.

**2 pt. grape tomatoes**

•

**2½ lb. baby yellow potatoes**

•

**2 (8-oz.) pkg. haricots verts**

•

**7 cups baby spinach**

•

**2 English cucumbers**

•

**1 bunch fresh flat-leaf parsley**

•

**1 yellow onion**

•

**3 lemons**

•

**1 red bell pepper**

•

**1 shallot**

•

**1 cup uncooked quinoa**

•

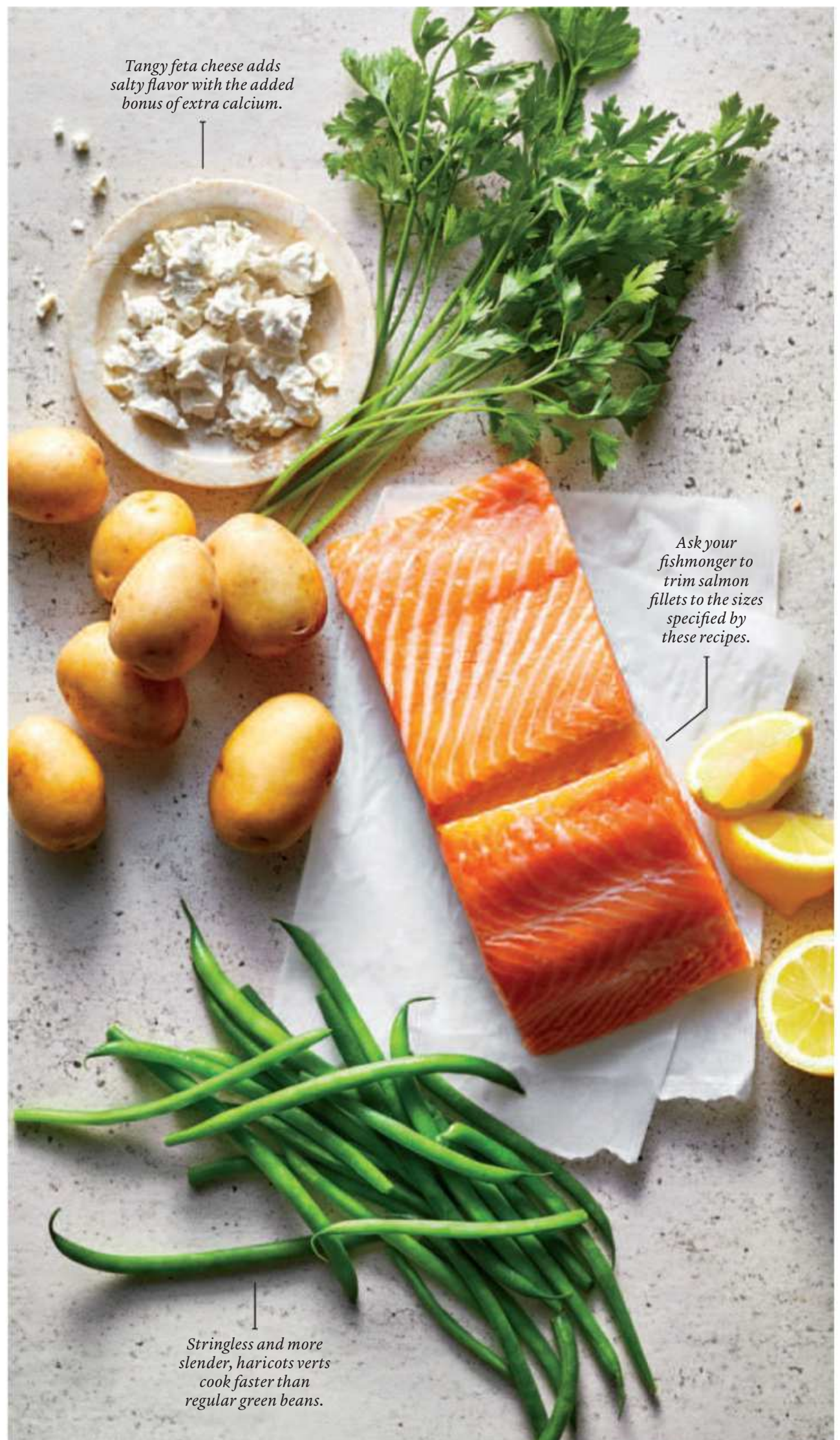
**4 (5-oz.) and 4 (6-oz.) skin-on salmon fillets**

•

**5 large eggs**

•

**3 oz. feta cheese**



*Tangy feta cheese adds salty flavor with the added bonus of extra calcium.*

*Ask your fishmonger to trim salmon fillets to the sizes specified by these recipes.*

*Stringless and more slender, haricots verts cook faster than regular green beans.*



## Salmon with Green Beans and Smashed Potatoes

Smart timing makes this sheet pan supper easy and keeps your dish count down. Briefly microwave the potatoes first to help them cook up perfectly tender with the salmon; add the green beans last to keep them bright and crunchy.

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

12 oz. baby yellow potatoes

1 cup water

Cooking spray

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

1½ Tbsp. olive oil

¾ tsp. kosher salt

½ tsp. black pepper

1 (8-oz.) pkg. haricots verts

¼ cup canola mayonnaise

2 Tbsp. chopped fresh flat-leaf parsley

1 Tbsp. chopped shallot

1 Tbsp. fresh lemon juice

2 tsp. Dijon mustard

1 lemon, cut into 4 wedges

**1.** Preheat oven to 425°F. Place potatoes and 1 cup water in a microwavable bowl; cover. Microwave at **HIGH** 6 minutes. Transfer to a plate; let cool 5 minutes.

**2.** Spray a rimmed baking sheet with cooking spray. Place fillets on one side of baking sheet; coat with cooking spray. Place potatoes in middle of baking sheet. Using the flat side of a measuring cup, gently crush potatoes. Drizzle potatoes with oil. Stir together salt and pepper in a small bowl; sprinkle two-thirds of mixture over salmon and potatoes. Bake at 425°F 5 minutes; remove from oven.

**3.** Add haricots verts to baking sheet; season with remaining salt mixture. Bake at 425°F 10 minutes. Turn on broiler to high; broil until salmon is browned, about 2 minutes.

**4.** Stir together mayonnaise, parsley, shallot, lemon juice, and mustard in a small bowl. Serve salmon, potatoes, and haricots verts with sauce and lemon wedges.

**SERVES 4** (serving size: 1 salmon fillet, ½ cup green beans, ½ cup potatoes, and 1 Tbsp. sauce)  
**Calories** 410; **Fat** 19g (sat 3g, unsat 14g); **Protein** 39g; **Carb** 21g; **Fiber** 5g; **Sugars** 3g (added sugars 0g); **Sodium** 613mg; **Calc** 6% DV; **Potassium** 16% DV

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# The Dish

► SITES, BITES & MORE



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## Dinner Tonight Dinner 2 of 3



## Potato Quiche with Spinach

Part custardy quiche, part potato gratin, this breakfast-for-dinner dish gets a golden crust thanks to a generous amount of heart-healthy olive oil.

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

**1½ lb. baby yellow potatoes, thinly sliced**

**1 cup thinly sliced yellow onion**

**1⅛ tsp. kosher salt, divided**

**Cooking spray**

**7 Tbsp. olive oil, divided**

**3 large eggs**

**2 large egg whites**

**1½ oz. feta cheese, crumbled (about ⅓ cup), divided**

**1 Tbsp. red wine vinegar**

**1 Tbsp. fresh lemon juice**

**1 tsp. honey**

**4 cups baby spinach leaves**

**2 cups halved grape tomatoes**

**1 cup sliced English cucumber**

**1 cup sliced red bell pepper**

**1.** Preheat oven to 375°F. Place potatoes, onion, and ½ teaspoon salt in a large microwavable bowl; spray lightly with cooking spray, and toss to coat. Cover with plastic wrap; microwave at **HIGH** 3 minutes. Heat a 9-inch cast-iron or ovenproof skillet over medium-high. Add 1 tablespoon oil and half of potato mixture; cook, stirring occasionally, until potatoes are almost cooked

through, 6 to 8 minutes. Transfer to a rimmed baking sheet. Repeat with 1 tablespoon oil and remaining potato mixture. Let cool 6 minutes.

**2.** Whisk together eggs, egg whites, and ½ teaspoon salt in a medium bowl. Gently fold in cooled potato mixture, being careful to keep potatoes intact.

**3.** Wipe skillet clean. Add 3 tablespoons oil; heat over medium-high 30 seconds. Add potato mixture; press in an even layer. Sprinkle with 3 tablespoons feta; cook until a crust forms on bottom, about 2 minutes. Transfer to oven, and bake at 375°F until golden brown, 20 to 23 minutes.

**4.** Whisk together vinegar, lemon juice, honey, remaining 2 tablespoons oil, and remaining ⅛ teaspoon salt in a large bowl. Add spinach, tomatoes, cucumber, and bell pepper; toss to combine. Cut quiche into 8 wedges; top with remaining feta.

**SERVES 4** **Calories** 492; **Fat** 30g (sat 6g, unsat 22g); **Protein** 15g; **Carb** 42g; **Fiber** 9g; **Sugars** 10g (added sugars 1g); **Sodium** 808mg; **Calc** 16% DV; **Potassium** 9% DV

## Dinner Tonight Dinner 3 of 3



### Easy Greek Salmon Bowls

Heart-hero salmon teams up with protein- and fiber-forward quinoa to fill you up; spinach delivers a hit of iron, while green beans and cucumber up the veggie count. Great warm or at room temperature, this also makes a standout packed lunch.

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

- 4 (5-oz.) skin-on salmon fillets
- ½ tsp. dried dill
- ½ tsp. dried oregano
- 1 tsp. kosher salt, divided
- 5 Tbsp. canola oil, divided
- 1 (8-oz.) pkg. haricots verts
- 3 cups packed baby spinach leaves, finely chopped
- 1½ cups cooked quinoa
- ½ cup chopped fresh flat-leaf parsley
- ¼ cup fresh lemon juice
- 1 tsp. honey
- 2 cups halved grape tomatoes
- 2 cups chopped English cucumber
- ¼ cup crumbled feta cheese

1. Sprinkle salmon with dill, oregano, and ¼ teaspoon salt. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add salmon, skin side up, to skillet; cook 2 to 3 minutes per side for medium. Set aside.

2. Fill a large bowl with ice water. Cook haricots verts according to package directions; place in ice water until completely cool, about 1 minute. Pat dry.

3. Toss together spinach, quinoa, and parsley in a bowl. Whisk together lemon juice, honey, and remaining ¼ cup oil in a small bowl. Add ¼ cup lemon dressing to spinach mixture; toss to combine.

4. To serve, spoon ¾ cup spinach mixture into each of 4 bowls. Arrange ½ cup tomatoes, ½ cup cucumber, and ⅓ cup cooked haricots verts in each bowl. Drizzle with remaining dressing; sprinkle with remaining ¾ teaspoon salt. Top each bowl with 1 flaked salmon fillet and 1 tablespoon feta cheese.

**SERVES 4** (serving size: 1 salmon fillet, ¾ cup quinoa mixture, and 1⅓ cups vegetables)  
**Calories** 527; **Fat** 29g (sat 5g, unsat 24g); **Protein** 39g; **Carb** 29g; **Fiber** 7g; **Sugars** 8g (added sugars 1g); **Sodium** 683mg; **Calc** 16% DV; **Potassium** 21% DV



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# Nutrition Made Easy

## The Science of Healthy

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NOV. 2018

ILLUSTRATION: JOËL PENKMAN



### Food Allergies vs. Intolerances: What's the Difference?

The two terms tend to be used interchangeably, but knowing how they differ can help you manage your symptoms, prevent potential nutrient deficiencies, get the right treatment, and feel your best.

*By Jessica Migala*

## Defining Differences

When your body misfires against seemingly innocent foods, could it be the start of a food allergy or an intolerance?

**IN A TIME** when gluten-free options grace menus, schools are nut-free zones, and people boast about their dairy-free diets, we're more aware than ever about food allergies and intolerances. But they are two very distinct conditions.

"A food allergy is an immune response where the body produces antibodies called IgE in response to a particular protein in the food," explains Georgiana Sanders, MD, an associate professor at the University of Michigan Mary H. Weiser Food Allergy Center. The body attacks these typically harmless proteins, triggering an allergic reaction, which can appear within seconds or hours of exposure. To be diagnosed, you must exhibit symptoms such as hives; wheezing; runny nose; itchy eyes; or lip, throat, or tongue swelling; plus a positive blood test or skin prick showing the presence of antibodies.

Fifteen million Americans have food allergies, and 9 million of those are adults. And it's not your imagination:



Allergies are on the rise in children and adults. Food allergies in kids spiked by 50% between 1997 and 2011, according to the Centers for Disease Control and Prevention. Preliminary research presented in 2017 at the American College of Allergy, Asthma, and Immunology found that 45% of adults with food allergies develop them in adulthood, most commonly to shellfish and tree nuts. There are two plausible theories to explain this increase in food allergies: the hygiene hypothesis (in essence, we live in a too-sterile environment),

and the idea that delaying introducing certain foods to infants (particularly peanuts) may prevent budding immune systems from maturing properly.

A food intolerance (also called a sensitivity) occurs when you have difficulty digesting a food, leading to gas, abdominal discomfort, or diarrhea, but there's no immune reaction or antibodies produced. The most common intolerances are to lactose (a sugar found in milk), gluten (a protein found in wheat), and certain complex carbohydrates (from beans and cabbage). It's best to talk to your doctor if you suspect a specific food is routinely causing digestive woes. Avoiding foods unnecessarily can lead to a nutrient shortfall in your diet, particularly if you remove multiple foods in a blind effort to heal symptoms. If you do have to steer clear of a type of food—for instance, dairy—a dietitian can help you plan your diet so that you're getting other sources of calcium and vitamin D (like fortified nut milk).

## TESTING, TESTING, 1-2-3

Uncovering allergies and intolerances isn't as cut-and-dried as it appears. Here are the tests to try and to skip when it comes to finding out what's going on inside.

### IGE ANTIBODY TEST

The gold standard for allergy testing, but false positives are common. Or antibodies show up after you eat a food, but there are no symptoms (thus it's not an allergy)—this could be the body reacting to factors like pollen.

### SKIN TESTING

A common test that involves injecting the skin with a tiny bit of the allergen. Positive reactions will appear as a "wheal and flare" (a raised red area) that's bigger than a control prick of saltwater.

### AT-HOME TESTING

You can buy kits online that claim to provide insight on which foods trigger allergies or intolerances, but these tests have not been proven to be effective, says Sanders, and may lead you to eliminate foods unnecessarily.

### MEDICAL HISTORY

There are few tests to pinpoint specific intolerances (one such test is a hydrogen breath test for lactose intolerance); it's more likely your doctor will make a diagnosis based on a medical history of your symptoms.

### FOOD ELIMINATION

If you suspect an intolerance, your doctor may suggest eliminating the suspected foods for six weeks. Add one food back per week, and record any symptoms you experience to reveal any telling patterns.

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### IS AVOIDING FOOD THE ONLY WAY?

You love lattes, but sometimes they give you tummy troubles. Other times eating in-season fruit makes your lips itch. Here's what you need to do to stay symptom-free.

**THE ONLY** way to “treat” a food allergy is to avoid the offending food. But cross-contamination or unknowing consumption can make this hard. Each year, 200,000 people in the U.S. need emergency medical care for allergic reactions, according to Food Allergy Research & Education. As a result, most medical experts suggest that people with allergies carry epinephrine pens.

For intolerances, you may have more leeway when it comes to avoiding woes. If you're lactose intolerant, you may be able to handle small amounts of milk or eat other dairy that contains less lactose, like hard cheeses and yogurt. A lactase tablet may also help.

If your mouth itches or your throat is scratchy after eating certain raw produce like apples, peaches, and zucchini,

you may have what's called oral allergy syndrome, a condition where your body has an allergic reaction to the pollens in foods. It can pop up in adulthood and typically occurs along with seasonal allergies. Your allergist may recommend taking an antihistamine, according to Mina Nguyen, MD, chief of the allergy departments for Kaiser Permanente in Oakland, California.

### TASTY ALLERGEN-FREE FINDS

“The big eight” (milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans) trigger 90% of food allergies. Some allergen-free foods are bland, but these we love—and they're all free of the big eight.



#### SUNBUTTER NATURAL CRUNCH

This spread is made from roasted sunflower seeds, making it an ideal peanut butter alternative for pairing with jelly in sandwiches.



#### FREE2B RICE CHOCOLATE SUN CUPS

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#### MADEGOOD MIXED BERRY GRANOLA BARS

Made with dried fruits and gluten-free whole grains, these sweet and chewy bars are great for breakfast on the go.



#### ENJOY LIFE PLENTILS

This brand's entire line is allergen-free. But these chips made from protein-packed lentils (in the sea salt flavor) rose to the top for us.



#### MARY'S GONE CRACKERS SUPER SEED EVERYTHING

These crispy, textured crackers deliver 3g fiber per serving. Top them with a smear of hummus and cucumber slices for a satisfying snack.



#### HOMEFREE VANILLA MINI COOKIES

Made with gluten-free whole grains (buckwheat flour and oats), these supremely crunchy mini cookies reminded us of classic vanilla wafers.



#### FREEDOM FOODS TROPICO'S CEREAL

An allergy-friendly alternative to fruity cereal, these rings are low-sugar and get their color from plant extracts, such as carrots and turmeric.



#### NUTTEE BEAN CO. FAVA BEANS

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PHOTOGRAPHY (CLOCKWISE FROM TOP LEFT): COURTESY SUNBUTTER, FREE2B, VANESSA PAXTON FOR MADEGOOD, ENJOY LIFE FOODS, THE NUTTEE BEAN COMPANY, FREEDOM FOODS, HOMEFREE TREATS, MARY'S GONE CRACKERS



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# The Dish

SITES,  
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# Ask the Experts

## Healthy Tips and Solutions

PHOTOGRAPHY: GREG DUPREE; FOOD STYLING: CYD RAFTUS MCDOWELL; PROP STYLING: THOM DRIVER



Darker maple syrup grades are richer in antioxidants than lighter ones.

Canned pumpkin puree adds 6g fiber to this loaf and is easy to find year-round.

Oats offer a fiber called beta-glucan that's good for your heart and can help control hunger.

### A Healthier Pumpkin Loaf

Just in time for fall entertaining, this coffeehouse classic serves up comforting autumnal aromas for half the calories and sat fat.

#### QUICK OATS

Soaking oats in rich buttermilk turns them soft and supple, helping create luscious texture while slipping in extra fiber from whole grains.

#### PUMPKIN PUREE

Canned pumpkin puree adds lots of eye-healthy beta-carotene. Plus it helps keep the loaf moist, letting us scale back on oil to just  $\frac{1}{3}$  cup.

#### MAPLE SYRUP

Swapping out granulated sugar for naturally sweeter maple syrup allows a smaller amount to make a big impact, cutting sugar by 26g per slice.

Recipe by Jamie Vespa, MS, RD

# Lighten Up Pumpkin Bread

With two-thirds less sugar, this whole-grain loaf takes you effortlessly from breakfast to dessert.



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

**A FALL FAVORITE**, the classic pumpkin loaf might look the part of a healthy breakfast, but it packs 400 calories and nearly 40g sugar into a single dense slice. In the spirit of the season, we developed a lighter loaf that still delivers the treasured fall flavors for 200 fewer calories.

Quick oats and white whole-wheat flour add a double dose of whole grains while still keeping the

loaf light and tender. Dark-colored maple syrup (formerly called Grade B) packs a strong maple punch with caramel undertones that complement the fall spices. A sprinkle of toasted pumpkin seeds adds a crunchy finish.

Lots of pureed pumpkin helps keep the loaf moist for days, so let the bake-ahead bonus liberate you (and your oven) during the holidays.

## PUMPKIN-MAPLE LOAF

**Active:** 15 min. **Total:** 1 hr. 35 min.

For breakfast on the go, spin this recipe into individually portioned muffins by dividing the batter among 12 muffin cups coated with cooking spray and baking at 375°F for 22 minutes. To freeze muffins, let cool completely, and place in ziplock plastic bags. Reheat in the microwave for 30 seconds.

### Cooking spray

- ¾ cup whole buttermilk
- ½ cup quick-cooking oats
- 1 cup canned pumpkin puree
- ½ cup dark-colored maple syrup
- ⅓ cup canola oil
- ¼ cup dark brown sugar
- 1 tsp. vanilla extract
- 2 large eggs
- 6 oz. white whole-wheat flour (about 1¼ cups)
- 1 Tbsp. pumpkin pie spice
- 1 tsp. baking powder
- ½ tsp. kosher salt
- ¼ tsp. baking soda
- 2 Tbsp. roasted unsalted pumpkin seed kernels (pepitas)



We like Libby's canned pumpkin puree for concentrated flavor.

...

- 1.** Preheat oven to 350°F. Coat a 9- x 5-inch loaf pan with cooking spray.
- 2.** Place buttermilk and oats in a bowl; stir to combine. Let stand 15 minutes.
- 3.** Whisk together pumpkin, maple syrup, oil, brown sugar, vanilla, and eggs in a large bowl. Stir in oat mixture. Set aside.

**4.** Whisk together flour, pumpkin pie spice, baking powder, salt, and baking soda in a bowl. Add flour mixture to pumpkin mixture; whisk just until combined. Pour batter into prepared pan; sprinkle with pumpkin seed kernels.

**5.** Bake at 350°F until a wooden pick inserted in center comes out clean, 55 to 65 minutes. Cool in pan on a wire rack 10 minutes. Remove bread from pan; cool completely. Cut into 12 slices.

**SERVES 12** (serving size: 1 slice) **Calories** 200; **Fat** 9g (sat 1g, unsat 7g); **Protein** 5g; **Carb** 28g; **Fiber** 2g; **Sugars** 13g (added sugars 11g); **Sodium** 146mg; **Calc** 10% DV; **Potassium** 3% DV

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# The Steamy Secret to Perfectly Cooked Fish

Enriched with herbs and spices, a gently simmering broth infuses seafood with subtle yet alluring flavor.

**JUST LIKE MARINATING** packs meat with bold flavor, steaming perfumes seafood with enticing aromas. In this moist-heat cooking method, fish fillets rest above a small amount of scented, simmering liquid. When the pot is covered, captive aromatic heat gently cooks the seafood.

Surprisingly simple, this is a practical and fun method for home cooks. Start with your favorite aromatics—ginger, herbs, and citrus peel provide a fresh punctuation mark; spices like cinnamon, clove, and star anise add complexity. Place



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

them in a large pot or skillet with a tight-fitting lid, and add just enough liquid to the pan to measure  $\frac{1}{2}$  inch. Bring the liquid to a simmer. Set a rack (or build a vegetable “raft” from celery or fennel stalks) above the simmering liquid, and place seasoned fish on top. Cover and steam until the fish is cooked through, about 7 minutes per  $\frac{1}{2}$  inch of thickness.

There’s just one more tip you should know—be sure to season fish well with salt before cooking. Unlike poaching, the steaming process doesn’t flavor the fish with any salt.

## STEAMED COD WITH WATERCRESS-ORANGE SAUCE

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

This recipe works with various fish: Try delicate flatfish like sole, flounder, and dab; flaky whitefish like cod, sablefish, and Pacific rockfish; or even fish high in omega-3 fats like salmon. Feel free to play with the aromatics in the steaming liquid, but avoid using sulfurous vegetables like cabbage or broccoli; their strong flavors can overpower the broth. And don’t use carrots or potatoes—they don’t add any aromatic flavor and are best saved for another purpose.

- 4 (5-oz.) skinless cod fillets
- 1 tsp. kosher salt, divided
- $\frac{1}{2}$  cup white wine
- 1 Tbsp. orange zest plus  $\frac{1}{3}$  cup fresh orange juice
- 6 garlic cloves, peeled and smashed
- 3 celery stalks
- 1 cup watercress, plus more for garnish
- 2 Tbsp. olive oil



We suggest white wine as the steaming liquid in this recipe, but stock or coconut milk also work.

...

- $\frac{1}{4}$  tsp. granulated sugar
- $\frac{1}{8}$  tsp. ground coriander
- 1 orange, sectioned

**1.** Sprinkle fillets with  $\frac{1}{2}$  teaspoon salt. Combine wine, orange zest and juice, and garlic in a 10-inch pot. Place celery in a single layer in the pot, making a “raft” for the fish. Bring to a boil over medium-high. Place fillets on celery raft; reduce heat to medium to maintain a simmer. Cover; steam fillets until cooked through, about 7 minutes. Transfer fish to a plate.

**2.** Combine steaming liquid, 2 cooked garlic cloves (discard remaining garlic), watercress, cooked celery, and olive oil in a blender, and puree until smooth. Add sugar, coriander, and remaining  $\frac{1}{2}$  teaspoon salt. Divide sauce among 4 shallow bowls. Top with fish, orange sections, and watercress.

**SERVES 4** (serving size: 5 oz. fish and about  $\frac{2}{3}$  cup sauce) **Calories** 245; **Fat** 8g (sat 1g, unsat 6g); **Protein** 27g; **Carb** 11g; **Fiber** 2g; **Sugars** 7g (added sugars 0g); **Sodium** 585mg; **Calc** 7% DV; **Potassium** 18% DV

**EATING SEAFOOD** is one of the best ways to a healthier you. Most Americans should aim to eat at least 8 ounces of seafood per week. Take the pledge to eat #Seafood2xWK at [seafoodnutrition.org](http://seafoodnutrition.org).



**DISCOVER LUNCHABLES AROUND THE WORLD.**  
**STACK IT. BUILD IT. MIX IT UP.**



# The Only Stock Recipe You'll Ever Need

This speedy and versatile chicken stock covers a lot of territory in a short amount of time.



**STORE-BOUGHT STOCK** is a modern convenience that simplifies life for home cooks. But I'll let you in on a secret that you probably already know: Your food will taste good with purchased stock, but it'll be over-the-top with homemade stock.

Go ahead and roll your eyes while you open a can of Swanson, my (and *Cooking Light's*) go-to brand. I buy it by the case for lazy days, but I also keep a stash of frozen homemade stock—aka pure freezer gold.

Although the terms stock and broth are often used interchangeably, stocks are the heavyweight players in the kitchen. They are richer-tasting, versatile building blocks for sauces and other dishes. Thanks to a long simmer with lots of bones, stocks often gel when chilled. Broths tend to be lighter (due to shorter cook times and fewer bones) and are typically used to add depth to soups and sides. So in a nutshell, think of broths as flavored water and stocks as diluted sauce.

I used to simmer big pots of stock for hours—a half-day project if you include butchering the chicken. Nowadays, I whip up delicious batches in a pressure cooker in less than an hour and a half. Pressure cookers are game changers for homemade stock—they quickly extract intense flavor from ingredients. Multifunction cookers like the Instant Pot are programmable pressure cookers, so you can set it to cook and walk away.

Good stock isn't as simple as simmering a hodgepodge of ingredients. For the best flavor,

combine meaty parts (such as thighs) with scraps (like the carcass). Add chicken feet to inject the wonderful richness of gelatin; ask a butcher for them, or make a trip to an Asian market.

Since there are only a few ingredients that go into

stock, make sure they're all of good quality. Use water that you like to drink. Add aromatics and herbs, but limit the vegetables since they can suppress the chicken flavor. The beauty of my East-West Chicken Stock is you can tweak the direction with a few simple swaps. Keep it Western by sticking with bay leaf and parsley; use this version for everything from killer gravies and sauces to risotto. Or take it in an Asian direction (East) by trading those herbs for ginger and cilantro, and use it to transform a wimpy wonton soup into a soul-warming dish. Regardless, add a Fuji apple, which lends a natural sweet edge to amplify the stock's

umami depth. That's a trick I devised for making pho broth, and it totally works for both versions.

To ensure a clear stock with a clean flavor, take a two-step approach: Initially parboil the chicken scraps, then filter the finished stock through paper towels or cheesecloth to remove most of the scum (technically denatured proteins) without robbing the stock of its highly coveted rich flavor.

Since homemade stock freezes beautifully, make a couple of batches to keep on hand for the holidays. Trust me: This stock will help your dishes sparkle all season long. And thanks to your pressure cooker, you can whip it up in record time.



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



## STOCK-MAKING MADE SIMPLE

Preparing homemade stock is a labor of love that has huge paybacks in flavor. Here's how you can maximize your stock-making experience.



### Lean on Your Butcher

If you're uncomfortable with the idea of breaking down a whole chicken into parts, ask for help at the butcher counter. Most are happy to do the knife work for you.



### Freeze Strategically

Fill plastic freezer bags about  $\frac{2}{3}$  full with stock, then freeze them on baking sheets so they freeze flat. To use, partially thaw to loosen the stock, then break the stock into pieces that will slide into a pot easily. For smaller portions, freeze your stock in ice cube trays.



### Maximize Leftovers

The leftover chicken is somewhat devoid of flavor; season it aggressively with curry powder or chopped, fresh cilantro and use the meat for chicken salad or tacos.



## EAST-WEST CHICKEN STOCK

**Active:** 15 min. **Total:** 1 hr. 30 min.

Opt for bay leaf and parsley for a Western-style stock, or employ ginger and cilantro to tilt the flavor toward the East.

- 1 (4-lb.) whole chicken**
- 4 chicken feet (optional)**
- 1 cup chopped yellow onion**
- $\frac{1}{2}$  cup chopped peeled Fuji apple**
- 1 bay leaf or 1 (1-inch) piece fresh ginger, peeled, cut into thick slices, and smashed**
- $\frac{3}{4}$  cup chopped fresh flat-leaf parsley or cilantro**
- $1\frac{1}{2}$  tsp. kosher salt**
- $7\frac{1}{2}$  cups water**

**1.** Use a sharp boning knife to remove the breasts, drumsticks, and thighs from chicken. Set aside. Remove the wings, and cut the carcass in half through backbone; place wings and both halves of carcass in a 6- to 8-quart stovetop pressure cooker or electric multifunction cooker, such as an Instant Pot. Add water to barely cover. Bring to a boil over high (adjust the SAUTÉ function on an Instant Pot or use a similar setting on other multifunction cookers). After foamy scum appears, remove from the heat, and turn off the

cooker. Drain chicken parts; discard liquid. Rinse chicken parts with cold water, and return to cooker. Add reserved breasts, drumsticks, and thighs, chicken feet, onion, apple, bay leaf, parsley, salt, and  $7\frac{1}{2}$  cups water.

**2.** Secure pressure cooker lid. Heat over medium-high to bring to high pressure, and cook for 40 minutes. Remove from heat, and naturally depressurize for 25 minutes. (In a multifunction cooker, lock on the lid, and program the machine to cook on high pressure for 40 minutes. Turn off, and let depressurize for 25 minutes.)

**3.** Release residual pressure on pressure cooker. Remove and discard large solids from stock mixture. Set a fine wire-mesh strainer lined with paper towels, cheesecloth, or muslin over a pot, and pour stock through strainer. (There should be some fat remaining for flavor. If there's too much fat for your taste, refrigerate overnight and remove the solidified fat the next day.) The stock will keep in the refrigerator for up to 5 days or frozen for up to 3 months.

**SERVES 8** (serving size: 1 cup) **Calories** 32; **Fat** 0g; **Protein** 5g; **Carb** 3g; **Fiber** 2g; **Sugars** 2g (added sugars 0g); **Sodium** 601mg; **Calc** 1% DV; **Potassium** 10% DV

## Dumpling Soup in a Third of the Time

A big batch of this soup is a healthy way to satisfy your comfort food cravings—and use up leftovers.

**WHEN THE WEATHER** turns cooler, it's comfort foods that folks crave—the kinds of dishes that stick to your bones and warm you up like a big hug or your favorite cozy sweater. But unfortunately, these beloved comfort foods are often loaded with calories and fat that make them hard to squeeze into a healthy eating plan.

My solution to this dilemma is simple—I make a big pot of brothy (calorie-conscious) soup. This hearty turkey and dumpling soup is filling, soothing, light, and delicious, and it pleases everyone in my home—kids included. My daughter



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

...

Madison loves this soup so much, she even asks for leftovers to pack for her school lunch. It's just as tasty with ground chicken, or you can add leftover Thanksgiving turkey instead.

If you don't have a pressure cooker, no problem. Simmer the soup in a Dutch oven about an hour before adding the dumplings—just be sure the soup is boiling when you add them so they don't stick together or to the bottom of the pot. You'll know the dumplings are ready when they are puffed and floating on the top. This, I promise, is comfort food at its best.

### INSTANT POT TURKEY AND SAGE DUMPLING SOUP

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

Can't find turkey cutlets? Use chicken cutlets or breasts. Serve the soup with a crunchy salad and citrus vinaigrette.

- 1 Tbsp. unsalted butter
- 1 cup chopped celery
- 1 cup chopped carrots
- ½ cup diced onion
- 1 garlic clove, minced
- 4.25 oz. (about 1 cup) plus 2 Tbsp. all-purpose flour, divided
- 7 cups water
- 1½ Tbsp. reduced-sodium turkey or chicken bouillon (such as Better Than Bouillon)
- 1¼ lbs. boneless, skinless turkey breast cutlets
- 4 tsp. minced fresh sage, divided
- 2 bay leaves
- ¼ tsp. black pepper, divided, plus more for garnish
- 1 tsp. baking powder
- ½ tsp. kosher salt
- 1 large egg yolk, beaten
- ½ cup skim milk
- Chopped fresh flat-leaf parsley



Still have a refrigerator full of Thanksgiving ingredients? This recipe is a great way to use up leftover onion, carrots, sage, and cooked turkey.

...

**1.** Melt butter in an Instant Pot set to **SAUTÉ**. Add celery, carrots, onion, and garlic; cook until soft and fragrant, 5 to 8 minutes. Sprinkle 2 tablespoons flour over vegetables, stir, and cook 1 minute.

**2.** Add 7 cups water, bouillon, turkey, 1 tablespoon sage, bay leaves, and ⅛ teaspoon pepper. Cover and cook on high pressure 20 minutes. Release pressure with quick or natural release. Remove turkey; shred or chop. Discard bay leaves; return turkey to pot. Turn Instant Pot to **SAUTÉ**; bring back to a boil.

**3.** Combine remaining 1 cup flour, baking powder, remaining 1 teaspoon sage, salt, and remaining ⅛ teaspoon pepper. Whisk together egg yolk and milk; stir into flour mixture until just blended. Form dough into dumplings using a teaspoon, and drop into soup. (They will expand.) Partially cover; cook until dumplings are cooked through and tender, about 3 minutes. Garnish with pepper and parsley.

**SERVES 6** (serving size: 1½ cups soup and 3 dumplings) **Calories** 250; **Fat** 5g (sat 2g, unsat 2g); **Protein** 27g; **Carb** 24g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 666mg; **Calc** 10% DV; **Potassium** 11% DV

# How Weeknight Cooking Inspired Chef Yotam Ottolenghi

The chef's new cookbook, *Ottolenghi Simple*, diverges from his typical intricate techniques, delivering easy recipes for busy home cooks. We talked with him about his pantry must-haves and what's likely to be on his table this holiday.



**What inspired *Ottolenghi Simple*?** *The Guardian* newspaper asked me to write a supplement for the weekend magazine [with] recipes that were simple. It let me just think about what it is that makes the flavor and how far I need to go in order to achieve the interesting, tantalizing flavors that I'm used to without a long ingredient list and complicated processes—and somehow it was liberating. People loved them, and people who used to cook Ottolenghi dishes only on special occasions, on weekends, said, “Oh, actually, there are recipes here that I can make on a weekday!” That's how it came about.

**What do you hope that readers will do with this new cookbook? I mean—besides cook from it.** We divided the book into six categories using the acronym “S.I.M.P.L.E.” The “S” stands for “short on time” (something you can get on the table within half an hour). The “I” is for “ingredient”, which is less than 10 ingredients. The “M” stands for “make ahead.” The “P” stands for “pantry” (things you can do more or less with what you've got at home). The “L” is for “lazy,” and the “E” stands for “easier than you think” (things that seem complicated, but we found a way to make them more approachable). Each recipe falls under at least one category but more often under a few of them. Sorry about the long description—but what I hope is that people try to understand what kind of simple cooking works for them.

**What are your personal pantry must-haves?** For me the division between work and home cooking is very blurred, so I bring home all sorts of wonderful, weird

things that I don't expect people who don't deal with food for a living to have. At the moment I've got a fermented chile sauce that we've been developing for a [new] restaurant that's become a pantry staple. I always have harissa, and I use it a lot because it's a very easy way to introduce spice and deep flavor. Harissa is about the chiles that have dried and aged and gathered more flavor. Tahini I use all the time—I drizzle it on things, even desserts. What else? Two or three really good vinegars: one red wine vinegar, one cider vinegar, one sherry vinegar.

**If there were one ingredient that you could convince American home cooks to make a pantry staple, what would that be?** Maybe it's a bit repetitive because we've discussed harissa and tahini, but I would love for them to have those. I prefer tahini from Lebanon or Israel or Palestine because I grew up in the Middle East. They're smoother than tahini from Greece and Cyprus, and they've got more flavor because the sesame seeds are toasted better or longer.



**YOTAM OTTOLENGHI**  
Chef, cookbook author, dad, and Pilates devotee  
...

**What's inspiring your weeknight cooking right now?** The one thing I use all the time for weeknight cooking—I've got young kids, so I need things that are quick to make because they don't have a lot of patience—is rice. And when I say rice, normally people think, “What will I cook with my rice?” Rice is perceived as a side dish to something else, right? But I make a real thing out of rice, and in the book there are a few examples. There is one recipe in there that involves taking little cherry tomatoes and garlic cloves

and putting them in olive oil and cooking them until they start to soften, and then you pour rice on top and cover with foil. Stick it in the oven for a good half an hour to 45 minutes, and you get a fantastic dish that's almost a whole meal.

### **What is your approach to feeding your boys?**

The boys are 2½ and 5 years old. My philosophy is to just go along with it. I always present the food to them and say what most parents say, "Just take one bite." But I really apply this: "If you take one bite and you don't like it, you don't have to eat it again." Then they surprise you. Sometimes something that you thought they'd never eat, they like. And things like really nice, ripe tomatoes—they're so sweet and beautiful—they don't like. So I expose them to as much as possible and whatever they like I go further with it.

### **What is a holiday season must-have for you or a must-make?**

Something that we always try to have is meringue. Meringue just makes everything feel very special, and it's very festive to me. In my cookbook *Sweet*, we have a meringue pavlova that I love—it has brown sugar and cinnamon, which makes it kind of wintry and festive.

### **Your recipes and photographs have really put vegetables in the spotlight and made them beautiful and delicious-looking, when prior to that there were a lot of just big slabs of meat. What do you think about that?**

This obsession with meat is not really that desirable because eating so much meat is not positive for human health or the environment—but for me, that's not the main consideration. I think it's not as exciting to cook with meat as it is with vegetables. Vegetables have so much more to offer ... so much more potential to surprise and to delight. Someone said to me the other day, "When you cook a chicken, you put a chicken in the oven, and you get a chicken." But with vegetables, you get a level of transformation that is really special. Take a zucchini and stuff it and braise it, and you get something that doesn't have that much flavor [to] absorb flavor wonderfully.

### **Do you have any kitchen disaster stories that you'd be willing to share?**

[Laughs] I mean—because they happen every day I'm trying to think which one to share. A few years ago, Jane Kramer came to our house and interviewed me for *The New Yorker* as I was cooking. I made a dish that involved cooking chicken and rice in one pot at the same time. The trick is to get the chicken and the rice cooked together at the right degree at the same time, so you really need to follow the quantity and the cooking time. As we were speaking, I thought I didn't have enough chicken, so I added more to the dish. And it completely skewed the proportions. When we sat down to eat, some bits of chicken were raw in the middle. And, actually, she mentions it—in the best

possible spirit—at the end of the portrait. So the fact that I fed her raw chicken is forever immortalized in *The New Yorker*.

### **What is a professional accolade of yours that you're most proud of?**

I think the fact that my books have ended up being in so many homes all over the world is what I find the most gratifying experience—because when I think about it, I don't really have access, real access, to people's kitchens.

### **You are not a vegetarian, but you are so focused on vegetables. How did that happen?**

It happened quite naturally. When we started our cafés in London 15 years ago, we found that the salads—we call them salads, but actually all sorts of vegetables—were so vibrant, so beautiful, so delicious. It was easy to make an impact with vegetables on so many levels. And also coming from Israel and the Middle East, you get more vegetable-heavy food than you do in the West.

**What does healthy mean to you?** Healthy, to me, means joyful. Healthy is an approach. It's not about what you put in your mouth—it's about how you feel. Cooking and eating have to be things you enjoy doing—if they don't bring any joy, then I think it's just the wrong attitude. Even if you eat the most healthy foods, I don't think it's going to bring you health if you haven't had a good time eating it.

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**“IT'S NOT AS EXCITING TO COOK WITH MEAT AS IT IS WITH VEGETABLES. VEGETABLES HAVE SO MUCH MORE TO OFFER ... SO MUCH MORE POTENTIAL TO SURPRISE AND TO DELIGHT.”**

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*Learn how being alone can boost your mood on p. 77.*

*Check out our favorite products for treating yourself. See p. 80.*

*Read about how a dog named Peety saved his owner's health on p. 78.*

## Self-Care

Don't let yourself get lost in the shuffle during the busy holiday season. Find ways to carve out moments of solitude, discover how your pet may help you stay healthy, and indulge in products that soothe and relax you inside and out.

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### Pick of the Month

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## The Gift of Solitude

Allow yourself some time away from the demands of the holidays.

**TREAT YOURSELF** to some alone time; this simple act of self-care may increase your goodwill toward men (and women and children). “Brief escapes from social expectations and obligations can reduce stress hormones and help relieve mental fatigue, which can make you feel more refreshed and ready to celebrate,” says Amy Morin, a psychotherapist and author of *13 Things Mentally Strong People Don’t Do*. In fact, a 2017 report in the *Personality and Social Psychology Bulletin* found people who carved out just 15 minutes of solitude daily experienced an increase in feelings of peacefulness, calm, and relaxation. And when they did that every day for seven days, those positive effects spilled over to the following week, as well.

To get there, start by reframing how you look at solitude. “Instead of seeing it as something to shoe-horn in, see it as something to plan around,” says clinical psychologist Laurie Helgoe, PhD, author of *Introvert Power: Why Your Inner Life is Your Hidden Strength*. “When you know you have some alone time coming up, it’ll help you feel less swallowed by the sea of activity during the holidays.” Here are four ways to do just that.

**WAKE UP 10 MINUTES EARLIER.** Rising before the rest of your household can be both calming and exhilarating.

Use that time to enjoy a cup of tea, take a lingering shower, or meditate—in blissful silence.

**DON’T BAIL AT THE LAST MINUTE.** Wiggling out of holiday plans at the eleventh hour may offer solitude, but chances are it’ll be served with a hefty side of guilt. Instead, “politely decline well in advance so you don’t find yourself apologizing or feeling as though you’re letting anyone down,” says Helgoe.

**CREATE THERAPEUTIC TO-DOS.** Plan purposeful pit stops during errands: End a stressful shopping trip with a drive past holiday lights, or take a coffee break to read a few pages of a book. At the same time, morph other to-dos, such as card writing or gift wrapping, into a stretch of solitude. “But they need to be activities you want to do,” says Helgoe. “If they don’t add meaning to your holiday, don’t do them.” Zero in on a favorite task, give yourself plenty of time, send the family out, and enjoy.

**SEEK NATURE.** Any time you feel overwhelmed or overstimulated, excuse yourself for a walk outside. The time away from chatter will help you recalibrate, and seeing nature will calm you further. “Nature is very restorative and will make you feel a lot better than stealing some solitude in a cloistered bathroom,” says Helgoe.

FIBER &  
WHOLE  
GRAINS



FOR  
DIGESTIVE  
WELLNESS



POWERING  
YOU™

# How Pets May Be Good for You

Animals—especially dogs—can provide powerful motivation to stay on top of your health.

**IN 2010**, Eric O’Grey had hit rock bottom. He was 150 pounds overweight and taking more than a dozen medications to manage hypertension, high cholesterol, diabetes, and depression. He was reclusive and sedentary. “I didn’t have motivation to do *anything*,” he recalls.

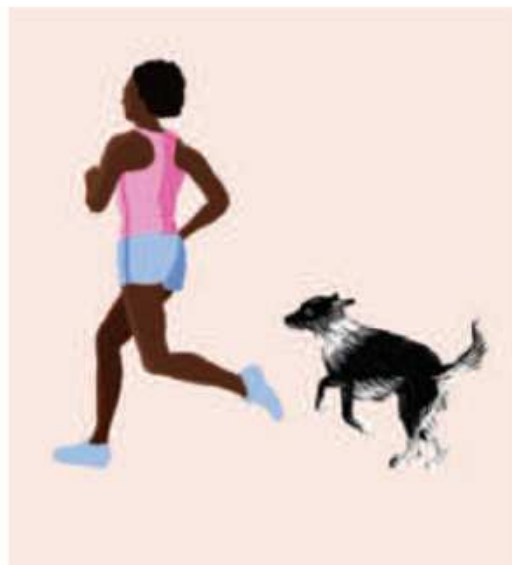
Then a new doctor suggested he adopt a dog. “She said, ‘That dog will force you to get outside, you’ll start meeting people, and you’ll have a relationship with the dog,’” says O’Grey. He visited his local humane society, where he found an overweight Border collie-Australian shepherd mutt he named Peety. They began working toward a goal of walking 30 minutes twice a day.

## POWERFUL MOTIVATION

“It was the most unbelievable bond I’d ever experienced,” says O’Grey. And that provided motivation to exercise and follow his doctor’s other mandate to adopt a plant-based diet. “I resolved that I had to get better; if anything happened to me, what would happen to him?”

It worked. O’Grey was off his medications in six months. “In 10 months, I’d lost 140 pounds, and Peety had lost 25,” says O’Grey, who shares his story in *Walking with Peety: The Dog Who Saved My Life*. They even started running to maintain their weight loss.

Peety died in 2015, and in the six months before O’Grey was ready to get another dog, he put on 20 pounds. But when he adopted Jake, a young, energetic Lab mix, O’Grey got right back on track. “He’s been my running partner ever since,” he boasts.



## WHAT THE RESEARCH SUGGESTS

A number of studies have linked pet ownership with better health. Research published last year from a large-scale Swedish population study found dog owners have a lower risk of heart disease and death from all causes. A study in China suggests similar benefits.

But researchers also note that pinpointing *how* animals help boost their humans’ health is tricky. A survey of more than 5,100 California households initially suggested a link between pets and everything from more physical activity to better mood in kids. But when statisticians with the nonprofit research organization RAND Corporation revisited the data and accounted for more than 100 other variables, from family income to parental status, the “pet edge” shrank considerably. RAND researchers also revisited data from a survey of more than 42,000 adults in California that implied a link between pets and better health and similarly found other factors (like income and employment) likely made the difference.

“Our findings don’t suggest pets have *no* benefits,” says Layla Parast, PhD, a statistician at RAND. “But they do suggest owning a pet doesn’t have the large benefit other studies have suggested.” The companionship of living with pets certainly is enjoyable, she adds, even if it’s hard to quantify statistically.

Research aside, O’Grey has Peety to thank for turning his health around and Jake for keeping him in shape. “I think everybody should have a dog,” he says.

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# HOW DO YOU HELP HER MAKE IT TO THE TOP?



## THE CHOW IS HOW.

High-quality protein for strong, lean muscles.



 **PURINA**

Your Pet, Our Passion.

# Products for Blissful Me-Time Moments

As you head into the season of giving, don't forget to give to yourself. A special treat-yourself purchase can do wonders to boost your mood, especially if what you get helps you relax and take more time for yourself.

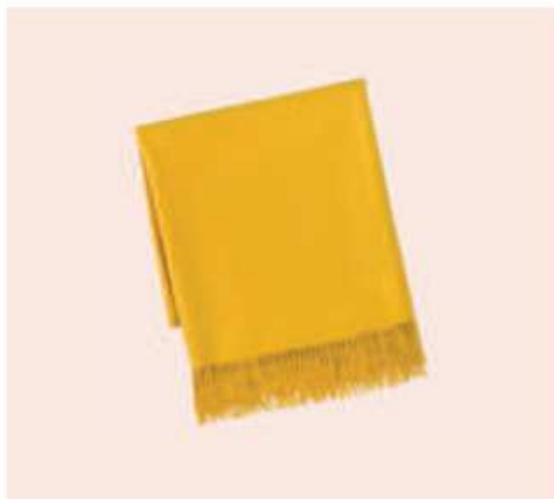
**TRY THIS: AT THE BEGINNING OF ANY ME-TIME MOMENT, TAKE A MINUTE OR TWO TO SIMPLY BREATHE IN AND OUT DEEPLY AND SLOWLY. CLOSE YOUR EYES, TAKE MEANINGFUL BREATHS, AND LET THE STRESSES OF THE DAY FLOAT AWAY.**



## Just-Right Pot

If your mornings include a pour-over ritual, this sweet ceramic set (available in November) is just the thing for you. Insert a standard filter in the top piece of the set, and let your home brew drip down into the pot. You can then cover the pot and tote your java to the coffee table, where it will stay perfectly piping as you enjoy cup after cup.

**BonJour Wayfarer 4-Cup Pour Over Coffee Set (\$50, potsandpans.com)**



## Cozy Classic

Indulge in a well-deserved bit of luxury with this 100% cashmere throw. At 50 x 65 inches, it's the perfect size to curl up under, along with a good book or a Netflix binge. It's available in more than 25 colors, including "Sunshine" (shown here). And for an extra \$10, you can have it monogrammed so everyone knows it's yours and yours alone.

**Solid Cashmere Throw (\$249, williams-sonoma.com)**



## Better Bath

Make the most of a hot bath with the help of this practical caddy. Prop up your latest literary find on the adjustable book rest, slide a wine-glass or cocoa mug into the beverage slot, and soak to your heart's content. Made from beautiful teakwood, the caddy contracts or expands to fit tubs from 20 to 33 inches wide.

**Teak Bathtub Caddy (\$40, bedbathandbeyond.com)**



## Serene Sounds

Bose's SoundLink wireless Bluetooth headphones are a bit of a splurge, but you're worth it! Buttery-soft ear cups provide ultimate comfort, and the sound is crystal-clear. Even though you can take phone calls through the headphones, maybe you should just let them go to voice mail so the music can lull you into prime relaxation mode. (\$280, bose.com)

“A bladder leak pad that’s  
a lot less bulky, and drier too.\*  
Need I say more?”



Leading Bladder Leak Pad



Always Discreet is made differently.  
The super absorbent core turns liquid to gel,  
for drier protection that’s a lot less bulky.\*

Always Discreet. For bladder leaks.



\*Always Discreet 4, 5, and 6 drop pads vs. the equivalent Leading Brand pads.

The Ultimate  
Guide to




# Thanks giving



# Sides

And if you need a [roast turkey recipe](#), you'll find a glorious one on p. 174.



**This year,** we focus our annual holiday cookbook on the dishes you've told us you need help with the most—all the stuffings, vegetables, mashes, salads, sauces, and casseroles that fill out

the table with hearty abundance and bring your family great joy. For each dish, we offer a classic rendition for the traditionalists and a next-level version for those of you looking to branch out.

PRODUCED BY ANN TAYLOR PITTMAN — PHOTOGRAPHY BY JENNIFER CAUSEY





CLASSIC  
Winter Greens  
and Citrus Salad  
RECIPE P. 90  
[STAFF FAVE](#)



# Stuffings, and Sauces

## Salads,



NEXT-LEVEL  
Shaved Vegetable  
Salad with Warm  
Bacon Vinaigrette  
RECIPE P. 90

These are not your grandmother's greens and stuffings, but she'll gladly eat them. Each one resembles a traditional take but calls for ingredients that make it more memorable—and give it your own signature, not granny's.

Stuffings,  
and Sauces



Salads,



✓  
NEXT-LEVEL  
Pancetta, Kale,  
and Raisin Stuffing  
RECIPE P. 91

›  
CLASSIC  
Sausage, Apple,  
and Herb Stuffing  
RECIPE P. 90





Stuffings,  
and Sauces

Salads,



▼  
NEXT-LEVEL  
Roasted Grape,  
Apple, and  
Cranberry Sauce  
RECIPE AT RIGHT

►  
CLASSIC  
Simple Cranberry-  
Orange Sauce  
RECIPE AT RIGHT



EDITOR'S PICK  
**ROASTED GRAPE,  
APPLE, AND  
CRANBERRY SAUCE**

"A fresh partner for roasted turkey, this garnet-hued game-changer can also show off on a cheese board paired with creamy Camembert or funky Roquefort. (It'll kick your day-after-Thanksgiving sandwich up a notch, too.) Pick up the darkest grapes you can find; I love the Midnight Beauty variety for their balanced tannins and intensely jammy flavor."

Josh Miller, Food Editor



## CLASSIC

### Simple Cranberry-Orange Sauce

**Active:** 20 min. **Total:** 2 hr. 30 min.

This lower-sugar cranberry sauce is fruity and tart, the perfect complement to the richness of turkey, stuffing, and gravy. A comparable amount of canned whole-berry sauce contains 60% more sugar and lacks the fresh flavor of ours.

- 3 cups fresh or frozen whole cranberries (12 oz.)
- ¼ cup granulated sugar
- 1 Tbsp. agave nectar
- ⅛ tsp. kosher salt
- 2 tsp. orange zest plus ¼ cup fresh orange juice (from 1 navel orange), divided

1. Combine cranberries, sugar, agave, salt, and orange juice in a medium saucepan over medium-high, and cook, stirring occasionally, until cranberries burst and liquid starts to reduce, about 15 minutes. Reduce heat to low, and simmer until liquid has a thick, syrupy consistency, about 12 more minutes. Remove from heat, and cool completely, about 2 hours. (Sauce will continue to thicken as it cools.) Sprinkle with orange zest.

**SERVES 12** (serving size: about 2 Tbsp.) **Calories** 38; **Fat** 0g; **Protein** 0g; **Carb** 10g; **Fiber** 1g; **Sugars** 7g (added sugars 5g); **Sodium** 20mg; **Calc** 0% DV; **Potassium** 0% DV

#### GIVE IT TIME

We like to make our cranberry sauce first thing on Thanksgiving morning (or even better, the night before) to let the ingredients meld together and allow the flavors to deepen.

## NEXT-LEVEL

### Roasted Grape, Apple, and Cranberry Sauce

**Active:** 5 min. **Total:** 1 hr. 30 min.

Roasted grapes—especially black grapes (see “Editor’s Pick” at left)—are supersweet and slightly tannic, with a concentrated fruit flavor. They help balance the tangy, astringent quality of the cranberries, allowing you to use less added sugar.

- Cooking spray**
- 2 cups seedless black grapes (about 10 oz.)
- 1¾ cups chopped Honeycrisp apple (1 [8-oz.] apple)
- 2 Tbsp. chopped shallot
- 1 cup fresh or frozen whole cranberries (about 4 oz.)
- 1½ Tbsp. unsalted butter
- 3½ tsp. pure maple syrup
- ⅛ tsp. kosher salt
- ¼ tsp. fresh thyme leaves or sprigs (optional)

1. Preheat oven to 425°F. Lightly coat a rimmed baking sheet with cooking spray. Place grapes, apple, and shallot on prepared baking sheet, and lightly coat with cooking spray. Bake at 425°F until shallot begins to soften, about 5 minutes.

2. Add cranberries to baking sheet. Bake at 425°F until cranberries burst, apple is tender, and grape skins are beginning to burst, about 20 more minutes. Remove from oven, and transfer grape mixture to a medium bowl. Stir in butter, maple syrup, and salt. Cool completely, about 1 hour. Sprinkle with thyme, if desired.

**SERVES 12** (serving size: about 2½ Tbsp.) **Calories** 47; **Fat** 2g (sat 1g, unsat 1g); **Protein** 0g; **Carb** 8g; **Fiber** 1g; **Sugars** 6g (added sugars 1g); **Sodium** 21mg; **Calc** 1% DV; **Potassium** 1% DV



CLASSIC

## Winter Greens and Citrus Salad

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

If you make the vinaigrette and slice the oranges and onions in advance, this becomes a fast throw-together side on Turkey Day. Though we love the texture and flavor variety of three kinds of greens, you could use all of one type if you'd rather.

- 1/3 cup olive oil
- 1/2 tsp. orange zest plus 2 Tbsp. fresh orange juice
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. rice vinegar
- 2 tsp. Dijon mustard
- 2 tsp. honey
- 3/4 tsp. black pepper, divided
- 1/2 tsp. fresh thyme leaves
- 1/2 tsp. finely chopped garlic
- 1/4 tsp. kosher salt
- 2 small (5 oz. each) blood oranges
- 1 large (12 1/2-oz.) navel orange
- 1 (8-oz.) bunch lacinato kale, stemmed and torn into bite-size pieces (4 cups)
- 1 (6-oz.) head curly endive, leaves separated and cut in half crosswise (4 cups)
- 4 oz. fresh baby spinach (4 packed cups)
- 1 cup thinly sliced red onion
- 2 Tbsp. torn fresh basil leaves
- 1 1/2 oz. Manchego cheese, shaved (about 3/4 cup)
- 1 Tbsp. dried Zante currants
- 1/2 tsp. flaky sea salt (such as Maldon)

1. Whisk together olive oil, orange zest and juice, lemon juice, rice vinegar, Dijon, honey, 1/4 teaspoon pepper, thyme, garlic, and kosher salt in a bowl until smooth and emulsified. Set aside.

2. Remove and discard peel and white pith from oranges. Cut oranges crosswise into 1/4-inch-thick slices.

3. Combine kale, endive, and spinach in a large bowl. Add vinaigrette; toss to coat. Transfer mixture to a large platter. Top with orange slices, onion, basil, cheese, currants, flaky salt, and remaining 1/2 teaspoon pepper.

**SERVES 12** (serving size: 1 cup) **Calories** 106; **Fat** 7g (sat 2g, unsat 5g); **Protein** 2g; **Carb** 9g; **Fiber** 2g; **Sugars** 5g (added sugars 1g); **Sodium** 192mg; **Calc** 9% DV; **Potassium** 4% DV



NEXT-LEVEL

## Shaved Vegetable Salad with Warm Bacon Vinaigrette

**Active:** 20 min. **Total:** 35 min.

If you can't find golden or Chioggia beets, just use red beets; wear gloves to prevent stains on your hands. Once tossed with the dressing, the vegetables wilt slightly to a crisp-tender texture. You can make the dressing a day ahead and reheat just before tossing with the salad; shave the vegetables (but not the apple) up to a day ahead.

- 6 bacon slices, cut into 3/4-inch pieces
- 6 Tbsp. grapeseed or canola oil
- 2 Tbsp. plus 2 tsp. Dijon mustard
- 2 Tbsp. sherry vinegar or apple cider vinegar
- 2 tsp. dark molasses
- 1/4 tsp. fine sea salt
- 2 cups thinly sliced fennel (1 [13-oz.] bulb)
- 1 cup thinly sliced peeled red beet (1 [5-oz.] beet)
- 1 cup thinly sliced peeled golden beet (1 [5-oz.] beet)
- 1 cup thinly sliced peeled Chioggia beet (1 [5-oz.] beet)

- 1 cup thinly sliced Honeycrisp apple (1 [6-oz.] apple)
- 1/2 cup loosely packed fresh tarragon leaves
- 1/2 cup chopped fresh chives
- 1 (5-oz.) container arugula (6 cups)

1. Cook bacon in a skillet over medium-high, stirring occasionally, until crisp, 8 to 10 minutes. Drain on a paper towel-lined plate; reserve 3 tablespoons drippings in a medium bowl. Whisk oil, Dijon, vinegar, molasses, and salt into drippings.

2. Toss together fennel, beets, apple, tarragon, chives, arugula, and vinaigrette in a large bowl. Transfer beet mixture to a platter. Sprinkle with cooked bacon; serve immediately.

**SERVES 12** (serving size: 1 cup) **Calories** 147; **Fat** 12g (sat 2g, unsat 9g); **Protein** 3g; **Carb** 7g; **Fiber** 2g; **Sugars** 5g (added sugars 1g); **Sodium** 238mg; **Calc** 4% DV; **Potassium** 6% DV



CLASSIC

## Sausage, Apple, and Herb Stuffing

**Active:** 25 min. **Total:** 1 hr. 10 min.

This recipe captures the traditional stuffing vibe with the flavors of sausage, aromatic vegetables, sage, and thyme. The bread soaks up all the goodness and stays moist inside, with a crispy layer on top. Bulk sausage is ideal, but you could use links and just remove the casings. You can skip the first step if you cut the bread into cubes and let them dry on the counter for 24 hours.

- 8 oz. sourdough bread, cut into 1-inch cubes
- 6 oz. sweet Italian pork sausage
- 1 Tbsp. unsalted butter
- 1 cup chopped yellow onion

- 1 cup chopped celery stalks and leaves (about 3 stalks)
- 2 medium Granny Smith apples, cut into 1-inch cubes (3 cups)
- 1 Tbsp. chopped fresh sage
- 1 Tbsp. chopped fresh thyme
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 1½ cups unsalted chicken stock, divided
- 3 large eggs
- Thyme sprigs (optional)

**1.** Preheat oven to 300°F. Spread bread cubes in an even layer on a rimmed baking sheet. Bake at 300°F until dry and slightly toasted, 12 to 14 minutes. Remove from oven; transfer bread to a large bowl. Increase oven temperature to 350°F.

**2.** While bread cubes bake, cook sausage in a large skillet over medium-high until browned, about 6 minutes, using a spoon to break sausage into small pieces. Transfer sausage to bowl with bread cubes. (Do not wipe skillet clean.) Reduce heat to medium. Add butter, onion, and celery to skillet; cook, stirring occasionally, until vegetables are tender and translucent, 6 to 8 minutes. Add apples; cook until soft but not mushy, about 10 minutes. Stir in sage, thyme, salt, and pepper; cook, stirring constantly, until fragrant, about 1 minute. Add 1 cup stock, stirring and scraping bottom of skillet to release browned bits. Transfer apple mixture to bowl with bread cubes and sausage.

**3.** Whisk together eggs and remaining ½ cup stock in a bowl until combined; stir into bread mixture. Transfer mixture to a 2-quart glass or ceramic baking dish, cover with aluminum foil, and bake at 350°F for 15 minutes. Remove foil, top with thyme sprigs, and continue to bake until stuffing is lightly browned on top and set, 15 to 20 more minutes. Let stuffing stand 5 minutes before serving.

**SERVES 12** (serving size: ⅔ cup) **Calories** 126; **Fat** 4g (sat 2g, unsat 2g); **Protein** 7g; **Carb** 16g; **Fiber** 2g; **Sugars** 5g (added sugars 0g); **Sodium** 318mg; **Calc** 4% DV; **Potassium** 3% DV



NEXT-LEVEL

## Pancetta, Kale, and Raisin Stuffing

**Active:** 35 min. **Total:** 1 hr. 15 min.

Torn bread gives this stuffing a lovely rustic appearance, but you can cube it if you'd rather. Kale, pancetta, and raisins all provide a flavor update, and there's just enough red pepper to give a hint of heat. You can ask for a chunk of pancetta at the deli counter, or look for a package of prechopped pancetta near the salami and cured meats. You could also substitute bacon, which will add a smoky flavor.

- 8 oz. multigrain bread, torn into chunks
- 4 oz. diced pancetta
- 2 Tbsp. olive oil, divided
- 1 (8-oz.) bunch lacinato kale, stemmed and roughly chopped (4 cups)
- ½ cup thinly sliced shallots (about 4 small shallots)
- 1 Tbsp. minced garlic
- ¼ tsp. crushed red pepper
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 1 Tbsp. sherry vinegar
- 1½ cups unsalted chicken stock, divided
- ¼ cup chopped fresh flat-leaf parsley, plus more for garnish
- ¾ cup golden raisins, divided
- 2 large eggs

**1.** Preheat oven to 300°F. Spread bread chunks in an even layer on a rimmed baking sheet. Bake at 300°F until dry and slightly toasted, 12 to 14 minutes. Remove from oven; transfer bread to a large bowl. Increase oven temperature to 350°F.

**2.** While bread bakes, cook pancetta in a 10-inch cast-iron skillet over medium, stirring occasionally, until

crisp and browned, about 8 minutes. Remove with a slotted spoon, and add to bread in bowl. Add 1 tablespoon oil to skillet. Add kale, and cook, stirring occasionally, until wilted and tender, about 10 minutes. Add shallots, garlic, and crushed red pepper, and cook, stirring often, until shallots are tender, 2 to 4 minutes. Sprinkle with salt and black pepper, and stir in vinegar. Cook until vinegar is absorbed, about 1 minute. Add 1 cup stock, stirring and scraping bottom of skillet to release browned bits. Transfer vegetable mixture to bowl with bread; add parsley and ½ cup raisins.

**3.** Whisk together eggs and remaining ½ cup stock in a bowl until combined; stir into bread mixture. Wipe skillet clean with a paper towel; add remaining 1 tablespoon oil to skillet, and swirl to coat. Transfer bread mixture to skillet. Cover tightly with aluminum foil.

**4.** Bake at 350°F until set, about 30 minutes. Remove foil, and bake until slightly crispy on top, about 10 more minutes. Remove from oven, and let stand until set, about 10 minutes. Sprinkle with remaining ¼ cup raisins; garnish with parsley. Serve hot or at room temperature.

**SERVES 12** (serving size: about ½ cup) **Calories** 159; **Fat** 7g (sat 2g, unsat 4g); **Protein** 6g; **Carb** 18g; **Fiber** 2g; **Sugars** 7g (added sugars 0g); **Sodium** 337mg; **Calc** 4% DV; **Potassium** 4% DV

### MAKE IT AHEAD

To get a head start on either of these bread stuffings, you can combine all of the ingredients up to the point of baking, then cover and refrigerate for up to two days. Let the dish or pan stand at room temperature for an hour or two, then bake as instructed in the recipe (you may need to cook a few additional minutes to reach the desired texture).

CLASSIC  
Lower-Sugar  
Sweet Potato  
Casserole  
RECIPE P. 97



# Potatoes

## and

NEXT-LEVEL  
Stuffed Sweet  
Potatoes with  
Toasted Meringue

RECIPE P. 99

STAFF FAVE



Grains

Thanksgiving is the time of year when you showcase an assortment of starches—say, two types of potatoes and a stuffing on the table. With these delightful options, you might even want more.

Potatoes and

Grains



^  
CLASSIC  
(Top) Olive Oil Mashed  
Potatoes  
RECIPE P. 98

^  
NEXT-LEVEL  
(Bottom) Garlic  
Mashed Potatoes with  
Chile-Paprika Butter  
RECIPE P. 99  
[STAFF FAVE](#)

>  
CLASSIC  
Wild Rice-Pecan Stuffing  
RECIPE P. 97



EDITOR'S PICK

**WILD RICE-PECAN  
STUFFING**

"Bread-based stuffing at Thanksgiving is delicious, but it can leave you feeling like you need more. What makes this stuffing so incredibly satisfying is the whole-grain combo of wild and brown rice. It makes a nutty, toasty, and savory flavor base with delectable chewiness and filling fiber."

Tim Cebula, Senior Food Editor



NEXT-LEVEL  
Farro Stuffing with  
Miso Mushrooms  
RECIPE AT RIGHT  
[STAFF FAVE](#)

### MAKE IT AHEAD

You can make either stuffing a couple of days before the big feast. Cook through completely, and refrigerate until shortly before it's time to eat. Reheat in the microwave, on the stovetop in a Dutch oven over medium-low heat with a splash of chicken stock, or in a casserole dish in a 350°F oven for half an hour or until warm.

NEXT-LEVEL

## Farro Stuffing with Miso Mushrooms

**Active:** 25 min. **Total:** 1 hr.

While a miso-flavored whole-grain stuffing might not be traditional, the savory, earthy flavor is right at home on the holiday table.

### Cooking spray

- 1¾ cups uncooked farro
- 2 Tbsp. unsalted butter
- 1 lb. mixed fresh mushrooms (such as shiitake caps, cremini, and oyster), chopped
- 1 cup chopped carrots
- 2 Tbsp. chopped fresh sage
- 1½ Tbsp. chopped garlic
- ¼ cup white miso
- 1 cup unsalted chicken stock
- 4 oz. fontina cheese, grated (about 1 cup)
- 2 tsp. sherry vinegar
- 1 tsp. black pepper
- ¼ tsp. kosher salt

1. Preheat oven to 400°F. Lightly coat a 2-quart glass or ceramic baking dish with cooking spray. Cook farro according to package directions to yield about 4 cups; drain and set aside.

2. While farro cooks, melt butter in a large skillet over medium-high. Add mushrooms; cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Add carrots, sage, and garlic; cook, stirring occasionally, until tender, 5 to 6 minutes. Stir in miso; cook, stirring constantly, 1 minute. Add stock; simmer until liquid is reduced by half, about 4 minutes. Remove from heat; cool slightly.

3. Combine cooked farro, mushroom mixture, cheese, vinegar, pepper, and salt in a large bowl. Spoon mixture into prepared baking dish. Bake at 400°F until top is lightly toasted, about 20 minutes.

**SERVES 12** (serving size: ⅔ cup) **Calories** 150; **Fat** 6g (sat 3g, unsat 2g); **Protein** 7g; **Carb** 23g; **Fiber** 3g; **Sugars** 2g (added sugars 0g); **Sodium** 293mg; **Calc** 7% DV; **Potassium** 5% DV



CLASSIC

## Wild Rice-Pecan Stuffing

**Active:** 25 min. **Total:** 1 hr. 35 min.

- 2 Tbsp. olive oil
- 1½ cups chopped yellow onion
- 1 cup chopped celery (about 3 stalks), leaves reserved
- 1 cup chopped carrots
- 1 cup uncooked wild rice
- 1 Tbsp. unsalted butter
- 1 Tbsp. minced garlic
- 1 Tbsp. chopped fresh sage
- 1 tsp. chopped fresh rosemary
- 1 tsp. kosher salt, divided
- ¾ tsp. black pepper, divided
- 4 cups unsalted chicken stock
- 1 cup uncooked long-grain brown rice
- ½ cup sweetened dried cherries
- ½ cup chopped toasted pecans

1. Heat oil in a Dutch oven over medium. Add onion, celery, carrots, and wild rice; cook, stirring occasionally, until vegetables are tender, about 10 minutes. Add butter, garlic, sage, and rosemary; cook, stirring constantly, 1 minute. Sprinkle with ½ teaspoon salt and ½ teaspoon pepper, and pour in stock. Increase heat to high, and bring to a boil. Cover and reduce heat to low; simmer 10 minutes.

2. Add brown rice; cover and simmer until rice is tender and most of the liquid has been absorbed, about 1 hour. Remove from heat; let stand, covered, 10 minutes. Stir in remaining ½ teaspoon salt and ¼ teaspoon pepper; spoon onto a serving platter. Top with cherries, pecans, and celery leaves.

**SERVES 12** (serving size: about ⅔ cup) **Calories** 208; **Fat** 7g (sat 1g, unsat 6g); **Protein** 5g; **Carb** 32g; **Fiber** 3g; **Sugars** 7g (added sugars 2g); **Sodium** 221mg; **Calc** 3% DV; **Potassium** 5% DV

Potatoes  
and



CLASSIC

## Lower-Sugar Sweet Potato Casserole

**Active:** 20 min. **Total:** 2 hr. 35 min.

Our delicious casserole has 5 fewer teaspoons (20g) of added sugar per serving than traditional versions.

- 3 lb. sweet potatoes (5 to 6 medium sweet potatoes)
- ½ cup evaporated whole milk
- 2 Tbsp. unsalted butter, melted
- 2 tsp. vanilla extract
- 1½ tsp. kosher salt
- 1 tsp. black pepper
- 2 large eggs, separated
- Cooking spray
- ¾ cup chopped walnuts
- ¾ cup old-fashioned rolled oats
- 2 Tbsp. light brown sugar
- ½ tsp. ground cardamom

1. Preheat oven to 350°F. Wrap potatoes individually in foil. Arrange on a baking sheet. Roast at 350°F until very tender, 60 to 75 minutes. Set aside until cool enough to handle, about 15 minutes. Peel potatoes; discard skins. Place potatoes in a large bowl; mash until smooth. Cool completely, about 20 minutes. Stir in milk, butter, vanilla, salt, pepper, and egg yolks. Spread mixture evenly in a 2-quart glass or ceramic baking dish coated with cooking spray.

2. Whisk egg whites in a medium bowl until frothy. Stir in walnuts, oats, brown sugar, and cardamom. Sprinkle evenly over sweet potato mixture. Bake at 350°F, uncovered, until top is toasted and edges are bubbling, 40 to 50 minutes.

**SERVES 12** (serving size: about ½ cup) **Calories** 220; **Fat** 9g (sat 2g, unsat 6g); **Protein** 5g; **Carb** 31g; **Fiber** 4g; **Sugars** 8g (added sugars 2g); **Sodium** 327mg; **Calc** 8% DV; **Potassium** 10% DV

Grains

## 3 Mix-and-Match Menus

### Classic

LEMON-HERB TURKEY  
P. 174

SAUSAGE, APPLE,  
AND HERB STUFFING  
P. 90

OLIVE OIL  
MASHED POTATOES  
P. 98

GREEN BEANS AMANDINE  
P. 108

CREAMED SPINACH  
WITH HAZELNUTS  
P. 111

SIMPLE CRANBERRY-  
ORANGE SAUCE  
P. 89

HERBED BISCUITS  
P. 124

### Next-Level

LEMON-HERB TURKEY  
P. 174

FARRO STUFFING WITH MISO  
MUSHROOMS  
P. 97

STUFFED SWEET POTATOES WITH  
TOASTED MERINGUE  
P. 99

PROSCIUTTO GREEN BEAN BUN-  
DLES WITH CRISPY MUSHROOMS  
P. 108

BROCCOLI-ARTICHOKE  
CASSEROLE  
P. 120

BRUSSELS SPROUTS TARTE TATIN  
P. 102

ROASTED GRAPE, APPLE,  
AND CRANBERRY SAUCE  
P. 89

### Vegetarian

WINTER GREENS AND  
CITRUS SALAD  
P. 90

LOWER-SUGAR SWEET POTATO  
CASSEROLE  
P. 97

GLAZED RED PEARL ONIONS  
P. 110

ROASTED BRUSSELS SPROUTS  
WITH MUSTARD DRESSING  
P. 102

ELOTE CORN PUDDING  
P. 119

ROASTED ROOT VEGETABLES  
WITH BALSAMIC-MAPLE GLAZE  
P. 109

STUFFING-FLAVORED  
CORNBREAD  
P. 124



CLASSIC

### Olive Oil Mashed Potatoes

**Active:** 25 min. **Total:** 1 hr.

Herb-infused olive oil and Greek yogurt replace much of the butter and milk you'd find in traditional mashed potatoes. The finished dish has a lightly tangy, herbal-fruity flavor that's irresistible. You can make the potatoes a day ahead, but anticipate that you may need to stir in a little milk to restore the creamy texture.

**3 lb. Yukon Gold potatoes, peeled and cut into ½-inch-thick slices**

**½ cup olive oil**

**1 (3-inch) rosemary sprig**

**2 thyme sprigs**

**1⅓ cups plain 2% reduced-fat Greek yogurt**

**3 Tbsp. unsalted butter, softened and cut into pieces**

**2 tsp. kosher salt**

**½ tsp. finely ground black pepper**

**Coarsely ground black pepper**

**Fresh thyme leaves**

**Fresh rosemary leaves**

**1.** Place potatoes in a Dutch oven, and add cold water to cover by 2 inches. Bring to a boil over high. Reduce heat to medium-high, and simmer, uncovered, until potatoes are fork-tender, 20 to 25 minutes. Drain and let stand at room temperature until potatoes look dry and chalky, about 10 minutes. Return potatoes to Dutch oven.

**2.** While potatoes simmer, bring olive oil, rosemary, and thyme to a gentle simmer in a saucepan over low. Cook, stirring once, until mixture is fragrant and herbs have darkened, about 10 minutes. Remove from heat, and cool 10 minutes. Using a rubber spatula, press oil mixture through a fine wire-mesh strainer into a small bowl. Discard rosemary and thyme.

**3.** Mash potatoes with a potato masher until all large chunks are broken down and potatoes are fluffy. Stir in herb-infused oil, yogurt, butter, salt, and finely ground pepper until blended. Garnish with coarsely ground pepper and herb leaves.

**SERVES 12** (serving size: ⅔ cup) **Calories** 218; **Fat** 12g (sat 3g, unsat 8g); **Protein** 5g; **Carb** 21g; **Fiber** 1g; **Sugars** 1g (added sugars 0g); **Sodium** 337mg; **Calc** 3% DV; **Potassium** 0% DV



NEXT-LEVEL

## Garlic Mashed Potatoes with Chile-Paprika Butter

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

These potatoes are bright with garlic, and the chile butter adds a hint of spice. Leaving the skins on the Yukon Golds adds a slightly rustic texture. Aleppo is a flaky smoked chile pepper you'll find at specialty stores; it's a great spice to keep on hand, but you can omit it here if you don't have it.

- 1½ lb. russet potatoes, peeled and cubed
- 12 oz. Yukon Gold potatoes, cubed
- 10 medium garlic cloves, peeled
- 2 bay leaves
- 5 Tbsp. unsalted butter, divided
- ¼ cup 2% reduced-fat milk
- 1½ tsp. kosher salt
- 1 tsp. paprika
- ½ tsp. crushed red pepper
- 1 tsp. Aleppo pepper (optional)

**1.** Place potatoes, garlic, and bay leaves in a large saucepan; add cold water to cover by 2 inches. Bring to a boil over high; reduce heat to medium-low, and simmer until potatoes are very tender, about 15 minutes. Drain; discard bay leaves. Return potatoes to pan; mash to desired consistency. Stir in 2 tablespoons butter, milk, and salt; transfer to a serving bowl.

**2.** Heat remaining 3 tablespoons butter, paprika, and crushed red pepper in a small skillet over medium until butter is melted and sizzling, about 2 minutes. Drizzle over potatoes; sprinkle with Aleppo pepper, if desired.

**SERVES 10** (serving size: about ½ cup) **Calories** 136; **Fat** 6g (sat 4g, unsat 2g); **Protein** 2g; **Carb** 19g; **Fiber** 2g; **Sugars** 1g (added sugars 0g); **Sodium** 296mg; **Calc** 2% DV; **Potassium** 7% DV



NEXT-LEVEL

## Stuffed Sweet Potatoes with Toasted Meringue

**Active:** 45 min. **Total:** 1 hr. 55 min.

Want to wow your family at the table? These stuffed spuds will do the trick. You can prepare the recipe through step 3 up to two days ahead; reheat potatoes at 375°F, then turn up the heat to brown the topping in step 4.

- 8 (9- to 10-oz.) sweet potatoes
- 1 (2-inch) piece fresh ginger, unpeeled
- ⅓ cup whole milk
- 5 Tbsp. unsalted butter, softened and cut into pieces
- 1½ tsp. plus ⅛ tsp. kosher salt, divided
- ¼ tsp. ground nutmeg
- ¼ tsp. black pepper
- 3 large egg whites, at room temperature
- ⅛ tsp. cream of tartar
- ½ cup powdered sugar

**1.** Preheat oven to 375°F. Pierce potatoes all over with a fork, and place on a parchment paper-lined baking sheet. Bake at 375°F until tender, about 1 hour. Let stand on baking sheet at room temperature until cool enough to handle, about 15 minutes.

**2.** Meanwhile, fold an 8-inch square piece of cheesecloth into quarters to make a 4-layer, 4-inch square. Using medium holes of a box grater, grate ginger; place in center of cheesecloth. Gather edges of cheesecloth, and squeeze over a bowl to equal 1 tablespoon ginger juice. Discard solids.

**3.** Increase oven temperature to 400°F. Cut potatoes in half lengthwise; carefully scoop potato pulp into a medium bowl, leaving about ¼ inch pulp around shell. Return 12 potato shells to baking sheet; discard

remaining 4 shells. Add ginger juice, milk, and butter to pulp in bowl, and mash with a potato masher until smooth; stir in 1½ teaspoons salt, nutmeg, and pepper. Spoon mashed potato mixture evenly into 12 potato shells (about ½ cup per shell).

**4.** Beat egg whites, cream of tartar, and remaining ⅛ teaspoon salt with a mixer on high speed until foamy, about 20 to 30 seconds. Add powdered sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form, about 2 minutes. Stop mixer; scrape sides of bowl. Spoon meringue evenly onto potatoes on baking sheet. Bake at 400°F until meringue is golden brown, 6 to 7 minutes. Transfer to a platter; serve immediately.

**SERVES 12** (serving size: 1 stuffed potato half) **Calories** 177; **Fat** 5g (sat 3g, unsat 2g); **Protein** 3g; **Carb** 30g; **Fiber** 4g; **Sugars** 10g (added sugars 5g); **Sodium** 345mg; **Calc** 5% DV; **Potassium** 10% DV



EDITOR'S PICK

### STUFFED SWEET POTATOES WITH TOASTED MERINGUE

"The beauty of billowy meringue makes this side a true standout. Fresh ginger juice is surprisingly simple to make and introduces unexpected spice to balance the honeyed sweetness of the spuds. Plus, there's a certain wow factor in the presentation of an individually portioned potato—it's like a moment of self-care for the starch-loving soul."

Jamie Vespa,  
Assistant Nutrition Editor

# Vegetables



NEXT-LEVEL  
Prosciutto Green  
Bean Bundles with  
Crispy Mushrooms  
RECIPE P. 108

Here's where things get really exciting—and colorful, beautiful, and absolutely delicious. Sure, an assortment of vegetable-heavy dishes balances your feast, but these will also steal the limelight from the bird.



CLASSIC  
Green Beans  
Amandine  
RECIPE P. 108



## CLASSIC

## Roasted Brussels Sprouts with Mustard Dressing

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

Here's proof that Brussels sprouts can be delicious without bacon. Sherry (or apple cider) vinegar lends complementary sweet-tart notes, and grainy mustard adds peppery tang. High-heat roasting gives the sprouts a little char and the faintest hint of smoky flavor. It's a quick dish that yields fantastic results.

- 2 lb. fresh Brussels sprouts, halved lengthwise (about 8 cups)
- 6 Tbsp. extra-virgin olive oil, divided
- ½ tsp. plus ⅜ tsp. kosher salt, divided
- ¾ tsp. black pepper, divided
- 2 Tbsp. sherry vinegar or apple cider vinegar
- 1 Tbsp. grainy mustard
- 2 Tbsp. chopped fresh flat-leaf parsley, divided

**1.** Preheat oven to 450°F. Toss together Brussels sprouts, 2 tablespoons oil, ½ teaspoon salt, and ½ teaspoon pepper in a large bowl. Transfer to a large rimmed baking sheet lined with aluminum foil. Roast at 450°F until golden and just tender when pierced with tip of a knife, about 20 minutes, stirring once after 10 minutes.

**2.** Meanwhile, whisk together vinegar, mustard, 1 tablespoon parsley, remaining ⅜ teaspoon salt, and remaining ¼ teaspoon pepper in a large bowl. Add remaining ¼ cup oil in a slow, steady stream, whisking constantly, until emulsified.

**3.** Add sprouts to dressing; toss to coat. Transfer to platter; sprinkle with remaining 1 tablespoon parsley.

**SERVES 8** (serving size: about ⅔ cup) **Calories** 150; **Fat** 11g (sat 2g, unsat 9g); **Protein** 4g; **Carb** 11g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 254mg; **Calc** 5% DV; **Potassium** 10% DV

## NEXT-LEVEL

## Brussels Sprouts Tarte Tatin

**Active:** 40 min. **Total:** 1 hr. 5 min.

### Cooking spray

- 2 Tbsp. olive oil, divided
- 1 lb. fresh Brussels sprouts, halved lengthwise (4 cups)
- ¼ cup water
- ½ cup chopped shallot
- 2 Tbsp. white balsamic vinegar
- 2 Tbsp. honey
- 1 Tbsp. chopped fresh thyme
- 1 tsp. kosher salt
- ¼ tsp. black pepper
- 1 (9-inch) frozen whole-wheat pie dough (such as Wholly Wholesome), thawed

**1.** Preheat oven to 400°F. Lightly coat an 8-inch round cake pan with cooking spray. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add sprouts, cut sides down; cook, stirring occasionally, until beginning to brown, about 5 minutes. Add ¼ cup water; reduce heat to medium. Cover and cook, undisturbed, until sprouts are tender when pierced with tip of a knife, about 4 minutes. Transfer to prepared cake pan; arrange evenly, cut sides down.

**2.** Wipe skillet clean. Add remaining 1 tablespoon oil; heat over medium-low. Add shallot; cook, stirring often, until softened, 3 to 4 minutes. Stir in vinegar, honey, thyme, salt, and pepper; cook, stirring constantly, until liquid is slightly syrupy, about 2 minutes. Drizzle evenly over sprouts. Drape pie dough over sprouts, tucking edges into sides of cake pan. Prick top all over with a fork or tip of a knife.

**3.** Bake at 400°F until crust is golden brown, 25 to 30 minutes. Transfer to a wire rack to cool 5 minutes. Carefully invert onto a serving plate.

**SERVES 10** (serving size: 1 slice) **Calories** 149; **Fat** 9g (sat 4g, unsat 4g); **Protein** 3g; **Carb** 16g; **Fiber** 3g; **Sugars** 6g (added sugars 3g); **Sodium** 282mg; **Calc** 2% DV; **Potassium** 4% DV



<  
NEXT-LEVEL  
Brussels Sprouts  
Tarte Tatin  
RECIPE AT LEFT

∨  
CLASSIC  
Roasted Brussels  
Sprouts with  
Mustard Dressing  
RECIPE AT LEFT



### TIME IT RIGHT

The key to delicious Brussels sprouts is to cook them just enough so their flavor stays earthy-sweet and their texture tender without too much give. Use our “knife test” as described in these recipes to check for doneness. They’re best served right away (they’re not a great make-ahead option), so plan accordingly.



EDITOR'S PICK  
**GLAZED RED  
PEARL ONIONS**

"I'm the person who always orders the salad or sandwich without onions. And onion rings? No way! But these glazed red pearl onions looked so pretty that I just had to taste them. Well, they were delicious, so much so that I went back for seconds. So this year—for the first Thanksgiving ever—I think I'll be putting pearl onions on the table."

Brierley Horton,  
Food & Nutrition Director



CLOCKWISE FROM LEFT

^  
CLASSIC  
Glazed Red Pearl Onions  
RECIPE P. 110

^  
NEXT-LEVEL  
Sausage, Herb, and  
Cranberry-Stuffed Onions  
RECIPE P. 110

STAFF FAVE

^  
CLASSIC  
Creamed Spinach  
with Hazelnuts  
RECIPE P. 111

^  
NEXT-LEVEL  
Collard Greens  
Panzanella with Hot  
Sauce Vinaigrette  
RECIPE P. 111

Vegetables



### PREP IT AHEAD

While you wouldn't want to roast either of these recipes in advance, you can still get a head start: Cut all of the veggies up to two days ahead; store in ziplock bags in the fridge. This will save you up to 30 minutes on Turkey Day.



€  
CLASSIC  
Roasted Root Vegetables  
with Balsamic-Maple Glaze  
RECIPE P. 109

[STAFF FAVE](#)

^  
NEXT-LEVEL  
Roasted Carrot  
and Parsnip Batons with  
Tahini Dip  
RECIPE P. 109



CLASSIC

## Green Beans Amandine

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

Adding lemon juice and water to the browned butter mixture creates a lovely, glossy sauce that coats the beans beautifully. The overall impression is that there's far more butter than is actually there. You can easily get a head start by completing step 1 up to two days ahead; then the recipe can come together in the last few minutes before the feast.

- 4 qt. plus 2 to 3 Tbsp. water, divided
- 4 (8-oz.) pkg. fresh haricots verts (French green beans)
- 2 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- ½ cup sliced almonds
- ¼ cup thinly sliced shallot
- 1 tsp. minced garlic
- 2 Tbsp. fresh lemon juice
- 1 tsp. kosher salt
- ¼ tsp. black pepper

1. Bring 4 quarts water to a boil in a large Dutch oven over medium-high. Add green beans; cook until crisp-tender, 4 to 5 minutes. Drain beans; plunge into a large bowl filled with ice water to stop the cooking process. Drain beans, and dry thoroughly with paper towels.

2. Wipe Dutch oven clean; add butter and oil, and cook over medium-low until butter is melted. Add almonds, and cook, stirring constantly, until butter has browned and almonds are beginning to brown, about 5 minutes. Add shallot and garlic, and cook, stirring constantly, 1 minute. Stir in lemon juice and 2 tablespoons water.

Cook, stirring constantly, until sauce has thickened slightly and has a glossy sheen. (Add up to 1 more tablespoon water if sauce is too thick.) Stir in beans, salt, and pepper. Increase heat to medium; cook, tossing occasionally, until beans are hot and coated with sauce and almonds, 4 to 5 more minutes.

**SERVES 8** (serving size: about 1 cup) **Calories** 114; **Fat** 8g (sat 2g, unsat 5g); **Protein** 3g; **Carb** 10g; **Fiber** 4g; **Sugars** 4g (added sugars 0g); **Sodium** 248mg; **Calc** 6% DV; **Potassium** 6% DV



NEXT-LEVEL

## Prosciutto Green Bean Bundles with Crispy Mushrooms

**Active:** 35 min. **Total:** 45 min.

Though it may look complicated, this recipe is quite easy to prepare. To save prep time, look for bags of prewashed, pretrimmed beans in the produce section. If you can't find the slender haricots verts, you can use regular green beans—they'll just need to cook a few minutes longer in step 1. You can blanch the beans and prepare the dressing the day before, but wait to combine them; the acid will discolor the beans.

- 4 qt. water
- 3 (8-oz.) pkg. fresh haricots verts (French green beans)
- Cooking spray**
- 3½ cups stemmed and thinly sliced fresh shiitake mushrooms (about 4 oz.)
- 7 Tbsp. extra-virgin olive oil, divided
- ¾ tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 4 tsp. fresh lemon juice
- 5 prosciutto slices (about 2 oz. total), cut in half lengthwise

1. Preheat oven to 450°F. Bring 4 quarts water to a boil in a large Dutch oven over medium-high. Add green beans, and cook until crisp-tender, about 4 to 5 minutes. Drain beans, and plunge into a large bowl filled with ice water to stop the cooking process. Drain beans, and dry thoroughly with paper towels.

2. Line a rimmed baking sheet with aluminum foil; lightly coat with cooking spray. Toss together mushrooms, 3 tablespoons oil, ⅛ teaspoon salt, and ⅛ teaspoon pepper in a bowl; arrange evenly on prepared baking sheet. Roast at 450°F until mushrooms are deep brown and crisped, 12 to 15 minutes, stirring halfway through. Transfer mushrooms to a bowl; set baking sheet aside.

3. Whisk together lemon juice, remaining ¼ cup oil, remaining ⅝ teaspoon salt, and remaining ⅜ teaspoon pepper in a large bowl until blended. Add beans; toss to coat. Gather beans into 10 bundles of about 20 beans each. Place 1 bundle at the end of 1 prosciutto piece; roll up lengthwise. Repeat with remaining 9 bundles and remaining 9 prosciutto pieces.

4. Arrange assembled bundles, seam side down, on reserved baking sheet. Bake at 450°F until beans are warmed and prosciutto begins to brown, 5 to 7 minutes. Transfer green bean bundles to a platter; sprinkle with roasted mushrooms.

**SERVES 10** (serving size: 1 bundle) **Calories** 128; **Fat** 11g (sat 2g, unsat 9g); **Protein** 3g; **Carb** 6g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 241mg; **Calc** 3% DV; **Potassium** 4% DV



CLASSIC

## Roasted Root Vegetables with Balsamic-Maple Glaze

**Active:** 30 min. **Total:** 1 hr. 10 min.

These vegetables are so good, they may upstage everything else on the table. The balsamic-maple sauce is particularly delicious (and smartly added at the end to keep all flavors and colors vibrant). Roasting the purple vegetables separately will also help keep all the colors looking their best.

### Cooking spray

- 1 lb. red onions, each cut into 8 wedges with root intact
- 1 lb. purple sweet potatoes, cut into ¾-inch cubes
- 1 lb. small multicolored carrots, (including purple), cut on an angle into 2-inch-long pieces, divided
- ¼ cup olive oil, divided
- 1 lb. turnips, each cut into 8 wedges
- 1 lb. parsnips, cut on an angle into 2-inch-long pieces
- 1 tsp. kosher salt
- 1 tsp. black pepper
- 6 Tbsp. balsamic vinegar
- ¼ cup pure maple syrup
- 1 Tbsp. chopped fresh thyme leaves

1. Preheat oven to 450°F. Line 2 rimmed baking sheets with parchment paper, and lightly coat with cooking spray.

2. Combine onions, purple sweet potatoes, purple carrots, and 2 tablespoons olive oil in a large bowl; toss to coat, and arrange in a single layer on a prepared baking sheet. In the same bowl, combine turnips, parsnips, remaining carrots, and remaining 2 tablespoons olive oil, and toss to coat;

arrange in a single layer on the other prepared baking sheet. Sprinkle both baking sheets of vegetables evenly with salt and pepper. Bake purple vegetable mixture at 450°F, without stirring, until tender, about 25 minutes. Bake turnip mixture at 450°F, without stirring, until tender and lightly caramelized, 30 to 35 minutes.

3. While vegetables bake, combine vinegar and syrup in a small saucepan over medium-high. Bring to a boil, without stirring, and cook until mixture is thickened, 6 to 8 minutes. (You should have about ½ cup of liquid.) Remove from heat, and cool to room temperature; sauce will thicken to syrupy consistency upon cooling.

4. Arrange roasted vegetables on a platter, and drizzle with balsamic syrup. Sprinkle with fresh thyme, and serve immediately.

**SERVES 10** (serving size: 1¼ cups) **Calories** 202; **Fat** 6g (sat 1g, unsat 5g); **Protein** 3g; **Carb** 36g; **Fiber** 7g; **Sugars** 16g (added sugars 5g); **Sodium** 288mg; **Calc** 8% DV; **Potassium** 14% DV



NEXT-LEVEL

## Roasted Carrot and Parsnip Batons with Tahini Dip

**Active:** 20 min. **Total:** 45 min.

Deep caramelization from roasting brings out the natural sweetness in carrots and parsnips. Try to cut the vegetables into the size we call for in step 2. If the pieces are too large or too long, they may cook unevenly or end up limp; if they're too small, they will likely burn. You can make the dip a day or two ahead, but bring it to room temperature before serving for the best flavor.

### Cooking spray

- 1 lb. parsnips, peeled
- 1 lb. carrots, peeled
- 3 Tbsp. extra-virgin olive oil, divided
- 1½ tsp. ground coriander, divided
- ¾ tsp. kosher salt, divided
- ¼ cup plain fat-free yogurt
- 2 Tbsp. tahini (sesame seed paste)
- 2 Tbsp. fresh lemon juice
- 2 tsp. honey
- 2 garlic cloves, minced

1. Preheat oven to 475°F. Line 2 rimmed baking sheets with parchment paper, and lightly coat with cooking spray.

2. Cut parsnips and carrots into ½-inch-wide x 3½- to 4-inch-long sticks. Toss parsnips with 1 tablespoon oil; place on a baking sheet. Toss carrots with 1 tablespoon oil; place on other baking sheet. Sprinkle vegetables with 1 teaspoon coriander and ½ teaspoon salt. (Make sure pieces are not touching for optimal browning.) Bake at 475°F until tips are lightly charred, 15 to 20 minutes.

3. Whisk together yogurt, tahini, lemon juice, honey, garlic, remaining 1 tablespoon oil, remaining ½ teaspoon coriander, and remaining ¼ teaspoon salt. Serve dip with vegetables.

**SERVES 8** (serving size: ½ cup vegetables and 1 Tbsp. dip) **Calories** 143; **Fat** 8g (sat 1g, unsat 7g); **Protein** 2g; **Carb** 18g; **Fiber** 4g; **Sugars** 7g (added sugars 1g); **Sodium** 230mg; **Calc** 5% DV; **Potassium** 8% DV

### CHANGE IT UP

These root vegetable batons would also make a great appetizer for your guests to nosh as you pull together the finishing touches on the feast—just think of them as warm crudité. They pair perfectly with an aperitif, such as sweet vermouth or Campari with club soda on ice, or the festive cider punch on p. 10.



CLASSIC

## Glazed Red Pearl Onions

**Active:** 20 min. **Total:** 35 min.

Think of this as a relish-type side: You don't need a big serving, but the bright flavor is a welcome addition to roasted meat and hearty casseroles. Red pearl onions are gorgeous, but you can use white pearl onions, too. And if you're really crunched for time, go with frozen pearl onions: Thaw them first and drain off any liquid (and you can skip step 1).

**2 lb. unpeeled fresh red pearl onions**

**2½ Tbsp. unsalted butter**

**¼ cup packed light brown sugar**

**½ tsp. ground cumin**

**¼ tsp. kosher salt**

**1½ tsp. lime zest, divided, plus ¼ cup fresh lime juice (from 2 limes)**

**½ tsp. flaky sea salt (such as Maldon)**

**1.** Bring a large pot of water to a boil, and add onions. Boil 30 seconds; drain and immediately plunge into a bowl of ice water. Trim root end of each onion, leaving core intact; squeeze gently from top of each onion to remove tough outer skin. Discard skins, and place peeled blanched onions in a bowl.

**2.** Heat butter in a large nonstick skillet over medium-high. Once butter is sizzling, add onions in a single layer. Cover and cook, stirring often, until onions are lightly caramelized, 8 to 10 minutes.

**3.** While onions cook, whisk together brown sugar, cumin, kosher salt, 1

teaspoon lime zest, and lime juice in a small bowl; pour into skillet, and toss to coat onions. Cover and cook over medium, stirring occasionally, until mixture is syrupy and onions are tender, 5 to 6 minutes.

**4.** Spoon onions and sauce onto a platter; sprinkle with flaky sea salt and remaining ½ teaspoon lime zest. Serve immediately.

**SERVES 10** (serving size: about ⅓ cup) **Calories** 102; **Fat** 3g (sat 2g, unsat 1g); **Protein** 1g; **Carb** 19g; **Fiber** 0g; **Sugars** 9g (added sugars 5g); **Sodium** 182mg; **Calc** 3% DV; **Potassium** 0% DV



NEXT-LEVEL

## Sausage, Herb, and Cranberry-Stuffed Onions

**Active:** 45 min. **Total:** 1 hr.

Here's a gorgeous dish you'll be proud to add to the table. Red onion "blossoms" roast until tender with a savory-sweet bread stuffing. You can par-cook the onions, stuff with the filling, and refrigerate overnight. Bring to room temperature, and then bake at 400°F until the stuffing is hot and lightly toasted (about 20 minutes).

### Cooking spray

**10 small (3- to 5-oz.) red onions, peeled**

**2 Tbsp. apple cider vinegar**

**5 (1-oz.) slices whole-grain sandwich bread, cut into ¼-inch cubes**

**3 Tbsp. olive oil, divided**

**8 oz. smoked turkey sausage, diced**

**1 cup finely chopped celery**

**¾ cup chopped sweetened dried cranberries**

**2 large eggs, lightly beaten**

**¼ cup unsalted chicken stock**

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

**½ tsp. black pepper**

**¼ tsp. kosher salt**

**1.** Preheat oven to 400°F. Lightly coat a 13- x 9-inch baking dish with cooking spray.

**2.** Place onions on a work surface. Working from stem end of onion, cut in the center toward the root end, leaving ¼ inch uncut. Cut again to form 4 quarters, leaving root end intact. Repeat with all onions, placing root sides down in baking dish. (If they fall over, that's OK.) Coat onions with cooking spray, and drizzle with vinegar. Bake at 400°F until slightly softened, 30 to 35 minutes. Remove from oven, and let stand at room temperature.

**3.** While onions bake, toss bread cubes with 2 tablespoons oil in a large bowl; spread in an even layer on a baking sheet. Place in oven with onions, and bake until crunchy, about 10 minutes. Remove bread cubes from oven, and place in a large bowl.

**4.** Heat remaining 1 tablespoon oil in a large skillet over medium-high until shimmering. Add sausage, and cook, stirring occasionally, until beginning to brown, about 6 minutes. Stir in celery and cranberries; cook, stirring often, until celery is slightly softened, about 2 minutes. Add sausage mixture to bowl with toasted bread cubes. Stir in eggs, stock, parsley, pepper, and salt until combined. Let mixture stand at room temperature until liquid is absorbed into bread, about 10 minutes. Lightly pack about ½ cup stuffing into each onion. Lightly spray tops of stuffed onions with cooking spray. Bake at 400°F until stuffing is lightly golden, about 15 minutes.

**SERVES 10** (serving size: 1 onion and ½ cup stuffing) **Calories** 192; **Fat** 8g (sat 2g, unsat 6g); **Protein** 8g; **Carb** 24g; **Fiber** 3g; **Sugars** 13g (added sugars 9g); **Sodium** 345mg; **Calc** 5% DV; **Potassium** 5% DV



CLASSIC

## Creamed Spinach with Hazelnuts

**Active:** 40 min. **Total:** 1 hr. 15 min

Unlike some versions of creamed spinach, here you actually taste the greens. They're enhanced by—but not overwhelmed by—the creamy sauce.

### Cooking spray

- 35 oz. fresh spinach
- 3 Tbsp. canola oil
- 3 cups vertically sliced yellow onions (from 2 large onions)
- 1 oz. all-purpose flour (¼ cup)
- ½ tsp. plus ⅛ tsp. kosher salt
- ½ tsp. black pepper
- 2 cups unsalted chicken stock
- ¼ cup half-and-half
- 2 oz. spreadable light garlic-and-herb cheese (such as Boursin)
- ⅛ tsp. ground nutmeg
- ½ cup chopped toasted hazelnuts

1. Preheat oven to 375°F. Lightly coat an 8-inch baking dish with cooking spray. Lightly coat a large Dutch oven with cooking spray, and heat over medium-high. Add spinach in 3 batches to pan; cook each batch, stirring occasionally, until wilted before adding more, until all spinach is wilted, 4 to 5 minutes. Drain spinach in a colander; wipe out Dutch oven.

2. Heat oil in Dutch oven over medium-high. Add onion; cook, stirring occasionally, until softened, 9 to 10 minutes. Sprinkle with flour, salt, and pepper; stir to coat onions. Stir in stock and half-and-half, scraping pan with a wooden spoon to release browned bits from bottom. Bring mixture to a boil; cook, stirring constantly, until mixture thickens, about 5 minutes. Add cheese and nutmeg; stir until smooth. Remove from heat.

3. When spinach has cooled enough to handle, place spinach in a clean kitchen towel and squeeze firmly over sink to remove as much liquid as possible. Add squeezed spinach to cheese mixture, and stir to combine.

4. Spoon spinach mixture into prepared baking dish. Bake at 375°F until set, about 20 minutes. Sprinkle with hazelnuts, and bake until hazelnuts are warmed through and golden, about 5 minutes. Remove from oven; let stand 10 minutes before serving.

**SERVES 10** (serving size: ½ cup) **Calories** 159; **Fat** 10g (sat 2g, unsat 7g); **Protein** 7g; **Carb** 12g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 254mg; **Calc** 12% DV; **Potassium** 15% DV



NEXT-LEVEL

## Collard Greens Panzanella with Hot Sauce Vinaigrette

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

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

Collard greens are wonderful in salads; just massage them first (as you would kale) to make them a little more tender. You can prep all of the components a day ahead, store separately, and then toss together shortly before serving.

### Cooking spray

- 1 (1-lb.) sourdough loaf, cut into 1-inch cubes
- 3 Tbsp. olive oil, divided
- 1 tsp. black pepper, divided
- ¾ tsp. kosher salt, divided
- 4 cups prechopped butternut squash
- 1 cup chopped yellow onion
- 1 lb. collard greens, well cleaned
- ¼ cup canola oil, divided
- 1 cup hot water
- ½ cup dried sour cherries

1½ Tbsp. hot pepper sauce (such as Tabasco)

1 Tbsp. fresh lemon juice

1 Tbsp. light brown sugar

1½ tsp. minced garlic

2 Tbsp. chopped fresh thyme

1. Preheat oven to 375°F. Line 2 rimmed baking sheets with parchment paper, and lightly coat with cooking spray.

2. Toss together bread, 1 tablespoon olive oil, ½ teaspoon pepper, and ¼ teaspoon salt in a large bowl. Place bread in a single layer on a prepared baking sheet. In the same bowl, toss together butternut squash, onion, 1 tablespoon olive oil, ¼ teaspoon pepper, and ¼ teaspoon salt; place in a single layer on the other baking sheet.

3. Place both baking sheets in oven. Bake at 375°F until bread is golden brown and crisp, about 30 minutes, stirring after 15 minutes. Remove bread from oven. Continue to cook squash mixture at 375°F until lightly caramelized and tender, about 15 more minutes. Cool bread and squash mixture about 10 minutes.

4. Remove ribs from greens; tear greens into 1-inch pieces to equal about 8 cups. Place greens in a large bowl, and massage with 1 tablespoon canola oil. Set aside.

5. Place 1 cup hot water and dried cherries in a small bowl, and let stand until plumped, about 10 minutes; drain and coarsely chop. Add cherries, squash mixture, and toasted bread to bowl with greens; toss to combine.

6. Whisk together hot sauce, lemon juice, brown sugar, garlic, remaining 3 tablespoons canola oil, remaining 1 tablespoon olive oil, remaining ¼ teaspoon pepper, and remaining ¼ teaspoon salt in a small bowl. About 10 minutes before serving, toss greens mixture with dressing on a large platter, and sprinkle with fresh thyme.

**SERVES 10** (serving size: 1½ cups) **Calories** 256; **Fat** 13g (sat 1g, unsat 11g); **Protein** 3g; **Carb** 32g; **Fiber** 4g; **Sugars** 6g (added sugars 2g); **Sodium** 319mg; **Calc** 10% DV; **Potassium** 5% DV

# ❖ Casseroles

❖ and ❖

## ❖ Gratins ❖



CLASSIC  
Parmesan-Crusted  
Potato Gratin  
RECIPE P. 118

Creamy, gooey, cheesy indulgence—every holiday table should include dishes that hit that nostalgic beat. And it just so happens that these versions are lighter, fresher, and—dare we say—better? (We do dare; they are.)



NEXT-LEVEL  
Potato-Butternut  
Gratin with  
Poblano Béchamel  
RECIPE P. 118

Casseroles  
and

Gratins



◀  
NEXT-LEVEL  
Spanish Mac and  
Cheese  
RECIPE AT RIGHT

▶  
CLASSIC  
Quick Stovetop  
Mac and Cheese  
RECIPE AT RIGHT





## CLASSIC

### Quick Stovetop Mac and Cheese

**Active:** 10 min. **Total:** 25 min.

We like brown rice pasta here for three reasons: It's whole-grain, it's a dead ringer (taste- and texture-wise) for traditional pasta, and it's gluten-free. You could also use a wheat- or chickpea-based pasta.

- 4 cups whole milk
- 2 cups water
- 1 tsp. kosher salt
- 1 lb. uncooked brown rice macaroni or penne pasta
- 8 oz. 2% reduced-fat cheddar cheese, grated (about 2 cups)
- 2 oz. 1/3-less-fat cream cheese (about 1/4 cup)
- 1/2 tsp. black pepper, plus more for serving

1. Stir together milk, 2 cups water, and salt in a Dutch oven; bring to a boil over high. Stir in pasta. Reduce heat to medium-low; simmer, stirring often and gently to loosen pasta from bottom of pot, until just tender, about 12 minutes. (Do not over-stir, or pasta may become mushy.)

2. Remove from heat. Add cheeses and pepper; stir gently until melted. Sprinkle with additional pepper.

**SERVES 16** (serving size: about 1/2 cup) **Calories** 188; **Fat** 7g (sat 4g, unsat 2g); **Protein** 8g; **Carb** 24g; **Fiber** 2g; **Sugars** 4g (added sugars 0g); **Sodium** 280mg; **Calc** 17% DV; **Potassium** 2% DV

#### PLAN IT RIGHT

Design your menu so that your last-minute dishes aren't all competing for the oven. Opt for some smart stovetop options like these 25-minute mac and cheese recipes (the Spanish one just finishes quickly under the broiler).

## NEXT-LEVEL

### Spanish Mac and Cheese

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

It's surprising how much flavor you can achieve in such a short amount of time. Little bits of Spanish chorizo (the hard, cured kind) are wonderful in the breadcrumb topping.

- 12 oz. uncooked short whole-grain pasta (such as penne, farfalle, or rotini)
- 1 cup frozen butternut squash puree (about 12 oz.), thawed
- 3 oz. Manchego cheese, shredded (about 3/4 cup)
- 2 oz. 1/3-less-fat cream cheese (about 1/4 cup)
- 1 tsp. kosher salt
- 1/8 tsp. cayenne pepper
- 2 oz. dry-cured Spanish chorizo, finely chopped
- 2 Tbsp. canola oil
- 1/2 cup panko (Japanese breadcrumbs)
- 2 Tbsp. chopped fresh flat-leaf parsley
- 1 tsp. smoked paprika

1. Preheat broiler to high with oven rack in middle of oven. Cook pasta according to package directions in a Dutch oven. Drain, reserving 1/4 cup cooking liquid. Return pasta to pan; add reserved cooking liquid, squash, Manchego cheese, cream cheese, salt, and cayenne. Stir until well combined. Spoon mixture into an ungreased 11-x7-inch glass or ceramic baking dish.

2. While pasta cooks, heat chorizo and oil in a skillet over medium-high, stirring occasionally, until chorizo is crispy and oil turns red, 5 to 6 minutes. Stir in panko. Spoon over pasta mixture in baking dish.

3. Broil in preheated oven until lightly toasted, 2 to 3 minutes. Sprinkle with parsley and paprika.

**SERVES 12** (serving size: 1/2 cup) **Calories** 209; **Fat** 9g (sat 3g, unsat 4g); **Protein** 7g; **Carb** 25g; **Fiber** 3g; **Sugars** 1g (added sugars 0g); **Sodium** 335mg; **Calc** 10% DV; **Potassium** 0% DV

Casseroles

and

Gratins



CLOCKWISE FROM  
TOP LEFT

>  
CLASSIC  
**Creamy Broccoli-  
Cheddar Casserole**  
RECIPE P. 120

>  
CLASSIC  
**Easy Corn Pudding**  
RECIPE P. 119

>  
NEXT-LEVEL  
**Broccoli-Artichoke  
Casserole**  
RECIPE P. 120

>  
NEXT-LEVEL  
**Elote Corn Pudding**  
RECIPE P. 119





and

Gratins



CLASSIC

## Parmesan-Crusted Potato Gratin

**Active:** 25 min. **Total:** 1 hr. 30 min.

These are the ultimate roasted potatoes. The top and edges get crispy, and the bottom layers turn amazingly rich and buttery. Be sure to buy same-sized potatoes so the slices are uniform.

- 2½ Tbsp. unsalted butter
- 2 Tbsp. canola oil
- 2 tsp. fresh thyme leaves
- 3 lb. medium russet potatoes
- 1 oz. Parmesan cheese, grated (about ¼ cup)
- 2 Tbsp. pine nuts
- 1 tsp. kosher salt

1. Preheat oven to 400°F with oven rack in middle of oven. Cook butter, oil, and thyme in a small skillet over medium until butter is melted and bubbling, about 1 minute. Remove from heat; set aside.
2. Peel potatoes; thinly slice each, keeping slices in order and forming 6 to 8 stacks of slices that taper toward the top. Arrange stacks of potato slices in a 10-inch cast-iron skillet, fanning out stacks as you place them in skillet.
3. Brush potatoes with half of butter mixture. Roast at 400°F until lightly browned, 40 to 45 minutes. Brush with remaining butter mixture; roast until crispy edges form on potatoes, about 15 minutes. Turn broiler to high. Sprinkle potatoes with cheese and pine nuts; broil until cheese is melted, 2 to 3 minutes. Sprinkle with salt.

**SERVES 8** (serving size: 1 wedge) **Calories** 226; **Fat** 10g (sat 3g, unsat 6g); **Protein** 5g; **Carb** 32g; **Fiber** 2g; **Sugars** 1g (added sugars 0g); **Sodium** 313mg; **Calc** 6% DV; **Potassium** 16% DV



NEXT-LEVEL

## Potato-Butternut Gratin with Poblano Béchamel

**Active:** 30 min. **Total:** 2 hr.

The mild sweetness of butternut squash pairs particularly well with Mexican flavors of poblano chile and cumin. Goat cheese brightens and enriches the flavor, and toasty almonds offer a welcome textural contrast. Try to get a squash with a long neck, as slices from that section are easiest to work with. It's important to allow the gratin to rest for 20 minutes after baking so the juices that accumulate can thicken and absorb into the vegetables.

- 4 small poblano chiles (about 3 oz. each)

### Cooking spray

- 1 Tbsp. chopped fresh oregano
- 2 Tbsp. all-purpose flour
- 1 cup whole milk, divided
- 1 tsp. kosher salt
- ½ tsp. ground cumin
- ¼ tsp. ground nutmeg

### Dash of cayenne pepper

- 5 oz. goat cheese, crumbled (about 1¼ cups), divided
- 1 medium butternut squash (about 20 oz.), peeled, seeded, and cut into very thin rounds
- 2 medium russet potatoes (about 10 oz. each), peeled and cut into very thin rounds
- ¼ cup sliced almonds

1. Preheat broiler to high with oven rack in top third of oven. Place chiles on a baking sheet; coat with cooking spray. Broil in preheated oven until just blackened, about 10 minutes, turning once after 5 minutes; remove from oven. Transfer oven rack to middle of oven; turn oven temperature to

375°F. Transfer chiles to a bowl, and cover tightly with plastic wrap. Let stand at room temperature 15 minutes. Peel off and discard blackened skins from chiles; remove and discard stems and seeds. Tear chiles into ¼-inch strips; set aside ⅓ cup strips. Place remaining chile strips in a mini food chopper or food processor; add oregano, and process until semi-smooth, about 10 seconds.

2. Whisk together flour and ¼ cup milk in a small bowl. Pour remaining ¾ cup milk into a medium saucepan; bring to a boil over medium. Add flour mixture; cook, stirring constantly, until slightly thickened, about 2 minutes. Stir in chile-oregano mixture, salt, cumin, nutmeg, cayenne pepper, and ¾ cup goat cheese. Remove from heat.

3. Coat an 8-inch square glass or ceramic baking dish with cooking spray. Layer half of squash and potato slices in dish in alternating layers, beginning and ending with squash. Top with half of chile-cheese sauce. Repeat with remaining squash, potato slices, and sauce.

4. Cover baking dish tightly with aluminum foil. Bake at 375°F on rack in middle of oven until squash and potatoes pierce easily with a knife, 50 minutes to 1 hour. Remove foil; sprinkle with almonds, reserved ⅓ cup chile strips, and remaining ½ cup goat cheese. Turn broiler to high; broil on middle rack until almonds are toasted and cheese is melted, 2 to 3 minutes. Remove from oven; let stand 20 minutes before slicing.

**SERVES 10** (serving size: about ¾ cup) **Calories** 152; **Fat** 5g (sat 3g, unsat 2g); **Protein** 6g; **Carb** 22g; **Fiber** 3g; **Sugars** 3g (added sugars 0g); **Sodium** 274mg; **Calc** 9% DV; **Potassium** 10% DV



CLASSIC

## Easy Corn Pudding

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

We add just a touch of sugar to enhance the sweetness of the corn and onion. The texture falls somewhere between a pudding and a soufflé—rich and custardy, with bubbles of air within. It's best served piping hot, but cold leftovers are good, too.

### Cooking spray

**2½ Tbsp. unsalted butter**

**4 cups frozen corn kernels, thawed and patted dry**

**1 cup chopped yellow onion**

**1 Tbsp. chopped fresh thyme**

**1 Tbsp. minced garlic**

**½ cup thinly sliced scallions**

**3 Tbsp. all-purpose flour**

**1 Tbsp. granulated sugar**

**2 tsp. baking powder**

**¾ tsp. kosher salt**

**¾ tsp. black pepper**

**3 cups 2% reduced-fat milk**

**8 large eggs, lightly beaten**

**1.** Preheat oven to 350°F with oven rack in middle of oven. Lightly coat a 13- x 9-inch glass or ceramic baking dish with cooking spray. Melt butter in a large skillet over medium-high until foamy. Add corn, onion, thyme, and garlic; cook, stirring occasionally, until lightly browned, 7 to 9 minutes. Remove from heat; stir in scallions. Let cool slightly, about 10 minutes.

**2.** Whisk together flour, sugar, baking powder, salt, and pepper in a small bowl. Whisk together milk and eggs in a large bowl until smooth. Whisk flour mixture into milk mixture until smooth. Stir in cooled corn mixture. Pour into prepared baking dish.

**3.** Bake at 350°F until lightly browned and center is set, 55 minutes to 1 hour.

**SERVES 12** (serving size: ¾ cup) **Calories** 161; **Fat** 7g (sat 3g, unsat 3g); **Protein** 8g; **Carb** 17g; **Fiber** 1g; **Sugars** 6g (added sugars 1g); **Sodium** 279mg; **Calc** 13% DV; **Potassium** 6% DV



NEXT-LEVEL

## Elote Corn Pudding

**Active:** 25 min. **Total:** 1 hr. 10 min.

This creamy side is inspired by the iconic Mexican street corn snack. It gets lots of flavor from salty Cotija cheese; look for it with other Mexican cheeses in your grocery store. Or you can substitute queso fresco or feta cheese or grated Romano cheese.

### Cooking spray

**3 large scallions**

**10 ears fresh corn, shucked**

**1 tsp. canola oil**

**2 Tbsp. minced garlic**

**¼ cup water**

**2 cups whole milk**

**2 large eggs, lightly beaten**

**2 Tbsp. unsalted butter, melted**

**2.13 oz. all-purpose flour**  
(about ½ cup)

**1 Tbsp. chopped fresh cilantro**

**1½ tsp. kosher salt**

**¾ tsp. black pepper**

**1¾ oz. Cotija cheese, crumbled**  
(about 7 Tbsp.)

**½ tsp. chili powder**

**Lime wedges**

**1.** Lightly coat a 13- x 9-inch glass or ceramic baking dish with cooking spray. Preheat broiler to high with oven rack in top third of oven. Finely chop white and light green parts of scallions to equal ½ cup. (Discard remaining white and light green parts, or reserve for another use.) Reserve green tops of scallions.

**2.** Lightly coat corn with cooking spray; arrange on a rimmed baking

sheet lined with aluminum foil. Broil, turning occasionally, until slightly charred on all sides, 15 to 20 minutes. Remove from oven; let stand until cool enough to handle, about 10 minutes. Turn oven temperature to 350°F.

**3.** While corn cools, heat oil in a medium nonstick skillet over medium-high. Add garlic and reserved ⅓ cup chopped white and light green scallion pieces; cook, stirring constantly, until fragrant, 1 minute. Transfer to a large bowl.

**4.** Cut corn kernels from cobs (about 6 cups); discard cobs. Place ¼ cup water and 2 cups corn kernels in a blender or food processor; process until coarsely ground, about 15 seconds. Transfer mixture to garlic mixture in bowl; stir in milk, eggs, melted butter, and remaining corn kernels. Stir in flour, cilantro, salt, and pepper. Pour into prepared baking dish.

**5.** Bake at 350°F until bubbly, about 40 minutes. Let cool 5 minutes. Slice reserved green scallion tops to equal 1 cup. (Discard remaining scallion tops, or reserve for another use.) Sprinkle corn pudding with sliced scallion tops, Cotija cheese, and chili powder; serve warm with lime wedges.

**SERVES 12** (serving size: about ½ cup) **Calories** 180; **Fat** 7g (sat 3g, unsat 3g); **Protein** 7g; **Carb** 25g; **Fiber** 2g; **Sugars** 8g (added sugars 0g); **Sodium** 347mg; **Calc** 10% DV; **Potassium** 8% DV

### MAKE IT AHEAD

You can bake either of the corn puddings a day or two ahead of Thanksgiving. Cool completely, cover tightly, and refrigerate (in the casserole dish). Allow to come to room temperature, and reheat at 350°F until warmed through, about 20 to 30 minutes. The texture of a reheated casserole will be a little denser, but it will still be delicious.

and

Gratins



CLASSIC

## Creamy Broccoli-Cheddar Casserole

**Active:** 50 min. **Total:** 55 min.

This fresher take on the traditional casserole is loaded with vegetables and comes together with a homemade sauce instead of sodium-heavy canned soup.

- 1½ oz. rustic sourdough bread, torn into ½-inch pieces (1 cup)**
- 3 Tbsp. canola oil, divided**
- 10 cups chopped broccoli florets (from 3 medium heads)**
- ¼ cup water**
- 3 cups chopped fresh cremini mushrooms (about 4 oz.)**
- ½ cup finely chopped yellow onion**
- 2 tsp. minced garlic**
- 2 Tbsp. all-purpose flour**
- 2 cups whole milk**
- ½ cup canola mayonnaise**
- ½ tsp. plus ⅛ tsp. kosher salt**
- ½ tsp. black pepper**
- ⅛ tsp. ground nutmeg**
- Cooking spray**
- 1½ oz. cheddar cheese, finely shredded (about ⅓ cup)**

**1.** Preheat broiler to high with oven rack in top third of oven. Place bread pieces in a food processor; process until finely crumbled, about 30 seconds. Transfer to a small bowl; toss with 1 tablespoon oil, and set aside.

**2.** Combine broccoli and ¼ cup water in a large microwavable glass bowl; cover loosely with plastic wrap. Microwave at **HIGH** until crisp-tender, about 5 minutes. Drain; set aside.

**3.** Heat 1 tablespoon oil in a large skillet over medium-high. Add mushrooms; cook, stirring occasionally, until golden, about 8 minutes. Transfer to a bowl; set aside.

**4.** Wipe skillet clean; add remaining 1 tablespoon oil, and heat over medium. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Sprinkle with flour; cook, stirring constantly, until onion pieces are evenly coated, about 1 minute. Whisk in milk; bring to a simmer over medium-high, stirring occasionally. Simmer, stirring occasionally, until thickened, about 4 minutes. Whisk in mayonnaise, salt, pepper, and nutmeg until smooth. Add broccoli and mushrooms; stir to combine. Cook, stirring occasionally, until mixture is hot, about 2 minutes.

**5.** Transfer broccoli mixture to an 11-x7-inch glass or ceramic baking dish lightly coated with cooking spray; sprinkle with breadcrumbs and cheese. Broil until golden and bubbling, about 3 minutes.

**SERVES 12** (serving size: about ½ cup) **Calories** 133; **Fat** 9g (sat 2g, unsat 6g); **Protein** 5g; **Carb** 10g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 256mg; **Calc** 11% DV; **Potassium** 7% DV



NEXT-LEVEL

## Broccoli-Artichoke Casserole

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

**Cooking spray**

- 1½ cups plus 1 Tbsp. canola oil, divided**
- 2 medium shallots, thinly sliced and separated into rings (about 1½ cups)**
- ¼ cup all-purpose flour, divided**
- 8 cups chopped broccoli florets**
- ¼ cup water**
- ½ cup finely chopped yellow onion**

- 2 tsp. minced garlic**
- ¼ cup dry white wine**
- 1¾ cups whole milk**
- 2¼ oz. Gruyère cheese, shredded (about ½ cup plus 1 Tbsp.)**
- 1 tsp. kosher salt**
- ½ tsp. black pepper**
- 1 (9-oz.) pkg. frozen artichoke hearts, thawed and chopped (about 1½ cups)**

**1.** Lightly coat an 11- x 7-inch glass or ceramic baking dish with cooking spray. Preheat oven to 350°F. Heat 1½ cups oil in a heavy 2-quart stockpot over medium-high until a deep-fry thermometer reads 350°F.

**2.** Toss together shallots and 2 tablespoons flour in a small bowl. Add to hot oil; fry, stirring occasionally, until golden and crisp, 3 to 4 minutes. Using a slotted spoon, transfer to a plate lined with paper towels. Set aside.

**3.** Combine broccoli and ¼ cup water in a large microwavable glass bowl; cover loosely with plastic wrap. Microwave at **HIGH** until crisp-tender, about 5 minutes. Drain and set aside.

**4.** Heat remaining 1 tablespoon oil in a large skillet over medium. Add onion; cook, stirring occasionally, until softened, about 4 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Add wine; cook, stirring constantly, until liquid is almost evaporated, about 1 minute. Sprinkle with remaining 2 tablespoons flour; cook, stirring constantly, until onion pieces are coated. Whisk in milk; bring to a simmer over medium. Cook, whisking occasionally, until thickened, 4 to 5 minutes. Stir in cheese, salt, and pepper until melted and smooth, about 1 minute. Remove from heat.

**5.** Add artichokes to broccoli in bowl. Stir in cheese sauce. Pour into prepared baking dish; top with fried shallots. Bake at 350°F until warmed through, about 20 minutes.

**SERVES 12** (serving size: about ½ cup) **Calories** 125; **Fat** 7g (sat 2g, unsat 4g); **Protein** 5g; **Carb** 11g; **Fiber** 3g; **Sugars** 4g (added sugars 0g); **Sodium** 245mg; **Calc** 14% DV; **Potassium** 5% DV



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# Breads



Folks may not recall all of the varied dishes you made for the big day, but they will always remember if you treated them to homemade bread. Make a lasting impression and make it easy on yourself with these no-yeast options.



NEXT-LEVEL  
Stuffing-Flavored  
Cornbread  
RECIPE P. 124

STAFF FAVE

#### BAKE THESE LAST

Both of these quickbreads are best served fresh from the oven, so plan to bake them about 15 minutes before go-time. You can get ahead with the biscuits by cutting out the dough and freezing the pucks; bake straight from the freezer, adding an extra 2 to 5 minutes to the cook time.



CLASSIC

## Herbed Biscuits

**Active:** 15 min. **Total:** 30 min.

Two key techniques make these whole-grain biscuits light and fluffy: smashing the butter into the flour mixture with your fingers, and folding the dough to create layers.

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

**1 Tbsp. baking powder**

**1 tsp. kosher salt**

**½ tsp. baking soda**

**½ tsp. black pepper**

**½ cup cold unsalted butter**  
(4 oz.), divided

**2 tsp. chopped fresh thyme**

**1 cup 1% low-fat buttermilk**

**1.** Preheat oven to 450°F. Whisk together flour, baking powder, salt, baking soda, and pepper in a large bowl.

**2.** Cut 7 tablespoons butter into ½-inch cubes; add to flour mixture, and combine with hands, smashing butter between your fingers until all cubes are mixed into the flour and flattened (you will have noticeable pieces of different sizes). Stir in thyme.

**3.** Add buttermilk; stir with a rubber spatula until flour is fully absorbed. Shape dough into a rough ball; turn out onto a lightly floured surface.

**4.** Gently pat dough into a ½-inch-thick square; fold dough in half, and pat into a ½-inch-thick square. Fold in half again. Repeat folding-and-patting procedure once more. Pat dough to a thickness of about ¾ inch.

**5.** Cut dough using a 1¾-inch round cutter. Gather dough scraps, and pat to a ¾-inch thickness 2 more times to yield 20 biscuits. Place biscuits 1 inch apart on a parchment paper-lined baking sheet.

**6.** Bake at 450°F until golden brown, 12 to 14 minutes. Place remaining 1 tablespoon butter in a small microwavable bowl; microwave at **HIGH** until melted, 15 to 20 seconds. Brush tops of hot biscuits with melted butter, and serve immediately.

**SERVES 20** (serving size: 1 biscuit) **Calories** 133; **Fat** 5g (sat 3g, unsat 1g); **Protein** 3g; **Carb** 19g; **Fiber** 3g; **Sugars** 1g (added sugars 0g); **Sodium** 214mg; **Calc** 5% DV; **Potassium** 2% DV



NEXT-LEVEL

## Stuffing-Flavored Cornbread

**Active:** 25 min. **Total:** 45 min.

This hearty bread captures the essence of classic cornbread stuffing but is quicker and easier to make.

**3 Tbsp. unsalted butter, divided**

**½ cup chopped yellow onion**

**½ cup chopped celery**

**2 tsp. chopped fresh sage**

**6.3 oz. whole-grain coarse-ground cornmeal**  
(about 1½ cups)

**1 oz. white whole-wheat flour**  
(about ¼ cup)

**1½ tsp. baking powder**

**1 tsp. baking soda**

**1 tsp. granulated sugar**

**1 tsp. poultry seasoning**

**½ tsp. kosher salt**

**¼ tsp. black pepper**

**1¾ cups 1% low-fat buttermilk**

**2 large eggs**

**1.** Preheat oven to 450°F. Melt 1 tablespoon butter in a 10-inch cast-iron skillet over medium-high. Add onion and celery; cook, stirring often, until softened, about 5 minutes. Add sage; cook, stirring constantly, 1 minute. Transfer mixture to a small bowl, and wipe skillet clean. Place skillet in

oven. (Do not remove skillet from oven while preparing batter.)

**2.** Whisk together cornmeal, flour, baking powder, baking soda, sugar, poultry seasoning, salt, and pepper in a large bowl. Whisk together buttermilk and eggs in a small bowl.

**3.** Add remaining 2 tablespoons butter to hot skillet, and return to oven until butter is melted, about 1 minute. Stir onion mixture and buttermilk mixture into cornmeal mixture until just combined. Pour melted butter from hot skillet into batter, and quickly stir to incorporate. Pour batter into hot skillet, and immediately place in oven.

**4.** Bake at 450°F until golden brown and cornbread pulls away from sides of skillet, 15 to 18 minutes. Invert cornbread onto a plate; cool 5 minutes, and serve hot.

**SERVES 12** (serving size: 1 slice) **Calories** 122; **Fat** 5g (sat 2g, unsat 1g); **Protein** 4g; **Carb** 16g; **Fiber** 3g; **Sugars** 2g (added sugars 0g); **Sodium** 305mg; **Calc** 7% DV; **Potassium** 1% DV



EDITOR'S PICK

### STUFFING-FLAVORED CORNBREAD

"As a Southerner, I'm all about cornbread dressing at Thanksgiving. But it's a labor of love and takes more time than I might have to spare. This recipe gives me the flavor of my beloved holiday side in a much faster, easier format. And leftovers—split, toasted, and topped with turkey and gravy—are divine."

Ann Taylor Pittman,  
Executive Editor



A  
CHEESECAKE  
TO  
*Gather  
Around*

SPICED MAPLE-WALNUT  
CHEESECAKE

Prep Time: 30 min. | Total Time: 6 hours 40 min. | Makes: 16 servings  
(incl. refrigerating)

WHAT YOU NEED

8 graham crackers  
1 cup chopped PLANTERS Walnuts, toasted, divided  
1/2 cup plus 2 Tbsp. packed brown sugar, divided  
2 Tbsp. butter, melted  
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened  
1 tsp. pumpkin pie spice  
1 cup BREAKSTONE'S or KNUDSEN Sour Cream  
1 cup maple syrup, divided  
4 eggs  
1/2 cup whipping cream

MAKE IT

HEAT oven to 325°F.

USE pulsing action of food processor to pulse graham crackers, 3/4 cup nuts and 2 Tbsp. sugar until mixture forms fine crumbs. Add butter; mix well. Press onto bottom of 9-inch springform pan. Bake 10 min.

BEAT cream cheese, pumpkin pie spice and remaining sugar in large bowl with mixer until blended. Add sour cream and 1/2 cup maple syrup; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

BRING cream and remaining maple syrup to boil in medium saucepan on medium heat, stirring constantly. Simmer on medium-low heat 10 to 12 min. or until reduced to about 2/3 cup, stirring frequently. Cool completely.

DRIZZLE maple-flavored sauce over cheesecake just before serving; sprinkle with remaining nuts.

Substitute:

Combine 1/2 tsp. ground cinnamon, 1/4 tsp. ground ginger, and dash each of ground allspice and ground cloves; use instead of the pumpkin pie spice.



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## REINVENT YOUR THANKSGIVING

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**Create a little breathing room in your fridge by incorporating your extra celery, herbs, carrots, and more into recipes that are fresh, bright, and—best of all—easy to make.**

**BY ANN TAYLOR PITTMAN — PHOTOGRAPHY BY JENNIFER CAUSEY**





1

**Carrot-Apple Muffins  
with Orange Glaze**

Recipe p. 132

**MUFFINS  
USE UP**

—  
Carrots, apple, orange,  
and pecans

**T**

**THESE FIVE RECIPES** approach the idea of Thanksgiving leftovers in a simple way. Instead of jumping through hoops to repurpose fully realized dishes, such as mashed potatoes or stuffing (which is probably the last thing you want to

do after a day on your feet cooking), we're sharing easy ideas that use up the leftover *ingredients* you might have bought for the meal—that half-bunch of celery, for example, or the lone sweet potato on the counter. Each recipe offers zippy flavors to offset the richer ones from the holiday—also most welcome in the days after feasting.

# 2

**Curried Sweet  
Potato–Yogurt Dip**  
Recipe p. 132



**DIP  
USES UP**

—  
Sweet potato, yogurt,  
lemon, and leftover  
vegetables such as  
celery, carrots, green  
beans, Brussels sprouts,  
etc. (for crudité)

**SOUP  
USES UP**

—  
Sourdough, shallots, garlic, carrot, chicken stock, wine, thyme, and half-and-half

**4**

**Silky Garlic  
Soup with Sourdough  
Soldiers**

Recipe p. 133

**3**

**Celery-and-Parsley  
Salad with  
Wine-Soaked Raisins**

Recipe p. 132

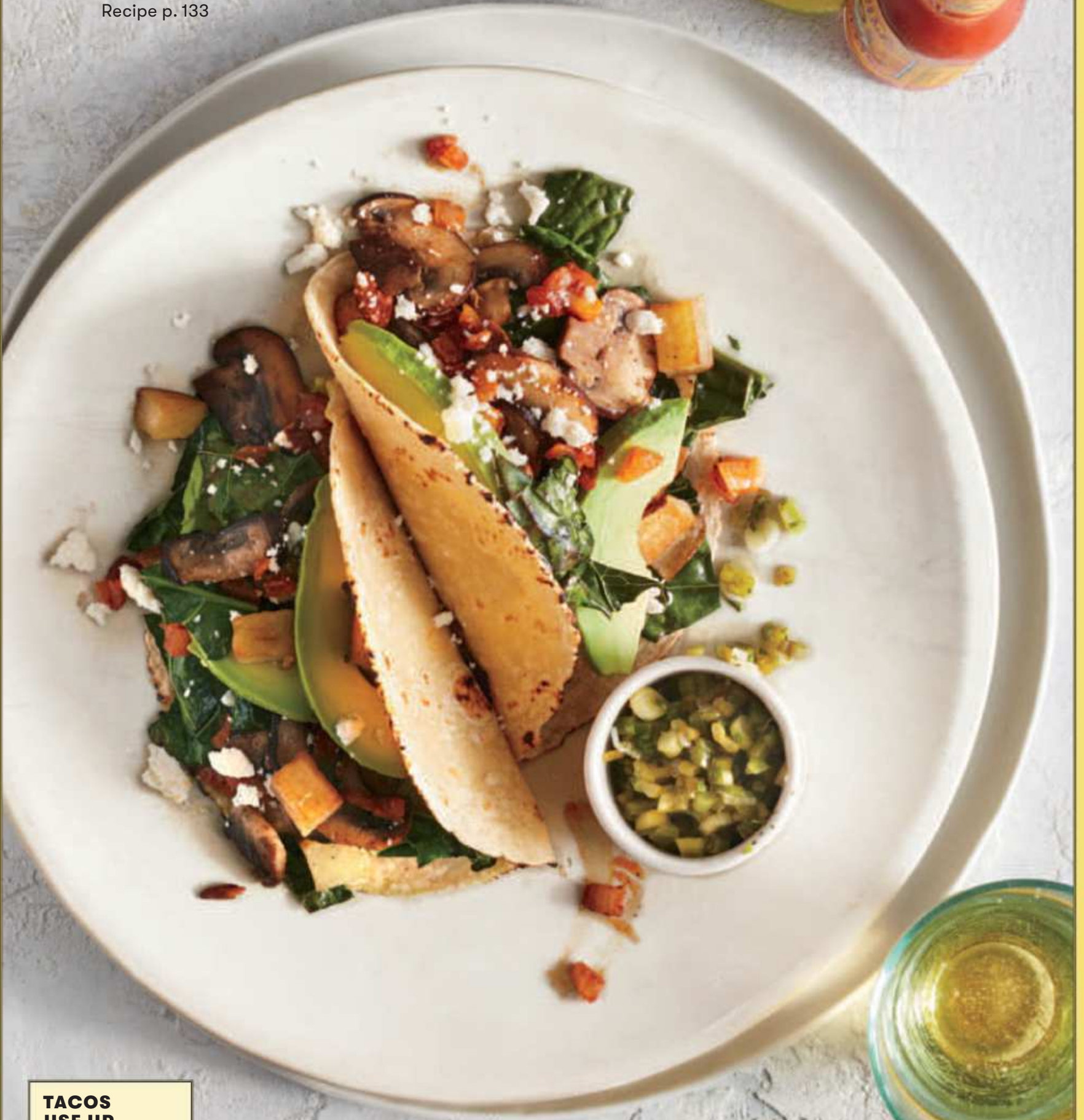
**SALAD  
USES UP**

—  
Raisins, sherry (or other wine), lemon, celery, parsley, and Parmigiano-Reggiano

# 5

## Mushroom-Potato Tacos with Scallion Relish

Recipe p. 133



### TACOS USE UP

—  
Onion, potato,  
mushrooms,  
greens, and  
scallions



## Carrot-Apple Muffins with Orange Glaze

**Active:** 20 min.  
**Total:** 45 min.

These tender, lightly sweetened whole-grain muffins have a special can't-put-your-finger-on-it flavor thanks to garam masala. Look for garam masala in the spice aisle; large spice brands make it. If you don't have it or can't find it, you can substitute an equal amount of cinnamon.

- 3/4 cup finely shredded carrot (about 2 medium carrots)
- 3/4 cup shredded peeled apple (about 1 medium apple)
- 1/2 cup packed light brown sugar
- 6 oz. white whole-wheat flour (about 1 1/2 cups)
- 1 1/2 tsp. baking powder
- 1 tsp. garam masala
- 1/2 tsp. kosher salt
- 1/4 tsp. baking soda
- 3/4 cup whole buttermilk
- 3 Tbsp. canola oil
- 1 tsp. vanilla extract
- 1 large egg, lightly beaten
- 1 1/2 tsp. orange zest, divided, plus 1 Tbsp. fresh orange juice, divided
- 1/2 cup chopped toasted pecans
- 1/2 cup (about 2 oz.) powdered sugar

1. Preheat oven to 375°F. Line a 12-cup muffin pan with paper baking cups.

2. Toss together carrot, apple, and brown sugar in a medium bowl. Let stand 10 minutes.

3. Whisk together flour, baking powder, garam masala, salt, and baking soda in a large bowl.

4. Add buttermilk, oil, vanilla, egg, and 1 teaspoon orange zest to carrot mixture; stir until well combined. Add buttermilk mixture and pecans to flour mixture; stir until well combined. Divide mixture evenly among prepared muffin cups. Bake at 375°F until a wooden pick inserted in center of muffins comes out clean, 18 to 20 minutes. Cool in pan on a wire rack 5 minutes. Remove muffins from pan, and cool slightly, about 10 minutes.

5. Combine powdered sugar, orange juice, and remaining 1/2 teaspoon orange zest in a medium bowl. Drizzle evenly over muffins.

**SERVES 12** (serving size: 1 muffin)  
**Calories** 189; **Fat** 8g (sat 1g, unsat 6g); **Protein** 3g; **Carb** 26g; **Fiber** 2g; **Sugars** 16g (added sugars 14g); **Sodium** 197mg; **Calc** 8% DV; **Potassium** 2% DV

### ♦ STAFF FAVE



## Celery-and-Parsley Salad with Wine-Soaked Raisins

**Active:** 10 min.  
**Total:** 20 min.

This easy salad is zippy, crunchy, light, and fresh—an antidote to an overindulgent Thanksgiving. And it happens to pair especially well

with a leftover turkey-and-cranberry-sauce sandwich. We love the depth that the wine-soaked raisins add, but you could also omit the wine and instead use raisins straight out of the box.

- 1/3 cup golden raisins
- 3 Tbsp. dry or cream sherry, Madeira, Marsala, or white wine
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- 2 cups thinly diagonally sliced celery plus 1/2 cup celery leaves (about 5 to 6 stalks), divided
- 2 cups fresh flat-leaf parsley leaves (about 1/2 large bunch)
- 1 oz. Parmigiano-Reggiano cheese, shaved (about 1/3 cup)

1. Place raisins and wine in a small microwavable bowl. Microwave at HIGH until mixture boils vigorously, about 1 minute. Let stand 10 minutes or until most of liquid is absorbed.

2. Whisk together oil, lemon juice, salt, and pepper in a medium bowl. Stir in sliced celery; let stand 10 minutes. Add raisin mixture (including any wine that hasn't been absorbed), parsley, and celery leaves; stir well. Divide mixture among 4 plates. Top with cheese.

**SERVES 4** (serving size: about 1 cup salad and 4 tsp. cheese)  
**Calories** 164; **Fat** 9g (sat 2g, unsat 6g); **Protein** 4g; **Carb** 16g; **Fiber** 2g; **Sugars** 9g (added sugars 0g); **Sodium** 278mg; **Calc** 16% DV; **Potassium** 9% DV



## Curried Sweet Potato-Yogurt Dip

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

Sweet potatoes make a wonderful base for a creamy dip, creating a smooth texture and faintly sweet flavor. Toasting the curry paste in the first step helps to deepen the flavor and is worth the extra couple of minutes.

- 3/4 tsp. curry powder
- 1 cup mashed cooked sweet potato (about 1 medium sweet potato)
- 1/2 cup plain 2% reduced-fat Greek yogurt
- 1/2 cup water
- 1/4 cup tahini (sesame seed paste)
- 2 Tbsp. fresh lemon juice
- 2 tsp. grated peeled fresh ginger
- 3/4 tsp. kosher salt

1. Heat a small skillet over medium. Add curry powder; cook, stirring constantly, until toasted and fragrant, about 1 minute and 30 seconds. Remove from heat.

2. Combine sweet potato, yogurt, 1/2 cup water, tahini, lemon juice, ginger, salt, and curry powder in a blender or food processor (blender will yield very creamy results; food processor will yield a coarser texture); process until smooth. Serve cold or at room temperature with crudité.

**SERVES 8** (serving size: 1/4 cup)  
**Calories** 88; **Fat** 4g (sat 1g, unsat 3g); **Protein** 3g; **Carb** 10g; **Fiber** 1g; **Sugars** 3g (added sugars 0g); **Sodium** 200mg; **Calc** 4% DV; **Potassium** 3% DV



## Silky Garlic Soup with Sourdough Soldiers

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

If you've never had garlic soup before, don't be scared off by the idea. The garlic flavor is present, but it's quite mellow and sweet after cooking. The soup is barely thick, with more of a "coats the back of a spoon" texture than, say, the thickness of a creamy potato soup—making it perfect for dunking toasted breadsticks into.

**5 oz. sourdough bread, divided**

**1 Tbsp. unsalted butter, melted**

**3 Tbsp. olive oil, divided**

**1 cup halved shallots, or quartered if large (about 3 medium shallots)**

**1 medium garlic head, cloves peeled and halved, or quartered if large (about 10 cloves)**

**1 medium carrot, coarsely chopped (about 1/3 cup)**

**1/3 cup dry white wine**

**2 cups unsalted chicken stock**

**3/4 tsp. kosher salt**

**3 thyme sprigs**

**2/3 cup half-and-half**

**Cracked black pepper (optional)**

**1.** Preheat oven to 375°F. Finely chop 1 ounce bread, and set aside. Cut remaining 4 ounces bread into 16 sticks, or soldiers. Stir together butter and 1 tablespoon oil in a

small bowl; brush evenly over all sides of breadsticks. Set aside any remaining butter-oil mixture. Arrange breadsticks in a single layer on an aluminum foil-lined baking sheet. Bake at 375°F, turning occasionally, until evenly toasted, about 12 minutes.

**2.** Meanwhile, heat remaining 2 tablespoons oil and any remaining butter-oil mixture in a large saucepan over medium-low. Add shallots, garlic, and carrot. Cover and cook, stirring occasionally, until vegetables are tender when pierced with a fork, 10 to 15 minutes. Increase heat to medium-high. Add wine; cook until liquid is mostly evaporated, about 2 minutes. Add chopped bread, stock, salt, and thyme; bring to a boil. Reduce heat to medium-low; simmer, uncovered, until vegetables are very tender and bread has dissolved, about 10 minutes.

**3.** Discard thyme sprigs. Pour chicken stock mixture into a blender; add half-and-half. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Process until very smooth, about 1 minute. Return chicken stock mixture to pan over medium, and cook, stirring occasionally, until warmed through, about 2 minutes. Ladle soup into each of 4 bowls; garnish with pepper, if desired. Serve with breadsticks.

**SERVES 4** (serving size: 1 cup soup and 4 toast soldiers) **Calories** 327; **Fat** 19g (sat 6g, unsat 11g); **Protein** 8g; **Carb** 31g; **Fiber** 3g; **Sugars** 5g (added sugars 0g); **Sodium** 660mg; **Calc** 11% DV; **Potassium** 5% DV



## Mushroom-Potato Tacos with Scallion Relish

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

Cubed potatoes make a great taco filling. They crisp up nicely and take on the smokiness and faint heat of the spices. Kale adds a little toothsome chew; you can use any hearty green you have on hand (such as Swiss chard, collard greens, or spinach). The scallion relish is a fresh, tangy condiment that brightens the earthy flavor of the mushrooms and kale. It would also be delicious with your next batch of fish tacos.

**3 Tbsp. olive oil, divided**

**1 large (8- to 10-oz.) russet potato, cut into 1/2-inch cubes (2 cups)**

**1/2 cup chopped white or yellow onion**

**3/4 tsp. smoked paprika**

**1/4 tsp. cayenne pepper**

**3/4 tsp. kosher salt, divided**

**2 cups thinly sliced fresh mushrooms (about 8 oz.)**

**2 cups chopped lacinato kale or other hearty green**

**1/2 cup chopped scallions (about 4 scallions)**

**1 Tbsp. fresh lime juice**

**1 jalapeño, seeded and chopped (about 1 1/2 Tbsp.)**

**8 (6-inch) corn tortillas**

**2 oz. queso fresco (fresh Mexican cheese), crumbled (about 1/2 cup)**

**1 medium-size ripe avocado, sliced**

**1.** Heat 2 tablespoons oil in a large nonstick skillet over medium-high. Add potato cubes in a single layer; cook, without stirring, 5 minutes. Stir in onion, paprika, cayenne pepper, and 1/2 teaspoon salt. Cook, stirring occasionally, until potatoes are crisp on the outside and tender inside, about 5 minutes. Remove from skillet. (Do not wipe skillet clean.)

**2.** Add remaining 1 tablespoon oil to skillet; swirl to coat. Add mushrooms; cook, stirring occasionally, until lightly browned, about 5 minutes. Add kale and 1/8 teaspoon salt; cook, stirring occasionally, 5 minutes. Return potato mixture to skillet; stir to combine. Keep warm.

**3.** Stir together scallions, lime juice, jalapeño, and remaining 1/8 teaspoon salt in a small bowl.

**4.** Heat tortillas according to package directions. Spoon a scant 1/3 cup potato mixture onto each tortilla; top each with 1 tablespoon cheese. Divide avocado slices evenly among tortillas, and serve with scallion relish.

**SERVES 4** (serving size: 2 tacos) **Calories** 408; **Fat** 21g (sat 4g, unsat 15g); **Protein** 10g; **Carb** 52g; **Fiber** 9g; **Sugars** 5g (added sugars 0g); **Sodium** 502mg; **Calc** 16% DV; **Potassium** 16% DV



**BEAUTIFULLY**



# BITTER

LEARN HOW TO COMPLEMENT, BALANCE, SOFTEN,  
AND HARNESS THE POWER OF THE MOST SOPHISTICATED—  
AND UNDERAPPRECIATED—FLAVOR.

●  
BY ANN TAYLOR PITTMAN  
PHOTOGRAPHY BY CHRISTINA HOLMES



# GRAPEFRUIT

Ruby Red grapefruit gives the classic gin and tonic a seasonal spin. The drink gets a twofold hit of bitterness—from the fruit juice and peel, plus quinine in the tonic water. It's a double whammy of bold flavor that's balanced by the complementary sweetness of both ingredients.

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**T**he first time I ever tasted a Negroni, the slow-sipping cocktail made from Campari, gin, and red vermouth, was a revelation. A friend had ordered one and offered me a taste—and my world blossomed at such a bold celebration of overt bitterness. It’s a flavor that instantly elevates food (and drink) to elegant heights, lending complexity and verve. Consider the role of burned sugar in a flan: It takes what would otherwise be a straightforward sweet custard and gives it more depth.

As a cook, when you play with bitterness—when you embrace it and learn how and when to tame it—you can create dishes that beguile, with an impact that lingers on your palate and your memory. The recipes here show how to make the most of bitter ingredients. Some highlight that pungency; others balance it to varying degrees with other foods that soften the bite. Get ready: It’s time to get bitter.

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## Grapefruit Gin and Tonic

BITTERNESS RATING: 4/10

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

Though we love the blushing pink color from Ruby Red grapefruit, you also can use a yellow-fleshed variety, which will likely be less sweet. We find that a London-style gin works best here; the floral flavors of more botanical styles (such as new-wave gins) are likely to overpower the taste of the grapefruit.

**3 (2-inch) Ruby Red grapefruit peel strips, plus  $\frac{2}{3}$  cup fresh juice (from 2 medium grapefruit), divided**

**1 (2-inch) rosemary sprig, plus more for garnish**

**1 tsp. granulated sugar**

**$\frac{1}{3}$  cup (2 $\frac{2}{3}$  oz.) London dry gin (such as Beefeater)**

**$\frac{2}{3}$  cup tonic water, chilled**

**1.** Place grapefruit peel strips and rosemary sprig in a 2-cup glass measuring cup or a sturdy glass; sprinkle with sugar. Muddle mixture with a muddler or wooden spoon until the peels release some liquid, 30 seconds to 1 minute.

**2.** Add grapefruit juice and gin; stir until sugar dissolves. Remove and discard the grapefruit peel strips and rosemary sprig. Stir in tonic water. Pour into 2 ice-filled collins glasses; garnish with additional rosemary sprigs, if desired.

**SERVES 2** (about  $\frac{3}{4}$  cup) **Calories** 154; **Fat** 0g; **Protein** 0g; **Carb** 17g; **Fiber** 0g; **Sugars** 16g (added sugars 9g); **Sodium** 11mg; **Calc** 1% DV; **Potassium** 3% DV



## DRIED CHILES

Ancho and pasilla chiles make Chile Colorado robust and spicy with a decidedly—and deliciously—bitter flavor. We soften the effect slightly with the addition of sweet butternut squash, but the traditional taste still dominates. If you'd like to tame the bitterness further, you could add a dollop of sour cream.



STAFF  
FAVE

## Beef-and-Butternut Chile Colorado

BITTERNESS RATING: 8/10

**Active:** 25 min. **Total:** 2 hr.

- 1¾ lb. chuck roast, trimmed and cut into 1-inch cubes**
- 1½ tsp. kosher salt, divided**
- 1 Tbsp. olive oil**
- 8 garlic cloves, coarsely chopped**
- 6 cups unsalted chicken stock (such as Swanson), divided**
- 2 tsp. ground cumin**
- 1 tsp. dried oregano**
- 2 bay leaves**
- 5 ancho chiles**
- 3 pasilla negro chiles**
- 3½ cups (1-inch) cubed peeled butternut squash (about 1 lb.)**
- ½ cup fresh cilantro leaves (optional)**

**1.** Heat a Dutch oven over medium-high. Sprinkle beef with ½ teaspoon salt. Add oil to pan. Add half of beef; cook, turning occasionally, until browned, about 6 minutes. Transfer browned beef to a plate. Repeat procedure with remaining beef.

**2.** Add garlic to drippings in pan; cook, stirring constantly, 1 minute. Add 3 cups stock, scraping bottom of pan to loosen browned bits. Return beef to pan; stir in cumin, oregano, and bay leaves. Bring to a simmer over medium. Partially cover; simmer 1 hour.

**3.** While beef cooks, bring remaining 3 cups stock to a boil in a saucepan over medium-high. Working with 1 chile at a time, hold over a blender; gently pull stem

to remove, letting seeds fall into blender. Discard stems; place chiles in blender. Pour boiling stock over chiles. Cover with blender lid; let stand 30 minutes. Process until smooth, about 1 minute. Set aside until beef has finished simmering.

**4.** Add chile mixture, squash, and remaining 1 teaspoon salt to beef in Dutch oven. Simmer over medium, partially covered, until liquid is thickened and beef is very tender, about 45 minutes. Sprinkle with cilantro, if desired.

**SERVES 8** (serving size: 1 cup) **Calories** 305; **Fat** 18g (sat 6g, unsat 10g); **Protein** 21g; **Carb** 17g; **Fiber** 5g; **Sugars** 2g (added sugars 0g); **Sodium** 529mg; **Calc** 6% DV; **Potassium** 17% DV

# MATCHA



Beautifully vibrant matcha tea powder is prized for its outstanding flavor. It's earthy, grassy, and—you guessed it—bitter. When baked into a sweet, eggy dough, the taste is tempered to mild. Supporting bitter elements of dark chocolate and espresso powder in the glaze softly reinforce the bite.



## Matcha Biscotti with Bittersweet Drizzle

BITTERNESS RATING: 3/10

**Active:** 20 min. **Total:** 2 hr.

If the dough's stickiness makes it difficult to work with, dampen your hands slightly before shaping it.

- 7.5 oz. whole-wheat pastry flour**  
(about 2 cups plus 2 Tbsp.)
- ¾ cup granulated sugar**
- 1 Tbsp. matcha powder**
- ½ tsp. baking powder**
- ½ tsp. table salt**
- ¾ cup unsalted roasted almonds**
- 3 large eggs**
- 1 tsp. vanilla extract**
- ½ tsp. almond extract**
- 3 oz. bittersweet chocolate, chopped**
- 1 tsp. instant espresso granules**

**1.** Preheat oven to 350°F. Whisk together flour, sugar, matcha, baking powder, and salt in a large bowl. Stir in almonds. Add eggs and extracts. Beat with an electric mixer on medium speed until a sticky dough forms, about 2 minutes.

**2.** Divide dough in half. Shape each half into an 8-inch-long log on a baking sheet lined with parchment paper. Pat each log to a width of 3 inches. Bake at 350°F until set, about 20 minutes. (Dough will be cracked.)

**3.** Remove biscotti logs from oven; cool on pan 5 minutes. Using a wide spatula, carefully transfer biscotti logs to a wire rack; cool 15 minutes. Reduce oven temperature to 300°F.

**4.** Place biscotti logs on a cutting board. Cut each diagonally into 12 slices. Return slices to parchment-lined baking sheet. Bake at 300°F 20 minutes, flipping slices after 10 minutes. Cool completely on a wire rack, about 30 minutes.

**5.** Place chocolate in a microwavable bowl. Microwave on **MEDIUM** until melted, about 1 minute and 30 seconds, stirring every 30 seconds (be careful not to overheat chocolate so it doesn't scorch or seize). Stir in espresso granules. Drizzle over biscotti. Let stand until chocolate mixture sets, about 10 minutes.

**MAKES 2 DOZEN** (serving size: 1 biscotto) **Calories** 113; **Fat** 4g (sat 1g, unsat 3g); **Protein** 3g; **Carb** 15g; **Fiber** 2g; **Sugars** 7g (added sugars 6g); **Sodium** 68mg; **Calc** 2% DV; **Potassium** 2% DV

A top-down view of several stalks of broccoli rabe (rapini) against a dark, textured background. The vegetable has thick, green stems and clusters of small, green buds with yellowish tips. The leaves are dark green and have a deeply lobed, ruffled appearance. The lighting is dramatic, highlighting the texture of the stems and leaves.

# **BROCCOLI RABE**

•

Though it looks quite similar to Broccolini, broccoli rabe is very different. It ranges from moderately to seriously bitter, a quality that is mellowed here by first blanching the vegetable in boiling water. Tossing it with neutral-flavored pasta and a rich, creamy cheese sauce further balances the pungency.



## Garlic-and-Herb Pasta with Broccoli Rabe

BITTERNESS RATING: 5/10

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

Boursin is the key to the quick and easy sauce; the triple-cream cheese comes in a box and is found in most grocery stores with the specialty cheeses or in the deli. After blanching and cooling the broccoli rabe, it's important to lightly squeeze out the water. That way, you won't dilute the flavors in the sauce.

- 1 lb. broccoli rabe, trimmed and cut into 2-inch pieces**
- 8 oz. uncooked orecchiette pasta**
- 2 Tbsp. extra-virgin olive oil**
- ¼ cup thinly sliced garlic (4 to 5 large garlic cloves)**
- ¼ tsp. crushed red pepper**

- ¾ tsp. plus ⅛ tsp. kosher salt, divided**
- ½ (5.2-oz.) pkg. garlic-and-herb spreadable cheese (such as Boursin)**
- 1 tsp. lemon zest**

**1.** Bring a large saucepan of water to a boil over high. Add broccoli rabe; boil until crisp-tender, about 2 minutes. Using tongs or a slotted spoon, transfer broccoli rabe to a colander. Rinse under cold water (or dunk in a bowl of ice water) to cool to room temperature; squeeze gently to remove excess water. Set aside.

**2.** Return water in pan to a boil over high. Add pasta; cook until al dente, about 12 minutes. Reserve ⅔ cup cooking liquid. Drain pasta; set aside.

**3.** Heat oil in a large skillet over medium-low. Add garlic, red pepper, and ⅛ teaspoon salt; cook, stirring often, until garlic is tender, about 5 minutes. Add cheese and reserved ⅔ cup cooking liquid; stir until cheese melts. Stir in broccoli rabe and pasta; cook until warmed, about 2 minutes. Sprinkle with zest and remaining ¾ teaspoon salt. Toss well to combine.

**SERVES 4** (serving size: about 1½ cups) **Calories** 374; **Fat** 16g (sat 6g, unsat 8g); **Protein** 12g; **Carb** 48g; **Fiber** 5g; **Sugars** 3g (added sugars 0g); **Sodium** 573mg; **Calc** 15% DV; **Potassium** 6% DV



# TAHINI

•

Tahini may not immediately come to mind when you think of bitter foods, but it definitely has that edge. Paired with honeyed ricotta, it's mostly tamed in this toast recipe. A sprinkling of walnuts is left raw to hold on to more astringency, and an unadulterated tahini drizzle finishes things with a luscious, bitter sign-off.



## Pear-Topped Toast with Honey-Tahini Ricotta

BITTERNESS RATING: 3/10

**Active:** 5 min. **Total:** 5 min.

For the most satisfying toast, pick up a hearty whole-grain loaf from a bakery; a hefty sandwich loaf or boule shape will offer nice-size slices with more surface area for the toppings. Our favorite brands of tahini, all worth seeking out or making a special trip to pick up, are Soom (soomfoods.com), Seed + Mill (seedandmill.com), and 365 Everyday Value (available at Whole Foods).

- ½ cup part-skim ricotta cheese**
- 1½ tsp. honey**
- 1½ Tbsp. tahini (sesame seed paste), divided**
- 2 (1½-oz.) whole-grain bread slices, toasted**
- ½ firm-ripe medium-size pear, unpeeled and thinly sliced**
- 1 Tbsp. chopped walnuts**
- ⅛ tsp. flaky or kosher salt**

**1.** Stir together ricotta cheese, honey, and 1½ teaspoons tahini in a bowl. Spread about ¼ cup ricotta mixture evenly over each toast slice. Top evenly with pear slices; sprinkle with walnuts. Drizzle each toast with 1½ teaspoons tahini, and sprinkle evenly with salt.

**SERVES 2** (serving size: 1 toast) **Calories** 330; **Fat** 15g (sat 4g, unsat 9g); **Protein** 15g; **Carb** 36g; **Fiber** 5g; **Sugars** 12g (added sugars 4g); **Sodium** 348mg; **Calc** 24% DV; **Potassium** 6% DV



# RADICCHIO

Radicchio is one of the most iconic bitter foods. If you can find different varieties, use a mix for lovely shapes and colors. Try supermarket classic Chioggia, elongated Treviso, or mottled Castelfranco. A sweet balsamic dressing and floral blood oranges offset the leaves' bitterness.



## Radicchio Salad with Angostura Vinaigrette

BITTERNESS RATING: 7/10

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

Angostura bitters lend depth to the dressing, a tip we learned from friend and bitters expert Mark Bitterman.

- 3 Tbsp. olive oil
- 2 Tbsp. white balsamic vinegar
- 2 tsp. minced shallot
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 tsp. Angostura bitters
- $\frac{3}{8}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. black pepper
- 1 (8-oz.) head radicchio, leaves separated
- 2 medium blood oranges, peeled, sliced crosswise, and slices cut into half-moons

1. Whisk together first 8 ingredients (through pepper); let stand 10 minutes.
2. Divide radicchio and oranges evenly among 4 plates. Drizzle with vinaigrette.

**SERVES 4** (serving size: 2 oz. radicchio,  $\frac{1}{2}$  orange, and about  $1\frac{1}{2}$  Tbsp. vinaigrette) **Calories** 158; **Fat** 10g (sat 1g, unsat 8g); **Protein** 2g; **Carb** 15g; **Fiber** 2g; **Sugars** 9g (added sugars 1g); **Sodium** 226mg; **Calc** 4% DV; **Potassium** 6% DV

## Bitter Taste, Better Health

Those compounds that give certain foods a bitter taste also give them a host of health benefits. These are just a few in the foods featured here.

### Catechins

Green tea is rich in these compounds (also present in red wine and chocolate). They have been shown to defend against skin, breast, lung, and prostate cancer and may help protect against Alzheimer's disease by disrupting amyloid plaque buildup in the brain.

### Glucosinolates

Found in cruciferous vegetables such as broccoli rabe, broccoli, Brussels sprouts, cabbage, cauliflower, chard, and kale, these sulfur-containing compounds have been shown to protect against several types of cancer.

### Naringin

This compound, responsible for grapefruit's bitter taste, has powerful antioxidant and anti-inflammatory properties that, in animal studies, have shown to help improve blood pressure and cholesterol and prevent weight gain and fat accumulation.

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

Just one pill a day offers  
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24HRs  
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**Curried Coconut-Pumpkin Soup**

**RECIPE P. 150**



**Jambalaya Soup**

**RECIPE P. 150**



**super**

**sim**



**Tex-Mex Chicken and Black Bean Soup**

**RECIPE P. 151**



**Mediterranean Chicken and Quinoa Stew**

**RECIPE P. 152**




**Tuscan White Bean  
and Lentil Soup**

RECIPE P. 151




**ple**

**soups**



DURING  
ONE OF THE  
BUSIEST TIMES  
OF THE YEAR,  
WE HELP  
YOU TURN  
OUT EASY,  
NOURISHING  
SOUPS WITH  
THE SLOW  
COOKER.

By Jamie Vespa  
Photography by Jennifer Causey



**Lazy  
Lasagna Soup**

RECIPE P. 152



## Curried Coconut-Pumpkin Soup

**Active:** 15 min. **Total:** 7 hr. 15 min.

- 4 cups ½-inch-cubed peeled fresh pumpkin or butternut squash
- 3 cups lower-sodium vegetable broth
- 1 large Granny Smith apple, cut into ½-inch cubes (about 1½ cups)
- ¾ cup chopped shallots
- 1 (1-inch) piece fresh ginger, peeled and thinly sliced
- 2 garlic cloves, chopped
- 2 tsp. curry powder
- 1 tsp. kosher salt
- ¼ tsp. crushed red pepper, plus more for garnish
- 1 cup plus 4 tsp. canned light coconut milk, well shaken and stirred, divided
- 1 Tbsp. fresh lime juice
- ¼ cup raw pumpkin seed kernels (pepitas)

1. Combine pumpkin, broth, apple, shallots, ginger, garlic, curry powder, salt, and red pepper in a 5- to 6-quart slow cooker. Cover and cook on **LOW** until vegetables are very tender, about 7 hours. Stir in 1 cup coconut milk and lime juice.

2. Place half of pumpkin mixture in a blender; remove center piece of lid to allow steam to escape. Secure lid on blender. Place a clean towel over opening in blender lid to avoid splatters; process until smooth. Place soup in a medium bowl. Repeat with remaining pumpkin mixture.

3. Divide soup evenly among 4 bowls. Swirl 1 teaspoon coconut milk into each serving; garnish with pepitas and additional red pepper.

## INSTANT POT METHOD

**Active:** 15 min. **Total:** 25 min.

1. Combine pumpkin, broth, apple, shallots, ginger, garlic, curry powder, salt, and red pepper in Instant Pot. Cover with lid, and turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 10 minutes.

2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover, and stir in 1 cup coconut milk and lime juice.

3. Place half of pumpkin mixture in a blender; remove center piece of blender lid to allow steam to escape. Secure lid on blender. Place a clean towel over opening in blender lid to avoid splatters; process until smooth. Place soup in a medium bowl. Repeat with remaining pumpkin mixture.

4. Divide soup evenly among 4 bowls. Swirl 1 teaspoon coconut milk into each; garnish with pepitas and red pepper.

**SERVES 4** (serving size: 1½ cups soup and 1 Tbsp. pumpkin seeds) **Calories** 201; **Fat** 7g (sat 4g, unsat 3g); **Protein** 5g; **Carb** 34g; **Fiber** 6g; **Sugars** 13g (added sugars 0g); **Sodium** 658mg; **Calc** 9% DV; **Potassium** 13% DV



## Jambalaya Soup

**Active:** 15 min. **Total:** 6 hr. 30 min.

Look for andouille near the smoked sausages in the refrigerated section of your grocery store.

- 6 oz. smoked andouille sausage, chopped
- 4 cups unsalted chicken stock (such as Swanson)

- 2 (10-oz.) cans unsalted diced tomatoes and green chiles (such as Rotel)
- 1 cup chopped yellow onion
- 1 cup chopped yellow bell pepper
- ½ cup chopped celery
- 3 Tbsp. tomato paste
- 1 Tbsp. salt-free Creole seasoning (such as Tony Chachere's)
- 2 garlic cloves, chopped
- ½ tsp. kosher salt
- ⅔ cup uncooked brown rice
- 12 oz. raw medium shrimp, peeled and deveined
- ½ cup chopped fresh flat-leaf parsley

1. Heat a large nonstick skillet over medium-high. Add sausage; cook, stirring occasionally, until browned, about 4 minutes. Transfer to a 5- to 6-quart slow cooker. Add stock, tomatoes and chiles, onion, bell pepper, celery, tomato paste, Creole seasoning, garlic, and salt. Cover and cook on **LOW** 4 hours.

2. Stir in rice. Cover and cook on **LOW** until rice is tender, about 2 hours.

3. Stir in shrimp. Cover and cook on **LOW** 8 minutes. Divide soup evenly among 6 bowls. Sprinkle with parsley.

## INSTANT POT METHOD

**Active:** 15 min. **Total:** 35 min.

1. Turn Instant Pot to **SAUTÉ**; heat 1 minute. Add sausage; cook, stirring often, until browned, about 4 minutes. Add stock, tomatoes and chiles, onion, bell pepper, celery, tomato paste, Creole seasoning, garlic, and salt. Stir in rice. Cover with lid, and turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 22 minutes.

2. Release valve with a towel (be careful of the pressurized steam) and release steam until it stops. Carefully uncover; add shrimp, and cook, uncovered, until shrimp are opaque, about 3 minutes. Divide soup among 6 bowls. Sprinkle servings with parsley.

**SERVES 6** (serving size: about 1⅔ cups) **Calories** 247; **Fat** 6g (sat 2g, unsat 4g); **Protein** 19g; **Carb** 28g; **Fiber** 4g; **Sugars** 6g (added sugars 0g); **Sodium** 623mg; **Calc** 7% DV; **Potassium** 11% DV



## Tuscan White Bean and Lentil Soup

**Active:** 10 min. **Total:** 7 hr. 10 min.

Pantry staples like dried lentils and canned beans make up the bulk of this soup and boost the fiber to cover more than half your daily goal.

- 4 cups lower-sodium vegetable broth
- 2 (15-oz.) cans unsalted Great Northern beans, drained and rinsed
- 1 cup uncooked brown or green lentils, rinsed
- 1 cup water (increase to 2 cups for Instant Pot)
- 1 cup chopped yellow onion
- ¾ cup chopped carrot
- 1 (2-inch) Parmesan cheese rind
- 2 garlic cloves, minced
- 1 tsp. fresh thyme leaves
- ½ tsp. black pepper
- ¼ tsp. kosher salt
- 1 bay leaf
- 4 cups coarsely chopped rainbow chard
- 2 Tbsp. fresh lemon juice
- 2 oz. Parmesan cheese, grated (about ½ cup)

1. Combine broth, beans, lentils, 1 cup water, onion, carrot, Parmesan rind, garlic, thyme, pepper, salt, and bay leaf in a 5- to 6-quart slow cooker. Cover and cook on **LOW** until lentils are tender, 7 to 8 hours.

2. Stir in chard and lemon juice. Cover and cook on **LOW** until chard is wilted, about 30 minutes. Remove and discard cheese rind and bay leaf.

3. Divide soup evenly among 6 bowls. Sprinkle evenly with Parmesan.

## INSTANT POT METHOD

**Active:** 10 min. **Total:** 25 min.

1. Combine broth, beans, lentils, 2 cups water, onion, carrot, Parmesan rind, garlic, thyme, pepper, salt, and bay leaf in Instant Pot. Cover with lid, and turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 15 minutes.

2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover, and add chard and lemon juice. Stir until chard is wilted, about 2 minutes. Remove and discard cheese rind and bay leaf.

3. Divide soup evenly among 6 bowls. Sprinkle evenly with Parmesan.

**SERVES 6** (serving size: about 1½ cups) **Calories** 308; **Fat** 5g (sat 2g, unsat 3g); **Protein** 17g; **Carb** 50g; **Fiber** 15g; **Sugars** 5g (added sugars 0g); **Sodium** 502mg; **Calc** 23% DV; **Potassium** 16% DV



## Tex-Mex Chicken and Black Bean Soup

**Active:** 15 min. **Total:** 5 hr. 15 min.

This filling and flavorful soup is ideal for a chilly evening. Freeze leftover chipotle chiles and adobe sauce in a flattened ziplock bag for future use.

- 1¼ lb. boneless, skinless chicken thighs (about 4 thighs)
- 4 cups unsalted chicken stock (such as Swanson)
- 1 (15-oz.) can unsalted black beans, drained and rinsed
- 1 (14.5-oz.) can unsalted diced tomatoes
- 1 cup chopped yellow onion

- 1 cup chopped red or orange bell pepper
- 1 cup fresh or frozen corn kernels
- 2 Tbsp. chopped canned chipotle chiles in adobo sauce
- 2 garlic cloves, minced
- 2 tsp. chili powder
- 2 tsp. ground cumin
- ¾ tsp. kosher salt
- ¼ tsp. black pepper
- 2 Tbsp. fresh lime juice
- ½ cup plain whole-milk Greek yogurt
- ½ cup fresh cilantro leaves

1. Combine chicken, stock, beans, tomatoes, onion, bell pepper, corn, chiles, garlic, chili powder, cumin, salt, and black pepper in a 5- to 6-quart slow cooker. Cover and cook on **LOW** until chicken is very tender, 5 to 6 hours.

2. Transfer chicken to a cutting board; shred into small pieces; return to slow cooker. Stir in lime juice.

3. Divide soup evenly among 5 bowls. Top evenly with yogurt and cilantro.

## INSTANT POT METHOD

**Active:** 15 min. **Total:** 25 min.

1. Combine chicken, stock, beans, tomatoes, onion, bell pepper, corn, chiles, garlic, chili powder, cumin, salt, and black pepper in Instant Pot. Cover with lid, and turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 10 minutes.

2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover, and transfer chicken to a cutting board. Shred chicken into small pieces; return to Instant Pot. Stir in lime juice.

3. Divide soup evenly among 5 bowls. Top evenly with yogurt and cilantro.

**SERVES 5** (serving size: about 2 cups soup, 1½ Tbsp. yogurt, and 1½ Tbsp. cilantro) **Calories** 315; **Fat** 8g (sat 2g, unsat 4g); **Protein** 35g; **Carb** 29g; **Fiber** 7g; **Sugars** 7g (added sugars 0g); **Sodium** 615mg; **Calc** 11% DV; **Potassium** 11% DV



## Mediterranean Chicken and Quinoa Stew

**Active:** 15 min. **Total:** 6 hr. 45 min.

Look for bags of cubed butternut squash in the produce section to save you the trouble of peeling and dicing a whole squash. Find Castelvetrano olives either jarred in the olive and pickle section or fresh at most specialty market antipasti bars. If you can't find them, use any green olive you like.

- 1½ lb. boneless, skinless chicken thighs (about 4 chicken thighs)
- 4 cups chopped peeled butternut squash
- 4 cups unsalted chicken stock (such as Swanson)
- 1 cup chopped yellow onion
- 2 garlic cloves, chopped
- 1 bay leaf
- 1¼ tsp. kosher salt
- 1 tsp. dried oregano
- 1 tsp. ground fennel seeds
- ½ tsp. black pepper
- ½ cup uncooked quinoa
- 1 oz. pitted Castelvetrano olives, sliced

1. Combine chicken, squash, stock, onion, garlic, bay leaf, salt, oregano, fennel seeds, and pepper in a 5- to 6-quart slow cooker. Cover and cook on **LOW** until chicken is very tender, about 6 hours.

2. Place chicken on a cutting board. Add quinoa to slow cooker. Cover and cook on **LOW** until quinoa is cooked, about 30 minutes. Shred chicken; stir into stew. Discard bay leaf.

3. Divide soup evenly among 6 bowls. Sprinkle evenly with olives.

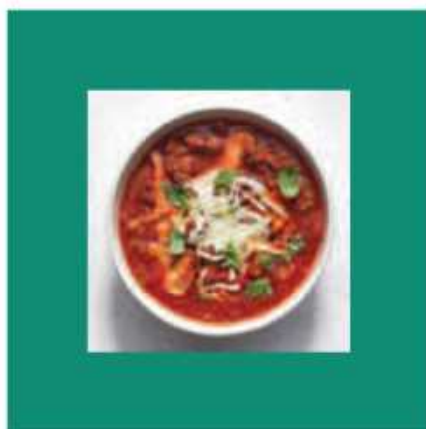
## INSTANT POT METHOD

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

1. Combine chicken, squash, stock, onion, garlic, bay leaf, salt, oregano, ground fennel seeds, and pepper in Instant Pot. Cover with lid, and turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 8 minutes.

2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover, and transfer chicken to a cutting board. Stir quinoa into stew. Turn to **SAUTÉ**, and cook, stirring occasionally, until quinoa is tender, about 15 minutes. Shred chicken, and stir into stew. Discard bay leaf. Divide soup evenly among 6 bowls. Sprinkle evenly with olives.

**SERVES 6** (serving size: about 1½ cups) **Calories** 243; **Fat** 6g (sat 1g, unsat 4g); **Protein** 25g; **Carb** 24g; **Fiber** 4g; **Sugars** 4g (added sugars 0g); **Sodium** 658mg; **Calc** 7% DV; **Potassium** 15% DV



◆ **STAFF FAVE**

## Lazy Lasagna Soup

**Active:** 15 min. **Total:** 6 hr. 45 min.

Your family will love this fun departure from the Italian classic—and you'll love its ease and simplicity.

- 1 lb. 90% lean ground chuck
- 8 oz. cremini mushrooms, quartered
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 2 garlic cloves, minced
- 4 cups unsalted chicken stock (such as Swanson)
- 1 (14.5-oz.) can unsalted crushed tomatoes

- 1 (6-oz.) can tomato paste
- 2 tsp. dried oregano
- 1 tsp. kosher salt
- ¼ tsp. black pepper
- 8 oz. whole-wheat lasagna noodles, broken into pieces
- ¼ cup half-and-half
- 4 oz. preshredded mozzarella cheese (about ½ cup)
- ½ cup fresh basil leaves

1. Cook beef in a large nonstick skillet over medium-high, stirring to crumble, until browned, about 5 minutes. Transfer to a 5- to 6-quart slow cooker. Add mushrooms, onion, bell pepper, and garlic, and stir to combine. Add stock, tomatoes, tomato paste, oregano, salt, and black pepper; stir to combine. Cover and cook on **LOW** 6 hours.

2. Stir lasagna noodles into soup, making sure to submerge all noodles in liquid. Cover and cook on **LOW** until noodles are al dente, about 30 minutes. Stir in half-and-half.

3. Divide soup evenly among 8 bowls. Top evenly with mozzarella and basil.

## INSTANT POT METHOD

**Active:** 15 min. **Total:** 30 min.

1. Turn Instant Pot to **SAUTÉ**; heat for 1 minute. Add beef; cook, stirring occasionally, until browned, about 5 minutes. Stir in mushrooms, onion, bell pepper, and garlic. Stir in stock, tomatoes, tomato paste, oregano, salt, and black pepper. Cover with lid; turn to **MANUAL**. Turn lid valve to **SEAL**, and set to **HIGH PRESSURE** for 10 minutes.

2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover; set to **SAUTÉ**. Bring mixture to a boil; add lasagna noodles, and cook, stirring often, until tender, about 9 minutes. Turn off Instant Pot; stir in half-and-half. Divide soup evenly among 8 bowls. Top evenly with mozzarella and basil.

**SERVES 8** (serving size: 1¼ cups soup, 2 Tbsp. cheese, and 1 Tbsp. basil) **Calories** 276; **Fat** 8g (sat 3g, unsat 3g); **Protein** 23g; **Carb** 33g; **Fiber** 6g; **Sugars** 7g (added sugars 0g); **Sodium** 618mg; **Calc** 11% DV; **Potassium** 9% DV

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**HOUSE PLANS**

By Tim Cebula  
Illustrations by Levi Jacobs





# Don't Eat This, and Definitely Don't Eat That

For a food magazine editor, being limited to just five foods was like a death sentence. But Tim Cebula found humor in it somehow and shares how he brought himself—and his appetite—back to life despite crippling digestive diseases.

**I'M A PROFESSIONAL EATER.** For almost 20 years now, my formal titles have included freelance food writer, restaurant sous chef, and, currently, senior food editor—but they all come down to eating. My input determines my output: eat and describe, eat and replicate, eat and improve. I've taste-tested thousands of *Cooking Light* recipes. I've flown from city to city evaluating restaurants, crosshatching the country like grill marks, sampling two lunches and two or even three dinners a day to make the trips as efficient as possible. I've judged chili cook-offs, pie contests, and cheese awards (one with so many entrants it had me tasting cheese for eight hours straight). I did all this while living with ulcerative colitis, a nasty autoimmune disease that ravaged my large intestine several times a year. When my mouth was full—and my colitis was in remission—two things were certain: I had work to do, and I was very, very happy.

Then about two years ago, the unthinkable happened: I became terrified of eating. It first hit me while I was home recovering from a total colectomy that removed my 6-foot-long colon in its entirety. I was propped up on my study sofa, double-fisting blue raspberry Pedialyte and vanilla Ensure nutrition shakes while tethered to IV meds hanging on a drip stand. The six-hour IV kept me stuck in place, so I fixated on *mise en place*: strategically organizing all my earthly needs within reach. I arranged my



eight pill bottles on the coffee table according to dosing schedule with the daily regimen laid out in front of each vial so I wouldn't lose track in an opioid haze. To the left of the table were several boxes of IV supplies—drip bags, tubing, rubber gloves, syringes, alcohol wipes—and other boxes with ileostomy bags and all the gauze, tape, and paste I needed to change my bag every three days. To the right stood a dwindling supply of Pedialyte and Ensure bottles. My trash can spilled over with the empties, like wreckage from a depraved hypochondria bender.

I called my mom, who was 1,000 miles away in Massachusetts, in an assisted living memory care unit I'd settled her into just two days before my surgery. She seemed lucid over the phone, so I rehashed my medical ordeal.

Colon removal was a last resort, but my body wouldn't respond anymore to colitis medication, and over 25 years I'd tried them all: sulfa drugs, steroids, biologics, immunosuppressants. If the colectomy had gone well, I told her, I would have been sprung from the hospital in five or six days. But it hadn't gone well. I needed corrective surgery two days later, then stayed in the hospital for a month waiting for my temporary ileostomy (a raw nub of small intestine sticking out of my stomach, covered by a plastic waste bag) to work properly. Soon after my release, I returned twice for emergencies. The first was for an undigested piece

of beef that caused a wickedly painful intestinal obstruction and put me in the hospital for three days—no food or liquid by mouth allowed—before it passed.

The second was even more exciting. I'm a life-long water guzzler, draining more than a gallon a day. It's not a health-minded obsession; I'm just a thirsty guy. Clearly I'd never come close to dehydration before. But my new ileostomy erupted volcanically around the clock, and without a colon to absorb water, I dried out in a hurry.

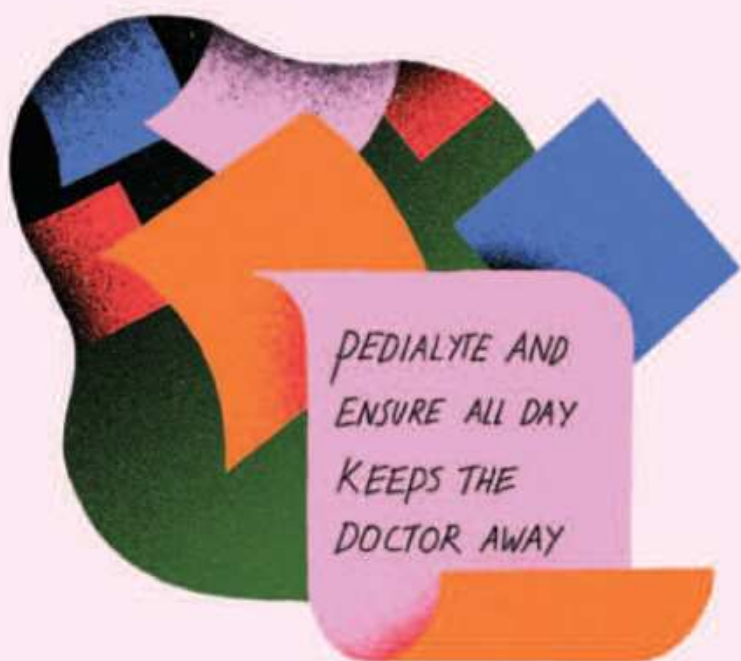
One night, my ribcage suddenly felt like it was squeezing shut, and I fought for deep breaths. My hands seized and clenched involuntarily. I headed to the fridge for more water but swerved like a drunk, bumping into doorways and chairs. I don't recall how my wife, Julie, got me off the floor and into the car, but within the hour I was in the ICU being treated for kidney failure.

And the adventure was just starting. Because I'd refused a permanent ileostomy bag, I needed two more surgeries to reroute my plumbing with six months of recovery after each.

I told my mom I had to be careful in the meantime about what and how I ate. I heard doubt in my voice, and I realized just then how frightened I'd become of obstructions from food I couldn't digest anymore (like red meat) or from not chewing each small bite dozens of times into a uniformly smooth paste. Food—my career, my hobby, and my passion—now felt like a mortal threat. The doctor said the sooner my system adjusted to solid food, the quicker I'd heal. But solids weren't worth the worry (or pain) anymore. So I resolved to avoid any food that required my teeth. My work-around—a steady flow of Pedialyte for hydration and Ensure for sustenance—was maybe a little extreme. And it definitely would prolong the healing process. But I wouldn't have obstructions, I'd keep hydrated, and I'd stay out of the damn hospital.

### Ulcerative Colitis Treatment Risks

When I was first diagnosed, steroids were the only medicine that could calm a full flare-up, but at a cost: High doses caused avascular necrosis in my hips, making my hip bones crumble. I had a total right-side hip replacement five years ago; I'll eventually need one for my left.



“Sweet mother of the Lord, kid, that sounds awful. Just awful,” Mom sighed. “I wish there were something I could do.” Now I felt petty, complaining to a dying dementia patient about my lackluster menu. It wasn’t so bad, I told her. I ate some smooth food, too. Lunch was a cup of plain Greek yogurt, for instance, and dinner would be 3 tablespoons of creamy peanut butter. I also kept sugar-free chocolate pudding cups on hand for special occasions.

“That’s good, my dear,” Mom said with a chuckle. “And in time you’ll see the humor in all this.” You might wonder if dementia made her laugh about deeply unfunny things. But no, it’s just that our family humor runs Addams-dark at times like these.

The actual point of “all this,” though, was a transformation so thrilling I didn’t dare mention it to my mother or anyone else for fear of jinxing it: No colon meant no colitis. And so I figured in about a year, fully healed from the third surgery, I would be able to eat just about anything I wanted for the first time ever as an adult.

“I hope you’re taking lots of notes,” Mom added, practical advice she offered throughout my writing life. “This’ll make a good story someday.”

**SHE GAVE THE SAME ADVICE** when I was first diagnosed with ulcerative colitis in 1993. Doctors and patients alike told me to be thankful it wasn’t Crohn’s, a more severe inflammatory bowel disease that can attack your entire digestive system from the mouth on down. Indeed, colitis was unpleasant enough: stabbing cramps that had me doubled over; more than 20 urgent bathroom trips a day (and all night); copious bleeding and anemia; nausea and vomiting; and weight loss too sudden and drastic to enjoy.

Colitis limited my diet somewhat. I avoided nuts, seeds, and popcorn (foods I came to think of as “sharp”), very spicy dishes, and raw fibrous veggies like broccoli and celery. I learned my boundaries the hard way and paid dearly for missteps. But I could handle most food pretty well, at least in small amounts, so I never felt deprived. And, hey, it wasn’t Crohn’s.

Right after my colectomy, I pared down to about five foods: peanut butter, yogurt, pudding, Pedialyte, and Ensure. Or three, depending on how you define “food.” But I slowly expanded my diet that spring, adding one soft item a week so I could identify the culprit in case of a problem. I tolerated them all: boiled peeled potatoes, overcooked carrots, overripe bananas, buttered semolina pasta, and white rice. I took the rice a step further and fixed a sentimental favorite from my childhood, when Mom used to heat up leftover white rice from Chinese takeout, mix in margarine and sour cream, and shake on some Parmesan cheese from a green can. Without irony or shame, she called it “risotto.” My version used butter and freshly grated Parmigiano-Reggiano, but it soothed all the same.

Emboldened, I put my teeth back to work and tried meat: poached chicken breast (browned meat is harder to chew into pabulum) and canned tuna became my go-to proteins, touched up with a slick of good olive oil and a squeeze of lemon. Honey Nut Cheerios (whole grains! crunchy!) with almond milk were dessert.

Back at work, I didn’t taste-test anymore, so I homed in on cooking methods. For me, cooking is about creative joy and magical alchemy, quite distinct from the sensuous, passive pleasure of eating. Even



‘In time you’ll see the humor in all this,’ Mom said. You may wonder if dementia made her laugh about deeply unfunny things. But no, it’s just that our family humor runs Addams-dark at times like these.



### Crohn's Disease

The precise cause of Crohn's is unknown, according to the Mayo Clinic. Doctors once blamed diet and stress but now think those factors just trigger flare-ups. Current science suggests the root problem may be a mix of genes, environmental factors like bacteria, and an overactive immune system.



My fear of digestive emergencies, ER trips, and surgeries had killed my appetite; I didn't crave that food, or any food, anymore. I actually had this thought: If I never have another cheeseburger, it's fine. And I meant it.



though I couldn't eat foods I once loved, I could still dream up better ways to prepare them.

Like popcorn. I've long prided myself on making stovetop popcorn without a single burned or unpopped kernel. All modesty aside, I'm incredibly good at this. It's my superpower. But I started to think a little finesse with the steam could make it even better. I made late-night batches for Julie so I could practice a new method: I shook the pan on the burner like always, but I cracked the lid

every now and then so a little steam escaped. That way, the drier air inside the pot made the popcorn more airy and crisp.

Then a fever dream about porchetta—lusciously fatty roasted pork smeared with aromatics—led me to develop a leaner take for last December's *Cooking Light* cover recipe: prosciutto and broccoli rabe rolled up in a butterflied pork loin. While bordering on obsession, my tight focus on technique kept me from stoma-gazing and stressing out about the next two procedures.

**THE SECOND SURGERY WENT SMOOTHLY.** My doctor said I could go home within a week. I was glad to have some good news for my mother, though I never relayed it. My hospital room phone rang just before dawn the morning after the operation, loud and shrill and insistent. It was the nursing home. Mom had died. They had questions about what funeral home she should be delivered to and who would collect her belongings. I had a foggy head full of Dilaudid and no answers.

I spent the next week back home on the sofa. My father died when I was 15, and I have no siblings, so Mom's affairs were my responsibility; the to-do list seemed impossibly long. Days bled together without distinction. Strained from grief and fuzzy from painkillers, I made and took phone call after phone call from family, lawyers, bankers, and government clerks. One of the few times I roamed as far as the front door was to let in a repairman. He didn't know me but still seemed to look at me with deep concern. It's possible I wasn't looking my absolute best.

Julie and I held a memorial service and reception back home in Massachusetts. At the reception, while I sipped water, a friend suggested I make a list of everything I would eat when I was all better, something I could slap on the fridge door to inspire me toward good health. My list ran to about 20 dishes. They were fibrous (raw broccoli with vinaigrette, any kind of raw fruit at all), spicy (Szechuan mapo tofu, Julie's chipotle pork tamales), sharp (pumpkin seeds, peanuts), sugary or lactose-loaded (hot fudge sundaes, creamy burrata), or had chewy protein (steamer clams, grilled rib eye steak, burgers). It was fun to compile, but on the fridge the list seemed more like a taunt than motivation.

What bothered me more, though, was that the dishes didn't tantalize me. My fear of digestive emergencies, ER trips, and surgeries had killed my appetite; I didn't crave that food, or any food, anymore. I actually had this thought: If I never have another cheeseburger, it's fine. And I meant it. If I looked in the mirror, would I even recognize this monster?

**THE THIRD AND LAST SURGERY,** almost exactly a year after the first, was a structural success. I was home after five days with all my pipes now completely internal, sewn and stapled into a self-sufficient digestive

tract. I figured once I resumed a full diet, my food fantasy life would come blazing back in glorious Technicolor. To celebrate, Julie and I uncorked a nice Bordeaux that, the very next day, seemed to have shredded my guts.

Cramps rolled and heaved in waves. Then came fever, bleeding, and double-digit bathroom trips. No more wine or alcohol of any kind, I swore to God and anyone who'd listen. But though it was an accelerant, it turns out the wine didn't cause the fire. After running me through a battery of lab tests and an investigative scope procedure, my doctor told me what did.

"You have Crohn's," he said.

I'll admit I did not see that coming. But I saw the humor immediately. Touché, universe.

**AFTER A BRIEF BUT THOROUGH** emotional breakdown, I came to accept the fact that these things happen. It's rare, but a person can have the colectomy and ensuing reconstructive surgeries and then develop Crohn's afterward as a complication. Or I may have had Crohn's all along, misdiagnosed as colitis, which would just be too ironically pat: The reconstruction I had is contraindicated for Crohn's patients because it's useless against the disease. Regardless, now I had to learn what Crohn's would do to me and how to adjust my diet to stave it off.

In the inflammatory bowel disease class, Crohn's is the overachieving valedictorian. Not content to destroy just your gut, it also excels at what doctors call "extraintestinal symptoms." I now have mouth ulcers that often make eating or even speaking painful, and throbbing arthritic inflammation in my hands sometimes keeps me from typing.

The lineup of offending foods for Crohn's patients includes the usual suspects for inflammation or gas: alcohol, fatty or fried foods, fiber, dairy, caffeine, chocolate, carbonation, nightshades like tomato, and so on. And as with all diets, what works for one person might not work for others.

After months of trial, error, and two more unexpected surgeries to remove the most troublesome few centimeters of my lower tract (which they call the "rectal cuff," a dashing name that made the procedures seem more tolerable, like bespoke tailoring), I arrived at my current plant-based diet. It's much higher in fiber than I once thought I could handle but seems to keep my inflammation in check. Instead of three meals, I eat six or seven small portions throughout the day. Breakfast is low-sugar cereal with almond milk, or steel-cut oatmeal, maybe with a banana if I'm hungry enough. The rest of the day I eat fruit and cooked veggies: peeled apples, oranges, avocados, broccoli, and beets. Protein comes from oil-rich fish—salmon, canned sardines and mackerel—as well as trusty peanut butter and soy in the I-can't-believe-it's-soy form of Boca Chik'n Patties. Whole grains and legumes round out the mix: quinoa, farro, lentil pasta, hummus. No alcohol, dairy, meat, or food with more than a few grams of added sugar. I've been on this regimen for just about a month as of this writing. It's way too soon to assign blame or credit to any particular food, but I've seen my symptoms abate.

Heavy doses of curcumin (the active component of turmeric) and weapons-grade prescription probiotics also seem to help. Per dose, the refrigerated probiotic powder delivers nearly 4 trillion microbes from eight different strains, which is roughly 1,000 times more than the





typical over-the-counter probiotic. It's a shock-and-awe bacterial invasion, decimating bad strains so that healthy ones can happily occupy my gut for years to come.

I cautiously try new foods now and then to see if I can tolerate them, but my diet will always be pretty limited. I'm truly done eating cheeseburgers, and I'm amazed to say it's truly fine—I've had more than my share of them in this life anyway. I savor what I eat now. I chew attentively and appreciate flavor nuance and texture, like the verdant juiciness, faint sweetness, and frankfurter-like snap of a steamed broccoli stalk. I fall in love again with simple foods, single ingredients. After a year without citrus, my first bite of a clementine segment last winter rolled my eyes back in my head as the sweet juice triggered an endorphin rush.

Good has come from all this, and it's still paying dividends. Julie told me a delightful story recently about an acquaintance who approached her grimly to offer condolences: "I heard your husband died. I'm so sorry for your loss." As soon as Julie stopped laughing—she's perfect for my family,

really—she brought her up to speed. The poor woman explained that the repairman who came to my house after the second surgery had apparently given her bad intel.

I thought back to how I must have looked when I answered the door to let him in. Painkiller-glazed, sunken eyes; salt-and-pepper stubble on gaunt cheeks; and a stained bathrobe draping a skeletal frame—I've made better first impressions. I was also clutching my IV drip stand and holding the gravity-fed gear too low, so the line backed up and filled with blood. Can't fault him for assuming I was about to be eighty-sixed from life's grand buffet. Hilarious, yes, but also exhilarating to dodge

a bullet, even an apocryphal one.

Now here I am, not dead at all, planning the "turchetta"—porchetta-style turkey breast—I'll cook for Julie on Thanksgiving. Will I sneak a bite or two of it, or stick to my usual stuff? Will it be wistful—Thanksgiving without gravy and sausage-studded stuffing—or celebratory, a new menu for a new me? Either way, I'll be taking good notes.

#### Plant-Based Diet for IBD

In a 2010 study, 15 of 16 Crohn's patients on a semi-vegetarian diet (allowing dairy, fish weekly, and meat biweekly) stayed in remission for over a year. A low-fiber diet is often advised for Crohn's, but the study's authors say a plant-based diet can better rebuild healthy gut bacteria.

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# HOW TO ROAST Ever



**Classic Roast**  
THE GOLD STANDARD



# 1

**Best for  
Crispy  
Skin and  
Juicy Meat**

Roasting is one of a handful of ways to cook with dry heat. Baking is, too, but technically baking is for foods that lack structure until the cooking process is complete (think: batters, doughs). Roasting involves foods that have a solid structure from the start, and roast turkey is a signature example. We start this traditional technique at a high temperature (500°F) then drop down (350°F) for the rest of the cook time. That initial blast of high heat promotes a crisp exterior, while switching to low and slow ensures a moist interior. If you maintained that scorching heat, the turkey's muscle fibers would contract and expel their moisture, leaving you with dry, tough meat.

# Everything

LEMON-HERB  
TURKEY  
Recipe p. 174



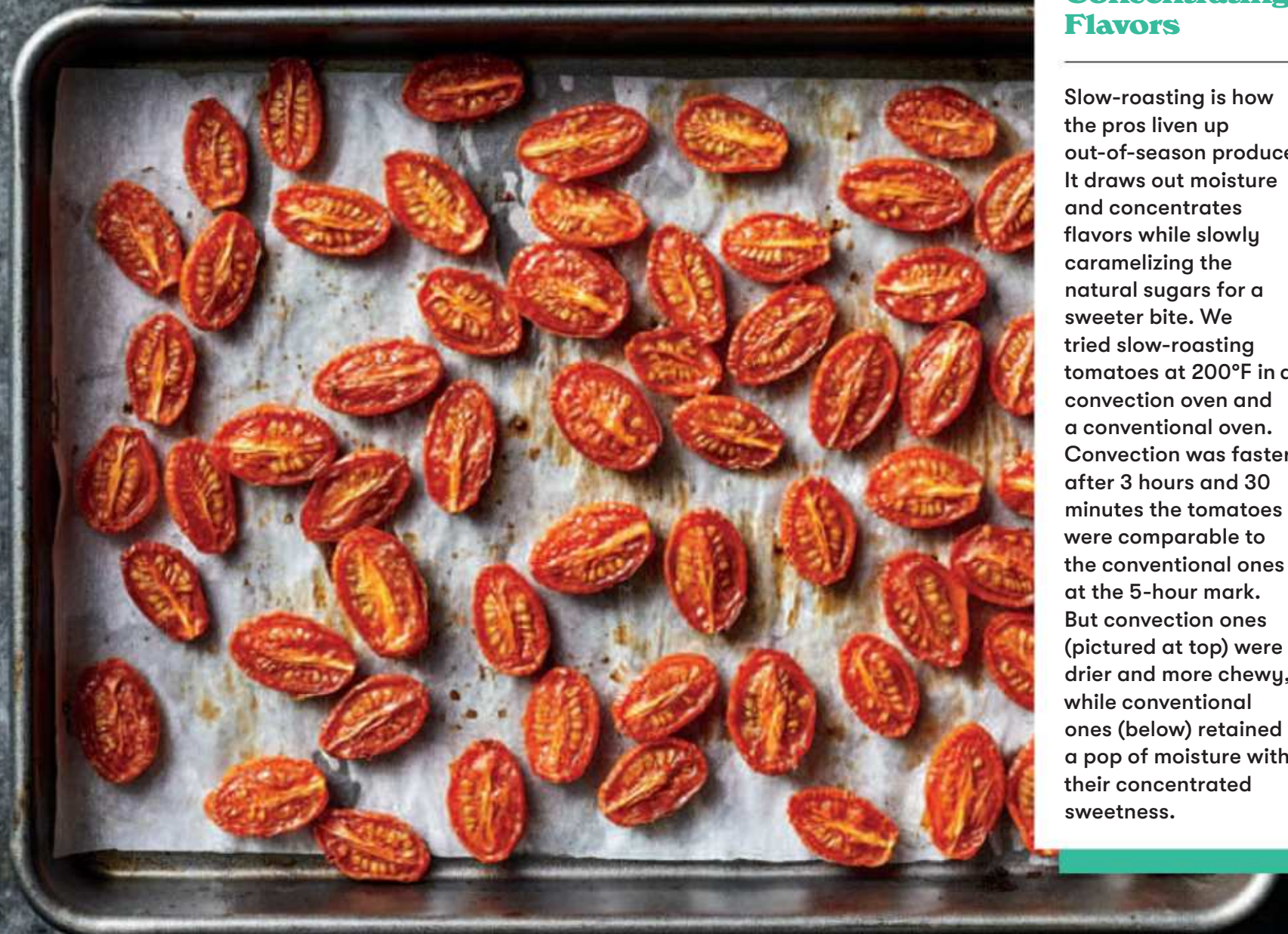
Whether low and slow or hot and fast, roasting builds big flavor in meats and vegetables. This comprehensive guide delivers tips, tricks, and recipes for mastering the art of roasting.

BY PAIGE GRANDJEAN — PHOTOGRAPHY BY GREG DUPREE



## Slow Roast

TO COAX OUT SWEETNESS



# 2

## Best for Concentrating Flavors

Slow-roasting is how the pros liven up out-of-season produce. It draws out moisture and concentrates flavors while slowly caramelizing the natural sugars for a sweeter bite. We tried slow-roasting tomatoes at 200°F in a convection oven and a conventional oven. Convection was faster—after 3 hours and 30 minutes the tomatoes were comparable to the conventional ones at the 5-hour mark. But convection ones (pictured at top) were drier and more chewy, while conventional ones (below) retained a pop of moisture with their concentrated sweetness.



## Aglío e Olio with Roasted Tomatoes

**Active:** 25 min.

**Total:** 5 hr. 20 min.

This pasta looks special, but it's doable for a weeknight dinner if you roast and refrigerate the tomatoes in advance. You can store them in an airtight container up to two days.

- 12 oz. grape tomatoes, halved (about 2 cups)**
- 5 Tbsp. olive oil, divided**
- 1 small bunch Swiss chard (about 8 oz.)**
- 8 oz. uncooked bucatini pasta**
- 4 medium garlic cloves, thinly sliced (about 3 Tbsp.)**

- 1¼ tsp. kosher salt**
- ⅛ tsp. crushed red pepper**
- ½ cup whole-milk ricotta cheese**
- 2 Tbsp. pine nuts, toasted**

- 1.** Preheat oven to 200°F. Toss together tomatoes and 2 teaspoons oil on a rimmed baking sheet lined with parchment paper. Arrange tomatoes cut sides up. Roast at 200°F until softened and dehydrated, about 5 hours. Set aside.
- 2.** Remove stems from chard, and thinly slice stems to equal 1 cup. Discard remaining stems, or reserve for another use. Tear leaves into 1-inch pieces.
- 3.** Bring a large pot of water to a boil over high. Add pasta; cook 4 minutes. Add sliced chard stems; cook until pasta is al dente and stems are tender, about

3 minutes, adding chard leaves during last 20 seconds. Reserve 1 cup cooking liquid. Drain pasta mixture.

- 4.** Heat garlic and ¼ cup oil in a large skillet over medium. Cook, stirring often, until garlic is light golden brown, about 4 minutes. Add pasta-chard mixture, roasted tomatoes, salt, crushed red pepper, and reserved cooking liquid. Cook, tossing constantly, until sauce thickens and pasta is coated, 3 to 4 minutes. Divide pasta among 4 shallow bowls. Top evenly with ricotta, pine nuts, and remaining 1 teaspoon oil.

**SERVES 4** (serving size: 1¼ cups) **Calories** 472; **Fat** 25g (sat 5g, unsat 18g); **Protein** 14g; **Carb** 54g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 766mg; **Calc** 11% DV; **Potassium** 9% DV



# 3

## Best for High-Moisture Foods

Pan-roasting is ideal for high-moisture foods like mushrooms and scallops. On the stovetop, you get the direct heat needed for quicker browning and less steaming. It's crucial to preheat your skillet so that the moisture starts to evaporate the moment your ingredients hit the pan. Another key tip: Work in small batches so each piece of food is in direct contact with the hot skillet. If you overcrowd your pan, all the moisture that seeps out will end up steaming the ingredients. And remember, no stirring! With pan-roasting, you have to allow time for browning (also known as the Maillard reaction) to take place.

MUSHROOM  
AND MARSALA-  
ONION TARTINES  
Recipe p. 179

# 4

## Best for a Perfect Medium-Rare Roast

This method takes longer than the traditional sear-then-cook approach, but it makes achieving a perfectly cooked piece of red meat foolproof. Roasting first at a low temp cooks the meat more evenly, yielding a cut that's medium-rare from end to end. Also, the internal temp rises more slowly, so you're less likely to miss your target temp and overcook the meat. At the end, crank up the oven briefly to get a nice crust on the exterior (for smaller cuts, use a very hot cast-iron skillet). We let the roast rest before the final high-heat sear so the internal temp doesn't rise too much in the last step.

PEPPERCORN-  
AND-CORIANDER-  
CRUSTED ROAST  
Recipe p. 181



**Reverse Sear**  
FOR A CRISPY CRUST





**Salt  
Crust**  
FOR SUPER  
SEASONING

# 5

## To Lock In Moisture

Salt-crusting pulls double duty by locking in moisture while thoroughly seasoning. The crust insulates the vegetable or protein inside, slowing evaporation and cooking the food gently and evenly. It's also healthier than you might think; only a small amount of sodium is absorbed into the food. Use this method with other root veggies like rutabaga, carrots, parsnips, and turnips, as well as with whole fish and chicken.

◆ STAFF FAVE

## Beet and Citrus Salad with Almond Gremolata

Active: 20 min.

Total: 1 hr. 15 min.

- 2 cups kosher salt
- 3 large egg whites
- 3 medium-size red or golden beets (about 1¼ lb.), trimmed

### Cooking spray

- ¼ cup finely chopped unsalted roasted almonds
- ¼ cup chopped fresh flat-leaf parsley
- 1 Tbsp. lemon zest (from 2 lemons)
- 1 small garlic clove, minced (about ¾ tsp.)
- ⅓ cup plain 2% reduced-fat Greek yogurt
- 3 Tbsp. crème fraîche
- 2 medium oranges (about 14 oz.), peeled and cut into ½-inch wedges
- 1 Tbsp. Champagne vinegar
- ½ tsp. extra-virgin olive oil
- ⅛ tsp. black pepper

1. Preheat oven to 400°F. Whisk salt and egg whites in a large bowl until mixture is the texture of wet sand. Coat beets generously with cooking spray. Using your hands, pack salt mixture onto beets, completely encasing each beet. Place beets 2 inches apart on a baking sheet, and roast at 400°F until salt crust is golden brown and beets are tender when pierced with a knife, about 50 minutes. Cool beets 10 minutes; remove salt crust. Peel beets, and cut into ½-inch wedges.

2. Stir together almonds, parsley, zest, and garlic in a small bowl. Mix yogurt and crème fraîche in another small bowl.

3. Spread yogurt mixture onto a serving platter; top with beets and oranges. Drizzle with vinegar and oil. Sprinkle with almond mixture and pepper.

**SERVES 6** (serving size: ¾ cup) **Calories** 149; **Fat** 8g (sat 2g, unsat 4g); **Protein** 5g; **Carb** 17g; **Fiber** 5g; **Sugars** 12g (added sugars 0g); **Sodium** 232mg; **Calc** 9% DV; **Potassium** 9% DV



# 6

## Best for Bold, Smoky Flavor

This is a fairly hands-off approach to roasting. It also requires less oil than oven-roasting or sautéing. Use natural lump charcoal (no chemicals), because your food is cooked straight in the embers. Coal-roasting works well with vegetables that have a protective outer layer that can be peeled off, such as russet and sweet potatoes, beets, eggplant (if you're only using the scooped-out flesh), corn (in the husk), and onions. If you want to tone down the smoke flavor, wrap the food in aluminum foil before roasting.



**Coal  
Roast**

FOR DRAMATIC  
RESULTS



CABBAGE  
WEDGE SALAD  
Recipe p. 181



  
**High Heat**  
FOR THE PERFECT CHAR

# 7

## Best for Subtle Smoke Flavor

We love how high-heat roasting—from 425°F and up—imparts a hint of smokiness to foods. A blasting hot oven can perfectly char thin-cut pork chops or—in these particular recipes—yield blistered, but not mushy, peppers. Plus, you can usually get away with far less oil (or none at all) when cranking the heat, saving you a step and a few calories.



## Romesco

**Active:** 20 min.

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

Make this romesco as smooth or chunky as you like—and up to three days ahead. Use leftovers as a sandwich spread or sauce to top meat or pasta. Sunchokes are sometimes labeled as Jerusalem artichokes. If you can't find them, sub fingerling potatoes.

### ROMESCO

**1/3 cup hazelnuts**

**1 (1¼-oz.) country-style bread slice (about ¾ inch thick)**

**2 large red bell peppers**

**¼ cup blanched almonds**

**1 medium garlic clove, smashed**

**¼ cup sun-dried tomatoes in oil, drained**

**3 Tbsp. olive oil**

**2 Tbsp. sherry vinegar**

**1½ tsp. smoked paprika**

**1½ tsp. kosher salt**

**1/8 tsp. cayenne pepper**

### FRESH AND ROASTED VEGETABLES

**12 oz. sunchokes, scrubbed and cut lengthwise into ½-inch-thick slices**

**1 medium fennel bulb, cut into ½-inch wedges, divided**

**8 oz. small multicolored carrots, halved lengthwise, divided**

**2 Tbsp. olive oil**

**¼ tsp. kosher salt**

**4 oz. radishes, thinly sliced (about 1 cup)**

**2 heads Belgian endive or radicchio (about 6 oz.), leaves separated**

**1.** Prepare the romesco: Preheat oven to 325°F with oven rack in middle of oven. Spread hazelnuts and bread in an even layer on a rimmed baking sheet. Bake at 325°F until hazelnuts are toasted and bread is slightly dried, about 8 minutes. Using a towel, rub off hazelnut skins. Set aside hazelnuts and bread.

**2.** Turn on broiler to high with oven rack in top third of oven. Place bell peppers on a rimmed baking sheet. Broil, turning occasionally, until charred, about 14 minutes. Set oven temperature to 425°F. Transfer peppers to a bowl. Cover tightly with plastic wrap, and let stand 10 minutes. Peel, stem, and seed bell peppers.

**3.** Tear toasted bread into small pieces; place in a food processor. Add toasted hazelnuts, almonds, and garlic; process until finely chopped, about 20 seconds. Add charred bell peppers, sun-dried tomatoes, oil, vinegar, paprika, salt, and cayenne. Process until almost smooth, about 30 seconds. Set aside.

**4.** Prepare the fresh and roasted vegetables: Toss together sunchokes, half of fennel, half of carrots, oil, and salt on a rimmed baking sheet. Roast at 425°F until tender, 30 to 35 minutes.

**5.** Spoon romesco into a serving bowl. Serve with roasted vegetable mixture, radish slices, endive leaves, and remaining fresh fennel and carrots.

**SERVES 16** (serving size: 2 Tbsp. Romesco and about 2½ oz. vegetables) **Calories** 190; **Fat** 13g (sat 3g, unsat 9g); **Protein** 8g; **Carb** 20g; **Fiber** 9g; **Sugars** 11g (added sugars 0g); **Sodium** 318mg; **Calc** 20% DV; **Potassium** 15% DV



## Harissa-Spiked Hummus

**Active:** 30 min.

**Total:** 30 min.

The harissa can be made and refrigerated up to three days in advance.

**1 large red bell pepper**

**1 medium serrano chile**

**3 medium garlic cloves, unpeeled**

**3 Tbsp. olive oil, divided**

**1½ Tbsp. fresh lemon juice**

**1 Tbsp. ground Aleppo pepper**

**1½ tsp. ground cumin**

**¾ tsp. plus 1/8 tsp. kosher salt**

**¾ tsp. ground coriander**

**1 (10-oz.) container hummus**

**1 Tbsp. chopped fresh flat-leaf parsley**

### Fresh and Roasted Vegetables from Romesco recipe (at left)

**1.** Preheat broiler to high with oven rack in middle of oven. Place bell pepper, chile, and garlic cloves on a rimmed baking sheet. Broil, turning occasionally, until bell pepper and chile are charred and garlic is softened, removing chile after about 6 minutes, garlic after about 10 minutes, and bell pepper after about 14 minutes. Transfer bell pepper and chile to a bowl; cover tightly with plastic wrap, and let stand 10 minutes. Peel, stem, and seed bell pepper and chile. Peel garlic cloves.

**2.** Place bell pepper, chile, garlic, 2 tablespoons oil, lemon juice, Aleppo pepper, cumin, salt, and coriander in a food processor. Process until smooth, about 30 seconds.

**3.** Spoon hummus into a serving bowl. Spoon harissa over hummus; drizzle with remaining 1 tablespoon oil, and sprinkle with parsley. Serve hummus with Fresh and Roasted Vegetables.

**SERVES 16** (serving size: 2 Tbsp. hummus and about 2½ oz. vegetables) **Calories** 121; **Fat** 8g (sat 1g, unsat 4g); **Protein** 3g; **Carb** 12g; **Fiber** 4g; **Sugars** 4g (added sugars 0g); **Sodium** 249mg; **Calc** 3% DV; **Potassium** 7% DV



## Lemon-Herb Turkey

**Active:** 45 min.

**Total:** 13 hr. 20 min.

We tried wet-brining, dry-brining, and injection-brining techniques before landing on self-basting as the best method. To keep sodium down, we found that injecting the bird with fat and seasoned liquid gives you the most flavor and juiciest meat.

- 1 (14-lb.) whole fresh or thawed frozen turkey**
- ¾ cup unsalted chicken stock**
- ½ cup plus 3 Tbsp. unsalted butter**
- 12 thyme sprigs, divided**
- 6 rosemary sprigs, divided**
- 3 medium garlic cloves, smashed**
- 4¾ tsp. kosher salt**
- 2 tsp. granulated sugar**
- 2 tsp. lemon zest**
- 1 small yellow onion, halved**
- 1 lemon, halved**
- 1 medium garlic head, halved**

**1.** Remove giblets and neck from turkey; discard or reserve for another use. Trim excess fat from turkey; pat turkey dry. Place turkey, breast side up, on a rack set inside a rimmed baking sheet. Place, uncovered, in refrigerator. Combine stock, butter, 6 thyme sprigs, 3 rosemary sprigs, and smashed garlic cloves in a small saucepan. Cook over low, stirring occasionally, until butter has melted and flavors are infused, about 10 minutes. Remove from heat. Let stand at room temperature 2 hours. Cover and place in refrigerator. Let turkey and butter mixture chill 8 hours or overnight.

**2.** Remove turkey from refrigerator. Let stand at room temperature 1 hour; discard any accumulated juices on baking sheet. Preheat oven to 500°F with oven rack in lowest position. Remove butter mixture from refrigerator; reheat over low, stirring occasionally, until melted and warm, about 8 minutes. Strain into a small bowl; discard solids. Add salt and sugar to strained butter mixture, and stir until dissolved. Add zest. Place

halved onion, halved lemon, halved garlic head, remaining 6 thyme sprigs, and remaining 3 rosemary sprigs inside body cavity of turkey. Secure legs with kitchen twine. Using a turkey injector, inject butter mixture throughout breast, legs, and thighs.

**3.** Roast turkey at 500°F until skin is golden, 35 to 40 minutes. Remove from oven, and cover breast with foil. Reduce oven temperature to 350°F. Return turkey to oven immediately, and bake until a thermometer inserted in thickest part of breast registers 160°F, about 1 hour and 20 minutes. Transfer turkey to a cutting board. Let turkey rest, loosely covered with foil, 15 minutes (internal temperature will rise to 165°F).

**SERVES 16** (serving size: about 6 oz. turkey) **Calories** 164; **Fat** 5g (sat 2g, unsat 2g); **Protein** 27g; **Carb** 0g; **Fiber** 0g; **Sugars** 0g; **Sodium** 275mg; **Calc** 2% DV; **Potassium** 5% DV

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*For a 16-24 lb. turkey: In a 5 gal. container, mix 2 gal. water, 10 oz. Kikkoman Soy Sauce (or Gluten-Free Tamari Soy Sauce), 1/2 c. kosher salt, 1/2 c. sugar, 2 Tbsp. dried sage, 2 Tbsp. celery seed, 1 Tbsp. dried thyme. Stir to dissolve salt, add turkey, cover and refrigerate 8 hours or overnight. Rinse turkey well and follow your regular cooking instructions.*



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A  
PLACE  
AT  
THE  
TABLE



## Mushroom and Marsala-Onion Tartines

**Active:** 45 min.

**Total:** 1 hr.

For the mushrooms, use either a presliced mix of wild mushrooms from the grocery store or seek out more unique varieties at specialty stores or a farmers market. For the toasts, we recommend using a good-quality sourdough.

- 1 cup drained and unrinsed canned cannellini beans
- 6 Tbsp. olive oil, divided
- 1½ Tbsp. red wine vinegar, divided
- 1 medium garlic clove, smashed
- 1 tsp. kosher salt, divided
- ½ tsp. chopped fresh thyme
- 10 oz. cipollini onions (about 12 onions), peeled
- 1½ Tbsp. turbinado sugar
- 1 cup unsalted chicken or vegetable stock
- ½ cup sweet Marsala wine
- 1 lb. fresh wild mushrooms, sliced (about 7 cups)
- ¼ tsp. black pepper
- 4 (1½-oz.) sourdough bread slices (about ¾ inch thick), toasted

### Fresh thyme leaves

1. Combine beans, 2 tablespoons oil, 1½ teaspoons vinegar, garlic, ½ teaspoon salt, and chopped thyme in a high-powered blender. Process until mixture is smooth and has the texture of hummus, adding water, 1 teaspoon at a time, if mixture is too thick, until desired consistency is reached, about 30 seconds. Set aside.

2. Heat 1 tablespoon oil in a medium saucepan over medium-high. Add onions; cook, stirring occasionally, until browned, about 5 minutes. Reduce heat to medium; add sugar and ¼ teaspoon salt. Cook, stirring constantly, until sugar starts to melt, about 20 seconds. Add stock; cook, stirring occasionally, until liquid is reduced by half and onions have softened, about 6 minutes. Stir in wine; cook, stirring occasionally, until liquid is reduced by half, about 6 minutes. Stir in remaining 1 tablespoon vinegar; cook, stirring occasionally, until sauce is syrupy, liquid is reduced to about 3 tablespoons, and onions are glazed, 14 to 16 minutes. Remove from heat; cover to keep warm.

3. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high. Add just enough mushrooms to cover bottom of skillet (about one-third of mushrooms). Cook, undisturbed, until bottoms are golden brown, 2 to 3 minutes. Flip and cook until softened, 2 to 3 minutes. Transfer to a bowl. Repeat procedure twice with remaining 2 tablespoons oil and remaining mushrooms. Toss cooked mushrooms with pepper and remaining ¼ teaspoon salt.

4. Spread bean mixture evenly over toasted bread slices. Top each slice with about ¼ cup onions and ½ cup mushrooms. Drizzle tartines evenly with onion glaze; sprinkle with thyme leaves.

**SERVES 4** (serving size: 1 tartine) **Calories** 475; **Fat** 22g (sat 3g, unsat 18g); **Protein** 13g; **Carb** 51g; **Fiber** 6g; **Sugars** 15g (added sugars 5g); **Sodium** 798mg; **Calc** 7% DV; **Potassium** 14% DV

# NEW!

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**Bonus:  
The  
Healthiest  
Way to  
Cook  
Bacon**

When you start bacon in a cold skillet it renders more fat, yielding leaner slices, but we love to oven-roast bacon because it has less cleanup than stovetop cooking. So we decided to try the “cold-start” technique in the oven: We put bacon in a cold oven that then was heated up to 350°F. We also slid a rimmed baking sheet with bacon straight into an oven preheated to 350°F. Both batches took virtually the same amount of time to cook (30 to 35 minutes). However, the cold-start slices rendered nearly 55% more fat.

## ◆ STAFF FAVE



## Peppercorn-and-Coriander-Crusted Roast

**Active:** 20 min.

**Total:** 12 hr. 25 min.

2 Tbsp. black peppercorns

2 Tbsp. coriander seeds

2 Tbsp. Dijon mustard

3½ tsp. kosher salt

1 (4¼-lb.) 2-rib standing beef rib roast, chine bone removed

1. Cook peppercorns and coriander seeds in a small skillet over medium, stirring occasionally, until fragrant, about 4 minutes. Remove from heat; cool 10 minutes. Coarsely crush with a mortar and pestle, or transfer to a ziplock plastic bag and crush with the bottom of a heavy skillet.

2. Stir together mustard, salt, and crushed spices in a small bowl. Rub mixture evenly over roast. Place roast, fat cap up, on a wire rack set inside a rimmed baking sheet lined with aluminum foil. Chill, uncovered, 8 hours or overnight.

3. Remove roast from refrigerator; let stand at room temperature 1 hour. Preheat oven to 300°F. Cook roast in preheated oven until a thermometer inserted in thickest portion registers 120°F for medium-rare, about 2 hours and 30 minutes (or 130°F for medium), rotating pan after 1 hour and 30 minutes. Remove from oven; discard drippings from baking sheet.

4. Increase oven temperature to 500°F. Let roast rest while oven preheats, at least 30 minutes. Return roast to oven; cook at 500°F until meat is well browned and a crust has formed, 5 to 8 minutes. Slice and serve immediately.

**SERVES 14** (serving size: 3 oz. beef) **Calories** 254; **Fat** 15g (sat 6g, unsat 7g); **Protein** 27g; **Carb** 0g; **Fiber** 0g; **Sugars** 0g; **Sodium** 588mg; **Calc** 3% DV; **Potassium** 7% DV



## Cabbage Wedge Salad

**Active:** 30 min.

**Total:** 4 hr.

1 medium head red cabbage (about 3 lb.)

2 Tbsp. olive oil, divided

¼ cup plain whole-milk Greek yogurt

3 Tbsp. mayonnaise

3 Tbsp. whole buttermilk

2½ tsp. fresh lemon juice

1 medium garlic clove, grated

½ tsp. kosher salt

2 oz. feta cheese, crumbled (about ½ cup)

¼ cup chopped fresh chives

½ tsp. ground sumac or Aleppo pepper

1. Light a charcoal chimney starter filled with all-natural lump charcoal; let burn until completely gray, about 30 minutes. Dump charcoal into a fire pit or grill (under grill grate); let burn, uncovered, until smoldering, about 30 minutes. Fan the outer layer of ash off coals. Rub cabbage with 1 tablespoon oil; place directly on hot coals. Cover and cook, turning occasionally, until tender and charred on all sides, 2 hours and 30 minutes to 3 hours. Remove from coals; let stand until cool enough to handle, about 30 minutes. Discard outer charred leaves. Cut cabbage into 6 wedges; remove core.

2. Whisk together yogurt, mayonnaise, buttermilk, lemon juice, garlic, salt, and remaining 1 tablespoon oil in a bowl until smooth. Drizzle over wedges. Sprinkle with feta, chives, and sumac.

**SERVES 6** (serving size: 1 wedge and 2 Tbsp. dressing) **Calories** 190; **Fat** 13g (sat 3g, unsat 9g); **Protein** 8g; **Carb** 20g; **Fiber** 9g; **Sugars** 10g (added sugars 0g); **Sodium** 318mg; **Calc** 20% DV; **Potassium** 15% DV

# FILL UP FOR BIG DAYS



# BIG FOOD FOR BIG DAYS





**MOROCCAN**

**VEGETABLE**

**COOKING**

BY JOSH MILLER  
PHOTOGRAPHY BY TARA DONNE

FROM AMLOU TO ZAALOUK, COOKBOOK AUTHOR  
NARGISSE BENKABBOU'S SEEMINGLY EXOTIC COMFORT  
FOODS TASTE SURPRISINGLY FAMILIAR.



## **ROOT VEGETABLE AND DRIED PLUM TAGINE**

The conical clay cooking pots and the stews prepared in them share the name tagine, but you can use any Dutch oven to make this hearty stew with spice-infused chunks of tender turnips, celery root, potatoes, and parsnips.

*Recipe p. 190*

# W

hen you dream about your favorite comfort foods, it's likely that *bakoula*, chermoula, and zaalouk don't pop into your head—but Nargisse Benkabbou wants them to.

“Twenty years ago, hummus was a specialty food that few people outside the Middle East knew about; now it's everywhere,” explains the 31-year-old London-based blogger turned author. “I want to do that for zaalouk [an eggplant-based Moroccan dip]. People have to understand a food before they can begin to crave it.”

That dip and a bounty of bright salads, comforting stews, and cozy desserts pepper the pages of her new cookbook, *Casablanca: My Moroccan Food*. And while hearty, meat-based tagines may be the first dishes that come to mind when you think of Moroccan food, plant-based cooking is the true backbone of this North African country's cuisine.

“When I wrote the first two chapters of my cookbook, it was pure coincidence that they were almost completely vegan,” Benkabbou says. Meat shows up in most Moroccan main dishes, but it's used more as a seasoning, to add richness and depth. “It's the ratio of meat to vegetables that's the difference,” she explains. “Most Moroccan dishes have three to four times more vegetables than meat.”

The majority of the vegetable-based dishes in her cookbook came untouched from the kitchens of her mother and grandmother, but Benkabbou did treat a handful of traditionally meat-heavy recipes to a vegetarian makeover. Her favorite is the Root Vegetable and Dried Plum Tagine—a dish that's typically made with lamb. “People tend to be very skeptical when you tell them something that's usually made with meat is now vegetarian, but in this tagine it works very well,” Benkabbou says. “I think it's magical when you can be completely fulfilled and not even realize there's no meat on your plate.”

Ever since she began cooking her favorite Moroccan foods for her roommates in college, Benkabbou's goal has been to help people connect with her native cuisine. “When people are unfamiliar with something, they need a guide,” she explains.

The recipes that Benkabbou shares may have names that sound unfamiliar to your ears, but the flavors speak a language your palate understands. Barring a few notable exceptions (see “The Moroccan Pantry” on p. 187), the foundational components of Moroccan cooking are ones most of us encounter every day.

“One of the main ingredients we use for tagines are onions. We also eat a lot of carrots, potatoes, tomatoes, fava beans, and squash,” Benkabbou says. “As for spices, we use a lot of cumin, turmeric, ginger, and cinnamon. Basically, if you've ever made a curry or stew, you can make a tagine.”

But there is one exotic, exclusively Moroccan ingredient Benkabbou says is a must-have addition to your spice cabinet: ras el hanout. “There's no other spice that captures the melting pot of flavors and cultures that make up Moroccan cuisine,” she says. “It's a great secret weapon to keep in your pantry—it turns heads with very little effort.”



### **Nargisse Benkabbou**

Via her popular blog, [mymoroccanfood.com](http://mymoroccanfood.com); her pop-up supper clubs; and now her first cookbook, Nargisse Benkabbou is on a mission to share her native cuisine with the world, one dish at a time.



### **CHERMOULA SMASHED POTATOES WITH PICKLED ONIONS**

(Top) Similar to South American chimichurri, chermoula's pungent blend of fresh herbs and smoky spices adds bold flavor to vegetable sides, grilled meats, and seafood.

*Recipe p. 190*



### **SWISS CHARD SALAD WITH YOGURT AND SPICED HAZELNUTS**

(Bottom) In Morocco, this dish is made with mallow, a local green that's often foraged. Spinach or Swiss chard are good substitutes.

*Recipe p. 191*





## **HARISSA-ROASTED CARROTS WITH PISTACHIOS**

“I love the combination of harissa with maple syrup,” Benkabbou says.

“This dish is proof that ingredients can come from across the globe and still go together wonderfully.”

*Recipe p. 191*



## THE MOROCCAN PANTRY

CUMIN, GINGER, TURMERIC, AND CINNAMON ARE WORKHORSES IN A MOROCCAN KITCHEN, BUT THESE SPECIALTY INGREDIENTS ARE WORTH EXPLORING TO TAKE YOUR DISHES TO THE NEXT LEVEL. FIND THEM ONLINE AT [ZAMOURISPICES.COM](http://ZAMOURISPICES.COM).

1

### HARISSA

Made from a ground paste of spicy chiles, roasted red bell peppers, and garlic, this fiery condiment is as popular in North Africa as ketchup is in America. Heat levels vary among brands, so do like the Moroccans and serve it on the side. Start with mild and work your way up to hot.

2

### COUSCOUS

Known as *smida* in Morocco, the word couscous comes from the Berber word *keskas*, which refers to the pot that this steamed cracked semolina was originally cooked in by the region's native tribes. Whole-wheat varieties contain double the fiber of regular couscous.

3

### ARGAN OIL

You're probably familiar with the cosmetic uses of this oil, but culinary argan oil is savored by Moroccans as a flavorful oil added to finished dishes. Harvested from the kernels of the fruit of the argan tree, its toasty, nutty flavor is comparable to walnut oil—it's very light, yet also robust.

4

### RAS EL HANOUT

Arabic for "top of the shop," this highly aromatic toasted spice blend can contain 60 or more ingredients, including coriander, cumin, cardamom, cloves, and dried rose petals. Some blends can go heavy on the cumin and coriander; seek out a brand that has a complex, captivating aroma.

5

### SAFFRON

One of Morocco's top exports, these tiny crimson stigmas of purple crocus flowers are often picked by hand, making them one of the world's most expensive flavorings. Thankfully, it only takes the tiniest pinch to add a heady perfume and a flood of golden color to tagines and teas.

6

### PRESERVED LEMONS

The most iconic Moroccan pantry staple, these lemons are packed in salt with spices and left to marinate for a month. The peel and flesh become incredibly tender—perfect for adding to salads or stirring into tagines at the end, where they simply melt into the dish.



STAFF FAVE

## SMOKY EGGPLANT ZALOUK

“Just as there are a hundred ways to make an omelet, there are also a hundred ways to make zaalouk,” Benkabbou says of Morocco’s answer to baba ghanoush. “Some people prefer it chunky; I like mine creamy and smoky.”

*Recipe p. 191*





## BAKED APPLES WITH AMLOU

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



Amlou is a rich, nutty spread similar to chunky almond butter that's made from ground toasted almonds and argan oil. To take this comforting dessert to the next level, stir in half a teaspoon of orange blossom water into the amlou mixture before filling the apples.

- $\frac{2}{3}$  cup almonds (about 3 oz.)
- $3\frac{1}{2}$  Tbsp. argan oil or walnut oil
- 3 Tbsp. honey
- 6 Tbsp. old-fashioned rolled oats
- $\frac{1}{4}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. ground cinnamon
- 6 medium-size red apples (such as Braeburn)

**1.** Preheat oven to 400°F. Spread almonds on a baking sheet. Toast at 400°F until golden, 5 to 6 minutes, stirring once after 3 minutes. Remove from oven.

**2.** Pulse toasted almonds in a food processor until finely ground, about 10 times (take care not to over-grind them or they could turn into almond butter). With processor running, gradually add oil and

honey, and process until combined, 2 to 3 seconds. Transfer to a medium bowl, and stir in oats, salt, and cinnamon.

**3.** Reduce oven temperature to 350°F. Remove core from apples with a sharp knife or an apple corer; transfer apples to an aluminum foil-lined baking dish.

**4.** Stuff apples evenly with amlou mixture (about 2 tablespoons each). Bake at 350°F until apples are blistered and soft, about 40 minutes.

**SERVES 4** (serving size: 1 apple and 2 Tbsp. amlou) **Calories** 309; **Fat** 17g (sat 1g, unsat 14g); **Protein** 5g; **Carb** 39g; **Fiber** 7g; **Sugars** 26g (added sugars 9g); **Sodium** 84mg; **Calc** 6% DV; **Potassium** 7% DV



## ROOT VEGETABLE AND DRIED PLUM TAGINE

**Active:** 30 min. **Total:** 1 hr. 20 min.



Homemade vegetable stock is best in this recipe. If using store-bought stock, upgrade the flavor by adding a bay leaf while the broth simmers in step 2.

- 3 Tbsp. olive oil
- 3 large onions, sliced (about 9 cups)
- 2 cups vegetable stock
- 4 garlic cloves, crushed
- 1¼ tsp. ground turmeric
- 1¼ tsp. ground ginger
- ¾ tsp. kosher salt, plus more to taste
- Pinch of saffron threads
- 11 oz. turnips, peeled and cut into 1-inch chunks (about 2 cups)
- 11 oz. baby potatoes, scrubbed and halved (about 2 cups)
- 11 oz. celery root, peeled and cut into 1-inch chunks (about 2½ cups)
- 11 oz. parsnips, peeled and cut into 1-inch chunks (about 2 cups)
- 11 oz. dried pitted plums (about 1¾ cups)
- 3 Tbsp. honey
- 1 tsp. ground cinnamon
- 4 cups cooked couscous
- Fresh cilantro leaves

1. Heat olive oil in a large saucepan over medium. Add onions; cover and cook, stirring occasionally, until soft and translucent, about 15 minutes.

2. Stir in stock, garlic, turmeric, ginger, salt, and saffron. Bring to a boil over high. Cover and reduce heat to low; simmer gently 30 minutes.

3. Add turnips, and bring mixture to a boil over high. Cover, reduce heat to medium-low, and cook 10 minutes. Add potatoes, celery root, and parsnips, and stir to combine. (There should be enough liquid in

pan to almost cover the vegetables; if not, pour in just enough water to do so.) Bring to a boil over high. Cover and reduce heat to medium-low; cook until vegetables are cooked through and softened, about 20 to 25 minutes.

4. Meanwhile, place dried plums in a heat-proof bowl, and add boiling water to cover. Let stand until plums are softened, about 5 minutes; drain.

5. Remove saucepan from heat, and use a ladle to transfer ¾ cup broth to a small saucepan over medium. Add drained plums, honey, and cinnamon to broth. Simmer mixture, stirring occasionally, until sauce has thickened and reduced by half, about 15 minutes.

6. Divide couscous evenly among 6 shallow bowls. Top with vegetables, plum mixture, and cilantro leaves.

**SERVES 6** (serving size: 1½ cups vegetable mixture and ⅔ cup couscous) **Calories** 541; **Fat** 8g (sat 1g, unsat 7g); **Protein** 11g; **Carb** 112g; **Fiber** 15g; **Sugars** 38g (added sugars 9g); **Sodium** 531mg; **Calc** 19% DV; **Potassium** 26% DV



## CHERMOULA SMASHED POTATOES WITH PICKLED ONIONS

**Active:** 25 min. **Total:** 1 hr. 20 min.



You'll want to make a double batch of both the chermoula and the pickled onions—their bold flavors are a great way to jazz up leftover Thanksgiving turkey.

- 2½ cups water
- 1½ cups thinly sliced red onion
- ¾ cup white wine vinegar
- 1½ Tbsp. granulated sugar
- 1¾ tsp. kosher salt, divided
- 2 lb. baby Yukon Gold potatoes
- ½ cup finely chopped fresh cilantro leaves and stems, divided
- 5 Tbsp. finely chopped fresh flat-leaf parsley, divided

- ¼ cup olive oil, divided
- 3 garlic cloves, minced
- 2 tsp. paprika
- 1½ tsp. ground cumin
- 2 Tbsp. fresh lemon juice
- Pinch of cayenne pepper

1. Bring 2½ cups water to a boil in a medium saucepan over high. Place red onion slices in a fine wire-mesh strainer over a bowl, and pour boiling water over onions. Let drain.

2. Stir together vinegar, sugar, and 1 teaspoon salt in a saucepan. Bring to a boil over medium-high; remove from heat.

3. Transfer drained onions to a clean jar with lid; pour hot vinegar mixture over onions. Use a spoon to press onions down so they are submerged in liquid. Seal jar, and let stand 30 minutes. (Refrigerate up to 1 week.)

4. Preheat oven to 400°F. Place potatoes in a large saucepan, and add cold water to cover. Bring to a boil over high. Reduce heat to medium-low; cover and simmer until a knife slides into potatoes with ease, about 20 minutes. Drain potatoes; let cool.

5. Stir together ¼ cup cilantro, 3 tablespoons parsley, 3 tablespoons oil, garlic, paprika, cumin, and remaining ¾ teaspoon salt in a large bowl. Add potatoes; using your hands, toss to coat potatoes with cilantro mixture.

6. Arrange potatoes on an aluminum foil-lined baking sheet; firmly press each potato to smash it, being careful not to break it. Bake at 400°F until crispy and golden, 25 to 30 minutes.

7. Stir together lemon juice, cayenne, remaining ¼ cup cilantro, remaining 2 tablespoons parsley, and remaining 1 tablespoon oil. Spoon over potatoes; top with drained pickled onions.

**SERVES 6** (serving size: about ½ cup) **Calories** 202; **Fat** 9g (sat 1g, unsat 7g); **Protein** 3g; **Carb** 29g; **Fiber** 5g; **Sugars** 4g (added sugars 0g); **Sodium** 284mg; **Calc** 2% DV; **Potassium** 2% DV



## SWISS CHARD SALAD WITH SPICED HAZELNUTS

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



Called bakoula in Morocco, this side salad is great with grilled meats or on a charcuterie board. Don't throw away the Swiss chard stems; thinly slice them, then follow the method for the pickled onions in the Chermoula Smashed Potatoes (p. 190).

- 1/3 heaping cup blanched hazelnuts**
- 1 3/4 tsp. paprika, divided**
- Pinch of cayenne pepper**
- 1/4 cup olive oil**
- 2 lb. Swiss chard, stemmed, leaves cut into 1-inch-wide strips (about 10 cups)**
- 3 Tbsp. finely chopped fresh flat-leaf parsley**
- 3 Tbsp. finely chopped fresh cilantro**
- 4 garlic cloves, crushed**
- 3/4 tsp. ground cumin**
- 3/8 tsp. kosher salt**
- 3 Tbsp. plain whole-milk Greek yogurt**
- 2 Tbsp. fresh lemon juice**

**1.** Preheat oven to 400°F. Place hazelnuts on a baking sheet, and bake until toasted, 5 to 6 minutes. Coarsely chop nuts; place in a bowl. Stir in 1/4 teaspoon paprika and cayenne. Set aside.

**2.** Heat oil in a large saucepan over medium. Add chard, parsley, cilantro, garlic, remaining 1 1/2 teaspoons paprika, cumin, and salt; cover and cook until chard is soft, about 8 minutes. Remove from heat.

**3.** Stir together yogurt and lemon juice in a small bowl. Serve chard mixture at room temperature with a drizzle of yogurt sauce and a generous sprinkle of hazelnuts.

**SERVES 4** (serving size: about 3/4 cup) **Calories** 241; **Fat** 22g (sat 3g, unsat 18g); **Protein** 5g; **Carb** 8g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 381mg; **Calc** 9% DV; **Potassium** 11% DV



## HARISSA-ROASTED CARROTS WITH PISTACHIOS

**Active:** 10 min. **Total:** 40 min.



Available in most supermarkets, harissa comes in mild and hot varieties; if you want to play it safe, go with mild, then bump up the heat with a dash of cayenne pepper if you like. To make after-dinner cleanup easier, line your roasting pan with aluminum foil before adding the carrot mixture.

- 3 Tbsp. harissa**
- 2 Tbsp. olive oil**
- 2 Tbsp. pure maple syrup**
- 2 garlic cloves, crushed**
- 1/4 tsp. kosher salt**
- 21 oz. small carrots with tops, trimmed and peeled**
- 1/3 cup unsalted pistachios, coarsely ground**

**1.** Preheat oven to 425°F. Stir together harissa, olive oil, maple syrup, garlic, and salt together in a large bowl. Add carrots; toss until well coated.

**2.** Spread carrots in an even layer in a roasting pan, cover with aluminum foil, and roast at 425°F until tender, about 20 minutes. Remove foil, and cook until caramelized, 5 to 10 more minutes. Sprinkle with pistachios; serve immediately.

**SERVES 4** (serving size: about 5 carrots) **Calories** 206; **Fat** 12g (sat 2g, unsat 10g); **Protein** 3g; **Carb** 23g; **Fiber** 6g; **Sugars** 14g (added sugars 6g); **Sodium** 283mg; **Calc** 7% DV; **Potassium** 10% DV



## SMOKY EGGPLANT ZAALOUK

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



"I became familiar with smoked paprika at cookery school," Benkabbou says. "I am so grateful for discovering this flamboyant spice because it gives my zaalouk the smokiness I didn't know it was missing. Serve this with grilled meat or fish, or as a spread in a sandwich."

- 1/4 cup olive oil**
- 1 medium eggplant (about 18 oz.), peeled and cut into 1-inch chunks**
- 2 medium tomatoes (about 14 oz.), seeded and cut into 1-inch chunks**
- 3 garlic cloves, smashed**
- 2 Tbsp. chopped fresh cilantro**
- 1 Tbsp. fresh lemon juice**
- 1 1/2 tsp. honey**
- 1 tsp. smoked paprika**
- 3/4 tsp. kosher salt**
- 1/2 tsp. ground cumin**
- 1/2 tsp. paprika**
- 1/8 tsp. cayenne pepper**
- Fresh cilantro leaves**

**1.** Heat olive oil in a medium saucepan over medium-low. Add eggplant, tomatoes, garlic, cilantro, lemon juice, honey, smoked paprika, salt, cumin, paprika, and cayenne pepper. Cover and cook, stirring occasionally, until vegetables are softened, 25 to 30 minutes.

**2.** Uncover pan, and crush vegetables with a potato masher to desired consistency.

**3.** Garnish with a sprinkling of cilantro leaves; serve warm or cold with grilled bread, if desired.

**SERVES 6** (serving size: about 1/2 cup) **Calories** 112; **Fat** 9g (sat 1g, unsat 8g); **Protein** 2g; **Carb** 10g; **Fiber** 3g; **Sugars** 6g (added sugars 1g); **Sodium** 246mg; **Calc** 2% DV; **Potassium** 8% DV

A photograph of a round, lattice-topped pie, likely an apple pie, resting on a green ceramic plate. The pie is set on a vibrant, patterned tablecloth with a repeating motif of trees and leaves in shades of blue, yellow, and pink. A silver fork and knife are placed to the right of the plate. The entire scene is set against a solid dark blue background.

**PIES**

**oF mAnY**

**sizes**

**FOR EVERY HOLIDAY DESSERT SPREAD**

BY IVY ODOM - PHOTOGRAPHY BY TARA DONNE



**Pear and Goat Cheese Pie  
(opposite)**  
RECIPE P. 198



**Butternut Squash and Cardamom  
Pie with Crème Fraîche (above)**  
RECIPE P. 196



**GO BIGGER** Although this recipe calls for two mini muffin pans, you can make it work with a standard 12-cup muffin tin, too. Bake the 12 larger crusts the same amount of time. Then, in step 2, increase the amount of filling you put in each muffin cup—you'll likely have a little extra filling left over (or at least we did).



**Mini Chocolate-  
Nut Pies**  
RECIPE P. 196

**ACCOMMODATE YOUR GUESTS** If someone doesn't eat gluten, simply swap the regular saltines for gluten-free saltines in the crust. Also, if you don't have a rectangular tart pan, know that this recipe works with most tart shapes and sizes—even with a standard 9-inch pie plate.



**White Chocolate—  
Raspberry Tart**  
RECIPE P. 197



## Butternut Squash and Cardamom Pie with Crème Fraîche

**Active:** 45 min. **Total:** 5 hr.

Butternut squash is lighter in flavor and texture than pumpkin, making this spin on the classic a version that might be better after a super-filling Thanksgiving meal. Boil your squash a day or two ahead. Store in an airtight container in the fridge for up to three days before using (it's OK to use it cold). The pie can be made a day ahead, but make the topping just before you serve it.

### CRUST

- 4.25 oz. white whole-wheat flour (about 1¼ cups)**
- 1 Tbsp. nonfat dry milk powder**
- ¼ tsp. kosher salt**
- ¼ cup vegetable shortening (such as Spectrum), chilled**
- 3 Tbsp. cold unsalted butter, cut into ¼-inch pieces**
- 3 to 4 Tbsp. ice-cold water**

### FILLING

- 2 (10-oz.) pkg. frozen cubed butternut squash (such as Stahlbush Island Farms)**
- 3½ Tbsp. light brown sugar**
- ¼ tsp. ground cardamom**
- ½ tsp. kosher salt**
- ⅛ tsp. ground cinnamon**
- ⅛ tsp. freshly grated nutmeg**
- ⅛ tsp. ground allspice**
- 1 (14-oz.) can fat-free sweetened condensed milk (such as Borden Eagle Brand)**
- 2 large eggs, lightly beaten**
- 2 Tbsp. unsalted butter**

### TOPPING

- ¼ cup crème fraîche**
- ¼ cup heavy cream**
- 2 Tbsp. powdered sugar**
- 2 Tbsp. candied pecans, finely chopped**

**1.** Prepare the crust: Whisk together flour, milk powder, and salt in a large bowl. Using a pastry blender or 2 knives, cut in shortening and cold butter until shortening and butter are well distributed and small clumps begin to form. Stir in 1 tablespoon ice-cold water; add up to 3 more tablespoons water, 1 teaspoon at a time, stirring just until dough begins to come together. Turn dough out on a lightly floured surface, and gently knead 1 or 2 times. Form dough into a disk. On a lightly floured surface, roll disk into a 12-inch circle. Fit dough circle into a 9-inch pie plate, fold dough edges under, and flute. Refrigerate piecrust at least 45 minutes or up to 1 day.

**2.** Prepare the filling: Place a baking sheet on bottom rack of oven, and preheat oven to 400°F. (Do not remove baking sheet while oven preheats.) Place butternut squash in a medium saucepan, and add water to cover squash. Cover and bring to a boil over medium-high. Reduce heat to medium, and cook, covered, until squash is very tender, 10 to 12 minutes. Drain and place squash in a large bowl. Using a potato masher, mash squash until smooth. Let squash cool to room temperature, about 30 minutes. Add brown sugar, cardamom, salt, cinnamon, nutmeg, allspice, sweetened condensed milk, and eggs to cooled butternut squash. Stir well to combine.

**3.** Melt butter in a small saucepan over medium. Cook until butter turns brown and has a nutty aroma. Remove saucepan from heat, and stir butter into squash mixture. Pour filling into chilled piecrust. Place pie in oven on preheated baking sheet. Reduce oven temperature to 350°F, and bake until filling is mostly set with a slightly jiggly center, 35 to 38 minutes.

Let pie cool completely on a wire rack, 2 hours and 30 minutes to 3 hours.

**4.** Prepare the topping: Place crème fraîche in a medium bowl, and set aside. Place heavy cream in a large bowl, and beat with an electric mixer on medium-high speed until foamy. Gradually add powdered sugar to heavy cream, and beat until stiff peaks form. Very gently fold heavy cream mixture into crème fraîche. To serve, cut pie into 12 slices. Dollop slices with crème fraîche mixture; top with chopped candied pecans.

**SERVES 12** (serving size: 1 slice) **Calories** 342; **Fat** 14g (sat 7g, unsat 5g); **Protein** 7g; **Carb** 47g; **Fiber** 3g; **Sugars** 34g (added sugars 20g); **Sodium** 189mg; **Calc** 15% DV; **Potassium** 2% DV



## Mini Chocolate-Nut Pies

**Active:** 25 min. **Total:** 1 hr. 15 min.

Goey and sticky-sweet, these mini pies cram all the goodness of traditional pecan pie into a couple of rich, indulgent bites. The mix of cashews, macadamia nuts, and almonds adds fantastic crunch. The date syrup replaces traditional corn syrup, and the "crust" is made from nuts and an egg white; both of these swaps help reduce the amount of processed sugars and saturated fat.

### CRUST

- 2½ cups cashew, almond, and macadamia nut mix (such as Planters NUT-rition Whole-some Nut Mix), divided**
- ¼ tsp. kosher salt**
- 1 large egg white**

## FILLING

- 2 Tbsp. miniature semisweet chocolate chips
- ¼ cup packed light brown sugar
- ¼ cup granulated sugar
- 5 Tbsp. date syrup
- 3 Tbsp. half-and-half
- 1 Tbsp. unsalted butter
- 1 tsp. vanilla extract
- 2 large eggs
- 2 oz. bittersweet chocolate, chopped

**1.** Prepare the crust: Preheat oven to 350°F. Grease and flour 2 (12-cup) mini muffin pans. Process 1¼ cups nut mix in a food processor until very finely chopped, about 30 seconds. Place finely chopped nuts in a medium bowl; add salt. Place egg white in a medium bowl; beat with an electric mixer on high speed until stiff peaks form, 1 to 2 minutes. Fold beaten egg white into finely chopped nut mixture. (Mixture will be sticky.) Spoon about 1 teaspoon nut mixture into each cup of prepared muffin pans. With floured fingers, press nut mixture in bottom and up sides of muffin cups to form a crust. Bake at 350°F until beginning to brown around the edges, about 5 minutes. (Egg white will bubble up while baking.) Remove from oven, and let cool in pans to room temperature.

**2.** Prepare the filling: Pulse remaining 1¼ cups nut mix in food processor until coarsely chopped, about 7 times. Transfer coarsely chopped nuts to a medium bowl; add miniature chocolate chips. Spoon about 1 tablespoon nut mixture into each muffin cup. Heat brown sugar, granulated sugar, and date syrup in a small saucepan over medium until sugars are completely dissolved, about 5 minutes. Remove from heat. Stir in half-and-half, butter, and vanilla. Let cool to room temperature, about 20 minutes. Lightly beat eggs with a fork. Add eggs to cooled sugar mixture, whisking well to combine. Pour about 1 tablespoon sugar mixture over each filled cup. Bake on bottom rack of oven at 350°F until just set, 12 to 14

minutes. Let cool in muffin pans 10 minutes. Run a knife around edges of each pie, and remove pies to wire racks to cool completely, about 20 minutes. Place bittersweet chocolate in a microwavable bowl. Microwave at **HIGH** until melted, about 1 minute, stopping to stir halfway through. Drizzle chocolate over pies. Refrigerate at least 30 minutes. Serve chilled or at room temperature.

**SERVES 12** (serving size: 2 pies) **Calories** 275; **Fat** 18g (sat 4g, unsat 14g); **Protein** 7g; **Carb** 22g; **Fiber** 3g; **Sugars** 18g (added sugars 7g); **Sodium** 127mg; **Calc** 5% DV; **Potassium** 1% DV



## White Chocolate–Raspberry Tart

**Active:** 15 min. **Total:** 1 hr. 45 min.

This is a tastier version of those strawberry shortcake bars from the ice cream truck. The crust is salty, buttery, and slightly tart—a perfect crunchy match to the creamy and sweet white chocolate filling. This super-simple recipe also has minimal ingredients, which is a nice contrast to labor-intensive Thanksgiving pies. Be sure to fold the cream into the chocolate before folding in the yogurt, otherwise the mixture may seize.

- 1 (2-oz.) pkg. freeze-dried raspberries
- 4 oz. saltine crackers (1 sleeve)
- 1 large egg white
- 2½ Tbsp. unsalted butter, melted
- ⅓ cup whipping cream
- 5½ oz. white chocolate baking bar, chopped

- ½ cup vanilla fat-free yogurt (not Greek-style)
- ½ tsp. powdered sugar
- 1½ cups fresh raspberries (5 oz.)

**1.** Preheat oven to 350°F. Place freeze-dried raspberries in a food processor, and process until very finely ground, about 30 seconds. Sift raspberry powder into a small bowl; discard seeds.

**2.** Pulse saltines in food processor until very finely crumbled, about 10 times; transfer to a medium bowl, and set aside.

**3.** Place 1 teaspoon raspberry powder and egg white in a medium bowl. Beat with an electric mixer on high speed until stiff peaks form, about 1 minute; add to crumbled saltines. Add 2 tablespoons raspberry powder and melted butter to saltine mixture, and stir with a spatula to combine. Press mixture in bottom and up sides of a 13½- x 4¼-inch fluted rectangular tart pan with a removable bottom. Bake crust at 350°F until crisp and slightly golden, about 10 minutes. Cool completely on a wire rack, about 40 minutes.

**4.** Place whipping cream in a medium bowl. Beat with electric mixer on medium-high speed until stiff peaks form, about 2 minutes. Place chopped chocolate in a medium microwavable bowl. Microwave at **HIGH** until melted, about 1 minute and 30 seconds, stirring at 30-second intervals. Let chocolate cool 15 minutes, stirring often. Gently fold whipped cream into melted chocolate. Gently fold yogurt into chocolate mixture; pour into cooled crust. Chill 1 hour.

**5.** Stir together 1 teaspoon raspberry powder and powdered sugar and in a small bowl. Using a fine wire-mesh strainer, dust powdered sugar mixture over tart. Arrange fresh raspberries on top of tart. Cut into 12 slices.

**SERVES 12** (serving size: 1 slice) **Calories** 188; **Fat** 10g (sat 6g, unsat 3g); **Protein** 3g; **Carb** 22g; **Fiber** 2g; **Sugars** 12g (added sugars 4g); **Sodium** 114mg; **Calc** 6% DV; **Potassium** 2% DV



## Pear and Goat Cheese Pie

**Active:** 1 hr. **Total:** 6 hr.

We precook the pears before adding them to the filling to keep them from releasing too much liquid (which might prevent the filling from setting or create a soggy crust). Avoid Bartlett pears, as they turn to mush when baked. Be sure to add cooled filling to cool dough; a hot filling will warm the butter, and the crust won't be flaky.

### CRUST

- 4.25 oz. white whole-wheat flour**  
(about 1¼ cups)
- 4 oz. whole-wheat pastry flour**  
(about 1 cup)
- 2 Tbsp. nonfat dry milk powder**
- ¼ tsp. baking powder**
- ¼ tsp. kosher salt**
- 6 Tbsp. vegetable shortening**  
(such as Spectrum), chilled
- 3 Tbsp. cold unsalted butter,**  
cut into ¼-inch pieces
- 5 to 6 Tbsp. ice-cold water**

### FILLING

- 3 oz. goat cheese, softened**
- 3 oz. ⅓-less-fat cream cheese,**  
softened
- 1 large egg yolk**
- 2 Tbsp. honey**
- ½ tsp. lemon zest plus 2 tsp. fresh**  
lemon juice, divided
- 3 large Anjou pears (26 oz.),**  
peeled, cored, and cut into  
⅛-inch-thick slices
- 3 large Bosc pears (26 oz.),**  
peeled, cored, and cut into  
⅛-inch-thick slices

### Cooking spray

- 5 Tbsp. light brown sugar**
- 2 Tbsp. cornstarch**
- ¼ tsp. kosher salt**
- ¼ tsp. ground cinnamon**
- ¼ tsp. freshly grated nutmeg**
- 1 tsp. chopped fresh sage**
- 2 Tbsp. pear nectar**
- 1 Tbsp. unsalted butter, cut into**  
¼-inch pieces

### TOPPING

- 1 large egg white**
- 1 Tbsp. water**
- 1 Tbsp. turbinado sugar**

**1.** Prepare the crust: Whisk together white whole-wheat flour, pastry flour, milk powder, baking powder, and salt in a large bowl. Using a pastry blender or 2 knives, cut in shortening and cold butter until shortening and butter are well distributed and small clumps begin to form. Stir in ¼ cup ice-cold water; add up to 2 more tablespoons water, 1 teaspoon at a time, stirring just until dough begins to come together. Turn dough out onto a lightly floured surface, and gently knead 1 or 2 times. Divide dough into 2 pieces. (One piece should be just slightly larger than the second, about 8 ounces for the first piece and 7 ounces for the second.) Shape each portion into a disk. Lightly flour surface, and roll slightly larger disk into a 12-inch circle; fit into a 9-inch pie plate. Trim dough to edge of pie plate. Roll remaining dough disk into an 11-inch circle. Using a pizza cutter or scalloped dough cutter, cut circle into 16 (½-inch-wide) strips. Weave dough strips into a lattice pattern on a parchment paper-lined baking sheet. Chill dough in pie plate and on baking sheet 45 minutes or up to 1 day.

**2.** Prepare the filling: Preheat oven to 350°F. Place goat cheese, cream cheese, egg yolk, honey, and lemon zest in a medium bowl, and beat with an electric mixer on medium speed until smooth and creamy, 1 to 2 minutes. Spread mixture in an even layer over dough in pie plate; chill until ready to use.

**3.** Arrange pear slices in a single layer on a parchment paper-lined baking sheet. Lightly coat with cooking spray. Bake at 350°F until pears start to soften and release some of their juices, 22 to 25 minutes. (You should have about 3½ cups cooked pear slices.) Remove pears from oven, and cool completely, about 20 minutes.

**4.** Place an empty baking sheet on bottom rack of oven. Increase oven temperature to 400°F. (Do not remove pan while oven preheats.)

**5.** Place pear slices in a large bowl. Add brown sugar, cornstarch, salt, cinnamon, nutmeg, sage, pear nectar, and lemon juice. Toss gently to coat. Spoon pear mixture over goat cheese mixture in pie plate. Top pear mixture evenly with butter. Place parchment paper with dough lattice over pear mixture; gently remove parchment from under lattice. (Or invert lattice onto pear mixture and peel off parchment.) Lightly whisk together egg white and 1 tablespoon water. Brush egg wash around edge of pie, and press lattice into edges to secure. Brush egg wash over lattice; sprinkle with turbinado sugar. Chill pie 15 minutes. Place pie on hot baking sheet on bottom rack of oven, and reduce oven temperature to 350°F. Bake until edges of crust are golden brown, 48 to 50 minutes. Loosely cover pie with aluminum foil to prevent overbrowning, and continue to bake until pears are tender and crust is golden, 15 to 20 more minutes. Cool completely on a wire rack, 3 to 4 hours. Cut into 12 slices.

**SERVES 12** (serving size: 1 slice) **Calories** 318; **Fat** 14g (sat 6g, unsat 7g); **Protein** 6g; **Carb** 45g; **Fiber** 6g; **Sugars** 23g (added sugars 10g); **Sodium** 152mg; **Calc** 7% DV; **Potassium** 5% DV

# Make hide and seek delicious.

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special.

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# Cooking Class

## The Hows and Whys of Delicious

### Your New Go-To Gravy

Skip the drippings and cook roasted turkey wings in broth to create a lean sauce with incredibly meaty flavor.

#### Double-Stock Turkey Gravy

**Active:** 15 min. **Total:** 2 hr. 25 min.

If you prepare stock up to a week ahead, you can make the gravy in just a few minutes. Simmering the turkey wings in chicken stock makes the resulting liquid twice as meaty tasting as it would be if you used plain water.

- 1½ lb. turkey wings (about 4 wings)
- 2 qt. unsalted chicken stock
- 1 large yellow onion, chopped
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 1 garlic head, halved crosswise
- 6 Tbsp. quick-mixing flour (such as Wondra)
- ½ cup water
- ½ tsp. kosher salt



The velvety gravy completes any roasted bird.

...

**1.** Preheat oven to 425°F. Place turkey wings on a wire rack set on a sheet pan. Bake at 425°F until well browned and crisp, about 1 hour.

**2.** Transfer wings to a large Dutch oven. Add stock, onion, carrot, celery, and garlic; bring to a boil over high. Reduce heat to low, and simmer until reduced by half, about 1 hour. Pour liquid through a fine wire-mesh strainer into a bowl; discard solids. Return liquid to pan; bring to a boil.

**3.** Whisk together flour and ½ cup water in a bowl; whisk into stock mixture until combined. Boil until thickened, about 5 minutes. Stir in salt; serve immediately.

**SERVES 16** (serving size: ¼ cup) **Calories** 30; **Fat** 0g; **Protein** 4g; **Carb** 3g; **Fiber** 0g; **Sugars** 1g (added sugars 0g); **Sodium** 129mg; **Calc** 0% DV; **Potassium** 0% DV

#### THE STEPS



①

#### BROWN THE WINGS

Wings have stronger flavor and more collagen (a kind of gelatin that adds body) than other turkey parts. Roast them until deep golden brown. The more color you get on the wings, the richer your stock will taste—the liquid absorbs the caramelization on the turkey while simmering.



②

#### REDUCE AND STRAIN

Combine roasted wings, mirepoix (onion, carrot, and celery), and aromatics in the pot. Cover with store-bought chicken stock, then simmer to reduce liquid and intensify flavor. Pass finished stock through a fine wire-mesh strainer to catch tiny bits of sediment; discard solids.



③

#### ACTIVATE THE THICKENER

Instead of regular flour or cornstarch, we use Wondra flour, which blends almost instantly and resists clumping. The mixture needs to come to a boil for a few minutes while you whisk to activate its thickening power. When the gravy can coat the back of a spoon, it's ready.

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## THE VEGAN

# 8

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Creator of The Vegan 8

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### Build Your Best Cheese Board

Offer selections from these 10 essential categories to make your party platter a guaranteed crowd-pleaser.

#### 1. Soft-Rind Cheese

Soft rinds on Brie and Camembert wheels (shown) are edible and lend funky flavor contrast to the supremely rich, creamy cheese.

#### 2. Firm Cheese

Sliceable cheeses like cheddar (shown), Manchego, or Gruyère have been aged for months or years, developing structured texture and nuanced flavors.

#### 3. Fresh Cheese

Light-textured, milky, and tangy cheeses like goat (shown) or feta are best to taste first because their mild flavors won't overwhelm the palate.

#### 4. Honey

A little dab is a heavenly pairing with tangy goat cheese and robust, salty blue cheese. Mild, light-colored honeys like clover and alfalfa are best for cheese boards.

#### 5. Bread

An alternative to crunchy crackers, bread makes a soft, starchy vehicle for the cheese. Cut small slices from bakery-fresh crusty whole-grain or wild-yeast loaves.

#### 6. Fresh Fruit

Robust blue cheeses love a sweet fruit pairing for flavor balance. Select what's in season, like fall grapes (shown). Avoid fruit with flesh that turns brown, like apples or pears.

#### 7. Nuts

Another textural contrast, nuts amplify the meaty umami flavor in cheese. Roasted unsalted walnuts (shown), pistachios, and almonds are all good choices.

#### 8. Blue Cheese

Soft yet sliceable, creamy, tangy, salty, and pungent, mold-veined blues like Stilton (shown) or Roquefort deliver pungent flavor, so taste them last.

#### 9. Crackers

Whole-grain and seeded crackers are good choices, but avoid strongly flavored options that might mask or fight with the taste of the cheese.

#### 10. Dried Fruit

Choose those that would be out of season if they were fresh so it's even more of a treat. Apricots (shown), figs, and cherries are great for fall or winter spreads.



GOURNAY CHEESE

A little bread.  
A little cheese.  
A lot of Wow.



### KEY

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

## Staff Rave

Our Highest-Rated Recipe from This Issue



**Winter Greens and Citrus Salad p. 90**

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

## Appetizers

- FGMV** Curried Sweet Potato–Yogurt Dip **p. 132**
- FGMV** Harissa-Spiked Hummus **p. 173**
- FGMV** Smoky Eggplant Zaalouk **p. 191**

## Beverages

- MV** Cider-Bourbon-Honey Punch **p. 10**
- FV** Grapefruit Gin and Tonic **p. 137**
- FGV** PB&J Smoothies **p. 21**

## Breads

- MV** Carrot-Apple Muffins with Orange Glaze **p. 132**
- FMV** Herbed Biscuits **p. 124**

- FV** Pear-Topped Toast with Honey-Tahini Ricotta **p. 145**
- V** Stuffing-Flavored Cornbread **p. 124**

## Condiments & Sauces

- FGMV** Creamy Feta Sauce **p. 22**
- M** Double-Stock Turkey Gravy **p. 202**
- FGMV** Homemade Hoisin **p. 22**
- FGMV** Mango-Coconut Chutney **p. 22**
- GMV** Roasted Grape, Apple, and Cranberry Sauce **p. 89**
- MV** Romesco **p. 173**
- GMV** Simple Cranberry-Orange Sauce **p. 89**
- FGV** Spicy Parsley-Cilantro Sauce **p. 22**

## Desserts

- GV** Baked Apples with Amlou **p. 189**
- MV** Butternut Squash and Cardamom Pie with Crème Fraîche **p. 196**
- MV** Matcha Biscotti with Bittersweet Drizzle **p. 141**
- GMV** Mini Chocolate-Nut Pies **p. 196**
- MV** Pear and Goat Cheese Pie **p. 198**
- FGV** Pomegranate-Poached Pears **p. 21**
- MV** Pumpkin-Maple Loaf **p. 58**
- MV** White Chocolate–Raspberry Tart **p. 197**

## Main Dishes

### Beef & Lamb

- FG** Coffee-Rubbed Steak with Brussels Sprouts Salad **p. 16**

- GM** Peppercorn-and-Coriander-Crusted Roast **p. 181**

## Fish & Shellfish

- FGM** Easy Greek Salmon Bowls **p. 49**
- FG** Salmon with Green Beans and Smashed Potatoes **p. 46**
- G** Seared Scallops with Fennel and Citrus **p. 38**
- FG** Sheet Pan Shrimp Fajitas **p. 18**
- FG** Steamed Cod with Watercress-Orange Sauce **p. 60**

## Poultry

- FG** Balsamic Chicken with Oranges and Radicchio **p. 19**
- FG** Chicken Schnitzel with Grapefruit-Celery Slaw **p. 25**
- FG** Extra-Crispy Chicken Thighs with Potatoes and Chard **p. 26**
- G** Grill-Smoked Turkey **p. 6**
- G** Lemon-Herb Turkey **p. 174**
- FG** Pomegranate-Glazed Chicken **p. 20**

## Vegetarian

- GV** Cabbage Wedge Salad **p. 181**
- V** Mushroom and Marsala-Onion Tartines **p. 179**
- FGV** Mushroom-Potato Tacos with Scallion Relish **p. 133**
- GV** Potato Quiche with Spinach **p. 48**
- MV** Root Vegetable and Dried Plum Tagine **p. 190**
- FV** Smoky Mushroom and Barley Salad with Poblano **p. 24**

## Pasta

- V** Aglio e Olio with Roasted Tomatoes **p. 165**
- FV** Garlic-and-Herb Pasta with Broccoli Rabe **p. 143**
- F** Sausage and Mushroom Pasta with Butternut Squash **p. 30**

## Sides

- GV** Baked Sweet Onions **p. 37**
- GMV** Beet and Citrus Salad with Almond Gremolata **p. 169**
- V** Broccoli-Artichoke Casserole **p. 120**
- V** Brussels Sprouts Tarte Tatin **p. 102**
- FGV** Cauliflower Salad with Tahini Dressing **p. 34**
- G** Cauliflower Steaks **p. 34**
- FGMV** Celery-and-Parsley Salad with Wine-Soaked Raisins **p. 132**
- GV** Chermoula Smashed Potatoes with Pickled Onions **p. 190**
- MV** Collard Greens Panzanella with Hot Sauce Vinaigrette **p. 111**
- Creamed Spinach with Hazelnuts **p. 111**
- MV** Creamy Broccoli-Cheddar Casserole **p. 120**
- FG** Curried Cauliflower Gratin **p. 34**
- MV** Easy Corn Pudding **p. 119**
- MV** Elote Corn Pudding **p. 119**
- FGMV** Fall Fruit Salad **p. 37**
- M** Farro Stuffing with Miso Mushrooms **p. 97**
- FGMV** Garlic Mashed Potatoes with Chile-Paprika Butter **p. 99**

**FGV** Glazed Brussels Sprouts **p. 21**

**GMV** Glazed Red Pearl Onions **p. 110**

**FGMV** Green Beans Amandine **p. 108**

**GV** Harissa-Roasted Carrots with Pistachios **p. 191**

**GMV** Lower-Sugar Sweet Potato Casserole **p. 97**

**GMV** Olive Oil Mashed Potatoes **p. 98**

**M** Pancetta, Kale, and Raisin Stuffing **p. 91**

**V** Panko-Crusted Acorn Squash **p. 37**

**GV** Parmesan-Crusted Potato Gratin **p. 118**

**V** Potato-Butternut Gratin with Poblano Béchamel **p. 118**

**GM** Prosciutto Green Bean Bundles with Crispy Mushrooms **p. 108**

**FGV** Quick Stovetop Mac and Cheese **p. 115**

**FGV** Radicchio Salad with Angostura Vinaigrette **p. 146**

**FGV** Roasted Brussels Sprouts with Mustard Dressing **p. 102**

**GV** Roasted Carrot and Parsnip Batons with Tahini Dip **p. 109**

**FGV** Roasted Parsnips with Olives **p. 37**

**GV** Roasted Root Vegetables with Balsamic-Maple Glaze **p. 109**

**M** Sausage, Apple, and Herb Stuffing **p. 90**

**M** Sausage, Herb, and Cranberry-Stamped Onions **p. 110**

**GM** Shaved Vegetable Salad with Warm Bacon Vinaigrette **p. 90**

**F** Spanish Mac and Cheese **p. 115**

**GMV** Stuffed Sweet Potatoes with Toasted Meringue **p. 99**

**FGV** Swiss Chard Salad with Spiced Hazelnuts **p. 191**

**GM** Wild Rice-Pecan Stuffing **p. 97**

**FGMV** Winter Greens and Citrus Salad **p. 90**

## Soups & Stews

**GM** Beef-and-Butternut Chile Colorado **p. 139**

**GMV** Curried Coconut-Pumpkin Soup **p. 150**

**GM** East-West Chicken Stock **p. 63**

**M** Instant Pot Turkey and Sage Dumpling Soup **p. 64**

**GM** Jambalaya Soup **p. 150**

**M** Lazy Lasagna Soup **p. 152**

**F** Lemony Greek Chicken Soup **p. 16**

**GM** Mediterranean Chicken and Quinoa Stew **p. 152**

**FGMV** Roasted Carrot and Coconut Soup **p. 28**

**M** Silky Garlic Soup with Sourdough Soldiers **p. 133**

**GM** Tex-Mex Chicken and Black Bean Soup **p. 151**

**GMV** Tuscan White Bean and Lentil Soup **p. 151**

**M** Vietnamese Beef and Noodle Soup **p. 32**



### GET COOKING WITH COZI

The Cozi app is ideal for creating shopping and to-do lists that save you time during your busy week. Find the 20-minute recipes from “Dinner Tonight” (p.15) preloaded in Cozi’s recipe box. [cozi.com](http://cozi.com)

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## Fuel Your Travels

Whether you're pulling off the highway or running through the airport, these options will keep you on track in transit.



### BREAKFAST

**Dunkin' Donuts' Egg & Cheese English Muffin Sandwich** offers a hearty handheld breakfast for less than 350 calories. Sip on a small almond milk latte for an extra 80 calories (or a hot coffee with a splash of milk). **Calories** 340; **Protein** 14g; **Sodium** 640mg

### SNACK

**This Bar Saves Lives'** snacks are low-sugar, fiber-filled, and available at most Starbucks locations. We like Wild Blueberry & Pistachio for a midmorning treat or Dark Chocolate & Peanut Butter to satisfy a sweet tooth. **Calories** 160; **Protein** 4g; **Sodium** 80mg



### LUNCH

**Subway's Rotisserie-Style Chicken 6-Inch Sub**, piled with fresh veggies and dressed with Subway Vinaigrette on 9-Grain Wheat bread, will fill you up with quality protein without sending you into a midday slump. **Calories** 390; **Protein** 29g; **Sodium** 790mg

### DINNER

**Panda Express' Broccoli Beef Bowl**, with a half serving of brown steamed rice and a half serving of mixed vegetables, keeps sodium in check without sacrificing the classic taste (and convenience) of Chinese takeout. **Calories** 400; **Protein** 16g; **Sodium** 798mg



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# THERE ARE NO SHORTCUTS TO MAKING EXCEPTIONAL ICED TEA.

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and brewed in smaller batches for smooth, delicious iced tea.



**Alex White**, Pure Leaf Tea Master



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