FAMILY DINNER ISSUE

Cooking Light

SEPTEMBER 2016

AMAZING WEEKNIGHT RECIPES

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PLUS!

HEALTHY GUIDES FOR LUNCH & SNACKS

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& sipping margaritas
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Cooking Light VOL. 30/NO. 8

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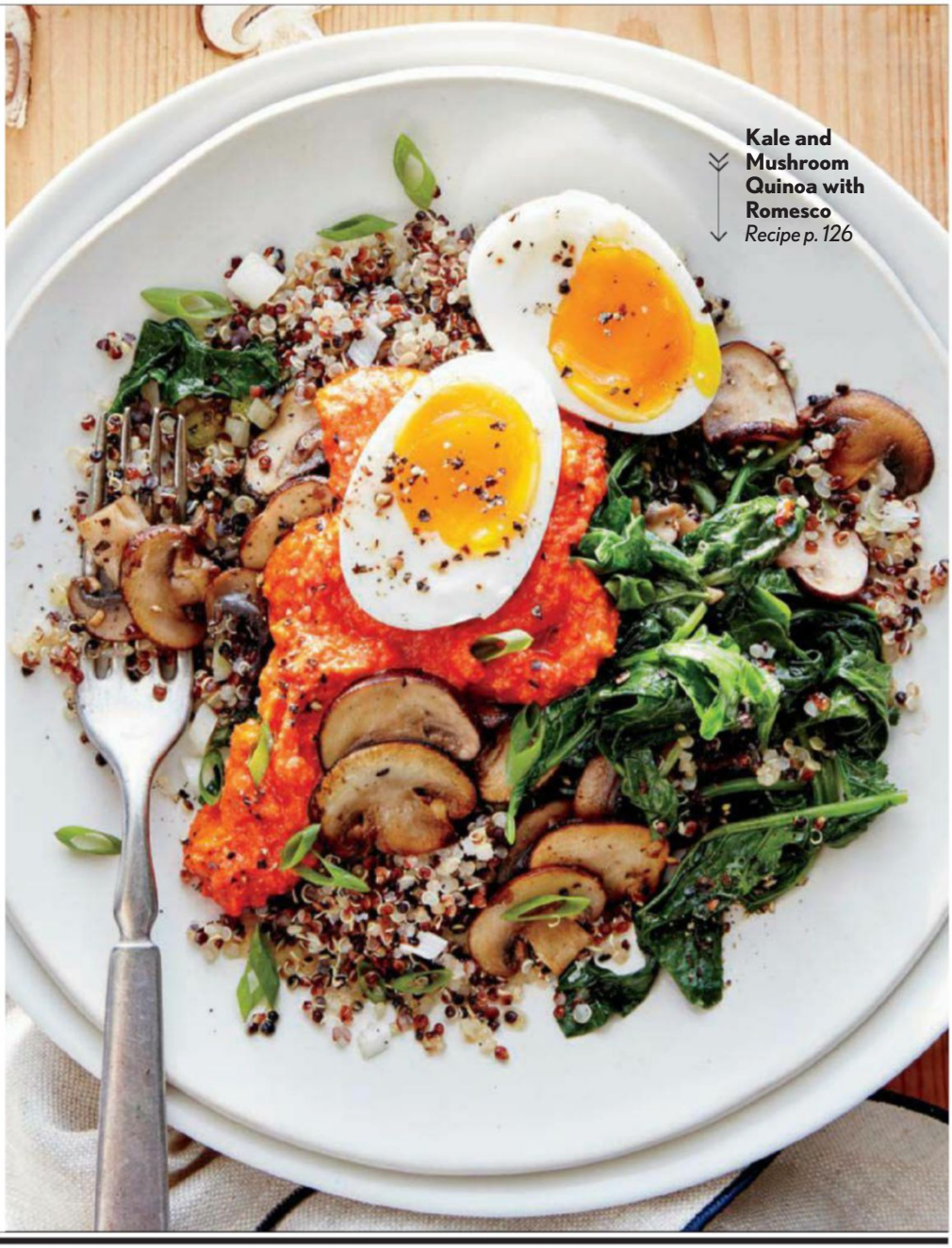

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PROP STYLING
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PHOTOGRAPHY: JENNIFER CAUSEY. (TOAST) IAIN BAGWELL

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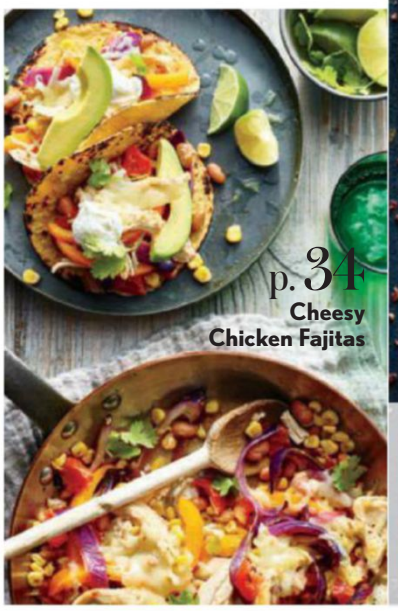

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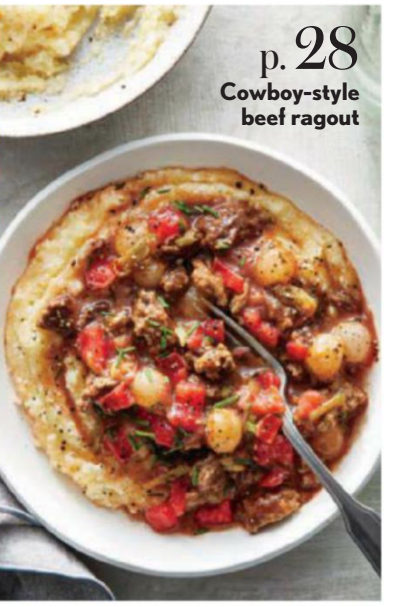

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PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) VICTOR PROTASIO, JENNIFER CAUSEY (3), CAITLIN BENSEL

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note from the editor

WIN THE WEEKNIGHT

I WAS ON THE ROAD a lot this summer, which meant less time at my family table—but more time to do some informal market research. In airports and Uber cars and restaurants and homes, I bugged friends and strangers alike with questions about what they cook, where they find dinner inspiration, and how they plan, shop, and prep.

Their answers were all over the map. What's clear: A) No two people cook the same, and B) Most everyone wishes they could cook more. The dinner odds are stacked against us, thanks to how time-starved so many of us are. Some nights we thrive. Other nights we survive.

We've packed this Family Dinner Issue with simple recipes and tips to help you do the former, especially as the calendar revs into fall. We also recognize seven exceptional home cooks in our "Meet the New Heroes of Family Dinner" feature. When the contest launched in May, we received dozens of submissions celebrating amazing moms, dads, sons, and daughters. Led by Senior Editor Cindy Hatcher, our team narrowed down the pool to the inspiring finalists at right. Read about them on page 138; then go to cookinglight.com/familydinnerhero to vote for your favorite. The winner gets a trip to our headquarters to film a cooking video.

Of course, the act of cooking is not about competition. The real point of the contest is to acknowledge everyone who cooks at home as much as they can—because each meal is a small victory, and those wins add up to a richer, healthier life. Sara Moulton, a personal dinner hero whose show *Cooking Live* helped inspire my career, summed it up best when she told *The Washington Post* earlier this year, "Cooking, to me, is about sharing and family dining . . . It's about nurturing, context. A life."

HUNTER LEWIS
hunter@cookinglight.com
@NotesFromACook

GOOD FOOD FAST

Look for this Good Food Fast logo throughout *the issue for seasonal ideas and recipes for busy folks on the go. From healthy breakfast recipes and smart snacking tips to innovative office lunches and new dinner essentials, we've got you covered.*

Meet our seven Family Dinner Hero finalists. Clockwise, from top left: Jessica Dreyer, Kaleigh McMordie, Marcus Rohlfs (with son Cole), Genevieve and Jolene Crum, Tyler Bloch, and Rachel Blanks (with daughter Reagan). Vote for your favorite at cookinglight.com/familydinnerhero.

PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) AMY DICKERSON, ELIZABETH LAVIN, JEREMY KRAMER, JEN SISKA, JUSTIN WALKER, JEREMY KRAMER

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COOK WITH US

We just hit 6 million Facebook likes! Above, Editor Hunter Lewis and Executive Editor Ann Taylor Pittman celebrate with some watermelon margaritas they just whipped up. Get in on the action every week with our super-popular live videos bringing you tips, tricks, and how-tos.

TOAST WITH THE MOST

Fancy toast is everywhere. Follow @whole_fry, our nutrition editor, on Instagram for great ideas like this avo, tomato, and feta topper.

COOKING LIGHT DIET

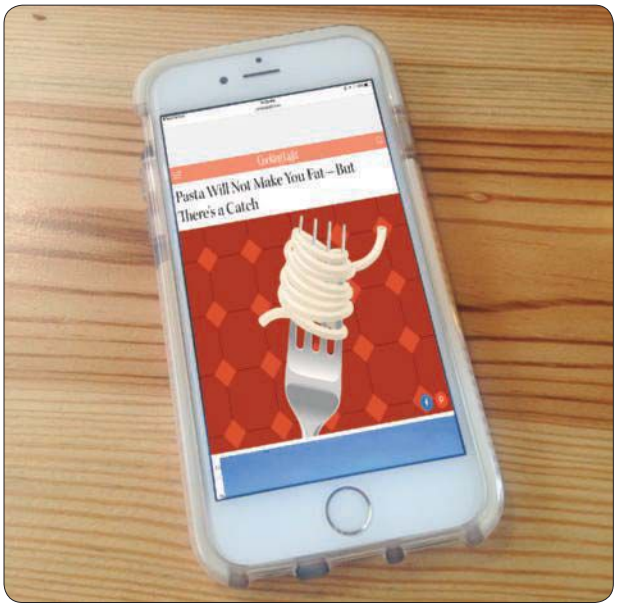
For Matthew A. Moore, using the Cooking Light Diet was a mental health revelation. Read more of his story at **cookinglight.com/matthew.**

2-INGREDIENT COOKIES

Find fun, easy recipe videos on Facebook. Our step-by-step video for this 40-calorie banana bread treat has more than 2 million views.

FIT FOODIE RUN

Join editors like our own Cindy Hatcher (above) at the Fit Foodie Run weekend in Tampa, September 12–18. Sign up at **fitfoodierun.com.**



EASY READING

Introducing a sleek new look at **cookinglight.com.** Starting with the article page, we made a smarter, faster, better design for an easy-to-read format, no matter the device you're on. Look for more updates in the next month.

FROM OUR READERS

"I've been a subscriber for over 20 years and have made hundreds of your recipes. The [July 2016] issue has one of the best salads I've ever had: BBQ Chicken with Peach and Feta Slaw [p. 34]. Every bite was an explosion of flavors." —Susan Tiedt, Maple Park, IL

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TRENDING TASTES from COOKING LIGHT'S EDITORS

let's get cooking!

MADE IN THE USA

Look Good, Cook Better

Ellen Bennett was a model and line cook before she started Hedley & Bennett, the country's coolest line of top-quality aprons, donned by star chefs like Hugh Acheson, Barbara Lynch, and Curtis Stone. Her dual background explains her approach: natty form sewn to sturdy function. "Our quality control team goes the extra 26 miles. The aprons are given the attention of a two-star Michelin restaurant," she says. *From $60,* hedleyandbennett.com

PHOTOGRAPHY: CAITLIN BENSEL; PROP STYLING: AUDREY DAVIS

FAMILY MEAL

Chef José Andrés Plates Up Paella

The classic Spanish rice dish is a crowd-pleaser in his celebrated restaurants and at home. **BY TIM CEBULA**

"Paella may sound like something fancy, but it is a humble dish, made from ingredients that are fresh and healthy," says star chef José Andrés, whose restaurants in Washington, D.C., Las Vegas, and California helped spark America's celebration of Spanish cuisine. Paella makes a fantastic home-cooked meal—rustic, hearty, and built to be shared. "That's just the kind of thing I want to make for my family, and my daughters grew up helping to make it," he says.

Andrés learned the art of making paella from his father, who had him gather wood for the open fire they cooked the paella over. "He told me that with cooking a paella, or anything for that matter, the most important part is controlling the fire. The fire is the foundation. You must control it."

To that end, the heat for this paella starts high and reduces gradually, making the rice perfectly al dente and then crisping it at the bottom. "When a paella is done just right," says Andrés, "you hear that crackling of the rice at the end. It is because you are forming this tasty, caramelized, golden-brown crust at the bottom called the *socarrat*, everyone's favorite part."

VEGETABLE PAELLA

Active: 15 min. Total: 40 min.
No paella pan or short-grain rice? Use a large skillet and long-grain.

- ¼ cup extra-virgin olive oil
- ½ cup chopped yellow onion (from 1 small onion)
- 3 garlic cloves, minced
- ½ cup diced peeled carrots (from 3 medium carrots)
- ½ cup diced red bell pepper (from 1 medium pepper)
- ½ cup cauliflower florets
- ½ cup half-moon zucchini slices (from 1 zucchini)
- ½ cup sliced seasonal or cremini mushrooms
- Pinch of saffron threads (optional)
- 6 cups unsalted vegetable or mushroom stock
- ½ tsp. kosher salt
- 1 cup uncooked Spanish Bomba rice
- ½ cup halved green beans
- Fresh thyme or parsley leaves (optional)

1. Heat oil in a 13-inch paella pan or large skillet over medium-high. Add onion and garlic; cook, stirring constantly, until tender and lightly browned, about 30 seconds. Add carrots, bell pepper, cauliflower, zucchini, and mushrooms; cook, stirring occasionally, until softened, about 5 minutes.

2. Crumble saffron over vegetables in pan (if using). Stir in stock and salt. Increase heat to high. Bring to a boil; cook 3 minutes. Stir in rice and green beans. Reduce heat to medium-high; cook 6 minutes. Reduce heat to medium; cook until rice is tender but still has a bite, about 12 minutes. (During the last few minutes of cooking, you should hear rice crackling at the bottom of the pan.) Remove paella from heat; cover with a clean kitchen towel, and let stand 5 minutes. Garnish with thyme or parsley leaves, if desired.

SERVES 4 *(serving size: about 1 cup)* **CALORIES** 351; **FAT** 15.2g (sat 2g, mono 10.8g, poly 1.3g); **PROTEIN** 10g; **CARB** 49g; **FIBER** 3g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 619mg; **CALC** 28mg

PAELLA PRIMER

Three simple keys guarantee success with this comforting family dish.

THE RICE
Paella uses short-grain rice such as Bomba or Valencia that doesn't turn starchy-creamy like Arborio in risotto. Find it at specialty markets or online at yummybazaar.com.

THE PAN
Paella gets its name from the shallow, double-handled pan in which it cooks. Andrés prefers carbon steel pans because they heat quickly. *$21,* paellapans.com

THE RATIO
The stock-to-rice ratio is critical. In our tests, we found that 1 cup of Bomba rice needs 6 cups of stock, while 1 cup of Valencia rice needs 4 cups of stock.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CATHERINE CROWELL STEELE; PROP STYLING: HEATHER CHADDUCK HILLEGAS. RICE AND STOCK: GETTY IMAGES

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MUST-READS

Our Favorite Fall Cookbooks

From chef manifestos to regional deep dives to weeknight cooking at its best, the season's new releases offer a lot to love.

BY THE COOKING LIGHT EDITORS

1 Say howdy to Appalachian cuisine with ***Victuals,*** Ronni Lundy's tour of the Mountain South. Lundy reveals a glorious food tradition that's been farm-to-table and local for centuries. Must make: Rustic, lyrical recipes such as Doorbell Pork, Hominy, and Wilted Greens. (Clarkson Potter, *$33*)

2 Chef Ashley Christensen revived Raleigh, NC's historic Poole's Diner in 2007, putting a modern, approachable spin on Southern classics. The simple, often whimsical dishes in ***Poole's*** dazzle. Must make: Pan-Roasted Scallops with Olive Gremolata. (Ten Speed Press, *$35,* on sale Sept. 20)

3 Whether you are cooking for a potluck or need a simple weeknight dinner, Kathy Gunst's ***Soup Swap*** is your go-to. She suggests sides for each soup, plus stocks and toppers to help you up your game. Must make: "No Cream" Cream of Celery Root Soup with Fried Capers. (Chronicle Books, *$25*)

4 There may be no better way to instill a love of good food in your kids than by having them learn to cook. ***Kid Chef*** by Melina Hammer helps them develop fundamental skills, harness their curiosity, and turn out tasty, family-friendly dishes. Must make: Moroccan Pickled Carrots. (Sonoma Press, *$16*)

5 The tired old stereotype of bad British food is being dispelled. ***The London Cookbook*** by Aleksandra Crapanzano shows how, with recipes that are sophisticated yet cook-friendly from the city's best chefs and restaurants. Must make: Fennel and Watercress Soup. (Ten Speed Press, *$35,* on sale Oct. 11)

6 *One Pan, Two Plates* offers delicious vegetarian meals for two. Most of Carla Snyder's recipes take 40 minutes or less. While streamlined, flavors are nuanced, with enough punch to satisfy meat eaters. Must make: Ricotta Frittata with Spinach, Corn, and Sun-Dried Tomatoes. (Chronicle Books, *$25*)

PHOTOGRAPHY: CAITLIN BENSEL; PROP STYLING: AUDREY DAVIS

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Mod Milk

Fueled by dairy sensitivities, environmental concerns, and a need to know what's in our staple foods, consumer demand for plant-based milks—made from nuts, seeds, grains, and legumes—is exploding. And we support the fervor. Easy and cost-efficient, making nondairy milks at home is a DIY project that's easy to swallow. –DARCY LENZ

MACADAMIA MILK

Active: 10 min. Total: 12 hr. 10 min.

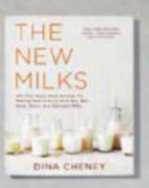
Macadamia milk offers ultrarich creaminess and natural sweetness that's swoon-worthy. If the milk is thicker than you'd like, just add a bit more water until you reach your desired consistency. Don't throw out the nut solids: See our suggestions for using them below.

- 5¾ oz. raw unsalted macadamia nuts (about 1 cup)
- 5½ cups distilled water, divided

1. Place nuts in a large glass bowl; cover with 3 cups distilled water. Let stand at room temperature 12 hours. Drain; rinse nuts, and drain.

2. Combine nuts and remaining 2½ cups distilled water in a high-power blender; process 4 to 5 minutes or until smooth. Strain macadamia mixture through a fine sieve lined with cheesecloth. Save solids for another use. Refrigerate milk up to 4 days in a sealed bottle; stir or shake well before serving.

SERVES 5 *(serving size: ½ cup)*
CALORIES 19; **FAT** 2g (sat 0.3g, mono 1.6g, poly 0g); **PROTEIN** 0g; **CARB** 0g; **FIBER** 0g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 11mg; **CALC** 10mg



4 MASTER TIPS FROM ALT-MILK MAVEN DINA CHENEY

BUY raw (not roasted) unsalted nuts, seeds, and legumes for milk making.

STOCK your freezer with bulk-bought base ingredients so you're always ready to make a batch.

INVEST in a good blender, nut milk bags or cheesecloth for straining, and glass jugs or bottles for storing your milks.

RECYCLE the strained solids. No need for waste here: You can use the solids to bulk up smoothies and enhance pancake batter, or dry them out to make flour.

For more info, grab a copy of Cheney's *The New Milks*, and visit her at thenewmilks.com.

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AMERICAN VOICES

One Bite at a Time

This middle school principal is part of the growing movement to get healthy food in schools. **BY CINDY HATCHER**

NAME Carland Washington
AGE 36
OCCUPATION Principal

In the two years Carland Washington has overseen West Prep Academy middle school in New York City, he's witnessed a changing view on how his students experience healthier food.

"Children are growing up in urban America and the only place they see relatively fresh produce is at their local deli. We're re-educating them to know that you get just as full eating healthy food," he says.

West Prep Academy partners with Wellness in the Schools, a program that pairs a chef with cafeteria staff and students. Each month focuses on a different produce item. When they studied beans, for example, the kids learned to make vegetable chili and hummus. "It's really broadened their horizons," Washington says. "We were chopping red peppers and one kid thought they were tomatoes. It's revealing that some of the students couldn't identify the basics we take for granted."

Washington's concerns extend beyond the boundaries of his own school. He hopes to encourage other communities to reimagine how they promote food choices and prioritize learning about health. "Home economics and nutrition classes are just as important as math and sports," he says. "We've got to educate the whole child—bring healthy food into the classroom, let the kids play and experiment and taste so they can engage and understand its uses and purpose."

FIND other great American voices at time.com/americanvoices.

In the U.S., more than one in three children under 18 are overweight or obese.
Source: CDC

PHOTOGRAPHY: JUSTIN WALKER

LEARN MORE

There's likely an organization in your community working to improve food choices in public schools. Here are three great places to start.

WELLNESS IN THE SCHOOLS (wellnessintheschools.org)
Encourages healthier eating, increased physical activity, and nutrition learning in 75 public schools around the country.

SEED LIFE SKILLS (seedlifeskills.org)
Championed by chef Hugh Acheson, it's home ec for the modern kid, teaching real life skills and valuable lessons about food and finances.

FOODCORPS (foodcorps.org)
A nationwide network of farm-to-cafeteria table programs that show kids how to grow, cook, and appreciate their own take on healthful foods.

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from the Cooking Light Kitchen

dinner tonight

FAST FAMILY RECIPES

18 PAGES OF EASY MEALS

SUPERFAST
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Slow Cooker
P. 48

LET'S COOK
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Cook Once, Eat 3x
P. 55

FREEZE IT
P. 63

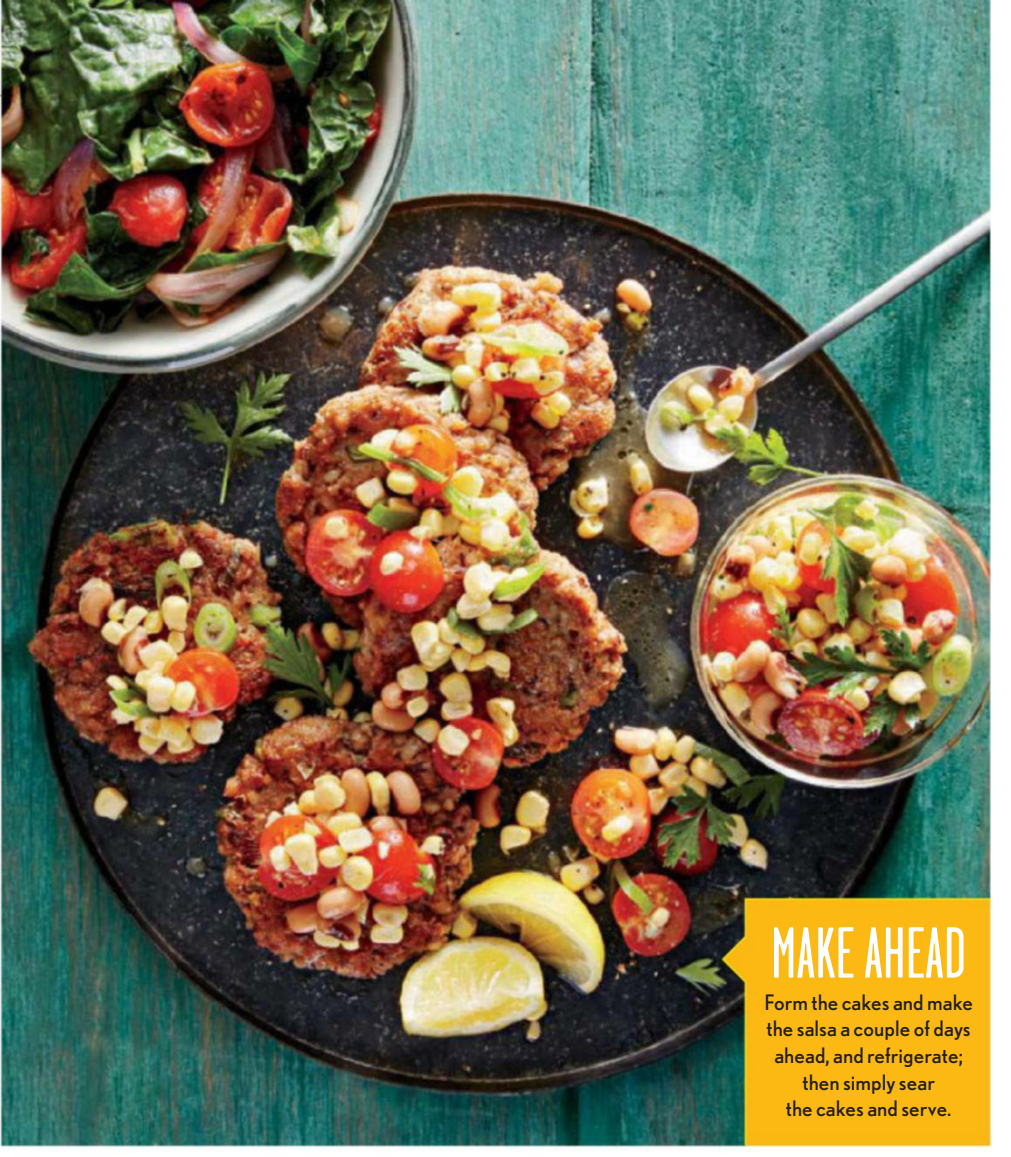
Honey-Dijon Glazed Salmon with Flash-Cooked Zucchini
Recipe p. 25

PHOTOGRAPHY: JENNIFER CAUSEY · FOOD STYLING: TORIE COX · PROP STYLING: CLAIRE STOLLEN

DINNER TONIGHT

MEATLESS MONDAY

40 MINUTES



GAME PLAN

WHILE CAKES COOK
Sauté kale.

WHILE CORN COOKS
Prep tomato mixture.

MAKE AHEAD

Form the cakes and make the salsa a couple of days ahead, and refrigerate; then simply sear the cakes and serve.

black-eyed pea cakes

with corn salsa

We've turned two Southern sides, black-eyed peas and greens, into a substantial vegetarian meal. You could also substitute black beans or Great Northern beans for the black-eyed peas.

- 2 (15.5-oz.) cans unsalted black-eyed peas, rinsed, drained, and divided
- ½ cup whole-wheat panko (Japanese breadcrumbs)
- ¼ cup thinly sliced green onions, divided
- ¾ tsp. kosher salt, divided
- ⅛ tsp. ground red pepper
- 2 large eggs, lightly beaten
- 2 tablespoons olive oil, divided
- 1 cup fresh or frozen corn kernels, thawed
- ½ cup halved cherry tomatoes
- 1½ Tbsp. sherry vinegar
- 1 Tbsp. chopped fresh flat-leaf parsley
- ¼ tsp. freshly ground black pepper

1. Place ½ cup peas in a bowl; set aside. Place remaining peas in a food processor; pulse until coarsely mashed. Combine mashed peas, panko, 3 tablespoons onions, ½ teaspoon salt, red pepper, and eggs in a bowl. Divide and shape pea mixture into 8 (3-inch) patties.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium. Add 4 patties to pan; cook 5 minutes on each side. Remove patties from pan; keep warm. Repeat procedure with remaining 1 tablespoon oil and remaining 4 patties.

3. Increase heat to medium-high. Add corn to pan; cook 2 minutes. Place corn in a bowl; let stand 5 minutes.

4. Add reserved ½ cup peas, remaining 1 tablespoon onions, remaining ¼ teaspoon salt, tomatoes, and remaining ingredients to corn, stirring to combine. Spoon evenly over cakes.

SERVES 4 *(serving size: 2 cakes and about ⅓ cup corn mixture)*
CALORIES 322; **FAT** 11.6g (sat 1.8g, mono 6g, poly 1.4g); **PROTEIN** 16g; **CARB** 42g; **FIBER** 9g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 93mg; **IRON** 4mg; **SODIUM** 457mg; **CALC** 75mg

SERVE WITH
SAUTÉED TOMATO AND ONION KALE

Traditional collards can take an hour or more to cook; hearty lacinato kale takes just 3 minutes. For some punch, add a dash of hot sauce or red wine vinegar.

- 1½ Tbsp. olive oil
- 1 cup vertically sliced red onion
- 1 cup halved cherry tomatoes
- 1 large bunch lacinato kale, stemmed and chopped (about 4 cups)
- ½ tsp. black pepper
- ⅜ tsp. kosher salt

1. Heat oil in a large skillet over high. Add onion; cook 2 minutes or until slightly charred. Add tomatoes to pan; cook 2 minutes. Add kale; cook 3 minutes. Stir in pepper and salt.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 101; **FAT** 5.7g (sat 0.8g, mono 3.8g, poly 0.8g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 220mg; **CALC** 104mg

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DINNER TONIGHT

JUST FOR 2 TUESDAY

40 MINUTES

lemon-herb risotto

with shrimp and haricots verts

Sautéed fennel adds a touch of sweetness, but you can leave it out if you prefer and sprinkle on a little dill at the end instead.

- 2 cups unsalted chicken stock (such as Swanson)
- 1½ cups water
- 1 Tbsp. olive oil
- ½ cup finely chopped yellow onion
- ¼ cup finely chopped fennel bulb
- 1 Tbsp. chopped fresh thyme
- 2 garlic cloves, minced
- ¾ cup uncooked Arborio rice
- ¼ cup dry white wine
- ¾ cup haricots verts (French green beans), cut into ½-in. pieces
- ⅜ tsp. kosher salt
- 8 oz. medium shrimp, peeled and deveined
- 2 tsp. grated lemon rind
- 1½ Tbsp. fresh lemon juice
- 1 Tbsp. ⅓-less-fat cream cheese
- 1 Tbsp. chopped fennel fronds
- ¼ tsp. ground white pepper

1. Combine stock and 1½ cups water in a large glass measure or microwave-safe bowl. Microwave at HIGH 2 minutes or until warm.

2. Heat oil in a large saucepan over medium-high. Add onion, chopped fennel bulb, thyme, and garlic; sauté 4 minutes. Add rice; cook 1 minute, stirring constantly. Add wine; cook 1 minute or until liquid evaporates, stirring constantly. Add 1 cup stock mixture; cook 4 minutes or until liquid has almost evaporated. Add 2 cups stock mixture, about ½ cup at a time, stirring often until each portion is absorbed before adding the next, about 12 minutes total.

3. Stir in ¼ cup stock mixture, beans, and salt; cook 3 minutes or until liquid is absorbed. Stir in shrimp; cook 4 minutes or until done. Stir in remaining ¼ cup stock mixture, rind, and remaining ingredients. Serve immediately.

SERVES 2 *(serving size: about 1½ cups)*
CALORIES 485; **FAT** 10.4g (sat 2.1g, mono 5g, poly 0.9g); **PROTEIN** 29g; **CARB** 69g; **FIBER** 6g; **SUGARS** 5g (est. added sugars 1g); **CHOL** 148mg; **IRON** 2mg; **SODIUM** 697mg; **CALC** 130mg

SERVE WITH
GRILLED BALSAMIC RADICCHIO WITH PINE NUTS

- 1½ Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 small head radicchio, quartered lengthwise
- Cooking spray
- 1 tsp. honey
- ¼ tsp. black pepper
- ⅛ tsp. kosher salt
- 2 Tbsp. pine nuts, toasted
- 2 Tbsp. thinly sliced fresh basil

1. Combine vinegar, oil, and radicchio in large bowl; toss. Let stand 10 minutes.

2. Heat a grill pan over high. Coat pan with cooking spray. Add radicchio to pan (do not discard vinegar mixture). Grill 4 minutes or until lightly charred. Remove stem ends; discard.

3. Stir honey into vinegar mixture. Add radicchio; toss. Divide radicchio between 2 plates; top evenly with pepper, salt, nuts, and basil.

SERVES 2
CALORIES 154; **FAT** 11.8g (sat 2g, mono 6.3g, poly 3g); **PROTEIN** 3g; **CARB** 10g; **FIBER** 1g; **SUGARS** 5g (est. added sugars 3g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 145mg; **CALC** 27mg

STAFF FAVE

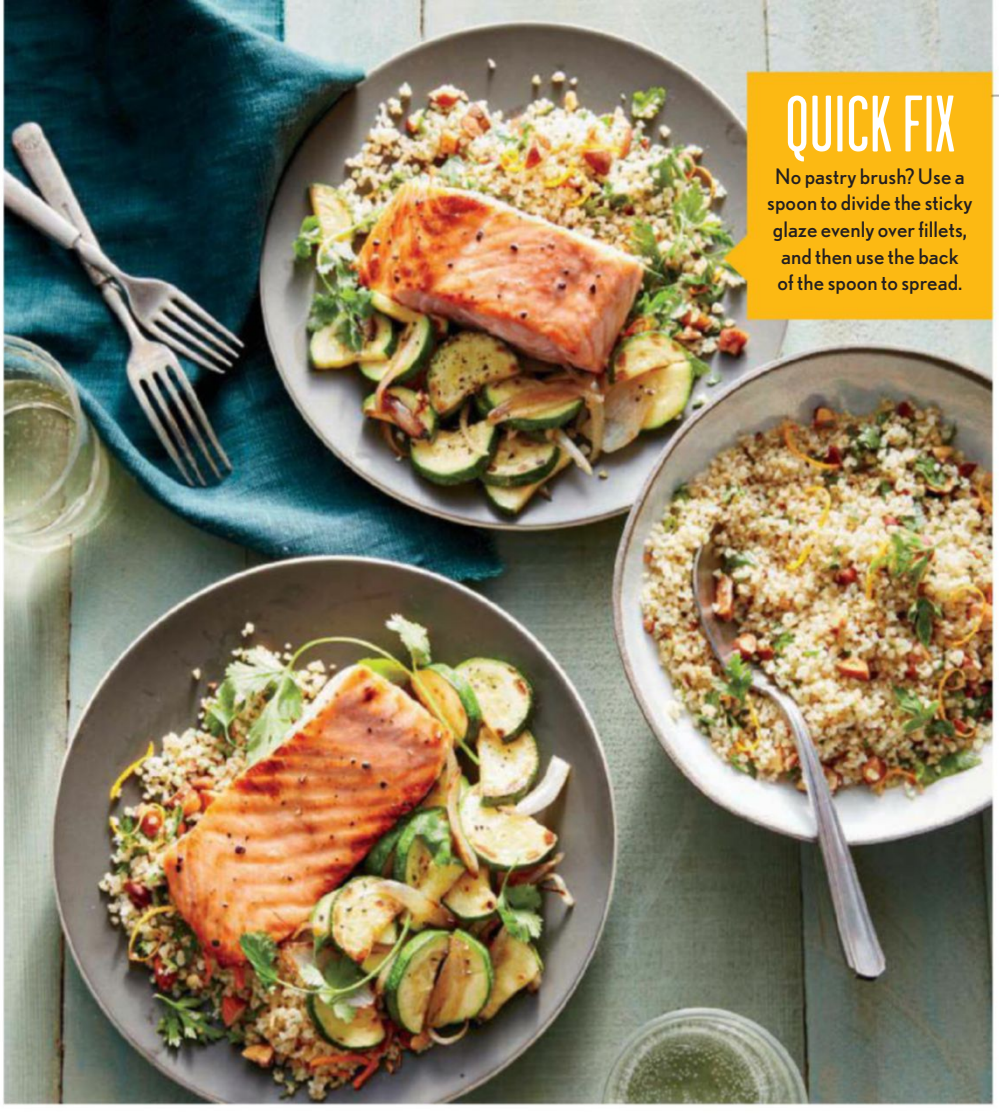
STIR, STIR

Risotto requires no special technique, just the patience to keep stirring. Use a ladle to add liquid in even amounts.

GAME PLAN

WHILE STOCK MIXTURE HEATS
Marinate radicchio in balsamic mixture.

WHILE RISOTTO SIMMERS
Grill radicchio.



QUICK FIX

No pastry brush? Use a spoon to divide the sticky glaze evenly over fillets, and then use the back of the spoon to spread.

DINNER TONIGHT WEDNESDAY

30 MINUTES

honey-dijon glazed salmon

with flash-cooked zucchini

Preheating the pan allows the skin side of the salmon fillets to crisp while the broiler quickly cooks the flesh side. The honey-Dijon glaze locks in moisture and caramelizes nicely in the hot oven.

- 2 Tbsp. honey
- 1½ Tbsp. Dijon mustard
- 1½ Tbsp. red wine vinegar
- 1 tsp. freshly ground black pepper, divided
- ½ tsp. kosher salt, divided
- Cooking spray
- 4 (6-oz.) salmon fillets
- 2 Tbsp. olive oil, divided
- 1 shallot, thinly sliced and divided
- 2 medium zucchini, halved lengthwise and cut into ¼-in. slices (about 3 cups), divided
- 2 Tbsp. chopped fresh cilantro

1. Place a rimmed baking sheet in oven. Preheat broiler to high (keep pan in oven as it preheats).

2. Combine honey, mustard, vinegar, ¾ teaspoon pepper, and ¼ teaspoon salt in a microwave-safe bowl. Microwave at HIGH for 2 minutes, stirring after 1 minute. Reserve 2 tablespoons honey mixture.

3. Carefully remove pan from oven. Coat pan with cooking spray. Arrange fillets, skin side down, on pan; broil 6 minutes. Brush remaining 2½ tablespoons honey mixture over fillets; broil 2 minutes. Remove pan from oven; brush fillets with reserved 2 tablespoons honey mixture. Keep warm.

4. Heat 1 tablespoon oil in a large skillet over high. Add half of shallots; cook 1 minute, stirring frequently. Add half of zucchini; cook 3 minutes, stirring occasionally. Place zucchini mixture in a bowl. Repeat procedure with remaining 1 tablespoon oil, remaining shallots, and remaining zucchini. Add remaining ¼ teaspoon pepper, remaining ¼ teaspoon salt, and cilantro to zucchini mixture; toss. Serve zucchini with salmon fillets.

GAME PLAN

WHILE BROILER PREHEATS
Prepare honey mixture.
Cook bulgur.

WHILE SALMON COOKS
Cook zucchini.

SERVES 4 *(serving size: 1 salmon fillet and about ½ cup zucchini mixture)*
CALORIES 364; **FAT** 18g (sat 2.7g, mono 8.5g, poly 5.1g); **PROTEIN** 35g; **CARB** 14g; **FIBER** 1g; **SUGARS** 11g (est. added sugars 9g); **CHOL** 94mg; **IRON** 2mg; **SODIUM** 459mg; **CALC** 39mg

SERVE WITH
HERBED BULGUR WITH ALMONDS

- 1¼ cups water
- ¾ cup bulgur
- ⅝ tsp. kosher salt
- ⅓ cup chopped parsley
- ⅓ cup chopped cilantro
- ½ cup chopped almonds
- 1½ tsp. grated orange rind
- 1½ tsp. extra-virgin olive oil

1. Bring 1¼ cups water, bulgur, and salt to a boil in a saucepan. Cover and simmer 12 minutes. Let stand 5 minutes. Stir in parsley and remaining ingredients.

SERVES 4 *(serving size: about ⅔ cup)*
CALORIES 174; **FAT** 7.8g (sat 0.7g, mono 5g, poly 1.7g); **PROTEIN** 6g; **CARB** 23g; **FIBER** 6g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 308mg; **CALC** 48mg

DINNER TONIGHT

THURSDAY

40 MINUTES

chicken and chile hash

Ground chicken has a touch more fat than ground chicken breast, key for a more flavorful hash.

- 2 Tbsp. water
- 12 oz. Yukon Gold potatoes, cubed
- 2 Tbsp. olive oil, divided
- 1 tsp. kosher salt, divided
- ¼ tsp. ground red pepper
- 12 oz. ground chicken
- 1 cup thinly vertically sliced red onion
- 1 poblano chile, seeded and chopped
- 2 cups cremini mushrooms, quartered (about 6 oz.)
- 1 Tbsp. chopped fresh thyme, divided
- 5 garlic cloves, thinly sliced
- 3 Tbsp. red wine vinegar, divided
- 4 large eggs

1. Place 2 tablespoons water and potatoes in a microwave-safe dish; cover with plastic wrap. Microwave at HIGH 5 minutes or until tender. Place potatoes on a paper towel–lined plate.

2. Heat a large cast-iron skillet over high. Add 1 tablespoon oil to pan; swirl to coat. Add ½ teaspoon salt, red pepper, and chicken; cook 5 minutes, stirring to crumble. Remove chicken mixture to a bowl with a slotted spoon. Add onion and poblano chile to drippings in pan; cook 4 minutes. Add the mushrooms, 2 teaspoons thyme, and garlic; cook 5 minutes. Add mushroom mixture to chicken mixture.

3. Add remaining 1 tablespoon oil to pan; swirl to coat. Add potatoes; cook 4 minutes, stirring occasionally. Add remaining ½ teaspoon salt, chicken mixture, and 1 tablespoon vinegar to pan; cook 2 minutes.

4. Add water to a saucepan, filling two-thirds full; bring to a boil. Reduce heat; add remaining 2 tablespoons vinegar. Break each egg into a custard cup, and pour each gently into pan; cook 3 minutes. Carefully remove eggs from pan using a slotted spoon.

5. Divide hash evenly among 4 plates; top with eggs and remaining 1 teaspoon thyme.

SERVES 4 *(serving size: about ¾ cup hash and 1 egg)*
CALORIES 345; **FAT** 18.7g (sat 4.5g, mono 9.8g, poly 3g); **PROTEIN** 24g; **CARB** 21g; **FIBER** 4g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 259mg; **IRON** 2mg; **SODIUM** 607mg; **CALC** 51mg

SERVE WITH
SAUTÉED SPINACH WITH GARLIC AND RED PEPPER

Starting aromatics in a cold skillet lets them infuse the oil. The garlic also has less chance of burning.

- ¼ cup finely chopped shallots
- 2 tsp. olive oil
- ¼ tsp. crushed red pepper
- 3 garlic cloves, thinly sliced
- 1 (9-oz.) bag fresh spinach

1. Place shallots, oil, pepper, and garlic in a large, cold skillet. Heat over medium-high 3 minutes or until garlic begins to sizzle. Add spinach; cook 3 minutes, stirring until wilted.

SERVES 4 *(serving size: about ½ cup)*
CALORIES 114; **FAT** 4.6g (sat 0.6g, mono 3.3g, poly 0.5g); **PROTEIN** 4g; **CARB** 18g; **FIBER** 7g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 0mg; **IRON** 4mg; **SODIUM** 206mg; **CALC** 106mg

DRY TO FRY

Let cooked potatoes dry out so they'll be extra crisp in the hash. Leftover cooked potatoes would be even better.

GAME PLAN

WHILE POTATOES COOK
Cook chicken mixture.

WHILE HASH COOKS
Poach eggs.
Cook spinach.

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DINNER TONIGHT
FAMILY FRIDAY

35
MINUTES

USE IT UP

Add pearl onions to soups and stir-fries, or sauté in a skillet with a little olive oil, balsamic vinegar, and sugar.

GAME PLAN

WHILE STOCK MIXTURE FOR POLENTA COMES TO A BOIL
Cook beef mixture.

WHILE POLENTA COOKS
Finish ragout.

cowboy-style beef and vegetable ragout

Think of this savory meat sauce as a cross between beef stew and sloppy joe filling.

- 1 cup unsalted chicken stock, divided
- 1 Tbsp. cornstarch
- 2 Tbsp. olive oil
- 1 lb. 90% lean ground sirloin
- 1 Tbsp. reduced-sodium Worcestershire sauce
- 1 tsp. black pepper, divided
- ¾ tsp. kosher salt, divided
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 3 sliced green onions, white and green parts divided
- ½ cup frozen pearl onions, thawed
- 3 cups chopped tomato, divided
- 1 Tbsp. unsalted ketchup
- 1 Tbsp. chopped fresh chives

1. Combine ¼ cup stock and cornstarch in a small bowl, stirring with a whisk.
2. Heat oil in a large skillet over medium-high. Add beef; cook 5 minutes, stirring to crumble. Stir in Worcestershire sauce, ½ teaspoon pepper, ½ teaspoon salt, garlic powder, onion powder, and white parts of green onions; cook 2 minutes. Remove mixture from pan.
3. Add pearl onions to pan; cook 2 minutes. Add 2 cups tomato and ketchup; cook 3 minutes. Stir in cornstarch mixture, remaining ¾ cup stock, remaining ½ teaspoon pepper, and remaining ¼ teaspoon salt. Cook 3 minutes or until thickened. Stir in beef mixture, green parts of green onions, and remaining 1 cup tomato. Sprinkle with chives.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 317; **FAT** 18.4g (sat 5.6g, mono 9.9g, poly 1.2g); **PROTEIN** 26g; **CARB** 12g; **FIBER** 2g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 74mg; **IRON** 3mg; **SODIUM** 512mg; **CALC** 45mg

SERVE WITH
CAULIFLOWER POLENTA

Cauliflower lightens traditional polenta. You can also use 10 ounces of packaged pre-riced cauliflower and skip step 1.

- 1 (10-oz.) pkg. fresh cauliflower florets
- 2 cups unsalted chicken stock
- 1 cup water
- ¼ tsp. kosher salt
- ½ cup quick-cooking polenta
- 1 Tbsp. unsalted butter

1. Place cauliflower in the bowl of a food processor; pulse until finely chopped.
2. Bring stock, 1 cup water, and salt to a boil in a saucepan over high heat. Slowly add polenta, stirring constantly with a whisk. Reduce heat and simmer 5 minutes. Add cauliflower; cook 5 minutes, stirring occasionally. Stir in butter.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 121; **FAT** 3.3g (sat 1.9g, mono 0.8g, poly 0.1g); **PROTEIN** 5g; **CARB** 18g; **FIBER** 2g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 8mg; **IRON** 1mg; **SODIUM** 207mg; **CALC** 26mg

—Recipes by Robin Bashinsky

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DINNER TONIGHT

TWENTY-MINUTE COOKING

20

STAFF FAVE

Provolone and Broccoli Rabe Beef Sliders

Recipe p. 34

PHOTOGRAPHY: VICTOR PROTASIO; FOOD STYLING: TORIE COX; PROP STYLING: PAIGE HICKS

PROVOLONE AND BROCCOLI RABE BEEF SLIDERS

Pleasantly bitter broccoli rabe gives sliders a sophisticated edge and introduces a likely unfamiliar veggie in a delicious way. Use Broccolini for a milder flavor.

- Cooking spray
- 7 oz. broccoli rabe, trimmed
- 1½ Tbsp. red wine vinegar
- 1 Tbsp. extra-virgin olive oil
- 1 tsp. sugar
- 1 lb. 93% lean ground sirloin
- 1 tsp. smoked paprika
- ½ tsp. Worcestershire sauce
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 3 (1-oz.) slices reduced-fat provolone cheese, torn into small pieces
- 8 (1-oz.) whole-wheat slider buns
- 8 heirloom tomato slices

1. Heat a grill pan over medium-high. Coat pan with cooking spray. Add broccoli rabe; cook 5 minutes, turning occasionally. Coarsely chop. Combine vinegar, oil, and sugar in a small bowl. Add broccoli rabe; toss.
2. Combine beef, paprika, Worcestershire, salt, and pepper in a bowl. Shape into 8 (3-inch-wide) patties.
3. Return pan to medium-high. Coat pan with cooking spray. Add patties to pan; cook 2 to 3 minutes. Turn; cook 1 to 2 minutes. Top patties with cheese; cover and cook 1 minute or until cheese melts.
4. Place 1 patty on bottom half of each bun; top with tomato, broccoli rabe mixture, and top halves of buns.

SERVES 4 *(serving size: 2 sliders)*
CALORIES 404; **FAT** 15.9g (sat 4.8g, mono 6.3g, poly 2.5g); **PROTEIN** 38g; **CARB** 32g; **FIBER** 2g; **SUGARS** 7g (est. added sugars 6g); **CHOL** 71mg; **IRON** 4mg; **SODIUM** 573mg; **CALC** 261mg

cheesy chicken fajitas

Chicken taco meets 7-layer dip in this fiesta of a skillet supper. You can swap in black beans or kidney beans for the pintos. For extra zest, serve with cilantro and lime wedges.

- 2 tsp. olive oil
- 1 cup sliced red onion
- 1 cup sliced orange bell pepper
- ½ cup fresh corn kernels
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 1 cup unsalted canned pinto beans, rinsed and drained
- ¾ cup chopped tomatoes
- ½ cup unsalted chicken stock
- 1½ Tbsp. fresh lime juice
- 4 oz. skinless, boneless rotisserie chicken breast, shredded
- 4 oz. part-skim mozzarella cheese, shredded (about 1 cup)
- 8 (6-in.) corn tortillas
- 8 tsp. reduced-fat sour cream
- ½ ripe peeled avocado, cut into 8 slices

1. Preheat broiler to high.
2. Heat oil in a large ovenproof skillet over medium-high. Add onion, bell pepper, corn, salt, and pepper to pan; sauté 3 minutes or until crisp-tender. Add beans, tomatoes, stock, and juice; cook 2 minutes. Top vegetable mixture with chicken; sprinkle evenly with cheese.
3. Place pan in oven; broil 3 minutes or until cheese melts.
4. Heat tortillas according to package directions. Divide chicken mixture evenly among tortillas; top each with 1 teaspoon sour cream and 1 avocado slice.

SERVES 4 *(serving size: 2 tortillas and about 1/3 cup chicken mixture)*
CALORIES 429; **FAT** 14.9g (sat 4.9g, mono 5.2g, poly 1.8g); **PROTEIN** 25g; **CARB** 54g; **FIBER** 10g; **SUGARS** 8g (est. added sugars 0g); **CHOL** 46mg; **IRON** 2mg; **SODIUM** 577mg; **CALC** 313mg

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DINNER TONIGHT SUPERFAST!

20 MINUTES

pork chops and couscous with tomato-caper sauce

This dish easily works with chicken if you don't have pork on hand. Toasting the turmeric in oil is a simple way to develop savory depth—try this technique with any spices you're cooking with.

- 2 Tbsp. olive oil
- ½ tsp. ground turmeric
- 1¾ cups unsalted chicken stock, divided
- 1 cup uncooked whole-wheat Israeli couscous
- 1 tsp. freshly ground black pepper, divided
- ¾ tsp. kosher salt, divided
- 2 Tbsp. chopped fresh flat-leaf parsley
- 5 tsp. unsalted butter
- 4 (4-oz.) boneless, center-cut pork chops
- ¼ cup sliced shallots
- 2 garlic cloves, minced
- 2 thyme sprigs
- ¾ cup chopped ripe tomatoes
- ¼ cup dry white wine
- 2½ Tbsp. drained capers

1. Heat oil and turmeric in a medium saucepan over medium-high for 2 minutes or until turmeric begins to bubble. Add 1½ cups stock, couscous, ½ teaspoon pepper, and ¼ teaspoon salt; bring to a boil. Reduce heat; cover and simmer 10 minutes. Stir in parsley.

2. Melt butter in a large skillet over medium-high. Sprinkle pork with remaining ½ teaspoon pepper and remaining ½ teaspoon salt. Add pork, shallots, garlic, and thyme to pan; cook 4 minutes. Turn pork; add tomatoes, wine, and capers. Cook 2 minutes. Place pork on a plate.

3. Add remaining ¼ cup stock to pan; cook 1 minute. Discard thyme sprigs. Serve sauce with pork and couscous.

SERVES 4 *(serving size: 1 pork chop, ½ cup couscous, and about 3 Tbsp. sauce)*
CALORIES 455; **FAT** 18.3g (sat 5.8g, mono 8.8g, poly 1.5g); **PROTEIN** 31g; **CARB** 42g; **FIBER** 7g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 79mg; **IRON** 3mg; **SODIUM** 626mg; **CALC** 67mg

SILKY TOMATO SOUP WITH WHITE BEANS AND GARLIC OIL

- 3½ Tbsp. olive oil, divided
- 8 large garlic cloves, sliced
- ½ tsp. crushed red pepper
- 1 (14.5-oz.) can unsalted cannellini beans, rinsed and drained
- 1 cup chopped sweet onion
- ½ cup chopped carrot
- 2 thyme sprigs
- 1 Tbsp. unsalted tomato paste
- 1 cup unsalted vegetable stock
- 1¼ tsp. kosher salt
- 3 lb. ripe tomatoes, chopped
- 2 oz. whole-wheat bread, torn

1. Heat 3 tablespoons oil and garlic in a skillet over medium for 4 minutes or until garlic is golden. Add red pepper and beans; toss.

2. Heat remaining 1½ teaspoons oil in a Dutch oven over medium-high. Add onion, carrot, and thyme; cook 3 minutes. Stir in tomato paste. Stir in stock, salt, tomatoes, and bread. Bring to a boil; cook 5 minutes.

3. Discard thyme sprigs. Place tomato mixture in a blender; process until smooth. Divide soup among 4 bowls; top with beans.

SERVES 6 *(serving size: about 1½ cups soup and ¼ cup bean mixture)*
CALORIES 214; **FAT** 9.3g (sat 1.3g, mono 6g, poly 1.1g); **PROTEIN** 8g; **CARB** 28g; **FIBER** 7g; **SUGARS** 9g (est. added sugars 1g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 528mg; **CALC** 72mg

DINNER TONIGHT SUPERFAST! 20 MINUTES

GRILLED CHICKEN SKEWERS WITH WASABI MAYO

A kicking dipping sauce adds amped up fun and flavor. Serve with Orzo with Snap Peas, Cilantro, and Peanuts on page 40.

- 4 (6-oz.) skinless, boneless chicken breast halves
- ¾ tsp. freshly ground black pepper, divided
- ¼ tsp. kosher salt, divided
- 2 Tbsp. rice vinegar, divided
- 2 tsp. honey
- Cooking spray
- 6 Tbsp. canola mayonnaise
- 2 tsp. wasabi paste

1. Heat a grill pan over medium-high. Cut each chicken breast in half lengthwise into 3 strips. Insert 1 (6-inch) skewer into each chicken strip; sprinkle with ½ teaspoon pepper and ⅛ teaspoon salt. Combine 1 tablespoon vinegar and honey in a bowl; brush over chicken.
2. Coat pan with cooking spray. Add skewers to pan; cook 6 to 7 minutes or until done, turning once.
3. Combine mayonnaise, wasabi paste, remaining ¼ teaspoon pepper, remaining ⅛ teaspoon salt, and remaining 1 tablespoon vinegar in a small bowl. Serve with chicken.

SERVES 4 *(serving size: 3 chicken skewers and about 1½ Tbsp. wasabi mayo)*
CALORIES 364; **FAT** 21.2g (sat 1.7g, mono 11.8g, poly 5.9g); **PROTEIN** 36g; **CARB** 4g; **FIBER** 0g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 116mg; **IRON** 1mg; **SODIUM** 500mg; **CALC** 11mg

seared scallops with bacon and oranges

Serve this company-worthy platter with a green salad, and you're set for an elegant, fuss-free meal. For a more affordable (but equally tasty) option, try using shrimp in place of the scallops.

- 4 center-cut bacon slices
- 3 large navel oranges, divided
- 1½ lb. fresh sea scallops
- ½ tsp. black pepper
- ½ tsp. kosher salt, divided
- 1 Tbsp. apple cider vinegar
- 2 tsp. chopped fresh thyme

1. Place bacon in a large cast-iron skillet over medium-high; cook 6 minutes or until crisp, turning once after 3 minutes. Remove from pan with a slotted spoon; coarsely chop.
2. While bacon cooks, cut 1 orange in half; squeeze juice from both halves into a bowl. Peel and section the remaining 2 oranges over bowl to collect juices. Place the orange sections in a separate bowl.
3. Increase heat to high. Pat scallops dry; sprinkle evenly with pepper and ¼ teaspoon salt. Add scallops to drippings in pan; cook 2 minutes on each side or until golden brown. Transfer scallops to a platter; cover with foil to keep warm. Add orange juice, vinegar, and remaining ¼ teaspoon salt to pan. Cook 2 minutes or until simmering, scraping pan to loosen browned bits. Drizzle orange juice mixture evenly over scallops; top evenly with bacon, orange sections, and thyme.

SERVES 4
CALORIES 191; **FAT** 2.2g (sat 0.7g, mono 0.1g, poly 0.2g); **PROTEIN** 23g; **CARB** 18g; **FIBER** 2g; **SUGARS** 10g (est. added sugars 0g); **CHOL** 46mg; **IRON** 1mg; **SODIUM** 601mg; **CALC** 58mg

orzo with fresh herb vinaigrette

- 1 Tbsp. unsalted butter
- 1 cup uncooked whole-wheat orzo (rice-shaped pasta)
- 2 cups unsalted chicken stock
- ½ tsp. kosher salt
- ½ tsp. black pepper
- ¼ cup chopped fresh flat-leaf parsley
- 2 Tbsp. extra-virgin olive oil
- 1½ Tbsp. fresh lemon juice
- 2 Tbsp. chopped fresh tarragon
- 1 Tbsp. chopped fresh thyme

1. Melt butter in a large skillet over medium-high. Add orzo to pan; cook 2 to 3 minutes or until lightly toasted, stirring occasionally. Add stock, salt, and pepper to pan; bring to a boil. Boil 10 minutes or until liquid is absorbed. Remove skillet from heat. Stir in parsley, oil, juice, tarragon, and thyme.

SERVES 4 *(serving size: ½ cup)*
CALORIES 254; **FAT** 10.7g (sat 2.8g, mono 6.2g, poly 0.8g); **PROTEIN** 8g; **CARB** 31g; **FIBER** 7g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 8mg; **IRON** 1mg; **SODIUM** 308mg; **CALC** 25mg

1 ORZO WITH CURRIED CAULIFLOWER AND MINT

Heat 2 tablespoons **olive oil** in a large skillet over medium-high. Add 1½ cups **cauliflower florets** to pan; cook 3 minutes, stirring occasionally. Remove cauliflower from pan. Add 1 cup uncooked **whole-wheat orzo** and 1 teaspoon **Madras curry powder**; cook 2 minutes, stirring occasionally. Add 2 cups **unsalted chicken stock** and ½ teaspoon **kosher salt**; bring to a boil. Boil 10 minutes or until liquid is absorbed. Remove from heat. Stir in cauliflower and ¼ cup chopped **fresh mint.** Serve with 4 **lime wedges.**

SERVES 4 *(serving size: ½ cup)*
CALORIES 233; **FAT** 7.7g (sat 1g, mono 5g, poly 0.7g); **PROTEIN** 9g; **CARB** 33g; **FIBER** 8g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 318mg; **CALC** 25mg

2 ORZO WITH SNAP PEAS, CILANTRO, AND PEANUTS

Heat 1 tablespoon **olive oil** in a large skillet over medium-high. Add 1 cup uncooked **whole-wheat orzo** to pan; cook 3 minutes, stirring occasionally. Add 2 cups **unsalted chicken stock** and ½ teaspoon **kosher salt**; bring to a boil. Boil 8 minutes or until liquid is almost absorbed. Add 1 cup sliced **sugar snap peas**; cover and cook 2 minutes. Remove from heat. Stir in ⅓ cup chopped **cilantro,** 3 tablespoons chopped **unsalted peanuts,** and 2 tablespoons **rice vinegar.**

SERVES 4 *(serving size: ½ cup)*
CALORIES 243; **FAT** 7.5g (sat 0.9g, mono 4.2g, poly 1.4g); **PROTEIN** 10g; **CARB** 34g; **FIBER** 8g; **SUGARS** 2g (est. added sugars 1g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 306mg; **CALC** 29mg

3 ORZO WITH CRISPY PANCETTA AND CHIVES

Cook 2½ ounces sliced **pancetta** in a large skillet over medium-high 3 minutes or until crisp. Remove pancetta, reserving drippings in pan; coarsely chop pancetta. Add ¾ cup uncooked **whole-wheat orzo** to drippings; cook over medium-high 2 to 3 minutes, stirring occasionally. Stir in 1¾ cups **unsalted chicken stock**; bring to a boil. Boil 10 minutes or until liquid is absorbed. Remove from heat. Stir in 1½ tablespoons **extra-virgin olive oil** and 1½ tablespoons **apple cider vinegar.** Sprinkle with pancetta and 2 tablespoons chopped **fresh chives.**

SERVES 4 *(serving size: ⅓ cup)*
CALORIES 244; **FAT** 12.6g (sat 3.2g, mono 3.7g, poly 0.5g); **PROTEIN** 9g; **CARB** 23g; **FIBER** 5g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 16mg; **IRON** 0mg; **SODIUM** 317mg; **CALC** 11mg

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SMOKED SAUSAGE AND ORZO STUFFED PEPPERS

PREP TIME: 15 MINUTES COOK TIME: 25 MINUTES
MAKES: 6 SERVINGS

INGREDIENTS
- 1 TBSP. OLIVE OIL
- 1 PKG. HILLSHIRE FARM® SMOKED SAUSAGE, CUT INTO 1/4 INCH WIDE, HALF MOONS
- 1 MEDIUM ONION, 1/2 INCH DICED
- 1 CLOVE GARLIC, MINCED
- 1 TBSP. ITALIAN SEASONING
- 1 TBSP. WHITE WINE VINEGAR
- 2 CUPS ORZO PASTA, COOKED ACCORDING TO PACKAGE DIRECTIONS
- 1/2 TSP. EACH SALT AND PEPPER
- 1/2 CUP SHREDDED MOZZARELLA CHEESE
- 1 3/4 CUPS MARINARA SAUCE
- 1/4 TSP. CINNAMON
- 6 BELL PEPPERS

PREPARATION
1. PREHEAT OVEN TO 400°F.
2. HEAT OIL IN SKILLET OVER MEDIUM HEAT. ADD SMOKED SAUSAGE, ONION, GARLIC AND SEASONING. COOK 6–9 MINUTES UNTIL ONIONS ARE SOFT AND SMOKED SAUSAGE IS BROWN. STIR IN VINEGAR, COOKED ORZO, SALT, PEPPER AND 1/4 CUP OF MOZZARELLA. REMOVE FROM HEAT, SET ASIDE.
3. MIX MARINARA SAUCE AND CINNAMON, STIR 1/4 CUP OF THE SAUCE INTO THE SKILLET. SPOON REMAINING SAUCE INTO 9X9 INCH BAKING DISH.
4. CUT THE PEPPER TOPS OFF AND REMOVE SEEDS. STUFF THEM WITH THE ORZO–SMOKED SAUSAGE MIXTURE; PLACE IN BAKING DISH. SPRINKLE WITH REMAINING MOZZARELLA CHEESE; BAKE 25 MINUTES.

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DINNER TONIGHT SUPERFAST!

20 MINUTES

softened plums
with vanilla yogurt

The ideal summer dessert is fresh, juicy, not overly sweet, and not overly complicated, which is why this end-of-season treat features only 6 ingredients. The plums cook just long enough to soften slightly and release their juices; use a knife and fork to dive in. Sub any toasted nut or seed for the granola.

- 2 Tbsp. unsalted butter
- 1½ Tbsp. honey
- 6 medium ripe plums, halved and pitted
- 3 Tbsp. fresh orange juice
- ½ cup vanilla 2% reduced-fat Greek yogurt
- ¼ cup low-fat granola

1. Combine butter and honey in a large nonstick skillet over medium; cook until butter melts. Add plums to pan, cut sides down; cook 8 to 10 minutes or until lightly browned and tender. Divide plums evenly among 4 serving bowls or glasses.
2. Add orange juice to skillet; cook over medium 3 minutes or until slightly thickened, stirring frequently. Remove pan from heat.
3. Top each serving with yogurt and granola; drizzle evenly with juice mixture. Serve immediately.

SERVES 4 *(serving size: 3 plum halves, 2 Tbsp. yogurt, about 1 Tbsp. sauce, and 1 Tbsp. granola)*
CALORIES 184; **FAT** 6.6g (sat 4g, mono 1.6g, poly 0.3g); **PROTEIN** 4g; **CARB** 31g; **FIBER** 2g; **SUGARS** 25g (est. added sugars 12g); **CHOL** 18mg; **IRON** 1mg; **SODIUM** 27mg; **CALC** 50mg

—Recipes by Adam Hickman

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Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.

DINNER TONIGHT SLOW COOKER

Comforting Pork and Vegetables

A full-plate dinner simmers to saucy, savory perfection in the slow cooker.

SLOW COOKER PORK CHOPS WITH MUSHROOMS AND CARROTS

Active: 25 min. Total: 7 hr. 25 min.

To end up with super-succulent pork, don't overcook the chops in the pan before adding to the slow cooker. Just a couple of minutes per side will be enough to achieve nice color.

- 1½ cups unsalted chicken stock
- 1½ tsp. sherry vinegar
- 3 Tbsp. all-purpose flour
- Cooking spray
- ¾ lb. carrots, peeled and cut into 2-in. pieces
- ½ lb. shiitake mushrooms, stems removed and caps quartered
- ½ cup chopped onion
- 2 garlic cloves, minced
- 4 thyme sprigs
- 2 oregano sprigs
- 1 Tbsp. olive oil
- 4 (6-oz.) bone-in center-cut pork chops
- ¾ tsp. kosher salt, divided
- ¾ tsp. black pepper, divided
- ¼ cup dry white wine
- 6 oz. uncooked whole-wheat egg noodles
- 2 Tbsp. heavy cream
- 2 tsp. fresh thyme leaves

1. Combine stock, vinegar, and flour in a 6-quart slow cooker coated with cooking spray. Stir in carrots, mushrooms, onion, garlic, thyme sprigs, and oregano sprigs.

2. Heat oil in a large nonstick skillet over medium-high. Sprinkle pork chops with ¼ teaspoon salt and ¼ teaspoon pepper. Add pork chops to pan; cook 2 minutes on each side. Place pork chops in slow cooker.

3. Add wine to skillet over medium-high; cook 30 seconds, scraping pan to loosen browned bits. Spoon wine mixture over pork chops in slow cooker. Cover and cook on LOW for 7 hours or until vegetables are tender.

4. Cook egg noodles according to package directions, omitting salt and fat. Drain.

5. Remove pork chops from slow cooker, and keep warm. Remove and discard herb sprigs. Add heavy cream, remaining ½ teaspoon salt, and remaining ½ teaspoon pepper to vegetable mixture in slow cooker, stirring to combine. Stir in cooked egg noodles. Divide noodle mixture among 4 plates; top each with 1 pork chop, and drizzle with any remaining sauce in slow cooker. Sprinkle evenly with thyme leaves.

SERVES 4 *(serving size: 1 pork chop and about 1½ cups noodle mixture)*

CALORIES 447; **FAT** 13.6g (sat 4.1g, mono 5.5g, poly 1.4g); **PROTEIN** 33g; **CARB** 49g; **FIBER** 8g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 81mg; **IRON** 3mg; **SODIUM** 529mg; **CALC** 73mg

—Recipe by Emily Nabors Hall

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: TORIE COX; PROP STYLING: CLAIRE SPOLLEN

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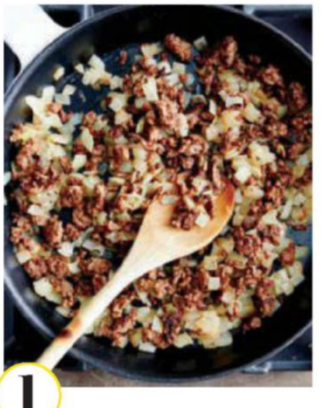
one-pot cheesy pasta bake

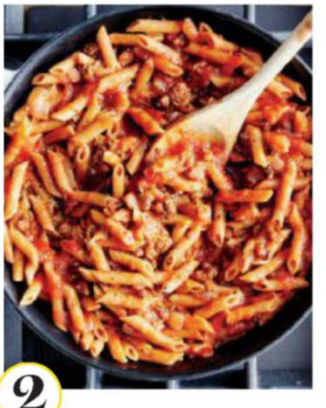
Active: 18 min. Total: 30 min.

This easy skillet pasta bake is a surefire family hit. Pasta and meat sauce topped with mozzarella cheese will make everyone at the table happy, and the all-in-one-pot technique will have the cook smiling pretty.

- 1 Tbsp. olive oil
- 1 cup chopped onion
- 8 oz. 90% lean ground beef
- ¾ tsp. dried oregano
- 1¼ cups unsalted chicken stock
- ½ tsp. salt
- ½ tsp. black pepper
- 1½ cups unsalted crushed tomatoes or tomato sauce
- 8 oz. uncooked whole-grain penne pasta
- 5 oz. fresh baby spinach
- 4 oz. preshredded part-skim mozzarella cheese (about 1 cup)



1 **PREHEAT** broiler to high. Heat oil in a large ovenproof skillet over medium-high. **ADD** onion; sauté 2 minutes. **ADD** beef and oregano; cook 3 minutes, stirring to crumble.



2 **ADD** stock, salt, pepper, tomatoes, and pasta; bring to a boil. Cover, reduce heat, and **SIMMER** 12 to 13 minutes or until pasta is done. **STIR** in spinach.

3 **SPRINKLE** cheese over pasta mixture. Place pan in oven; **BROIL** 2 minutes or until cheese melts and begins to brown.

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SERVES 4 *(serving size: about 1½ cups)*
CALORIES 457; **FAT** 16.6g (sat 5.9g, mono 6.3g, poly 0.8g); **PROTEIN** 31g; **CARB** 52g; **FIBER** 9g; **SUGARS** 8g (est. added sugars 0g); **CHOL** 52mg; **IRON** 7mg; **SODIUM** 598mg; **CALC** 281mg

—Recipe by Ann Taylor Pittman

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: HEATHER CHADDUCK HILLEGAS

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DINNER TONIGHT

GET-AHEAD COOKING

COOK ONCE, EAT 3X

SHEET PAN MEATBALLS

A big batch of meatballs transforms from comfort food tonight to global twists during the week.

STAFF FAVE

1 **Sheet Pan Swedish Meatballs**
Recipe p. 56

PHOTOGRAPHY: VICTOR PROTASIO; FOOD STYLING: TORIE COX; PROP STYLING: PAIGE HICKS

1 SHEET PAN SWEDISH MEATBALLS

Active: 1 hr. Total: 1 hr.

Pork adds richness, but you can use all beef if you prefer. If you won't be using the rest of the meatballs soon, freeze them in a ziplock bag for up to 2 months; thaw them overnight in the refrigerator or in the microwave for 1 to 2 minutes. Serve this dish with mashed potatoes and roasted Brussels sprouts for an easy dinner.

- 4 tsp. canola oil, divided
- 2 cups finely chopped yellow onion
- 2 Tbsp. minced garlic
- 1¼ tsp. kosher salt, divided
- 1 tsp. fennel seeds
- 1 tsp. black pepper
- ½ tsp. crushed red pepper
- 2 oz. whole-wheat bread, crusts removed
- 1¾ lb. 90% lean ground sirloin
- ¾ lb. lean ground pork

Cooking spray

- 4 tsp. all-purpose flour
- ¼ tsp. ground allspice
- 2 cups unsalted beef stock
- 3 Tbsp. reduced-fat sour cream
- 2 tsp. unsalted butter
- 1½ tsp. apple cider vinegar
- 1½ Tbsp. chopped fresh dill

1. Heat 1 tablespoon oil in a large skillet over medium-high. Add onion, garlic, 1 teaspoon salt, fennel seeds, black pepper, and red pepper; cook 10 minutes or until onion is very tender, stirring occasionally. Place onion mixture in a bowl; cool completely.

2. Tear bread into small pieces. Place onion mixture, bread pieces, beef, and pork in a large bowl; mix gently with your hands to combine. Shape beef mixture into 42 meatballs (about 1½ tablespoons each). Reserve 2 of the meatballs. Arrange the remaining 40 meatballs on 2 large foil-lined baking sheets coated with cooking spray.

3. Preheat broiler.

4. Broil meatballs for 7 minutes or until browned and done. Reserve 24 meatballs for Recipes 2 and 3.

5. Heat remaining 1 teaspoon oil in a saucepan over medium-high. Add 2 uncooked meatballs to pan; cook 4 minutes, stirring to crumble. Add flour and allspice; cook 1 minute, stirring constantly. Add remaining ¼ teaspoon salt and stock; bring to a boil. Cook 10 minutes or until sauce is reduced to about 1 cup. Remove pan from heat. Stir in sour cream, butter, and vinegar. Spoon sauce evenly over meatballs. Sprinkle chopped dill evenly over top.

SERVES 4 *(serving size: 4 meatballs and about ⅓ cup sauce)*
CALORIES 318; **FAT** 17g (sat 6.2g, mono 7.1g, poly 1.6g); **PROTEIN** 30g; **CARB** 11g; **FIBER** 1g; **SUGARS** 2g (est. added sugars 2g); **CHOL** 95mg; **IRON** 3mg; **SODIUM** 542mg; **CALC** 52mg

2 BANH MI BOWLS

Active: 30 min. Total: 30 min.

We deconstruct the classic Vietnamese sandwich for a whole-grain bowl that's perfect for make-ahead lunches or dinner. Not sure how to use the rest of the chile paste? See page 150 for ideas.

- ½ cup rice vinegar
- ¼ cup water
- 2½ Tbsp. sugar
- 1 cup shaved carrot ribbons
- 1 cup very thinly sliced radishes
- 3 Tbsp. chopped cilantro
- ¾ cup unsalted beef stock
- 1½ Tbsp. reduced-sodium soy sauce
- 1½ Tbsp. sambal oelek (ground fresh chile paste)
- 1½ Tbsp. creamy peanut butter
- 1 Tbsp. minced garlic
- 12 cooked meatballs (from Recipe 1)
- 2 (8.5-oz.) pouches precooked brown rice (such as Uncle Ben's)
- 3 Tbsp. unsalted peanuts, finely chopped
- 4 lime wedges

1. Bring vinegar, ¼ cup water, and sugar to a boil in a small saucepan. Remove pan from heat; add carrot ribbons and radishes. Let stand for 20 minutes. Drain. Add cilantro to carrot mixture; toss.

2. Combine stock, soy sauce, sambal, peanut butter, and garlic in a large skillet over medium. Add meatballs; toss to coat. Cook, covered, for 10 minutes or until heated. Remove meatballs from pan with a slotted spoon. Bring stock mixture to a boil; cook 2 minutes or until thickened.

3. Heat rice according to package directions.

4. Divide rice evenly among 4 bowls. Top each serving with about ½ cup carrot mixture, 3 meatballs, and about 3 tablespoons stock mixture. Top with peanuts. Serve with lime wedges.

SERVES 4
CALORIES 453; **FAT** 17.3g (sat 3.9g, mono 7g, poly 2.3g); **PROTEIN** 28g; **CARB** 50g; **FIBER** 6g; **SUGARS** 5g (est. added sugars 3g); **CHOL** 59mg; **IRON** 3mg; **SODIUM** 668mg; **CALC** 57mg

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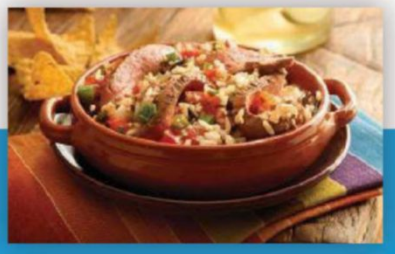

Fajita Dinner

Serves 3 to 4

INGREDIENTS:

- 1 bag Minute® Multi-Grain Medley, uncooked
- 8 oz. cooked beef or chicken fajita meat
- 1 cup prepared salsa
- ¼ cup fresh cilantro leaves, chopped

DIRECTIONS:

1. Prepare Minute® Multi-Grain Medley according to package directions.

   MVP TIP: For extra flavor, substitute beef or chicken broth for water when preparing rice.

2. In a large, microwave-safe dish, combine fajita meat and salsa. Microwave on HIGH 2 minutes. Fold in rice and cilantro.

   MVP TIP: For added taste and crunch, chop up the cilantro stems as well as the leaves.

3. Serve with your choice of toppings, like low-fat shredded cheese, sliced avocado, or lime wedges.

   MVP TIP: Offer whole-grain tortilla chips for dipping or romaine leaves to make lettuce wraps.

Get more Mealtime MVP inspiration at **minuterice.com**.

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DINNER TONIGHT WEEKEND WARRIOR

COOK ONCE, EAT 3X

3 GREEK STUFFED PITAS

Active: 20 min. Total: 20 min.

Spread the cucumber-yogurt sauce inside the pita first so you get a cool contrast with every bite of the spiced meatballs.

- 12 cooked meatballs (from Recipe 1)
- ¼ cup unsalted beef stock (such as Swanson)
- ⅔ cup grated English cucumber
- ½ cup plain 2% reduced-fat Greek yogurt
- 2 Tbsp. grated red onion
- 2 Tbsp. fresh lemon juice, divided
- 1½ Tbsp. chopped fresh dill
- ⅜ tsp. kosher salt, divided
- ¼ tsp. freshly ground black pepper
- 1 garlic clove, minced
- 2½ cups sliced red cabbage
- 2 tsp. extra-virgin olive oil
- 4 (6-in.) whole-wheat pitas, halved
- 2 medium tomatoes, each cut into 8 slices
- ¼ cup fresh flat-leaf parsley leaves

1. Combine meatballs and stock in a microwave-safe bowl; cover with plastic wrap. Microwave at HIGH 2 minutes or until meatballs are warm.

2. Wrap grated cucumber in a clean kitchen towel, squeezing out as much liquid as possible. Combine cucumber, yogurt, onion, 1½ teaspoons juice, dill, ¼ teaspoon salt, pepper, and garlic in a bowl, stirring with a whisk. Combine remaining 1½ tablespoons juice, remaining ⅛ teaspoon salt, cabbage, and oil in a bowl. Divide yogurt mixture among pita halves; top evenly with cabbage mixture, tomatoes, meatballs, and parsley leaves.

SERVES 4 *(serving size: 2 stuffed pita halves)* **CALORIES** 413; **FAT** 12.9g (sat 3.7g, mono 5.6g, poly 1.7g); **PROTEIN** 30g; **CARB** 48g; **FIBER** 8g; **SUGARS** 7g (est. added sugars 1g); **CHOL** 59mg; **IRON** 4mg; **SODIUM** 783mg; **CALC** 90mg

—Recipes by Adam Hickman

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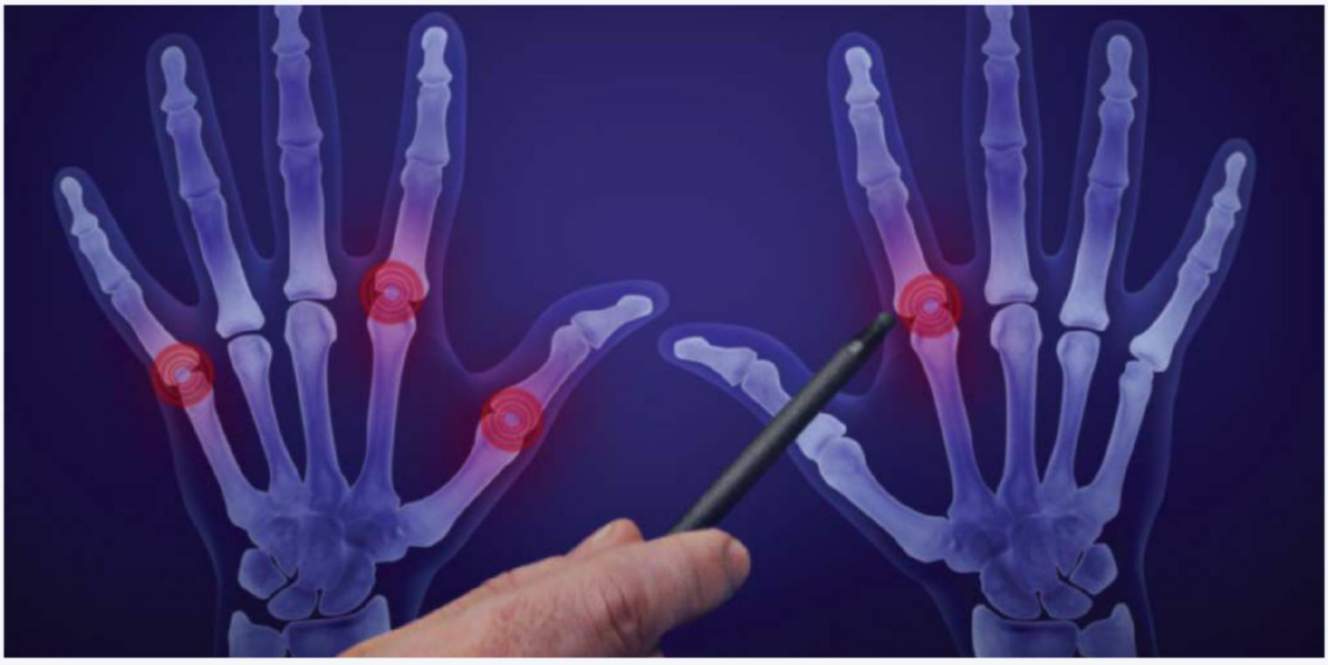
For people with moderate to severe rheumatoid arthritis (RA) or psoriatic arthritis

Joint pain and damage can go side by side.



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

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

ENBREL helps relieve joint pain and helps stop further joint damage.

These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
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- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it**; nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis; allergic reactions; autoimmune reactions,** including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

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Call 1-888-4ENBREL for more information

Enbrel® etanercept

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Enbrel® etanercept

Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

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

Enbrel may cause serious side effects, including:

1. Risk of Infection
2. Risk of Cancer

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - All vaccines should be brought up-to-date before starting Enbrel.
  - People taking Enbrel should not receive live vaccines.
  - Ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - The needle covers on the single-use prefilled syringes and the needle covers within the needle caps on the single-use prefilled SureClick® autoinjectors contain dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby. If you took Enbrel during pregnancy, talk to your doctor prior to administration of live vaccines to your infant.
  - If you become pregnant while taking Enbrel, you are encouraged to enroll in Amgen's Pregnancy Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).
- are breastfeeding or plan to breastfeed. Enbrel can pass into breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.
  - If you choose to breastfeed while taking Enbrel, you are encouraged to enroll in Amgen's Lactation Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick® Autoinjector
  - Multiple-use Vial
- See the detailed "Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

See "What is the most important information I should know about Enbrel?"

Enbrel can cause serious side effects, including:

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Previous Hepatitis B infection.** If you have been previously infected with the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

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

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- If needed, you may store the Enbrel syringe, autoinjector, or the dose tray for the multi-use vial at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
  - Once Enbrel has reached room temperature, do not put it back in the refrigerator.
- Throw away Enbrel that has been stored at room temperature after 14 days.
- Mixed Enbrel powder should be used right away or kept in the refrigerator at 36°F to 46°F (2°C to 8°C) for up to 14 days.
- **Do not** store Enbrel in extreme heat or cold. For example, avoid storing Enbrel in your vehicle's glove box or trunk.
- **Do not freeze.**
- **Do not shake.**
- Store Enbrel in the original carton to protect from light or physical damage.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information, call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick® Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN®

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Immunex Corporation
Thousand Oaks, CA 91320
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FREEZE IT

Cheesy Broccoli and Sausage Casserole

Freeze an extra pan of this whole-grain main for kid-friendly comfort.

DINNER TONIGHT WEEKEND WARRIOR

HOW TO

FREEZE
Cool unbaked casseroles completely; cover tightly with aluminum foil. Freeze up to 2 months.

THAW
Remove foil. Microwave at HIGH 20 minutes or until thawed.

REHEAT
Cover with foil and bake at 375°F for 25 minutes; then broil 5 minutes or until golden brown.

CHEESY SAUSAGE, BROCCOLI, AND QUINOA CASSEROLE

Active: 30 min. Total: 50 min.
We traded white rice for whole-grain quinoa and kicked out any processed ingredients for a new take on this comfort classic. Serve with a simple green salad.

- 2½ cups water
- 2 cups uncooked quinoa, rinsed and drained
- 1½ Tbsp. olive oil, divided
- ½ cup chopped yellow onion
- ½ cup chopped carrot
- 4 (4-oz.) links sweet chicken Italian sausage, casings removed
- ¼ cup all-purpose flour
- 2 Tbsp. unsalted butter
- 2 garlic cloves, finely chopped
- 2 cups whole milk
- 2 cups unsalted chicken stock (such as Swanson)
- 6 cups chopped fresh broccoli florets
- 1 Tbsp. chopped fresh thyme, divided
- ½ tsp. kosher salt, divided
- ½ tsp. freshly ground black pepper, divided
- ¼ tsp. crushed red pepper
- Cooking spray
- ½ cup whole-wheat panko (Japanese breadcrumbs)
- 4 oz. cheddar cheese, shredded (about 1 cup)

1. Preheat oven to 400°F.
2. Bring 2½ cups water and quinoa to a boil in a large saucepan. Reduce heat; cover and simmer 12 to 14 minutes or until liquid is absorbed. Remove pan from heat; let stand 5 minutes.
3. Heat a large Dutch oven over medium-high. Add 1 tablespoon oil to pan; swirl to coat. Add onion, carrot, and sausage; cook 7 minutes, stirring to crumble sausage. Remove sausage mixture to a bowl with a slotted spoon.
4. Add flour, butter, and garlic to drippings in pan; cook 2 minutes, stirring frequently. Add milk and stock; bring to a boil. Cook 2 minutes, stirring constantly with a whisk. Reduce heat to medium; stir in broccoli, 2 teaspoons thyme, ⅜ teaspoon salt, ⅜ teaspoon black pepper, and red pepper. Cover and cook 2 minutes. Stir in quinoa and sausage mixture.
5. Coat 2 (8-inch) square microwave-safe glass or ceramic baking dishes with cooking spray. Divide quinoa mixture between dishes. Combine remaining 1½ teaspoons oil and panko in a bowl; add remaining 1 teaspoon thyme, remaining ⅛ teaspoon salt, remaining ⅛ teaspoon black pepper, and cheddar. Sprinkle cheese mixture evenly over casseroles. Bake at 400°F for 18 minutes or until browned, or follow freezing instructions.

SERVES 12 *(serving size: about 1 cup)*
CALORIES 296; **FAT** 13g (sat 5.3g, mono 4.7g, poly 2.3g); **PROTEIN** 17g; **CARB** 28g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 48mg; **IRON** 2mg; **SODIUM** 399mg; **CALC** 154mg

—Recipe by Emily Nabors Hall

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: TORIE COX; PROP STYLING: CLAIRE SPOLLEN

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nutrition made easy

GOOD FOOD FAST

The New Rules of Breakfast

What to eat for the most-skipped meal of the day—and why you should start if you haven't already

BY SIDNEY FRY, MS, RD

Breakfast need not be elaborate, but you should eat it every day. Quality, however, is essential; many of us look to overly sugared, refined carbohydrate–based items (think donuts, pastries, and muffins) that may actually have a huge negative impact on our health. Obesity researcher Louis Aronne, MD, from Weill Cornell Medicine, found a drastic surge in insulin when refined carbs were eaten at the beginning of a meal (such surges are a known contributor to fat gain and fatigue).

Some studies show that skipping breakfast doesn't necessarily help or harm weight-loss efforts, but is it really all about the scale? We advocate eating breakfast because it leads to improved memory and may affect your energy levels, blood sugar, and mood for the entire day. Think of it as a way to jump-start your engines for better health.

Cooking breakfast is a hassle that most of us don't want to face on weekday mornings, and that's OK. It can be as simple as a little nut butter on whole-grain bread or protein-packed whole-milk Greek yogurt (a far more satiating option than the 100-calorie, artificially sweetened stuff). A little planning and label reading go a long way, as you'll see in the eight rules that follow.

Eat a balanced breakfast, and you'll have a better morning—you may even eat less lunch. Not sure what to eat? Let us get you started.

Cinnamon Roll Muffins
Recipe p. 75

PHOTOGRAPHY: IAIN BAGWELL; PROP STYLING: PAIGE HICKS; FOOD STYLING: CATHERINE CROWELL STEELE

1 Start Your Day with Whole Grains.

Carbohydrates are an essential source of energy, but choosing the *right* carbs makes all the difference in whether you end up with a jolt of energy or in need of a nap: Start the day with a sugar-coated, white-flour pastry, and you'll tank in two hours.

Your blood sugar is at an all-time low first thing in the morning. But shocking it with refined sugars and carbs will leave you drowsy and less able to concentrate by midmorning. Opt instead for whole grains with a savory spin: avocado-smeared whole-wheat toast, oatmeal with nut butter, or low-sugar scones, like these cheesy, oat- and nut-packed triangles.

MAKE AHEAD
Store scones in an airtight container for three to five days, or freeze up to one month.

NUTTY PARMESAN HERB SCONES

Active: 20 min. Total: 38 min.
Our portable, protein-packed pastries won't send you into midmorning nap mode.

- 1 cup old-fashioned rolled oats
- ¼ cup warm water
- ¼ cup extra-virgin olive oil
- 1 Tbsp. brown sugar
- 2 large eggs
- 4.5 oz. white whole-wheat flour (about 1 cup)
- ⅔ cup chopped walnuts, toasted
- 2 Tbsp. ground flaxseed
- 1 Tbsp. chopped fresh thyme
- ½ tsp. kosher salt
- ¼ tsp. baking soda
- ¼ tsp. black pepper
- 3 oz. grated Parmesan cheese (about ¾ cup)

1. Preheat oven to 350°F.

2. Combine oats and ¼ cup water in a large bowl.

3. Combine oil, sugar, and eggs in a small bowl, beating well with a whisk. Add egg mixture to oat mixture, tossing to combine.

4. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, nuts, flaxseed, thyme, salt, baking soda, pepper, and cheese. Add flour mixture to oat mixture; toss with a fork until a sticky dough forms. With floured hands, knead dough 2 to 3 times. Divide dough into 12 equal portions, and shape each portion into a ¼-inch-thick triangle. Place triangles on a baking sheet lined with parchment paper. Bake at 350°F for 16 to 18 minutes or until golden.

SERVES 12 *(serving size: 1 scone)*
CALORIES 196; **FAT** 12.7g (sat 2.6g, mono 5g, poly 4.3g); **PROTEIN** 7g; **CARB** 14g; **FIBER** 3g; **SUGARS** 2g (est. added sugars 1g); **CHOL** 37mg; **IRON** 1mg; **SODIUM** 227mg; **CALC** 102mg

2 Drink Coffee. (But don't start if you never have.)

In a 2014 systematic review and meta-analysis of 36 studies involving nearly 1.3 million people, researchers found that those who drank their daily 3 to 5 (8-ounce) cups of coffee were at the lowest risk for heart problems. The long-running Harvard Nurses' Health Study has found that coffee may also protect against type 2 diabetes.

But these benefits are limited to *black* coffee, not the mostly milk- and sugar-based sips from places such as McDonald's (a large Mocha has 500 calories and 63g sugar), Starbucks (a skinny, grande Pumpkin Spice Latte has 260 calories and 49g sugar), or Dunkin' Donuts (where the medium Frozen Caramel Coolatta has 450 calories and 106g sugar).

Note: Caffeine has jittery side effects. People who do not rely on coffee or other caffeinated beverages are not encouraged to start.

3 Follow the 5-5-10 Cereal Rule.

Read labels for the following key criteria, and try these nine cereals that make the grade. (Only 40 boxes in the aisle met our requirements amid the sea of choices.)

FIBER Make **5g** the baseline (daily goal is 25g–38g); more is better. Up the count with fresh fruit or nuts.

PROTEIN Naturally occurring proteins found in whole grains, nuts, and seeds are best—instead of added proteins like highly processed "isolates." Aim for at least **5g.**

SUGAR Look for varieties with no more than **10g** sugar; less is better. Any more than that, and you're in glazed donut territory. Added sugars should be low on the ingredient list, never first.

The Classics

WHEAT CHEX
Ultra toasty, perfectly balanced with a hint of molasses. Simple and crunchy-crisp; top with a creamy fruit like mango or sliced bananas for the ultimate texture win.
▶ **PER ¾ CUP:** *6g fiber, 5g protein, 5g sugar*

SHREDDED WHEAT WHEAT'N BRAN
Like Triscuits, these bites are made from infinite layers of delicately crisp, woven whole wheat. Oversoak them in milk, and top with pear, a hefty crumble of goat cheese, and a drizzle of honey.
▶ **PER 1¼ CUPS:** *8g fiber, 7g protein, 0g sugar*

GRAPE-NUTS Malty, with invigorating crunch; a whopping 52g whole grains per serving (more than the daily recommendation). Enjoy hot or cold, topped with tart strawberries, bananas, and shaved coconut.
▶ **PER 1 CUP:** *7g fiber, 6g protein, 5g sugar*

Nut Lovers

GREAT GRAINS CRUNCHY PECANS
Whole-grain flakes have a supercrisp but delicate texture, while oat clusters and toasted pecans add crunch. Add bananas and cinnamon for a full-on banana-nut bread experience.
▶ **PER ¾ CUP:** *5g fiber, 5g protein, 8g sugar*

Snack Worthy

QUAKER CINNAMON OAT-MEAL SQUARES
These puffy brown sugar–dusted squares hold their crunch in a bowl of milk. Cinnamon offers a warm, top-of-the-morning welcome.
▶ **PER 1 CUP:** *5g fiber, 6g protein, 9g sugar*

Fruit Fanatics

SPECIAL K NOURISH APPLE RASPBERRY ALMOND Apples and freeze-dried raspberries add a pleasant tartness to lightly sweetened flakes made from quinoa flour. Almonds and multigrain clusters make this unique combo worth seeking out.
▶ **PER 1 CUP:** *5g fiber, 5g protein, 10g sugar*

Kid Friendly

BARBARA'S OATS & HONEY BETTER GRANOLA
Sweetened with a touch of real honey; the kids will never know it's packed with amaranth, quinoa, and brown rice goodness. Oat squares add solid crunch.
▶ **PER ⅔ CUP:** *6g fiber, 10g protein, 7g sugar*

Gluten-Free

KASHI GOLEAN CLUSTERS, VANILLA PEPITA
A fun new find; these popcorn-like vanilla sorghum puffs stay crisp in milk. Snackable, kid friendly, and packed with plant-powered pea- and bean-based proteins.
▶ **PER 1 CUP:** *6g fiber, 9g protein, 9g sugar*

NATURE VALLEY TOASTED OATS MUESLI
Most muesli oats are raw; these are oven-toasted, lightly sweetened, and packed with nuts and plump dried fruit for an everyday win. Enjoy hot, cold, or sprinkled over yogurt.
▶ **PER ½ CUP:** *5g fiber, 6g protein, 9g sugar*

4 Sit Down.

Take a step back. Forget about your emails, your meetings, and the kids' crazy schedule, and take five minutes to sit, focus, and reset your brain. Savor each bite—notice the textures and flavors. Give your body the chance to register a feeling of satiation and wakefulness.

Even better? Sit down with the whole family, and make breakfast the bonding meal. Research shows families who eat meals together have happier children with better eating habits and better grades. But these benefits don't have to be specific to the evening meal. While dinner conversation is retrospective, letting everyone relive what already happened, breakfast looks forward. It's a way to get motivated and put a positive spin on the start of your day.

5 Break the Fast, Conveniently.

Findings from the Bath Breakfast Project showed that eating within two hours of waking (rather than skipping breakfast altogether) can make a difference in the way you metabolize glucose all day long, maintaining a more stable blood sugar level even after lunch and dinner (unstable blood sugar = unstable energy levels). What you eat may also set your mood and energy for the entire day.

Few of us have time to cook, and yogurt isn't for everyone. Good news: There are plenty of options in the freezer of your local supermarket. Ready in minutes, these picks are filled with protein, fiber, and whole grains, and they won't break the sodium or calorie bank.

Freezer-Friendly Supermarket Breakfast Finds

AMY'S BREAKFAST BURRITO This potato- and bean-packed wrap is a warm, savory upgrade from sugar-coated cereal. Whole beans, bell peppers, and chunky potatoes perfectly complement the creamy tofu-based filling. Cilantro, garlic, and a hint of jalapeño pepper add a feisty kick to your morning routine.
▶ 270 calories, 6g fiber, 12g protein, 540mg sodium

EVOL SCRAMBLE CUPS Hearty potatoes, veggies, and creamy eggs meld into a saucy, cheesy, hashlike breakfast in minutes. A handy cup makes it portable and mess-free. We love the uncured bacon and chicken apple sausage varieties.
▶ **EGG, UNCURED BACON & CHEESE:** 200 calories, 1g fiber, 11g protein
▶ **CHICKEN APPLE SAUSAGE:** 160 calories, 2g fiber, 12g protein

SWEET EARTH FARMSTAND FLAX-BREAD BREAKFAST SANDWICH Cage-free eggs, smoked Gouda, and meat-free Tuscan "sausage" come piled high on a whole-wheat bun, smeared with a delightfully cheesy kale pesto. The smoky meatless sausage has a nice kick of fennel with a hearty meatlike texture. Try this tasty pick for breakfast or lunch.
▶ 390 calories, 6g fiber, 26g protein, 540mg sodium

6 Add Bacon to Your Breakfast Routine.

Most breakfast proteins—ham, sausage, bacon—are loaded with flavor, but that indulgence comes at a sodium- and saturated fat–filled cost. Have your bacon (and eat it, too) by using a small amount to season an entire pan of plants. Bonus: The fat helps you absorb the fat-soluble vitamins A and K.

BACON-POWERED SWEET POTATO VEGGIE SKILLET

Active: 20 min. Total: 25 min.

- 3 center-cut bacon slices, diced
- ½ cup diced onions
- 2 garlic cloves, minced
- ⅓ cup diced yellow bell pepper
- ⅓ cup diced red bell pepper
- 1 cup (½-in.) cubed sweet potato
- ⅛ tsp. kosher salt
- ⅛ tsp. crushed red pepper
- ¼ cup unsalted chicken stock
- 4 oz. fresh spinach
- 1 oz. feta cheese, crumbled (about ¼ cup)

1. Place bacon in a large cast-iron skillet over medium heat; cook 5 minutes or until just starting to crisp. Add onion; sauté 3 minutes. Add garlic; sauté 1 minute. Add bell peppers; sauté 4 minutes. Add potato, salt, crushed red pepper, and stock. Cover and cook 9 minutes or until potatoes are tender. Add spinach; cook, uncovered, 1 minute or until spinach wilts. Divide mixture between 2 bowls; sprinkle with cheese.

SERVES 2 *(serving size: 1 bowl)*
CALORIES 177; **FAT** 5.5g (sat 3g, mono 0.7g, poly 0.2g); **PROTEIN** 9g; **CARB** 24g; **FIBER** 5g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 20mg; **IRON** 2mg; **SODIUM** 482mg; **CALC** 167mg

Better taste. Fewer ingredients. Delicious Arla cream cheese is free from added hormones,* artificial flavors and preservatives. **arlausa.com**

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let in the goodness

*FDA has determined that there is no significant difference between milk derived from rBST-treated and non-rBST treated cows. © Arla Foods amba 2016.

7 Stop Throwing Away the Egg Yolks.

They're packed with good fats, protein, and nutrients.

Eggs are a low-calorie, high-quality nutrition powerhouse. One egg has just 70 calories, 6g of satiating protein, and a mere 1.5g saturated fat (that's less than the amount in a tablespoon of heart-healthy olive oil). Eggs are also a good source of vitamin A, vitamin D, folate, and choline (a nutrient especially important for the creation of memory cells), plus vision-boosting antioxidants called lutein and zeaxanthin—all of which are primarily found in the yolk.

A large egg contains 185mg of cholesterol, which is 62% of a 300mg daily limit that was dissolved last year. For many, that's still a hard number to look past, but most of us don't need to fret about cholesterol in the diet. Harvard researchers found that eating a whole egg a day had no substantial impact on the risk of heart disease among healthy men or women.

Use eggs to help boost other healthy eats such as whole grains, lean protein, and colorful veggies. Here, the yolk of a fried egg acts as a dressing to coat nutrient-dense quinoa. Pancetta adds a snap of savory satisfaction to earthy kale, while all-season cherry tomatoes lend a fresh pop of bright flavor.

EGG-TOPPED QUINOA BOWL WITH KALE

Active: 12 min. Total: 12 min.
Sub steel-cut oats, bulgur, or leftover brown rice for quinoa. The hot sauce gives this simple dish a kick in the pants.

- 1 oz. finely chopped pancetta
- 1 bunch lacinato kale, thinly sliced (about 5 oz.)
- ½ cup halved cherry tomatoes
- 1 tsp. red wine vinegar
- ⅛ tsp. kosher salt
- 1 cup cooked quinoa
- ⅓ cup sliced avocado
- 1 tsp. olive oil
- 2 large eggs
- ⅛ tsp. freshly ground black pepper
- ½ tsp. hot sauce (optional)

1. Heat a large nonstick skillet over medium. Add pancetta to pan; cook 3 minutes or until browned, stirring occasionally. Add kale; cook 2 minutes or until kale wilts. Stir in tomatoes, vinegar, and salt; remove from heat.

2. Divide quinoa evenly between 2 bowls; top evenly with kale mixture. Arrange avocado slices next to kale mixture. Wipe pan dry with a paper towel; return to medium heat. Add oil to pan; swirl to coat. Crack eggs, 1 at a time, into pan; cook 2 minutes. Cover and cook 1 minute or until whites are set. Top each bowl with 1 egg. Sprinkle evenly with pepper and hot sauce, if desired.

SERVES 2 *(serving size: 1 bowl)*
CALORIES 340; **FAT** 17.5g (sat 4.8g, mono 5.9g, poly 1.9g); **PROTEIN** 16g; **CARB** 31g; **FIBER** 6g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 196mg; **IRON** 4mg; **SODIUM** 491mg; **CALC** 147mg

8 Eat Whole-Milk Yogurt.

Unless you're eating eggs or a spoonful of nut butter with that carton of nonfat or reduced-fat yogurt in the morning, you may want to reconsider full-fat yogurt. Eating dairy fat as part of a healthy diet may actually help you lose weight.

A 2013 review published in the *European Journal of Nutrition* reported less weight gain and a lower risk for obesity among people who ate full-fat dairy products. More and more research is revealing that when the amount of fat is reduced in the diet, it's replaced with sugar or carbohydrates.

Although no prospective studies indicate that low-fat is better than whole-milk dairy, the USDA still recommends low-fat dairy. But full-fat yogurts are thicker, creamier, and more satisfying. They're also less processed, more satiating, and taste better—the fat softens the tang and lends a mightier mouthfeel.

Most individual containers of whole-milk yogurt have less than 200 calories and less than 5g saturated fat—a perfectly healthy profile if that's your breakfast. A 6-ounce container of plain yogurt has about 8g of natural sugars; anything more than that has likely been added. If you want a little more sweetness, buy plain, and add your own fresh fruit or a drop of honey.

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*Personalities appearing in each city varies and is subject to change.

Recipe Makeover

HOMEMADE CINNAMON ROLLS will tempt even the most dedicated breakfast skippers. But all that kneading, rising, and baking sets you back not only half a day in the kitchen but also 500 calories and 11g saturated fat. The canned version may be quicker and easier, but it's packed with sugar and artificial colors. Here, we transform the delicacy into a portable muffin that's packed with whole grains, ribboned with nutty streusel, and topped with a tart-sweet yogurt glaze. The best part? It's ready in only half an hour.

CINNAMON ROLL MUFFINS

Active: 15 min. Total: 30 min.

Yeasted cinnamon rolls take hours. These speedy muffins are done in just 30 minutes. Keep leftovers in an airtight container up to 4 days, or freeze up to 1 month.

FILLING

- Cooking spray
- ½ cup chopped pecans, toasted
- ⅓ cup packed brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- ¼ tsp. kosher salt
- 3 Tbsp. low-fat buttermilk
- 2 Tbsp. butter, melted

MUFFINS

- 8.25 oz. white whole-wheat flour (about 2 cups)
- 1½ tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. kosher salt
- ¼ tsp. baking soda
- ¾ cup low-fat buttermilk
- ⅓ cup granulated sugar
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 2 large eggs

GLAZE

- ⅓ cup 2% reduced-fat Greek yogurt
- ⅓ cup powdered sugar
- 1 oz. ⅓-less-fat cream cheese

1. Preheat oven to 375°F. Coat 12 muffin cups with cooking spray.

2. To prepare filling, combine pecans and next 4 ingredients (through salt) in a small bowl; toss to combine. Add buttermilk and butter, stirring until smooth.

3. To prepare muffins, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through baking soda) in a bowl; stir with a whisk. Place ¾ cup buttermilk and next 4 ingredients (through eggs) in a large bowl; beat with a mixer at high speed for 2 minutes. Add flour mixture to buttermilk mixture; stir just until combined.

4. Place 1 tablespoon batter in each muffin cup. Top evenly with filling. Spoon remaining batter over filling. Bake at 375°F for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans.

5. Combine yogurt, powdered sugar, and cream cheese, stirring well with a whisk. Drizzle over muffins.

SERVES 12 *(serving size: 1 muffin)*
CALORIES 225; **FAT** 9.6g (sat 2.4g, mono 4.3g, poly 1.9g); **PROTEIN** 5g; **CARB** 29g; **FIBER** 3g; **SUGARS** 16g (est. added sugars 15g); **CHOL** 39mg; **IRON** 1mg; **SODIUM** 240mg; **CALC** 90mg

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SNACK SMART

Make sure your between-meals nibbles boost your nutritional bottom line. BY ALISON ASHTON

It's 4 o'clock in the afternoon, lunch is a distant memory, and dinner is still a long way off. Do you fall for the siren song of the break room vending machine or tuck into a light, healthful snack? Either way, if you eat between meals, you're part of a bigger trend. Snacking has become the new normal, and according to market research firm Hartman Group, half of the times we eat revolve around snacks, from early-morning nibbles to late-night noshes.

That's just fine, says Cheryl Forberg, RD, nutritionist on *The Biggest Loser* and author of *A Small Guide to Losing Big*—as long as you're smart about it. In fact, you should eat snacks, especially if you're trying to lose weight. "A lot of people skip snacks, thinking it's a smart weight-loss strategy, and that's a big mistake," she says. "They're

ILLUSTRATIONS: BEE JOHNSON

The SNACK HABIT

Reach for healthy snacks like string cheese, nuts, or Greek yogurt.

just stunned you're telling them to eat more often." In reality, healthful, satisfying bites regulate your appetite, preventing overeating and boosting the overall quality of your diet.

But for many of us, snacks are so incidental that we tend to overlook them—and the calories they add to our daily tally. In a recent study in the *European Journal of Clinical Nutrition,* volunteers wore cameras to compare what they recalled eating with what they actually ate. Their most underreported item: afternoon snacks.

In addition to being mindful of how snacks may contribute to your daily calorie intake, make sure you're not falling for faux-healthy ones. Trail mix, dried fruit, and flavored fat-free yogurt are three that seem virtuous but can be sugar bombs, says fitness trainer Dalton Wong, author of *The Feelgood Plan: Happier, Healthier & Slimmer in 15 Minutes a Day*. Packaged snacks may be convenient, but their saturated fat, sugar, and sodium can pile up fast. Keep a close eye on Nutrition Facts labels and ingredient lists, and choose snacks that offer a satisfying mix of protein, complex carbohydrates, and good-for-you fats. Follow these tips to make sure your choices between meals help, instead of harm, your diet.

3 Ways to Up Your Snack Game

1 HAVE A PLAN

Schedule snacks just as you do meals, Forberg says, so you know what you'll eat and when. She even recommends adding snacks in your calendar so you won't forget. "Once you get into the habit and start doing that, you're going to notice the difference in your energy, and it will change your hunger cues," Forberg says. "You're not going to be as hungry at your next meal, and you won't need as much food to feel full."

2 KEEP IT PETITE

Given our grazing ways, it's easy to load up on snacks that are really meals. "Calorie-wise, a snack is half the calories of a meal," Forberg says. Whatever your caloric needs might be, *Cooking Light*'s guidelines recommend keeping snacks below 200 calories, 10g of sugar, and 250mg of sodium, and aiming for at least 5g of protein per serving. If it's a starchy snack, make sure it's whole grain and has at least 3g of fiber.

3 FOCUS ON QUALITY

Just like meals, snacks should be a satisfying combination of protein, healthy fats, and complex carbs. "A lot of people assume that an apple is a great snack. And it is," Forberg says. "But if you're just having fruit, what happens is you get energy, your blood sugar goes up, and then it drops down and you're hungry and tired again." Add a little protein to the mix, such as a mozzarella cheese stick or a handful of nuts, she says, "and your blood sugar goes up slowly and stays steady longer so your energy is sustained, your satiety is sustained, and your blood sugar is in a healthier place." Good fats also help keep blood sugar in balance, Wong says: "If you want something sweet like chocolate, then have it with some nuts. Having something sweet coupled with a healthy fat will lower the rate of how your body uses the sugar so you don't get a sugar rush or crash."

SLEEP WELL

Having a hard time resisting the chips in the break room or the candy on your coworker's desk? Poor sleep may be to blame. In a recent study in the journal *Sleep*, volunteers who had their sleep restricted for four nights reported more hunger and had a harder time resisting junky snacks than those who got adequate rest. "A good night's sleep will allow you to make better food choices throughout the day and avoid that craving for junk food," Wong says. So to snack smarter, make sure to get your z's.

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The BEAUTY HABIT

We're Crushing on Grapes

These picks are fresh off the vine and full of beauty-boosting benefits. BY CINDY HATCHER

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: TORIE COX; PROP STYLING: CLAIRE SPOLLEN

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The BEAUTY HABIT

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Actress Gwyneth Paltrow worked with Juice Beauty on this new line of luxury skin care. An organic grape juice base and skin-smoothing alpha and beta hydroxy acids yield a polished complexion. *$125,* **goop.com/goopskincare**

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Illumination is the ultimate beauty goal these days. A quick dusting of this pearlescent powder is a fast way to achieve the lit-from-within look. Grape extract lends skin-brightening abilities. *$50,* **bobbibrowncosmetics.com**

New for You

See what's trending on drugstore shelves this season.

FOR LIPS

Nuance Salma Hayek True Color Plumping Liquid Lipstick (*$10,* cvs.com). A glossy yet long-lasting formula in six shades. Free of parabens and not tested on animals.

FOR LASHES

CoverGirl Super Sizer Fibers Mascara (*$6,* covergirl.com). For those wanting look-at-me lashes, the special brush and plumping potion deliver a dramatic boost in volume.

FOR CHEEKS

No7 Match Made Powder Blush (*$10,* target.com). This finely milled cheek brightener yields a velvety, natural look. Vitamin E adds moisture and luminosity in eight shades.

FOR BLEMISHES

NYX Gotcha Covered Concealer Pencil (*$7,* nyxcosmetics.com). With a whopping 20 shades to choose from, everyone can find her perfect blemish-covering match.

PHOTOGRAPHY: (BOTTOM ROW) CAITLIN BENSEL

The BEAUTY HABIT

What's in Your Bag, AYESHA CURRY?

This beauty scores points with her new cookbook.

You may know Ayesha Curry as basketball superstar Stephen Curry's wife, but she's up to much more these days. The longtime food enthusiast and blogger is out with her first cookbook, *The Seasoned Life,* this month. It brings together favorite recipes, anecdotes, and a fun glimpse into the Curry family kitchen. "Food is the foundation for communication in my family," says Curry, who enjoys life outside the kitchen with help from some of her favorite beauty products.

The Seasoned Life: Food, Family, Faith, and the Joy of Eating Well is available September 20.

1 ANASTASIA BEVERLY HILLS TINTED BROW GEL
A lot of people say they can't leave the house without mascara, but I absolutely cannot leave the house without my brow gel. *$22,* **anastasiabeverlyhills.com**

2 TATCHA POLISHED RICE ENZYME POWDER I've been using this for about a year, and my skin has dramatically improved. For some reason I stopped for a bit, and my skin freaked out. I love that it's packed with ingredients that are good for my skin. *$65,* **tatcha.com**

3 BIORÉ SELF HEATING ONE MINUTE MASK This is an amazing pore-minimizing mask. My daughter really gets a kick out of watching me put it on. *$8,* **biore.com**

4 COLOURPOP LIPPE STIX I'm a lipstick junkie, and I'm really loving this brand lately. All of their tubes are around $5, and they have every color you can think of. I'm a big fan of bright oranges and pinks. *$5,* **colourpop.com**

"When you're confident in your own skin, it shows in a true 'I woke up like this' attitude."

CINDY HATCHER
BEAUTY EDITOR

WHAT I LOVE THIS MONTH

Pond's MoistureClean Towelettes (*$5,* ponds.us) I've been eagerly awaiting these since I heard they were coming months ago. It's everything generations have loved about the classic cold cream—powerful makeup removal, butter-rich softness—in convenient wipe form.

WHAT ABOUT YOU?

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

PHOTOGRAPHY: (TOWELETTES AND BOOK) CAITLIN BENSEL. (AYESHA CURRY) CAROLINE EGAN DAHLBERG

The TRAVEL HABIT

Denver

In about 2,000 calories and 10,000 steps*

*A unique guide to good eating and great exercise for hungry travelers

See the exercise math at *cooking light.com/math.*

Clockwise from above: Kale and apple salad at Acorn; inspiring city views; yoga at Red Rocks Amphitheatre

EARLY

Red Rocks Run

Start your day with a solid workout at ❶ **Red Rocks Amphitheatre** (redrocksonline.com) just a short, 20-minute ride from town. Though a music venue isn't your typical spot for a workout, this is no typical music venue. Nestled among giant sandstone formations that create a natural, acoustically perfect setup, the stunning theater hosts early-morning joggers running the stairs and yoga or boot camp champs on the main stage.

Burn: up to 765 calories

MORNING

Breakfast at the Station

Once back in town, it's time for breakfast at **Mercantile** (mercantiledenver.com), located in the lovely, historic ❷ **Union Station building,** which still functions as a train station. In addition to a plethora of fresh cheeses, charcuterie, and accoutrements (grab a bag of sprouted-grain granola for future snacking needs), you can tuck into the potted oatmeal with fruit, nuts, and spices, along with a glass of fresh-pressed carrot and ginger juice to replenish your Red Rocks energy exertion. Make a loop through Union Station on your way out; then grab a steaming cup of locally roasted coffee from **Pig Train** (pigtraincoffee.com) to fuel the next leg of your adventure.

Burn: 68 calories
Eat: 748 calories

LUNCH

Take Your Pick

Step out onto the streets of Lower Downtown to wander through its historic buildings, breweries, and shops. Cross the South Platte River via one of its many pedestrian bridges, landing at ❸ **Avanti Food and Beverage** (avantifandb.com), a conglomeration of seven dining options housed in repurposed shipping containers—think of it as a hipster food court. Try the roast pork sandwich with broccoli rabe from The Regional. Pair it with a local IPA, and hit the rooftop patio for a view of downtown as you dine.

Burn: 153 calories
Eat: 723 calories

AFTERNOON

Play Ball

Head to ❹ **Coors Field,** home to the Colorado Rockies, who wind down their season this month. Take your own seventh-inning stretch: A lap around the stadium helps steps stack up. Then it's time to quench your thirst with a **Denver Microbrew Tour** (denvermicrobrewtour.com). The 1-mile trek in RiNo (River North Art District) begins at ❺ **Ratio Beerworks** and tours the budding warehouse district, home to small craft breweries, coffee roasters, and riotously colorful murals.

Burn: 272 calories
Drink: 378 calories

DINNER

Old Meets New

When you're ready to rest your feet, check out one of Denver's hottest spots, ❻ **Acorn** (denveracorn.com), where chef Steven Redzikowski dreams up vegetable-driven dishes like kale and apple salad with candied almonds, Parmesan, and togarashi pepper; cumin-spiced carrots with ancho chile and raisin jam; and grilled eggplant with romesco sauce and feta.

Eat: 957 calories

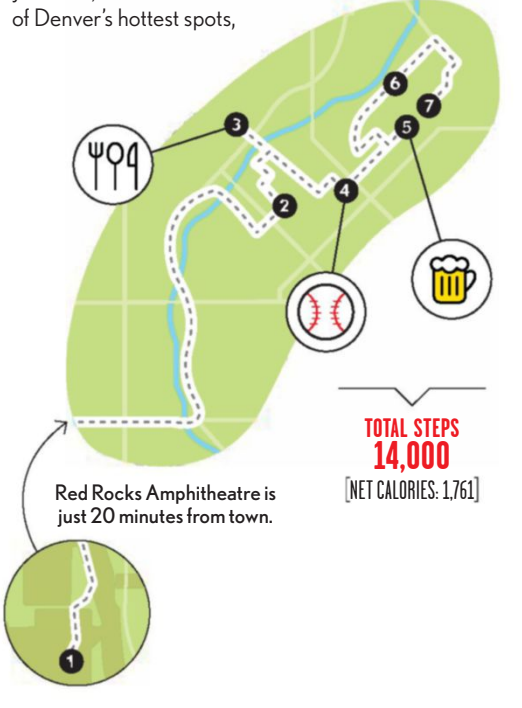
NIGHTCAP

One Final Toast

Your last stop is ❼ **Bar Fausto** (barfausto.com), with its welcoming vibe and amazing cocktail program. Try the frosty Fernet-Branca soft-serve. This dessert-meets-drink is the perfect toast to all the miles you've clocked in the Mile High City today.

Drink: 213 calories

—Cindy Hatcher



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The SOCIAL HABIT

Love and (Weight) Loss

Learn to lean on each other to slim down.

Losing weight can be difficult. Not splitting-atoms difficult, but difficult. Helping your partner lose weight, or getting him or her to help you? Now we're in particle physics territory.

"Weight loss has the potential to completely change the dynamic of a relationship in ways you would not anticipate," says Kevin Fontaine, PhD, professor and chair of the Department of Health Behavior at the University of Alabama at Birmingham.

Partners' responses can be supportive, sure. "But there can be attempts to sabotage because the changes are so disruptive to their perception of the relationship," Fontaine says. Potential stumbling blocks don't mean you can't help your partner get fit, or that he or she can't do anything to help you stick with a healthy nutrition plan. Studies show strong support networks can help us make changes for the better, and who better to support you than your significant other? Here are a few suggestions to help navigate this potentially bumpy road.

1. YOU DO YOU. You are responsible for losing your weight; your partner is responsible for losing his or hers. You can encourage one another, but don't assume responsibility for your spouse's weight, cholesterol, or blood sugar.

2. COMMUNICATE. Talk about your plan and about how it's going, including the successes and the unexpected problems. Fontaine recommends couples meet every few days for status updates, trying to be honest while being sensitive to the challenges facing both the partner trying to lose weight and the partner providing support.

3. THINK LONG-TERM. For a change to be truly effective, part of the conversation partners need to have is that healthy behaviors must be a permanent commitment if a new, healthier weight is to be maintained, Fontaine says. –JENNIFER DRAWBRIDGE

ILLUSTRATION: SARAH WILKINS

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TURN MEALTIME

BACK-TO-SCHOOL MEALS MADE EASY

with blogger Bethany Halford

Gearing up for back-to-school means getting back into routines. Feeding my family nutritious food that's full of vegetables with no artificial flavors or colors is my daily goal. That's where RAGÚ® pasta sauce comes in. I can stop by Walmart to pick up what I need: a jar of RAGÚ®, some of my kids' favorite fresh veggies, and a loaf of French bread. A healthy meal without much planning or time? Yes, please!

So grab a jar of RAGÚ® pasta sauce and add it into your meal-plan rotation. It's the perfect solution for creating a no-hassle, delicious option for a busy day's dinner.

Here's to more family dinners around your dining table!

XO, Bethany

whoa, wait. Walmart?

P.S. Follow us on Instagram (**@whoawaitwalmart**) to see more ways we love to use RAGÚ® pasta sauce!

Feeding my family nutritious food that's full of vegetables with no artificial flavors or colors is my daily goal. That's where RAGÚ® pasta sauce comes in.

Here are a few tips on how to include kids in the kitchen and not have it end up in disaster:

- ✓ Ask them to join in where it is the safest and easiest. My daughter is great at stirring a pot of noodles or holding a bowl steady while I pour into it.
- ✓ After you chop up the vegetables, have your child put them into bowls.
- ✓ Ask for their help to add in seasonings. A few shakes or sprinkles of salt or pepper can be done by the littlest of hands.
- ✓ Let them help with plating food onto the dishes.

Bethany is one half of the microblog and Instagram account "Whoa, wait. Walmart?"

ADVERTISEMENT

INTO FAMILY TIME

RUSTIC ITALIAN BOWLS

The Rustic Italian Bowls recipe is a hit in my home. Not only is it delicious, but its preparation allows me spend quality time with my daughter.

- **12 ounces whole-grain rotini pasta**
- **1 teaspoon olive oil**
- **1/4 teaspoon red pepper flakes**
- **1 small onion, halved, sliced**
- **1 small red or yellow bell pepper, cut into thin 1-inch strips**
- **1 small zucchini, cut in half lengthwise, then into 1/4 inch slices**
- **1 jar RAGÚ® Homestyle Thick & Hearty Traditional Sauce**
- **3 cups lightly packed baby kale & spinach mix**
- **3 1/2 cups cooked, sliced chicken**
- **8 ounces multi-colored grape tomatoes, halved**
- **6 ounces mini fresh mozzarella balls**
- **12 pepperoncini peppers, stemmed, thinly sliced**

1. Cook pasta as directed on package, omitting salt; keep warm.
2. Heat oil and red pepper flakes in medium non-stick skillet on medium-high heat. Add onions; cook 3-4 min. or until softened, stirring frequently. Add peppers and zucchini; cook 3 min. or until vegetables are crisp-tender.
3. Warm sauce in same pot on medium heat. Stir in greens and cook just until wilted. Stir in cooked pasta. Divide mixture among 6 serving bowls.
4. Top evenly with vegetable mixture and remaining ingredients.

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RAGÚ

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The CL DIET HABIT

Nuggets Worth Nibbling

Tender bites of chicken get a crispy twist with whole-grain quinoa.

QUINOA-CRUSTED CHICKEN NUGGETS

Active: 20 min. Total: 35 min.

Kick the sauce up a notch with a dash of Sriracha. Rice flour keeps these nuggets gluten-free, but you can use whole-wheat or all-purpose instead.

- 2 (6-oz.) skinless, boneless chicken breast halves, cut into 1-in. pieces
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- Cooking spray
- 1.1 oz. white rice flour (about ¼ cup)
- 2 Tbsp. finely grated Parmesan cheese
- ¾ tsp. garlic powder, divided
- 2 Tbsp. low-fat buttermilk
- 1 large egg
- 1½ cups cooked quinoa, chilled
- 3 Tbsp. canola mayonnaise
- 3 Tbsp. plain 2% reduced-fat Greek yogurt
- 2 tsp. honey
- 2 tsp. yellow mustard
- ½ tsp. Dijon mustard

1. Preheat oven to 425°F.
2. Sprinkle chicken with salt and pepper. Coat a parchment paper–lined baking sheet with cooking spray.
3. Combine flour, cheese, and ½ teaspoon garlic powder in a shallow dish. Combine buttermilk and egg in another dish. Place quinoa in a third dish. Dredge chicken in flour mixture. Dip in egg mixture; dredge in quinoa.
4. Arrange chicken in a single layer on prepared pan. Coat chicken with cooking spray. Bake at 425°F for 15 minutes or until done, turning once.
5. Combine mayonnaise, yogurt, honey, mustards, and remaining ¼ teaspoon garlic powder. Serve with nuggets.

SERVES 4 *(serving size: 5 nuggets and about 2 Tbsp. sauce)*
CALORIES 303; **FAT** 9.1g (sat 1.7g, mono 3.3g, poly 1.7g); **PROTEIN** 26g; **CARB** 27g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 105mg; **IRON** 2mg; **SODIUM** 431mg; **CALC** 82mg

—Recipe by Rebecca Longshore

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CATHERINE CROWELL STEELE; PROP STYLING: HEATHER CHADDUCK HILLEGAS

Taco Night

On special family occasions, cookbook author Katie Workman obeys popular demand.

SEPTEMBER 2011
ME: Jack, what do you want for dinner for the first night of school?
JACK: Tacos, please.
Tacos it is.

JANUARY 2013
ME: Jack, what do you want for dinner for your birthday?
Anything you want.
JACK: Tacos!
Um, again? OK.

AUGUST 2015
ME: Charlie, what do you want for dinner for the first night back from camp?
CHARLIE: Tacos, thanks.
Geez.

Family-Style Taco Night
Recipe p. 98

Most nights, I'm not asking my kids what they want to eat for dinner. I'm a food writer, so most nights I'm serving what I'm serving—usually based on what's in the fridge, what I have time to make, or what I'm testing for a column, a book, or a blog post. I get very excited about exploring new dishes, experimenting with unfamiliar ingredients, and attempting to make a home-kitchen version of something we fell hard for while eating at a restaurant in Chinatown.

People say, "Your kids must be such good eaters." (They are, in the grand scheme.) They say, "Your family is so lucky." (Most

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CATHERINE CROWELL STEELE; PROP STYLING: HEATHER CHADDUCK HILLEGAS

Katie's younger son, Charlie (in the green shirt), ladles up some filling alongside friend Manny. Big brother Jack (below) helps himself to another.

days they must grudgingly agree.) On any given night in our house, dinner might consist of chicken paprikash, turkey meat loaf, salmon with soy sauce and fresh ginger, or polenta with Bolognese sauce.

Sometimes I make tacos with nuggets of seasoned, pan-fried tilapia; sometimes I make them with slow-braised beef shredded into tender chunks, or plump shrimp in a spicy tomato sauce. But not on the kids' birthdays or nights when we're celebrating a debate team win. Those nights, the kids ask for tacos, and I make them as you see in the recipe at right, with old-school hard shells and browned ground meat sautéed in typical Mexican spices, then simmered with a little bit of water to make a sauce. The seasonings are quite close to what you might find in a packet of taco mix, but it's a simple homemade blend of basic pantry spices, and it takes about three minutes to measure and stir up.

The tacos aren't fancy or authentic. They are the opposite of avant-garde. But we all love them. And because they usually get made on a day when we're celebrating—or maybe just a night when I'm feeling a bit magnanimous—they have become synonymous with a cheery family evening. It's hard to be in a grumpy mood when you find out it's taco night. No one is in a rush, people are forthcoming about their days, and a general feeling of good energy hovers over the table. Tomorrow will be another meal, hopefully one that everyone likes. But tonight is taco night, and taco night is just plain hard to beat.

FAMILY-STYLE TACO NIGHT

Active: 25 min. Total: 25 min.

For family taco night, set out the filling, taco shells, and toppings, and let everyone craft their own unique creations.

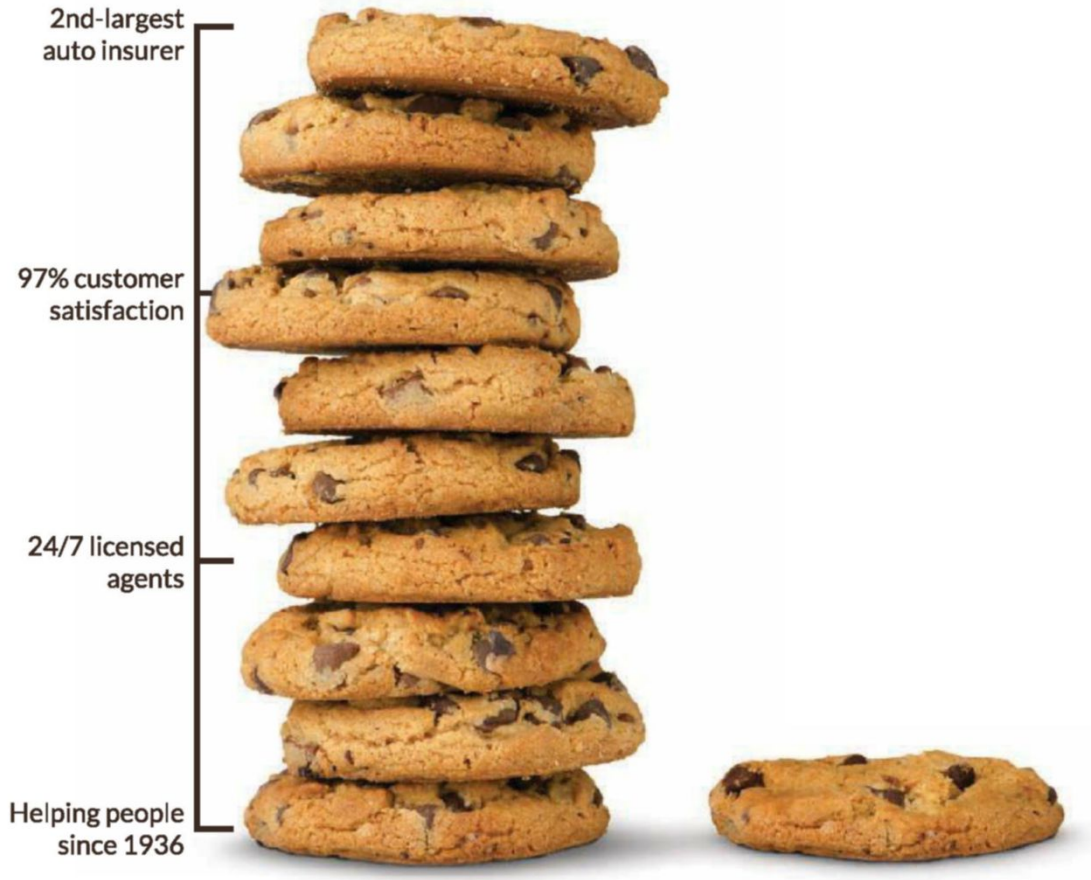
- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 2 tsp. onion powder
- 1 tsp. kosher salt
- 1 tsp. cornstarch
- 1 tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. paprika
- ½ tsp. freshly ground black pepper
- Dash of ground red pepper (optional)
- Cooking spray
- 2 lb. ground turkey
- ¾ cup water
- 16 crunchy taco shells
- 2 cups shredded romaine lettuce
- 1 cup chopped tomato
- 1 cup chopped avocado (about 1)
- 4 oz. 2% reduced-fat preshredded Mexican-blend cheese (about 1 cup)

1. Combine first 9 ingredients in a small bowl; add red pepper, if desired.
2. Heat a large skillet over medium-high. Coat pan with cooking spray. Add turkey; cook 5 minutes or until browned, stirring to crumble. Sprinkle with spice mixture; cook 1 minute or until fragrant, stirring constantly. Add ¾ cup water; cook 4 minutes or until thickened and meat is done.
3. Heat taco shells according to package directions.
4. Fill shells evenly with turkey filling, lettuce, tomato, avocado, and cheese.

SERVES 8 *(serving size: 2 tacos)*
CALORIES 353; **FAT** 19.2g (sat 5.4g, mono 5.5g, poly 3.1g); **PROTEIN** 28g; **CARB** 19g; **FIBER** 3g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 87mg; **IRON** 2mg; **SODIUM** 528mg; **CALC** 217mg

Recipe adapted with permission from *The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket © 2012* by Katie Workman, Workman Publishing Company

FAMILY PHOTOS: COURTESY OF KATIE WORKMAN



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Baby Kale, Butternut, and Chicken Salad
Recipe p. 110

IT'S TIME TO REDEEM THE MIDDAY MEAL: NO MORE BLAND SANDWICHES OR SOGGY SALADS. THESE **NEAR-INSTANT LUNCHES** ARE EXCITING, SATISFYING, AND PORTABLE. ASSEMBLE BIG BATCHES ON THE WEEKEND, OR THROW A SINGLE SERVING TOGETHER JUST AS YOU HEAD OUT THE DOOR.

Romaine, Celery, and Parmesan Salad
Recipe p. 110

KID FRIENDLY

SMARTER LUNCHES FASTER

RECIPES BY HANNAH KLINGER AND ANN TAYLOR PITTMAN
PHOTOGRAPHY BY IAIN BAGWELL

Greek Farro and Chickpea Salad
Recipe p. 110

SALADS

HEARTY GREENS AND COLORFUL, TEXTURED TOPPERS MAKE SALADS FUN AND FILLING. NO NEED TO TOTE DRESSING SEPARATELY; THESE LEAVES WON'T WILT BY LUNCHTIME.

Spinach, Beet, and Lentil Salad
Recipe p. 110

TOASTS

COOK BREAD SLICES UNTIL EXTRA CRISP FOR A STURDY BASE. BUILD IN THE MORNING, OR PACK COMPONENTS FOR QUICK ASSEMBLY AT THE OFFICE.

Cucumber-Lox Toast
Recipe p. 108

Avo-Tahini Toast
Recipe p. 108
KID FRIENDLY
+
STAFF FAVE
Pear-Prosciutto Toast
Recipe p. 108

SOUPS

LAYER UP AND REFRIGERATE AS MANY JARS AS YOU NEED—JUST ADD HOT WATER AT THE OFFICE.

KID FRIENDLY

Tomato-Seashell Soup
Recipe at right

TOMATO-SEASHELL SOUP

Active: 15 min. Total: 15 min.

If sending this soup to school in a lunch box, pack in an insulated thermos and top off with hot water at home. Use a spiralizer to make fun zucchini noodles, or a vegetable peeler for ribbons. Or just finely chop for faster prep.

- ½ cup lower-sodium marinara sauce (such as Dell'Amore)
- ¼ tsp. freshly ground black pepper
- ⅛ tsp. kosher salt
- ½ cup cooked whole-grain small shell pasta (about 1 oz. uncooked)
- ½ cup zucchini noodles, zucchini ribbons, or chopped zucchini
- ½ cup chopped fresh spinach
- 1½ Tbsp. finely grated Parmesan cheese

1. Combine marinara, pepper, and salt in the bottom of a 1-pint wide-mouth jar. Layer in pasta, zucchini, spinach, and cheese; seal. Refrigerate until ready to use.
2. Add very hot water to jar to within 1 inch of rim. Cover and let stand 2 minutes before eating.

SERVES 1 *(serving size: 2 cups)*
CALORIES 220; **FAT** 7.1g (sat 1.4g, mono 3.5g, poly 0.6g); **PROTEIN** 10g; **CARB** 34g; **FIBER** 6g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 7mg; **IRON** 3mg; **SODIUM** 629mg; **CALC** 124mg

MISO NOODLE SOUP

Active: 10 min. Total: 10 min.

Brown rice noodles, mushrooms, and a hard-cooked egg make this vegetarian soup hearty and satisfying. That said, you could easily add meat if you like; leftover roast pork would be ideal.

- 1 Tbsp. white miso
- 1 Tbsp. warm water
- 1 tsp. toasted sesame oil
- ½ small garlic clove, grated
- ⅓ cup thinly sliced red cabbage
- ½ cup cooked flat brown rice (pad Thai) noodles (about 1 oz. uncooked)
- 2 shiitake mushroom caps, thinly sliced
- 1 Tbsp. chopped green onions
- 4 thin slices red jalapeño
- 1 Tbsp. chopped fresh cilantro
- ½ hard-cooked large egg

1. Combine miso, 1 tablespoon water, oil, and garlic in the bottom of a 1-pint wide-mouth jar, stirring with a fork. Layer in cabbage, noodles, mushrooms, onions, jalapeño, cilantro, and egg; seal. Refrigerate until ready to use.
2. Add very hot water to jar to within 1 inch of rim. Cover and let stand 2 minutes before eating.

SERVES 1 *(serving size: 2 cups)*
CALORIES 223; **FAT** 7.7g (sat 1.7g, mono 2.9g, poly 2.5g); **PROTEIN** 9g; **CARB** 32g; **FIBER** 6g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 93mg; **IRON** 2mg; **SODIUM** 589mg; **CALC** 32mg

CHICKPEA AND SAUSAGE PESTO SOUP

Active: 5 min. Total: 5 min.

Prepared pesto creates a rich flavor base for this Mediterranean-inspired soup; we've found that refrigerated versions taste fresher and more vibrant. If you have a spiralizer, you can make lovely carrot noodles in place of matchstick-cut carrots.

- ½ cup rinsed and drained canned unsalted chickpeas
- ¼ cup matchstick-cut carrot or carrot noodles
- 2 Tbsp. refrigerated prepared pesto (such as Buitoni)
- 2 oz. cooked sun-dried tomato chicken sausage (such as Al Fresco), diced
- ⅓ cup thinly sliced trimmed Swiss chard
- 3 grape tomatoes, quartered

1. Layer all ingredients in the order listed in a 1-pint wide-mouth jar; seal. Refrigerate until ready to use.
2. Add very hot water to jar to within 1 inch of rim. Cover and let stand 2 minutes before eating.

SERVES 1 *(serving size: 2 cups)*
CALORIES 390; **FAT** 20.1g (sat 4.2g, mono 10.9g, poly 3.6g); **PROTEIN** 20g; **CARB** 33g; **FIBER** 7g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 52mg; **IRON** 3mg; **SODIUM** 621mg; **CALC** 145mg

FOOD STYLING: HADAS SMIRNOFF. (P. 102 & 108) RISHON HANNER; PROP STYLING: PAIGE HICKS. (P. 102 & 108) CLAIRE SPOLLEN

Cashew-Carrot Toast
Recipe at right

CASHEW-CARROT TOAST

Active: 5 min. Total: 10 min.

Instead of a PB&J, try a CB&C: smooth cashew butter, bacon, and a bright, crisp-tender carrot salad on top. If you have a nut allergy, substitute seed butter or hummus.

- 1 large carrot
- 1 Tbsp. chopped fresh flat-leaf parsley
- ½ tsp. extra-virgin olive oil
- ½ tsp. apple cider vinegar
- 1½ Tbsp. cashew butter
- 1 (1-oz.) slice whole-grain bread, toasted
- 1 center-cut bacon slice, cooked and crumbled
- Dash of kosher salt
- Dash of freshly ground black pepper

1. Shave carrot with a vegetable peeler to yield ⅓ cup ribbons; reserve remaining carrot for another use. Combine carrot ribbons, parsley, oil, and vinegar in a bowl; toss. Let stand 5 minutes. Spread cashew butter evenly over toast; top with bacon and carrot mixture. Sprinkle with salt and pepper.

SERVES 1
CALORIES 271; **FAT** 16.8g (sat 3.4g, mono 8.9g, poly 2.8g); **PROTEIN** 10g; **CARB** 22g; **FIBER** 4g; **SUGARS** 6g (est. added sugars 2g); **CHOL** 5mg; **IRON** 2mg; **SODIUM** 496mg; **CALC** 56mg

CUCUMBER-LOX TOAST

Active: 4 min. Total: 4 min.

The loaded deli bagel works perfectly as an instant toast topper. Greek yogurt has the same tang and richness as cream cheese, and you don't have to wait for it to soften. Sprinkle with additional chives for more punch.

- 2 Tbsp. plain 2% reduced-fat Greek yogurt
- 1 tsp. chopped fresh chives
- 1 (1-oz.) slice whole-grain bread, toasted
- 3 Tbsp. thinly sliced cucumber
- 1 oz. cold-smoked salmon, thinly sliced

1. Combine yogurt and chives in a bowl. Spread yogurt mixture evenly over toast; top evenly with cucumber slices and salmon.

SERVES 1
CALORIES 130; **FAT** 3g (sat 0.9g, mono 0.8g, poly 0.8g); **PROTEIN** 12g; **CARB** 14g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 2g); **CHOL** 8mg; **IRON** 1mg; **SODIUM** 351mg; **CALC** 55mg

PEAR-PROSCIUTTO TOAST

Active: 4 min. Total: 4 min.

We fancified the classic ham and cheese sammy with prosciutto, Swiss, and pear. Fig preserves provide the can't-quite-place-it sweetness that elevates this toast; you can sub ½ teaspoon honey.

- 1½ tsp. butter, softened
- 1 tsp. fig preserves
- 1 (1-oz.) slice whole-grain bread, toasted
- 1 thin slice Swiss cheese (such as Sargento Ultra Thin)
- ¼ cup thinly vertically sliced ripe pear
- 1 very thin slice prosciutto

1. Combine butter and preserves in a small bowl; spread evenly over toast. Top with cheese, pear, and prosciutto.

SERVES 1
CALORIES 243; **FAT** 12.3g (sat 6.3g, mono 2.4g, poly 1g); **PROTEIN** 14g; **CARB** 21g; **FIBER** 3g; **SUGARS** 8g (est. added sugars 5g); **CHOL** 34mg; **IRON** 1mg; **SODIUM** 413mg; **CALC** 235mg

AVO-TAHINI TOAST

Active: 4 min. Total: 4 min.

If you think you're over avocado toast, this topper will change your mind. Make sure to give your tahini a good stir before drizzling.

- 1 tsp. fresh lemon juice
- Dash of kosher salt
- ½ ripe peeled avocado
- 1 (1-oz.) slice whole-grain bread, toasted
- 3 grape tomatoes, quartered
- 2 pitted kalamata olives, chopped
- 1 hard-cooked large egg, peeled and sliced
- 1 tsp. tahini (sesame paste)

1. Combine juice, salt, and avocado in a bowl, mashing with a fork. Spread avocado mixture evenly over toast; top with tomatoes, olives, and egg. Drizzle with tahini.

SERVES 1
CALORIES 260; **FAT** 16.1g (sat 3.2g, mono 8.2g, poly 3.6g); **PROTEIN** 12g; **CARB** 18g; **FIBER** 5g; **SUGARS** 3g (est. added sugars 2g); **CHOL** 186mg; **IRON** 2mg; **SODIUM** 437mg; **CALC** 73mg

WALK YOUR TACO

Lunchables

LUNCHABLES UPLOADED
WALKING TACO.

IT'S WHAT'S INSIDE YOUR TEEN'S SNACK THAT COUNTS.

JUST MIX, HEAT AND EAT.

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BABY KALE, BUTTERNUT, AND CHICKEN SALAD

Active: 5 min. Total: 5 min.

Bake butternut squash in a single layer on a baking sheet coated with cooking spray at 400°F for 20 to 25 minutes, stirring after 10 minutes. Keep a batch on hand for a side, soup, or hash stir-in.

- 1½ tsp. extra-virgin olive oil
- 1 tsp. apple cider vinegar
- ½ tsp. molasses
- ¼ tsp. Dijon mustard
- 1½ cups baby kale
- ½ cup diced peeled butternut squash, roasted
- 2 Tbsp. red bell pepper strips
- 2 Tbsp. chopped pecans
- ⅛ tsp. kosher salt
- 1 oz. skinless, boneless rotisserie chicken breast, shredded (about ¼ cup)

1. Combine oil, vinegar, molasses, and mustard in a small bowl. Arrange kale on a plate or in a container; top with remaining ingredients. Top with molasses mixture.

SERVES 1

CALORIES 284; **FAT** 18.3g (sat 2.1g, mono 10.9g, poly 3.8g); **PROTEIN** 12g; **CARB** 21g; **FIBER** 5g; **SUGARS** 8g (est. added sugars 3g); **CHOL** 25mg; **IRON** 2mg; **SODIUM** 436mg; **CALC** 169mg

ROMAINE, CELERY, AND PARMESAN SALAD

Active: 5 min. Total: 5 min.

This streamlined Caesar salad gets extra crunch from celery. We left the anchovies out of the dressing to keep it kid friendly.

- 1 Tbsp. fresh lemon juice
- 1 Tbsp. canola mayonnaise
- 1 tsp. minced fresh dill
- 1½ cups chopped romaine lettuce
- 3 Tbsp. thinly diagonally sliced celery
- 2 Tbsp. thinly vertically sliced red onion
- 1 tsp. drained capers
- 2 Tbsp. shaved Parmesan cheese
- 1 hard-cooked large egg, quartered
- Dash of freshly ground black pepper

1. Combine juice, mayonnaise, and dill in a small bowl. Place lettuce on a plate or in a container; top with celery and next 4 ingredients (through egg). Drizzle mayonnaise mixture evenly over top. Sprinkle with pepper.

SERVES 1

CALORIES 195; **FAT** 12.9g (sat 4.1g, mono 5.4g, poly 2.7g); **PROTEIN** 13g; **CARB** 6g; **FIBER** 2g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 198mg; **IRON** 2mg; **SODIUM** 501mg; **CALC** 222mg

GREEK FARRO AND CHICKPEA SALAD

Active: 5 min. Total: 5 min.

For Sunday prep, omit the arugula and make enough farro mixture for the week. Stir in the greens just before you head out the door.

- 2 tsp. extra-virgin olive oil
- 2 tsp. red wine vinegar
- ½ small garlic clove, grated
- ⅛ tsp. dried oregano
- 1 cup arugula
- ½ cup cooked unpearled farro
- ⅓ cup rinsed and drained canned unsalted chickpeas
- ¼ cup diced red bell pepper
- ¼ cup diced cucumber
- 2 Tbsp. crumbled feta cheese

1. Combine oil, vinegar, garlic, and oregano in a bowl. Combine arugula and remaining ingredients in a bowl. Add oil mixture; toss.

SERVES 1

CALORIES 341; **FAT** 15g (sat 4.1g, mono 7.5g, poly 1.2g); **PROTEIN** 12.5g; **CARB** 46g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 17mg; **IRON** 2mg; **SODIUM** 238mg; **CALC** 185mg

SPINACH, BEET, AND LENTIL SALAD

Active: 5 min. Total: 5 min.

Raw beets add crunch and color to this salad. Lentils are a great source of protein and fiber.

- 2 tsp. tahini (sesame paste)
- 1 tsp. fresh lemon juice
- ½ tsp. maple syrup
- 1½ cups baby spinach
- ½ cup cooked lentils
- 2 Tbsp. thinly sliced red beet
- 2 Tbsp. shaved carrot
- 2 Tbsp. chopped walnuts
- 2 Tbsp. crumbled goat or feta cheese

1. Combine tahini, juice, and syrup in a small bowl. Arrange spinach on a plate or in a container; top with lentils and remaining ingredients. Drizzle tahini mixture over top.

SERVES 1

CALORIES 358; **FAT** 19.3g (sat 4.5g, mono 4.3g, poly 9.5g); **PROTEIN** 17g; **CARB** 34g; **FIBER** 12g; **SUGARS** 7g (est. added sugars 2g); **CHOL** 17mg; **IRON** 6mg; **SODIUM** 297mg; **CALC** 177mg

YOUR SALAD BLUEPRINT

Include all five categories for a satisfying lunch every time.

THE BASE

Hearty greens hold the weight of toppers and dressings.

TRY: baby spinach, baby kale, torn romaine

THE PROTEIN

Just an ounce or two is all you need; think beyond meat.

TRY: beans, good canned tuna, hard-cooked eggs, hummus

THE COLOR

Excite the eyes and the palate while adding more nutrients.

TRY: bell peppers, tomatoes, carrots, beets, squash

THE CRUNCH

We crave it, just like salty or sweet. Add now; avoid the vending machine later.

TRY: nuts, toasted grains, whole-grain crackers, crisp vegetables

THE FAT

It's satisfying, filling, and helpful in absorbing other nutrients.

TRY: avocado, olive oil–based dressings, nut butters

ILLUSTRATIONS: (TOP TO BOTTOM) IMOGEN OH, IRENE HOFFMAN, IMOGEN OH, TOMAS KNOPP, LASTSPARK (ALL FROM THE NOUN PROJECT)

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GOOD FOOD FAST

YOUR NEW WEEKNIGHT ESSENTIALS

DEMAND MORE FROM YOUR **GO-TO DINNER STAPLES**: MORE WHOLE GRAINS AND PRODUCE, MORE BOLD FLAVORS, AND LESS MEAT AND PROCESSED FOODS. MAKE OVER YOUR LARDER THIS MONTH WITH A MASTER LIST OF **SUPER-VERSATILE INGREDIENTS**—ALL YOU NEED TO CONJURE 15 NEW FAST MAINS.

RECIPES BY HANNAH KLINGER AND ANN TAYLOR PITTMAN
PHOTOGRAPHY BY JENNIFER CAUSEY

THE NEW ESSENTIALS

SCALE THIS SHOPPING LIST UP OR DOWN DEPENDING ON YOUR MENU PLAN. STOCK UP ON FREEZER AND PANTRY ITEMS NOW FOR AN EVEN SHORTER WEEKLY SHOPPING LIST.

PRODUCE

Apples (Fuji, Honeycrisp, or Pink Lady)
Baby kale
Green onions
Carrots
Celery
Flat-leaf parsley
Grape tomatoes
Jalapeños
Microwave-in-bag haricots verts (French green beans)
Poultry herbs
Presliced cremini mushrooms
Radishes
Red onion
Sweet potatoes

DAIRY

Parmesan cheese
Plain 2% reduced-fat Greek yogurt
Preshredded 2% reduced-fat Mexican-blend cheese

MEAT

90% lean ground sirloin
Center-cut bacon
Skinless, boneless chicken thighs

FREEZER

Frozen green peas
Frozen peeled and deveined medium shrimp
Frozen steam-in-bag broccoli florets

PANTRY

15-oz. can(s) unsalted cannellini beans
15- or 28-oz. can(s) unsalted crushed tomatoes
Bottled roasted red bell peppers
Quinoa
Rice vinegar
Sliced almonds
Whole-grain penne pasta
Whole-wheat gnocchi (such as Gia Russa)

BREADS

6-inch corn tortillas
6-inch whole-wheat pitas

THE SPICES

THESE SIX SPICES BUILD THE SAVORY, SMOKY, OR SPICY BACKBONE FOR SO MANY DISHES.

Chili powder
Crushed red pepper
Freshly ground black pepper
Ground cumin
Ground red pepper
Smoked paprika

THE BASICS

THESE 12 ITEMS SHOULD ALREADY BE IN YOUR PANTRY OR FRIDGE. IF YOU RUN OUT, GO AHEAD AND RESTOCK.

2% reduced-fat milk
Butter
Canola oil
Dijon mustard
Eggs
Garlic
Lemons
Light brown sugar
Olive oil
Reduced-sodium soy sauce
Unbleached all-purpose flour
Unsalted chicken stock (such as Swanson)

THE NEW ESSENTIALS

HARICOTS VERTS
The snap bean's slender French cousin cooks in a couple of minutes for an easy side or crisp-tender stir-in for many dishes.

RADISHES
Raw is fine, but pickled, sautéed, or roasted is divine. You'll wonder how you ever did without them.

QUINOA
Move over, spuds and rice. This quick-cooking, protein-packed whole grain is the new everyday starch in your pantry.

RED ONION
Pungent enough to hold its own, sturdy enough to add great crunch, and pretty enough to showcase.

Burger Steaks with Mushroom Gravy, Sweet Potato Wedges, and Haricots Verts
Recipe p. 130

STAFF FAVE

THE NEW ESSENTIALS

POULTRY HERBS
One package includes just enough fresh sage, rosemary, and thyme, while packages of single herbs tend to spoil before they're used.

SWEET POTATOES
Nutrition abounds in these versatile spuds; plain potatoes need much more dressing up.

Sweet Potato and White Bean Soup
Recipe p. 134

Kale and Mushroom Quinoa with Romesco
Recipe p. 126

Kale, Mushroom, and Bacon Pita Pizzas
Recipe p. 126

THE NEW ESSENTIALS

WHOLE-WHEAT PITAS
Not just for stuffing, pitas are an instant pizza base and your all-purpose bread for breadcrumbs.

SLICED CREMINI MUSHROOMS
Meaty, no-prep mushrooms add richness and earthiness to gravies, sautés, and stir-fries.

Beef and White Bean Chili
Recipe p. 132

Stacked Chicken Enchiladas
Recipe p. 128

THE NEW ESSENTIALS

CANNED UNSALTED CANNELLINI BEANS
Buttery, starchy, and tender, this bean succeeds as a creamy mash, chili base, or filling.

JALAPEÑOS
So much more than a garnish. Char in the pan, pickle, or chop for relishes and marinades.

CANNED UNSALTED CRUSHED TOMATOES
The only tomato base you really need, no straining or blending required.

CORN TORTILLAS
Many Mexican dishes apply. Use for tacos, layer like lasagna, or blend into soup.

THE NEW ESSENTIALS

BABY KALE
Your all-purpose green. It's tender enough for salad and sturdy enough for wilting and blending, with zero prep.

APPLES
Crisp, sweet-tart varieties (Fuji, Honeycrisp, Pink Lady) add freshness and crunch—or a juicy, sweet contrast to seared or roasted meats.

SKINLESS, BONELESS CHICKEN THIGHS
Vastly underrated thighs are rich and moist, perfect for stewing, grilling, or searing.

Kale, Apple, and Almond Chicken Salad
Recipe p. 128

Skillet Apple Chicken Thighs
Recipe p. 130

Kale Pesto Pasta with Shrimp
Recipe p. 128

COOK THE COVER!

SKILLET APPLE PORK CHOPS

This dish also works beautifully with pork chops—a twist that's weeknight-fast yet fit for company and makes us simply giddy for fall. Sub 4 (6-ounce) bone-in pork chops for the chicken thighs, searing 5 minutes on each side. Like the thighs, the chops will finish cooking in the apple mixture.

SERVES 4
(serving size: 1 chop and about 2/3 cup apple mixture)
CALORIES 254; **FAT** 9.6g (sat 2g, mono 5.3g, poly 1.1g); **PROTEIN** 27g; **CARB** 15g; **FIBER** 3g; **SUGARS** 10g (est. added sugars 0g); **CHOL** 81mg; **IRON** 1mg; **SODIUM** 476mg; **CALC** 36mg

THE NEW ESSENTIALS

FROZEN STEAM-IN-BAG BROCCOLI FLORETS
These store much longer than fresh, adding green-veggie heft to any main dish or acting as a simple, ready-to-go side.

PRESHREDDED 2% REDUCED-FAT MEXICAN-BLEND CHEESE
No need to overstock your dairy drawer—this mild, slightly salty four-cheese blend is all you need.

Beef and Broccoli Stuffed Sweet Potatoes
Recipe p. 132 »

Broccoli and Cheddar Chicken Pasta
Recipe p. 134 »

THE NEW ESSENTIALS

WHOLE-WHEAT GNOCCHI

A faster alternative to pasta, gnocchi sear beautifully, meld well in a skillet sauté, and plump into tender pillows when added to soup.

FROZEN GREEN PEAS

They cook instantly, keep well, and add a fresh, springy note to any dish any time of the year.

Chicken and Gnocchi Dumpling Soup
Recipe p. 130

STAFF FAVE

Pea, Tomato, and Bacon Gnocchi
Recipe p. 126

KALE, MUSHROOM, AND BACON PITA PIZZAS

Active: 30 min. Total: 30 min.

For a satisfying vegetarian main, omit the bacon; instead, sauté the vegetables in 2 teaspoons olive oil, and sprinkle pizzas with 1 ounce shaved Parmesan cheese for a hit of salty, savory flavor.

- 2 (6-in.) whole-wheat pitas
- 1 Tbsp. olive oil
- 1 tsp. minced fresh rosemary
- ½ tsp. grated lemon rind
- 1 Tbsp. fresh lemon juice
- ½ tsp. freshly ground black pepper, divided
- ¼ tsp. kosher salt, divided
- 1 (15-oz.) can unsalted cannellini beans, rinsed and drained
- 2 center-cut bacon slices
- 1 cup thinly vertically sliced red onion
- 3 garlic cloves, thinly sliced
- 1 (8-oz.) pkg. presliced cremini mushrooms
- ½ cup halved grape tomatoes
- 4 cups baby kale

1. Preheat broiler to high.
2. Split each pita in half horizontally into rounds. Arrange pita rounds on a baking sheet; broil 1 minute on each side or until toasted.
3. Place oil, rosemary, rind, juice, ¼ teaspoon pepper, ⅛ teaspoon salt, and beans in the bowl of a mini food processor; process until mixture is smooth.
4. Cook bacon in a large skillet over medium-high heat about 5 minutes or until crisp. Remove bacon from pan with a slotted spoon; crumble. Add onion and garlic to drippings in pan; sauté 5 minutes. Add mushrooms; cook 4 minutes or until browned, stirring occasionally. Add tomatoes; cook 2 minutes, stirring occasionally. Add kale to pan in batches, stirring until kale wilts.
5. Spread bean mixture evenly over rough side of pita halves; top evenly with kale mixture. Sprinkle with bacon, remaining ¼ teaspoon pepper, and remaining ⅛ teaspoon salt.

SERVES 4 *(serving size: 1 pizza)*
CALORIES 314; **FAT** 11.9g (sat 2.8g, mono 5.5g, poly 1.4g); **PROTEIN** 13g; **CARB** 41g; **FIBER** 9g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 10mg; **IRON** 3mg; **SODIUM** 492mg; **CALC** 139mg

PEA, TOMATO, AND BACON GNOCCHI

Active: 18 min. Total: 30 min.

Sweet peas, salty bacon, and slightly acidic tomatoes complete this colorful skillet main. Chop the bacon first, as we do, or cook whole slices until crisp, remove from the pan, and crumble.

- 1 (16-oz.) pkg. whole-wheat gnocchi (such as Gia Russa)
- 1 cup frozen green peas
- 2 center-cut bacon slices, chopped
- ½ cup chopped green onions
- 2 garlic cloves, minced
- 1 cup halved grape tomatoes
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. grated Parmesan cheese

1. Bring a large saucepan filled with water to a boil over high heat. Add gnocchi; cook 2 to 3 minutes or until gnocchi float to the surface. Add peas; cook 1 minute. Drain in a colander over a bowl, reserving ⅓ cup cooking liquid.
2. Cook bacon in a large skillet over medium-high heat 4 minutes or until crisp. Remove bacon from pan with a slotted spoon. Add onions and garlic to drippings in pan; cook 4 minutes, stirring occasionally. Add tomatoes; cook 5 minutes or until slightly broken down, stirring occasionally. Add reserved ⅓ cup cooking liquid; cook 2 minutes. Add gnocchi mixture to pan; toss to coat. Stir in bacon and pepper. Sprinkle with cheese.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 301; **FAT** 8.7g (sat 2.8g, mono 3.2g, poly 0.8g); **PROTEIN** 10g; **CARB** 44g; **FIBER** 10g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 13mg; **IRON** 5mg; **SODIUM** 640mg; **CALC** 68mg

KALE AND MUSHROOM QUINOA WITH ROMESCO

Active: 25 min. Total: 40 min.

You'll have plenty of smoky romesco sauce—enough for a generous dollop on top.

- 1 (6-in.) whole-wheat pita, cut into 6 wedges
- 1 cup drained and chopped bottled roasted red bell peppers
- ¼ cup sliced almonds, toasted
- ¼ cup olive oil, divided
- 2 Tbsp. fresh lemon juice
- ¾ tsp. kosher salt, divided
- ½ tsp. smoked paprika
- 2 to 4 Tbsp. water
- 2½ cups unsalted chicken stock (such as Swanson)
- 1¼ cups uncooked quinoa, rinsed and drained
- 3 green onions, chopped, white and green parts divided
- 2 (8-oz.) pkg. presliced cremini mushrooms
- 3 garlic cloves, minced
- 5 oz. baby kale
- 4 large eggs in shells

1. Preheat broiler to high.
2. Arrange pita wedges on a baking sheet. Broil 1 minute on each side or until toasted. Break into pieces.
3. Place pita, peppers, almonds, 2 tablespoons oil, juice, ¼ teaspoon salt, and paprika in a food processor; process until smooth. Add water, 1 tablespoon at a time, pulsing after each addition until sauce reaches desired consistency.
4. Bring stock and quinoa to a boil in a saucepan. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Stir in ¼ teaspoon salt and white parts of green onions.
5. Heat remaining 2 tablespoons oil in a large skillet over medium-high. Add mushrooms and garlic; cook 8 minutes or until mushrooms brown. Add kale to pan in batches, stirring until wilted. Stir in remaining ¼ teaspoon salt.
6. Bring a medium saucepan filled with water to a boil. Carefully add eggs to pan; boil 6 minutes. Remove eggs from pan; place in ice water to cool. Peel and halve eggs.
7. Spoon about ¾ cup quinoa mixture into each of 4 bowls; top each serving with about ½ cup mushroom mixture, ¼ cup sauce, and 2 egg halves. Sprinkle with green parts of green onions.

SERVES 4
CALORIES 519; **FAT** 25.1g (sat 4.1g, mono 14.4g, poly 5.1g); **PROTEIN** 22g; **CARB** 53g; **FIBER** 7g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 186mg; **IRON** 5mg; **SODIUM** 722mg; **CALC** 169mg

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*11g of protein per serving. †Except for that naturally occurring in soy sauce and yeast extract.
**Except for that naturally occurring in sea salt. © 2016 Lorissa's Kitchen.

KALE, APPLE, AND ALMOND CHICKEN SALAD

Active: 35 min. Total: 35 min.

A simple lemon vinaigrette doubles as a marinade. Make sure to pat the chicken dry before searing, or the excess liquid will keep the meat from browning.

- ¼ cup olive oil
- 1 tsp. grated lemon rind
- 3 Tbsp. fresh lemon juice
- 2 tsp. chopped fresh thyme
- 1 tsp. Dijon mustard
- ½ tsp. kosher salt, divided
- ½ tsp. freshly ground black pepper, divided
- 12 oz. skinless, boneless chicken thighs
- Cooking spray
- 6 cups baby kale
- 2 medium carrots, peeled and thinly sliced diagonally
- 2 celery stalks, thinly sliced
- 1 apple, halved and cut into ¼-in.-thick slices
- ¼ cup sliced almonds, toasted

1. Combine oil, rind, juice, thyme, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper in a bowl, stirring with a whisk. Place 2 tablespoons juice mixture in a large ziplock plastic bag; reserve remaining juice mixture. Add chicken to bag; seal bag. Let stand at room temperature 10 minutes, turning bag occasionally.
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Remove chicken from marinade; discard marinade. Pat chicken dry. Sprinkle chicken with remaining ¼ teaspoon salt. Add chicken to pan; cook 5 minutes on each side or until done. Place chicken on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.
3. Combine kale, carrots, celery, and apple in large bowl. Add remaining juice mixture; toss to coat. Divide kale mixture evenly among 4 plates; top evenly with chicken. Sprinkle with almonds and remaining ¼ teaspoon pepper.

SERVES 4 *(serving size: about 3 oz. chicken and 2 cups salad)*
CALORIES 318; **FAT** 20.6g (sat 3g, mono 12.9g, poly 3g); **PROTEIN** 20g; **CARB** 14g; **FIBER** 4g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 81mg; **IRON** 2mg; **SODIUM** 447mg; **CALC** 159mg

KALE PESTO PASTA WITH SHRIMP

Active: 20 min. Total: 20 min.

Making pesto out of leafy greens is a great way to pack lots of veggies into each serving of pasta.

- 8 oz. uncooked whole-grain penne pasta
- 12 oz. medium peeled and deveined frozen shrimp, thawed
- ¼ cup sliced almonds, toasted
- 2 tsp. grated lemon rind
- 4 oz. baby kale
- 2 garlic cloves
- ½ tsp. kosher salt
- ¼ tsp. crushed red pepper
- ¼ tsp. freshly ground black pepper
- 1½ oz. Parmesan cheese, grated and divided (about ⅓ cup)
- ¼ cup olive oil

1. Cook pasta according to package directions, omitting salt and fat. Add shrimp to pan during last 2 minutes of cooking. Drain pasta mixture in a colander over a bowl, reserving ⅔ cup pasta cooking liquid. Place pasta mixture in a bowl.
2. Place almonds, rind, kale, and garlic in the bowl of a food processor; pulse until finely chopped. Add reserved ⅔ cup pasta cooking liquid, salt, red pepper, black pepper, and 3 tablespoons cheese; pulse until smooth. With food processor running, pour oil through food chute in a slow, steady stream, processing until smooth.
3. Add kale mixture to pasta mixture; toss to coat. Sprinkle with remaining 2 tablespoons cheese.

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 472; **FAT** 21.7g (sat 4.2g, mono 12.7g, poly 2.9g); **PROTEIN** 24g; **CARB** 46g; **FIBER** 8g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 114mg; **IRON** 3mg; **SODIUM** 575mg; **CALC** 241mg

STACKED CHICKEN ENCHILADAS

Active: 25 min. Total: 40 min.

We skip the time-consuming task of rolling each enchilada in favor of a layered casserole approach.

- 1½ tsp. olive oil
- 12 oz. skinless, boneless chicken thighs
- ⅝ tsp. kosher salt, divided
- ½ cup plain 2% reduced-fat Greek yogurt
- ¼ cup chopped green onions, divided
- 1 medium-size red onion, cut into ½-in. slices
- 1 medium jalapeño
- 4 garlic cloves
- 1½ cups canned unsalted crushed tomatoes
- ¼ cup unsalted chicken stock (such as Swanson)
- 1 tsp. ground cumin
- 6 (6-in.) corn tortillas, divided
- Cooking spray
- 4 oz. preshredded 2% reduced-fat Mexican-blend cheese (about 1 cup), divided

1. Preheat oven to 425°F.
2. Heat oil in a nonstick skillet over medium-high. Add chicken to pan; cook 4 minutes on each side. Remove from pan; cool slightly. Shred chicken; sprinkle with ⅛ teaspoon salt. Combine chicken, yogurt, and 2 tablespoons green onions in a bowl.
3. Heat a large cast-iron skillet over high. Add red onion and jalapeño; cook 4 minutes, turning occasionally. Add garlic to pan; cook 4 minutes or until vegetables are charred on all sides. Place remaining ½ teaspoon salt, jalapeño mixture, tomatoes, stock, and cumin in a blender; blend until smooth.
4. Place 2 tortillas in the bottom of an 8-inch square baking dish coated with cooking spray, tearing tortillas as needed to fit in a single layer. Spread ½ cup tomato mixture over tortillas in dish; top with half of chicken mixture and ¼ cup shredded cheese. Repeat layers once with 2 tortillas, ½ cup tomato mixture, remaining chicken mixture, and ¼ cup cheese. Top with the remaining 2 tortillas, remaining ¾ cup tomato mixture, and remaining ½ cup cheese. Bake at 425°F for 15 minutes. Top with remaining 2 tablespoons green onions.

SERVES 4
CALORIES 348; **FAT** 14.5g (sat 5.2g, mono 5.2g, poly 1.8g); **PROTEIN** 29g; **CARB** 28g; **FIBER** 5g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 101mg; **IRON** 1mg; **SODIUM** 613mg; **CALC** 329mg

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CHICKEN AND GNOCCHI DUMPLING SOUP

Active: 14 min. Total: 27 min.

Homey and hearty chicken and dumplings has never been faster or easier, thanks to store-bought gnocchi. Browned bits from the seared chicken thighs create a rich base for the soup.

- 1 Tbsp. olive oil
- 12 oz. skinless, boneless chicken thighs, cut into bite-size pieces
- ½ tsp. kosher salt, divided
- 1½ cups chopped red onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh thyme
- 5 cups unsalted chicken stock (such as Swanson), divided
- 8 oz. whole-wheat gnocchi (such as Gia Russa)
- 2 Tbsp. all-purpose flour
- 1 cup frozen green peas
- ½ tsp. freshly ground black pepper

1. Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with ¼ teaspoon salt. Add chicken to pan; cook 5 minutes or until browned, stirring occasionally. Remove chicken from pan.

2. Add onion, celery, carrot, rosemary, and thyme to pan; cook 7 minutes or until vegetables are tender. Add 4 cups stock, scraping pan to loosen browned bits. Bring to a boil; reduce heat, and simmer 8 minutes. Add gnocchi to pan; cook 3 minutes or until gnocchi float to the surface.

3. Combine remaining 1 cup stock and flour in a bowl, stirring with a whisk. Slowly add stock mixture to pan, stirring constantly with a whisk. Stir in chicken and peas; cook 5 minutes. Stir in remaining ¼ teaspoon salt and pepper.

SERVES 6 *(serving size: 1⅓ cups)*
CALORIES 224; **FAT** 5.2g (sat 1g, mono 2.5g, poly 0.9g); **PROTEIN** 19g; **CARB** 24g; **FIBER** 5g; **SUGARS** 5g (est. added sugars 1g); **CHOL** 54mg; **IRON** 3mg; **SODIUM** 515mg; **CALC** 54mg

SKILLET APPLE CHICKEN THIGHS

Active: 26 min. Total: 26 min.

This dish is perfect for easing into fall and comes together in one pan to boot. As noted on page 123, to make our cover recipe, use 4 (6-ounce) bone-in pork chops in place of chicken thighs.

- 1½ Tbsp. olive oil, divided
- 4 (4-oz.) skinless, boneless chicken thighs
- ¾ tsp. kosher salt, divided
- ¾ tsp. freshly ground black pepper, divided
- ½ cup unsalted chicken stock (such as Swanson)
- 1 tsp. Dijon mustard
- 1 Tbsp. chopped fresh sage
- 1½ tsp. chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced

1. Heat a large skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl to coat. Sprinkle chicken evenly with ⅜ teaspoon salt and ⅜ teaspoon pepper. Add chicken to pan; cook 4 minutes on each side or until chicken is done. Remove from pan.

2. Combine stock and mustard, stirring with a whisk. Add remaining 1 tablespoon oil to pan; swirl. Add remaining ⅜ teaspoon salt, remaining ⅜ teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return chicken to pan; cook 3 minutes or until liquid is reduced by half.

SERVES 4 *(serving size: 1 thigh and about ⅔ cup apple mixture)*
CALORIES 354; **FAT** 24.1g (sat 5.8g, mono 11.5g, poly 4.5g); **PROTEIN** 20g; **CARB** 15g; **FIBER** 3g; **SUGARS** 10g (est. added sugars 0g); **CHOL** 111mg; **IRON** 1mg; **SODIUM** 495mg; **CALC** 27mg

BURGER STEAKS WITH MUSHROOM GRAVY, SWEET POTATO WEDGES, AND HARICOTS VERTS

Active: 38 min. Total: 38 min.

Microwaving the potatoes gets them tender in minutes; roasting gets them the crispy edge we love.

- 3 (8-oz.) sweet potatoes
- 1½ Tbsp. olive oil, divided
- Cooking spray
- 1 tsp. freshly ground black pepper, divided
- ¾ tsp. kosher salt, divided
- 1 lb. 90% lean ground sirloin
- ½ cup chopped red onion
- 1½ tsp. chopped fresh rosemary
- 1 (8-oz.) pkg. presliced cremini mushrooms
- ¼ cup water
- 1 cup unsalted chicken stock (such as Swanson)
- 1 Tbsp. all-purpose flour
- 1 (8-oz.) pkg. microwave-in-bag haricots verts (French green beans)
- 1½ tsp. unsalted butter
- 1 Tbsp. chopped parsley

1. Place a rimmed baking sheet in oven. Preheat oven to 450°F (leave pan in oven as it preheats).

2. Place sweet potatoes in a microwave-safe dish. Cover with plastic wrap; pierce 2 or 3 times to vent. Microwave at HIGH 5 minutes or until just tender. Cool slightly. Cut each potato lengthwise into 8 wedges; return to dish. Drizzle with 1 tablespoon oil; toss. Remove baking sheet from oven; coat with cooking spray. Arrange potato wedges on pan. Bake at 450°F for 18 minutes, stirring after 9 minutes. Sprinkle with ¼ teaspoon pepper and ¼ teaspoon salt.

3. Heat a large cast-iron skillet over medium-high. Shape beef into 4 (½-inch-thick) patties; sprinkle with ¼ teaspoon pepper and ¼ teaspoon salt. Coat pan with cooking spray. Add patties to pan; cook 3 minutes on each side. Remove from pan.

4. Add remaining 1½ teaspoons oil to pan; swirl. Add onion, rosemary, and mushrooms; cook 5 minutes. Add ¼ cup water, scraping pan to loosen browned bits.

5. Combine stock and flour in a bowl. Add stock mixture, remaining ½ teaspoon pepper, and remaining ¼ teaspoon salt to mushroom mixture; bring to a boil. Add patties; cook 4 minutes.

6. Cook beans according to package directions. Place in a bowl. Add butter; toss. Divide potatoes, beans, and patties among 4 plates. Top patties evenly with mushroom mixture and parsley.

SERVES 4 *(serving size: 1 patty, about ⅓ cup mushroom mixture, ½ cup beans, and 6 wedges)*
CALORIES 460; **FAT** 18.6g (sat 6g, mono 8.8g, poly 2.1g); **PROTEIN** 30g; **CARB** 45g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 78mg; **IRON** 5mg; **SODIUM** 582mg; **CALC** 111mg

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Weeknight Lemon Chicken Skillet Dinner

This meal kit includes red potatoes, chicken breast, crimini mushrooms, lemon, green beans, dried thyme, vegetable stock and parsley.

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BEEF AND BROCCOLI STUFFED SWEET POTATOES

Active: 25 min. Total: 25 min.

Russets aren't the only spuds worth stuffing. Smoke and heat, achieved with chili powder and ground red pepper, work particularly well with sweet potatoes.

- 4 (8-oz.) sweet potatoes
- 1 Tbsp. canola oil, divided
- 1 cup chopped red onion
- ¾ cup drained and chopped bottled roasted red bell peppers
- 4 garlic cloves, minced
- 2 tsp. chili powder
- ½ tsp. kosher salt, divided
- ½ tsp. ground cumin
- ¼ tsp. ground red pepper
- 10 oz. 90% lean ground sirloin
- 2 cups frozen steam-in-bag broccoli florets
- 2 oz. preshredded 2% reduced-fat Mexican-blend cheese (about ½ cup)
- ¼ cup chopped green onions

1. Rub sweet potatoes with 1½ teaspoons oil; pierce several times with a fork. Microwave at HIGH 12 to 15 minutes or until potatoes are tender.

2. Heat a large skillet over medium-high. Add remaining 1½ teaspoons oil; swirl to coat. Add onion and red bell peppers; cook 5 minutes or until tender, stirring frequently. Add garlic, and cook 3 minutes, stirring frequently. Stir in chili powder, ¼ teaspoon salt, cumin, and ground red pepper. Add beef; cook 6 minutes or until browned, stirring to crumble.

3. Preheat broiler to high.

4. Heat broccoli according to package directions; stir into beef mixture. Arrange potatoes on a baking sheet. Partially split potatoes lengthwise; fluff the flesh with a fork. Top potatoes evenly with beef mixture, remaining ¼ teaspoon salt, and cheese. Broil 30 seconds or until cheese melts. Sprinkle with green onions.

SERVES 4 *(serving size: 1 stuffed potato)*
CALORIES 422; **FAT** 12.6g (sat 4.4g, mono 5.5g, poly 1.4g); **PROTEIN** 22g; **CARB** 55g; **FIBER** 9g; **SUGARS** 13g (est. added sugars 0g); **CHOL** 52mg; **IRON** 3mg; **SODIUM** 583mg; **CALC** 269mg

LEMON-GARLIC SHRIMP WITH RADISH AND GREEN BEAN QUINOA

Active: 25 min. Total: 25 min.

Radishes become tender and blushing pink when sautéed, a lovely addition to the quinoa.

- 3 Tbsp. butter, divided
- 1 cup chopped red onion
- 5 teaspoons minced garlic, divided
- 1 cup uncooked quinoa, rinsed and drained
- 1½ cups water
- ¾ tsp. kosher salt, divided
- 8 oz. microwave-in-bag haricots verts (French green beans), halved
- 8 radishes, quartered
- 2 tablespoons fresh lemon juice, divided
- 1 Tbsp. olive oil
- 1 lb. frozen peeled and deveined medium shrimp, thawed
- 1 tsp. grated lemon rind
- 2 Tbsp. chopped fresh flat-leaf parsley

1. Melt 1 tablespoon butter in a medium saucepan over medium-high heat. Add onion and 2 teaspoons garlic; sauté 2 minutes. Add quinoa; cook 3 minutes, stirring frequently. Add 1½ cups water; bring to a boil. Reduce heat; cover and simmer 12 minutes or until liquid is absorbed. Remove pan from heat; let stand, covered, 10 minutes.

2. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add ¼ teaspoon salt, beans, and radishes. Reduce heat; cover and cook 6 minutes, stirring occasionally. Remove pan from heat; stir in quinoa mixture, ¼ teaspoon salt, and 1 tablespoon juice.

3. Heat another skillet over medium heat. Add remaining 1 tablespoon butter and oil to pan; swirl until butter melts. Add remaining 1 tablespoon garlic; sauté 1 minute. Add shrimp; cook 3 to 4 minutes or until done. Remove pan from heat; stir in remaining ¼ teaspoon salt, rind, remaining 1 tablespoon juice, and parsley. Serve with quinoa mixture.

SERVES 4 *(serving size: 4 oz. shrimp and about 1½ cups quinoa mixture)*
CALORIES 386; **FAT** 16g (sat 6.4g, mono 5.5g, poly 2.3g); **PROTEIN** 23g; **CARB** 38g; **FIBER** 6g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 166mg; **IRON** 3mg; **SODIUM** 616mg; **CALC** 126mg

BEEF AND WHITE BEAN CHILI

Active: 30 min. Total: 30 min.

Blended corn tortillas add a delicious masa flavor and give the chili extra body.

- 1 large red onion
- 1 large jalapeño
- 3 cups unsalted chicken stock (such as Swanson)
- 2 (6-in.) corn tortillas, torn into pieces
- 1 Tbsp. olive oil
- 8 oz. 90% lean ground sirloin
- 5 garlic cloves, minced
- 1½ Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 2 cups canned unsalted crushed tomatoes
- ½ tsp. kosher salt
- 1 (15-oz.) can unsalted cannellini beans, rinsed and drained
- ¼ cup plain 2% reduced-fat Greek yogurt
- 2 oz. preshredded 2% reduced-fat Mexican-blend cheese (about ½ cup)

1. Heat a large cast-iron skillet over high. Cut 2 (½-inch-thick) round slices from onion. Chop remaining onion; reserve. Add onion slices and jalapeño to pan; cook 8 minutes, turning to char on all sides. Remove onion slices; chop. Remove jalapeño; thinly slice.

2. Combine stock and tortillas in a food processor; process until combined.

3. Heat oil in a large Dutch oven over medium-high. Add beef; cook 6 minutes, stirring to crumble. Add reserved chopped fresh onion and garlic; cook 5 minutes. Stir in chili powder, cumin, and paprika. Stir in stock mixture, tomatoes, salt, and beans; bring to a simmer. Cook 10 minutes. Place 1¾ cups chili in each of 4 bowls. Top each serving with 1 tablespoon yogurt, 2 tablespoons cheese, charred chopped onion, and jalapeño.

SERVES 4
CALORIES 375; **FAT** 13.8g (sat 4.5g, mono 5g, poly 0.8g); **PROTEIN** 29g; **CARB** 36g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 48mg; **IRON** 3mg; **SODIUM** 639mg; **CALC** 218mg

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SWEET POTATO AND WHITE BEAN SOUP

Active: 33 min. Total: 33 min.

Mild cannellini beans give the soup body and protein without distracting from the rich sweet potato flavor. Chopped apple and Greek yogurt on top add a tart and tangy contrast.

- ¼ cup water
- 2 lb. sweet potatoes, cut lengthwise into quarters
- 2 tsp. butter
- 1 cup chopped red onion
- 1 Tbsp. chopped fresh sage
- 5 garlic cloves, minced
- 2 cups unsalted chicken stock (such as Swanson)
- 1 cup canned unsalted cannellini beans, rinsed and drained
- 1 cup 2% reduced-fat milk
- ¾ tsp. kosher salt
- ½ tsp. freshly ground black pepper, divided
- 1 cup diced apple
- ¼ cup plain 2% reduced-fat Greek yogurt

1. Place ¼ cup water and potatoes in a microwave-safe 8-inch square baking dish. Cover with plastic wrap; pierce plastic 3 or 4 times with a fork. Microwave at HIGH 15 minutes or until potatoes are very tender. Remove plastic wrap; cool.
2. Melt butter in a large Dutch oven over medium heat. Add onion, sage, and garlic; cook 7 minutes or until tender, stirring occasionally. Add stock; bring to a simmer.
3. Remove potato skins; discard skins. Place potatoes, stock mixture, beans, milk, salt, and ¼ teaspoon black pepper in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in lid; process until smooth. Return pureed soup to pan over medium heat; cook 4 to 5 minutes or until thoroughly heated.
4. Divide soup among 4 bowls; top each serving with ¼ cup apple and 1 tablespoon yogurt. Sprinkle evenly with remaining ¼ teaspoon pepper.

SERVES 4 *(serving size: about 1¼ cups)*
CALORIES 354; **FAT** 4.2g (sat 2.2g, mono 1g, poly 0.2g); **PROTEIN** 13g; **CARB** 68g; **FIBER** 11g; **SUGARS** 19g (est. added sugars 0g); **CHOL** 11mg; **IRON** 3mg; **SODIUM** 623mg; **CALC** 203mg

BROCCOLI AND CHEDDAR CHICKEN PASTA

Active: 29 min. Total: 29 min.

Instead of adding broccoli florets to the pasta, a double serving is incorporated into the creamy sauce. Heat the broccoli and sear the chicken while the pasta cooking water comes to a boil.

- 8 oz. uncooked whole-grain penne pasta
- 2 cups frozen steam-in-bag broccoli florets
- 1 cup unsalted chicken stock (such as Swanson)
- 1 cup 2% reduced-fat milk
- 2 Tbsp. all-purpose flour
- Cooking spray
- 12 oz. skinless, boneless chicken thighs, cut into bite-size pieces
- ½ tsp. kosher salt, divided
- ½ tsp. freshly ground black pepper, divided
- 3 garlic cloves, minced
- 3 oz. preshredded 2% reduced-fat Mexican-blend cheese (about ¾ cup)
- 2 Tbsp. chopped green onions

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Heat broccoli according to package directions; cool slightly. Combine stock, milk, and flour in a bowl. Place broccoli and stock mixture in a blender; blend until smooth.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to pan; cook 4 minutes. Add garlic; cook 30 seconds, stirring constantly. Add broccoli mixture to pan; bring to a boil. Cook 5 minutes or until slightly thickened. Stir in pasta, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper. Stir in cheese. Top with green onions.

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 436; **FAT** 10.5g (sat 4.4g, mono 2.8g, poly 1.6g); **PROTEIN** 33g; **CARB** 52g; **FIBER** 7g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 99mg; **IRON** 3mg; **SODIUM** 564mg; **CALC** 348mg

QUINOA BIBIMBOP BOWLS

Active: 25 min. Total: 25 min.

Jalapeño seeds add heat to the spicy-sweet beef mixture; remove the seeds and membranes before mincing for sensitive palates.

- 1½ cups water
- 1 cup uncooked quinoa, rinsed and drained
- ¼ tsp. kosher salt
- ½ cup rice vinegar
- 1 large carrot, cut into 3-in. julienne strips
- 1 cup thinly vertically sliced red onion
- 4 radishes, very thinly sliced
- 1 (8-oz.) pkg. microwave-in-bag haricots verts (French green beans)
- 3 Tbsp. reduced-sodium soy sauce, divided
- 1 Tbsp. olive oil, divided
- 6 garlic cloves, minced
- 1 medium jalapeño, minced
- 12 oz. 90% lean ground sirloin
- 1 Tbsp. light brown sugar
- 4 large eggs

1. Bring 1½ cups water and quinoa to a boil in a small saucepan. Cover, reduce heat, and simmer for 12 minutes. Fluff quinoa with a fork. Stir in salt.
2. Bring rice vinegar to a boil in a small saucepan. Add carrot; cook 1 minute. Remove from heat; stir in onion and radishes. Cover; let stand 10 minutes. Drain.
3. Heat beans according to package directions. Combine beans, 1½ teaspoons soy sauce, and 1 teaspoon oil in a bowl, and toss to coat.
4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add garlic and jalapeño; sauté 1 minute. Add beef; cook 5 minutes, stirring to crumble. Stir in remaining 2½ tablespoons soy sauce and sugar; cook 1 minute. Place beef mixture in a bowl.
5. Return pan to medium-high heat. Crack eggs into pan; cook 2 minutes. Cover and cook 1½ minutes. Spoon ⅔ cup quinoa into each of 4 bowls; top each with ⅓ cup beef mixture, ½ cup carrot mixture, ¼ cup beans, and 1 egg.

SERVES 4
CALORIES 472; **FAT** 19.5g (sat 5.8g, mono 8.7g, poly 3.1g); **PROTEIN** 32g; **CARB** 42g; **FIBER** 6g; **SUGARS** 10g (est. added sugars 3g); **CHOL** 241mg; **IRON** 6mg; **SODIUM** 670mg; **CALC** 106mg

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Chipotle Pork Roast
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*Serving suggestion

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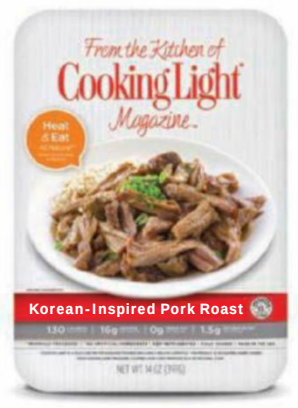
& Healthy Meal Options?

DELECTABLE DINNERS



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Korean-Inspired Pork Roast
with Brown Rice, Baby Bok Choy, Kimchi and Sesame Seeds*

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Seared Sliced Beef Sirloin
with Oven-Roasted Sweet Potato Fries and Steamed Broccoli*

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Seared Chicken Margherita
with Whole-Wheat Pasta, Fresh Basil and Parmesan Cheese*

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Go to cookinglight.com/familydinnerhero to vote for your favorite finalist. The winner earns a trip to our Test Kitchen to film a cooking video and more.

MEET THE NEW

Heroes of Family Dinner

We scoured the country looking for home cooks who embody the **COOKING LIGHT** mission.

Read on to see how these six finalists bring vibrant flavors to the family table and nourish the ones they love.

Then go online and vote for your favorite!

BY CINDY HATCHER

TYLER BLOCH

the rising star

JERICHO, NEW YORK

This 17-year-old does most of the meal planning, shopping, and prep for his family. And he loves every bit of it.

***COOKING LIGHT*:** What's your key to being a dinner hero?
TYLER BLOCH: Meal planning is so helpful. I love the whole shopping experience—I'm a bit of a food nerd that way. You also can't be afraid to try new things in the kitchen. It's when I learn the most, and it really makes cooking an adventurous activity, like climbing a mountain.

***CL*:** What's your most vivid cooking memory?
TB: Being in the *Chopped* kitchen. I was on a teen episode [of the Food Network show]. It was the craziest cooking experience of my life—so high pressure, and I was completely overwhelmed. I didn't make it through to the end, but I was so grateful for the experience.

***CL*:** You start college this fall. Will your cooking change?
TB: I'll have to get creative being in a dorm. It won't be an easy adjustment, but I'll be like 99% of people my age. Maybe that's not a bad thing! At home, my mom's going to have to step in to do the family's cooking. I'll try to teach her some of the basics before I go.

With my husband and me working late hours, it's a blessing to have Tyler make weeknight dinners for the family. His love of food has changed the way we eat for the better.

—Shelly Bloch, Tyler's mom

PHOTOGRAPHY: JUSTIN WALKER. LOGO TYPOGRAPHY: JORDAN METCALF

JESSICA DREYER

the explorer

LOS ANGELES

Plucking an unknown ingredient from an international store or chatting up a farmer at the weekly market doesn't intimidate this cook—and it shouldn't scare you either, she says.

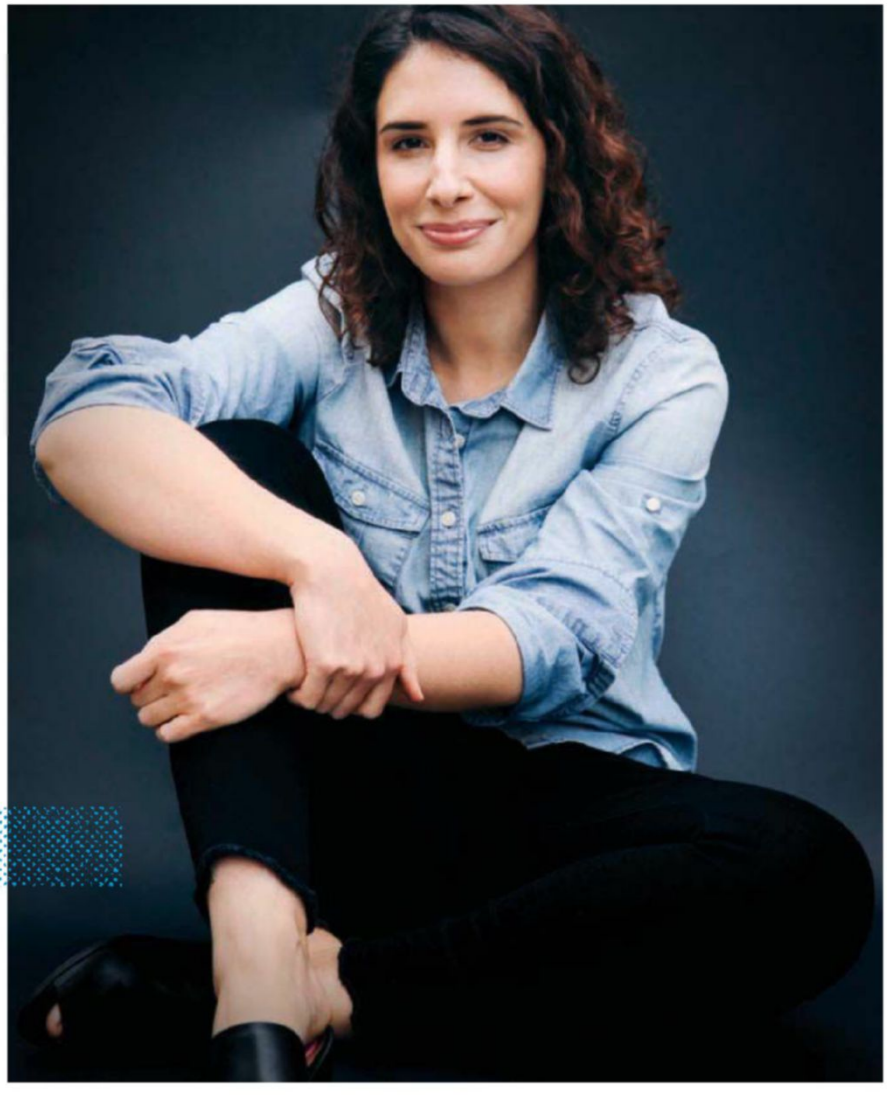
***COOKING LIGHT*:** Where do you find kitchen inspiration?
JESSICA DREYER: I read a ton of food blogs and magazines. I'm always curious to see what other people do. I built my repertoire by experimenting with Asian flavors and the basic building blocks of stir-fries and fried rice. When I first saw tamarind called for in a recipe, I had never heard of it, but I knew I would like it because I noticed it was in Thai, Indian, and Mexican cuisines—all things I like. So I threw some tamarind paste in my slow cooker with some pork to see what it tasted like. It can be fun to have a dish turn out a little different each time, yet still delicious. If it's a failure, it's not the end of the world.

***CL*:** What's your favorite way to entertain?
JD: I love to set up a "bar" party—like a top-your-own potato or chili party. They're a good way to feed a crowd, especially when people have dietary restrictions. And they work equally well for nicer parties or groups of obnoxious young men who've had too much to drink.

***CL*:** What do you tell friends who are intimidated in the kitchen?
JD: I see where they might worry they'll mess up, but if you're sharing with someone, it doesn't matter if it's "fancy" or not—they're just happy that you're sharing with them. There's no wrong answer. Just figure out what you like and don't like—it's like dating.

SHE CAN'T LIVE WITHOUT HER...

"I love my old Crock-Pot. It's a very '70s orange-and-brown floral pattern, but it can do anything. It's also great for dinner parties: I'll throw a pork loin or chicken thighs in before work, then come home and whip up some quick sides, and it's all ready to go," Jessica says.



PHOTOGRAPHY: AMY DICKERSON. ILLUSTRATIONS: LEANDRO CASTELAO

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> I feel special because she takes the time to plate each meal as if she were my private chef. From the swirl of the balsamic glaze to the placement of microgreens that she grows in the windowsill, every time at the table is a heroic production.
>
> *—Michael Blanks Jr., Rachel's husband*

RACHEL BLANKS

the educator

DAYTON, OHIO

This school administrator is serious about showing love through her cooking, but not so serious that she can't laugh at herself.

***COOKING LIGHT*:** How do you define a Family Dinner Hero?

RACHEL BLANKS: In my line of work, I know so many people who have so little yet get dinner on the table every day. They make the best of what they have.

Cooking has been my own therapy. I was diagnosed with multiple sclerosis in 2012. When the fatigue and pain sets in, I have to be OK with using my stand mixer instead of my whisk, a simple casserole instead of a three-course meal, or even asking my mom [pictured above, at left, along with Rachel's daughter, Reagan] for dinner if I just can't do it. MS is not about being limited; it's about knowing my limitations at the moment.

***CL*:** Tell us why inspiring kids to make better food choices is important to you.

RB: All of the kids at the school where I teach are on a free lunch program, and they're very picky eaters. We've started celebrating national food holidays so they can try different things—and it also exposes me to new things I may not have tried before. I had my first pistachio this year on National Pistachio Day. Sometimes the experiments are successes, sometimes not. Sometimes you have to present things in a different wrapper to get them to try it. That applies to me, too.

SHE CAN'T LIVE WITHOUT HER...

"If I could live inside a grill, I would. They should make that smoky smell into a cologne. I will run up to your husband and give him a hug if he smells like the grill," Rachel says. "I love to make a banana split on the grill. The fruit caramelizes, and the grill pulls out its smoky, sweet flavor."

PHOTOGRAPHY: JEREMY KRAMER

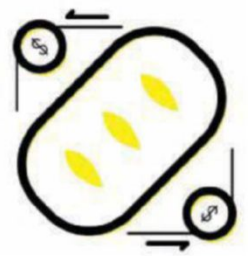
KALEIGH MCMORDIE

the budgeter

LUBBOCK, TEXAS

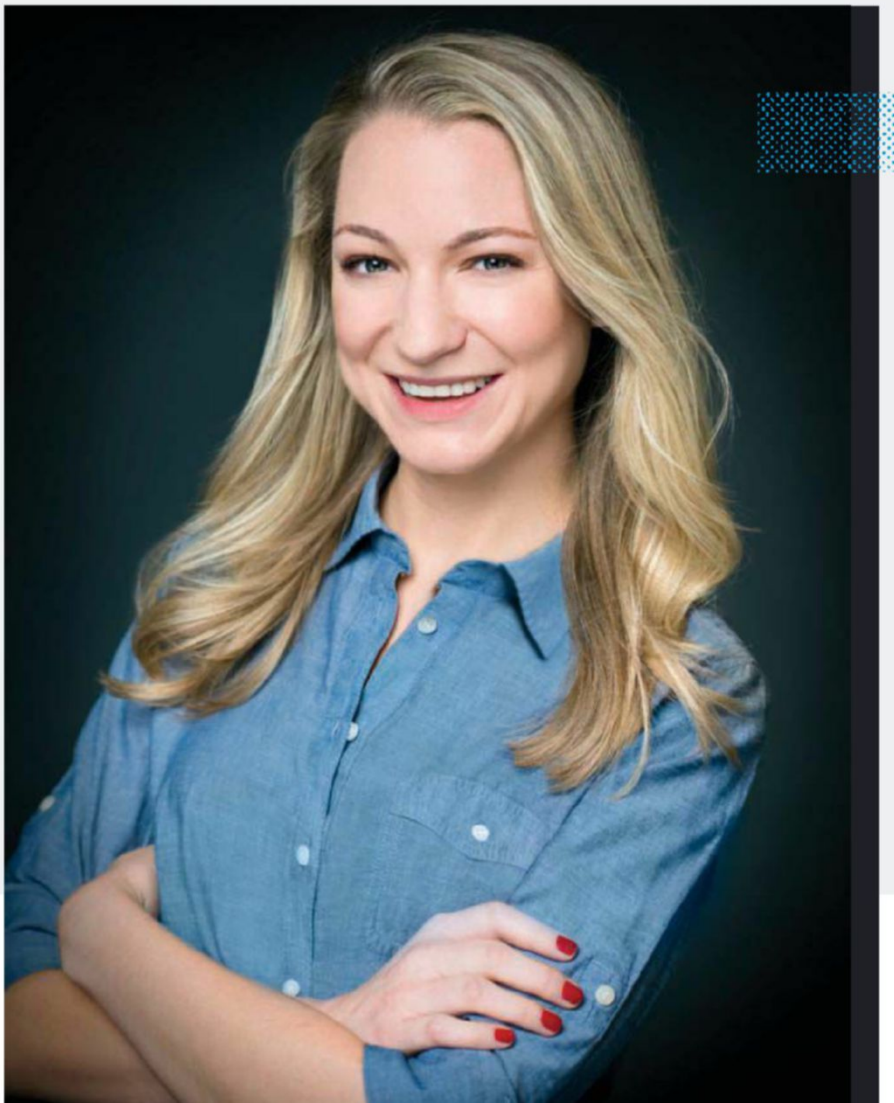
This blogger and dietetic intern knows the value of creativity when it comes to stretching her cooking dollars.

***COOKING LIGHT*:** What's your key to being a dinner hero?
KALEIGH MCMORDIE: I'm often shocked at how much I can make with what I have on hand. Most of my sauces and marinades start with the same base, so I try to always have those things. I'll make a batch of pasta or enchilada sauce on a Sunday (especially if I have veggies past their prime that need to be used) and then can or freeze the sauces. It's not only cheaper, it's also healthier than store-bought without all of the added sodium and sugar.
***CL*:** Tell us more about your "challenge weeks."
KM: For the last week of the month, I like to use up what we have instead of going to the store. It makes it fun for me since I like the challenge of making a salad out of random ingredients. I feel like my life is a cooking show where I get to open my basket and see what I have.
***CL*:** How has your view of healthy eating evolved?
KM: I used to view healthy as eating only salads, fruit, and grilled chicken with very little fat, but that's not sustainable or healthy. Studying nutrition, having a blog [livelytable.com], and living with my husband have shaped that into eating to nourish my body, including all food groups. Now I eat mindfully and enjoy what I want—in moderation of course.

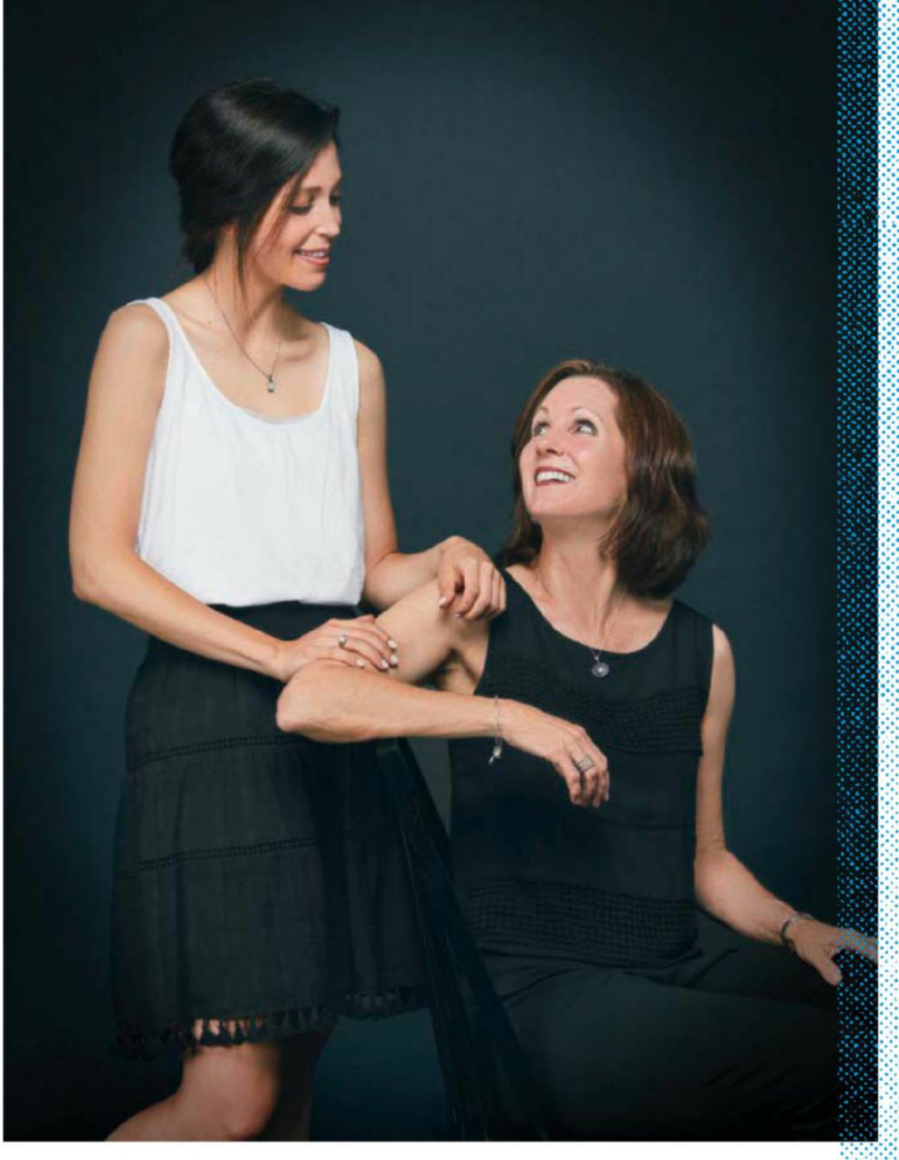


A TASTY WAY TO SAVE DOUGH

"I make all of my own bread from a sourdough starter once a week, so that helps us save money, and I think it's much healthier because there are no preservatives," Kaleigh says. "Plus it just tastes way better."



> She has a knack for value shopping. It saves us a ton and gives us bonding time in the kitchen.
>
> *—Evan McMordie, Kaleigh's husband*



> It's because of my mom's inspiration that I have grown up to value food as a source of both nourishment and community.
>
> —*Genevieve Crum*

JOLENE AND GENEVIEVE CRUM

the mother-daughter duo

LOUISVILLE, KENTUCKY, AND ITALY

Genevieve and her mom, Jolene, inspire each other to try new things, eat healthfully, and have a little fun together in the kitchen.

***COOKING LIGHT*:** How has healthy cooking changed for you over the years?

JOLENE CRUM: Thanks to Genevieve's focus on food science and policy [Genevieve soon begins a year of studying food policy in Italy via a Fulbright scholarship], I'm incorporating more fruits and veggies with less carbs and trying new stuff—we take a risk and enjoy it all.

GENEVIEVE CRUM: Rather than completely avoiding certain foods, it's better to embrace diversity and fall back on the core components of balance and whole foods.

***CL*:** What's your favorite thing to do in the kitchen?

GC: Chopping fresh herbs. They're such important additions that can transform a dish. And I love the way they make your hands smell.

JC: I just really enjoy the process of cooking. It's therapeutic to me. Music is a must, and I like to light a scented candle while I cook.

***CL*:** Tell us about a recent cooking blunder.

JC: Last week I had a pretty packed day before guests came, and I decided to make lemon-blueberry cake from scratch. As I was finishing up, my mixer hit the floor and there was icing everywhere. It was such a mess, but I was running out the door and didn't have time to redo it. By the time I got home, Genevieve had made another batch of icing for me from scratch, even though she was very busy herself. This was a great example of how we've learned to work together and build each other up in the kitchen. She's such a treasure to me.

PHOTOGRAPHY: (LEFT PAGE) ELIZABETH LAVIN. (RIGHT PAGE) JEREMY KRAMER

> **GET OUT THE VOTE!** Go to cookinglight.com/familydinnerhero to vote for your favorite finalist.

MARCUS ROHLFS

the culinary tour guide

SAN BRUNO, CALIFORNIA

A trip abroad awoke the palate of his young son, who now enjoys everything from octopus to Brussels sprouts. This papa couldn't be prouder.

***COOKING LIGHT*:** What's your key to being a dinner hero?

MARCUS ROHLFS: Engaging my 9-year-old son, Cole, and keeping him excited about food and healthy eating. We've filmed our own cooking demos just for fun. And we started a pop-up kitchen in the backyard a few summers ago. We printed a multicourse menu, invited friends and family, and my wife served as front-of-house. We had a blast and have replicated it a few times since. It's given him confidence in the kitchen, taught him safe skills, and demystified it so he tries everything now.

***CL*:** What's your top tool?

MR: It sounds simple, but ziplock plastic bags for marinades and leftovers. My wife and I enjoy wine, but when we can't finish a bottle, we pour the leftovers into ice-cube trays, throw them into freezer-friendly ziplock bags, and then we have wine cubes on hand for stocks and sauces.

***CL*:** How do you keep cooking fun for your family?

MR: We extend it outside the home, like when we go camping. My son and I will bake muffins wrapped in foil in the fire. We can treat my wife and make her feel special and also have some guy time together. With a little planning ahead, we can bring the kitchen experience outdoors.

***CL*:** What defines success in the kitchen for you?

MR: Once our son was born, we needed the ability to pull together meals that are lean and satisfying and come together quickly. When I can accomplish that and everyone enjoys it, it feels like success.

> When we were in Spain, our son announced he 'loved it' while happily munching on grilled octopus. Our son is the definition of an adventurous eater, and I give all the credit to Marcus.
>
> *—Melissa Rohlfs, Marcus' wife*

PHOTOGRAPHY: JEN SISKA

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Cooking Light kitchen confidential

HOW TO

APPLY BREADING

Coating an ingredient with crumbs and either oven-, pan-, or deep-frying locks in moisture and adds satisfying crunch. The trick? Making sure breading doesn't flake off after cooking. Follow the three-step standard breading procedure below for great results.

Coat food with flour, cornstarch, or brown rice flour. The light dusting helps the wet layer adhere.

Dip next into a liquid, such as egg whites. The dry and wet ingredients combine to make a sticky coating.

Dredge the food in breadcrumbs, coating all over for an exterior that's crunchy once cooked.

Panko-Coconut Shrimp
Recipe p. 148

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CATHERINE CROWELL STEELE; PROP STYLING: HEATHER CHADDUCK HILLEGAS

PANKO-COCONUT SHRIMP

Active: 25 min. Total: 35 min.

- ½ cup sweetened flaked coconut
- ½ cup whole-wheat panko (Japanese breadcrumbs)
- ⅓ cup cornstarch
- 3 large egg whites, lightly beaten
- 2 tsp. grated lime rind
- ⅛ tsp. ground red pepper
- 1½ lb. large shrimp, peeled and deveined (about 24 shrimp)
- ½ tsp. salt
- Cooking spray

1. Preheat oven to 400°F.

2. Chop coconut in a food processor. Add panko; pulse to combine.

3. Heat a large skillet over medium-high. Add panko mixture; cook 3 minutes or until toasted, stirring.

Why? *Toasting enhances color, deepens flavor, and amps up the crunch factor.*

4. Place cornstarch in a shallow dish. Place egg whites in a shallow dish. Place panko mixture in a shallow dish; stir in rind and pepper.

What? *Three layers are needed: a dry, floury coating like cornstarch or flour; a wet layer like egg or buttermilk; and a crumb coating.*

5. Sprinkle shrimp evenly with salt. Dredge each shrimp in cornstarch; dip in egg whites, shaking off excess; and coat with panko mixture.

Why? *The wet layer (egg whites) clings to the floury layer (cornstarch), forming a pastelike consistency that allows the coarse-textured breading (panko) to adhere to the shrimp.*

6. Place shrimp on a baking sheet coated with cooking spray; coat shrimp with cooking spray. Bake at 400°F for 8 minutes or until shrimp are done and coating is crisp.

Why? *The cornstarch-egg mixture cooks and dries to form a strong bond between the crumbs and shrimp so breading won't fall off.*

SERVES 4 *(serving size: about 6 shrimp)*
CALORIES 172; **FAT** 4.2g (sat 2.7g, mono 0.2g, poly 0.1g); **PROTEIN** 10g; **CARB** 23g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 53mg; **IRON** 1mg; **SODIUM** 437mg; **CALC** 27mg

—Cheryl Slocum

HOW TO

MAKE THE MOST OF MUSHROOMS

Keep fresh mushrooms in pristine condition after purchase. Here's what to do to make them last.

KEEP THE ORIGINAL STORE PACKAGING

You can't see it, but the wrap on packaged mushrooms actually has tiny holes that prevent damaging condensation and gases from building up. You can, and should, store commercially grown mushrooms (presliced or whole) in their original container and wrap in the refrigerator; they'll keep up to one week.

KEEP MOISTURE AT BAY: WRAP LOOSE MUSHROOMS IN DRY PACKAGING

Storing mushrooms in a damp towel will shorten the length of time they stay fresh. Instead, refrigerate loose mushrooms in a brown paper bag; it will absorb any moisture and allow them to breathe. A partially opened ziplock plastic bag will also work.

AVOID THE CRISPER

The refrigerator's vegetable bin is a moist place—not a friendly area for mushrooms. Instead, keep them in a spot where air can circulate, like an open shelf.

KEEP MUSHROOMS AWAY FROM PUNGENT FOODS

Mushrooms can take on the flavors of strong foods that are stored nearby. Keep them away from onions, garlic, and other foods with strong odors.

RINSE WITH WATER

Clean mushrooms under cool, running water right before you're ready to use them; then pat dry. It's a myth that mushrooms easily absorb water, but if they're rinsed too far in advance, they will discolor and deteriorate from the moisture. Cultivated mushrooms grow in sterilized compost, so you can also clean them by simply brushing any bits of "dirt" with a clean, damp towel.

PHOTOGRAPHY: CAITLIN BENSEL; FOOD STYLING: BLAKESLEE GILES

USE IT UP

Sambal Oelek

This fiery chile paste, found on the Asian foods aisle, adds kick to the Banh Mi Bowls on page 56. Here are other delicious ways to use up the jar.

SWEET HEAT GREEN BEANS

Preheat oven to 425°F. Combine 1½ tablespoons **canola oil,** 2 teaspoons **sambal oelek,** 2 teaspoons **honey,** 1 teaspoon **reduced-sodium soy sauce,** ¼ teaspoon **kosher salt,** 2 minced **garlic cloves,** and a dash of **black pepper.** Toss with 10 ounces trimmed **green beans.** Spread green beans onto a jelly-roll pan; bake 18 to 20 minutes, stirring once. Sprinkle with 2 teaspoons **toasted sesame seeds.**

SERVES 4 *(serving size: about ½ cup)*
CALORIES 92; **FAT** 6.1g (sat 0.5g, mono 3.6g, poly 1.8g); **PROTEIN** 2g; **CARB** 9g; **FIBER** 2g; **SUGARS** 5g (est. added sugars 3g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 225mg; **CALC** 31mg

KICKY GRILLED CHEESES

Brush 1 tablespoon **canola oil** evenly over 1 side of 8 (1-ounce) **whole-grain bread slices.** Combine 1½ tablespoons **sambal oelek,** 4 teaspoons **canola mayonnaise,** 4 ounces shredded **reduced-fat sharp cheddar cheese,** 2 ounces **⅓-less-fat cream cheese,** and 1 grated **garlic clove**; spread over non-oiled sides of 4 bread slices. Top with 1½ cups chopped wilted **kale** and remaining bread, oiled side up. Cook in a large skillet over medium 3 minutes per side or until toasted and cheese melts.

SERVES 4 *(serving size: 1 sandwich)*
CALORIES 320; **FAT** 16.1g (sat 6.1g, mono 6.5g, poly 2.2g); **PROTEIN** 17g; **CARB** 29g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 31mg; **IRON** 2mg; **SODIUM** 720mg; **CALC** 522mg

SMASHED CUCUMBER SALAD

Cut 1 **English cucumber** in half lengthwise; cut each half crosswise into thirds. Place pieces, cut side down, on a cutting board; smash with a heavy skillet until slightly flattened and split in places. Chop into 1-inch pieces. Combine 1½ teaspoons **sambal oelek,** 1 teaspoon **toasted sesame oil,** ¼ teaspoon **salt,** and 1 grated **garlic clove.** Toss with cucumber, ¼ cup chopped **green onions,** and ¼ cup chopped **cilantro.** Let stand 15 minutes.

SERVES 4 *(serving size: about ⅔ cup)*
CALORIES 23; **FAT** 1.2g (sat 0.2g, mono 0.5g, poly 0.5g); **PROTEIN** 0g; **CARB** 3g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 165mg; **CALC** 15mg

PHOTOGRAPHY: HECTOR MANUEL SANCHEZ; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

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THE DISH

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THE TASTE OF SOUTHERN HOSPITALITY

Arkansas is quickly becoming known as much for food as it is for fun. In addition to tons of stuff to see and do, the culinary options in The Natural State are just as boundless. Read about some iconic local favorites and discover even more at **Arkansas.com/dining**.

For more information from our featured travel partners visit CookingLight.com/SightsAndBites

september recipe index

KEY

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

Read labels carefully; gluten hides in unexpected places.

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STAFF RAVE

Our Highest-Rated Recipe from This Issue

BANH MI BOWLS
p. 56

It was hard to tell that this Vietnamese-inspired dish started out as Swedish meatballs. The pickled veg adds so much brightness.

–ERIN MERHAR
PORTFOLIO MANAGER, TIME INC. FOOD STUDIOS

Check out all of our staff faves in red.

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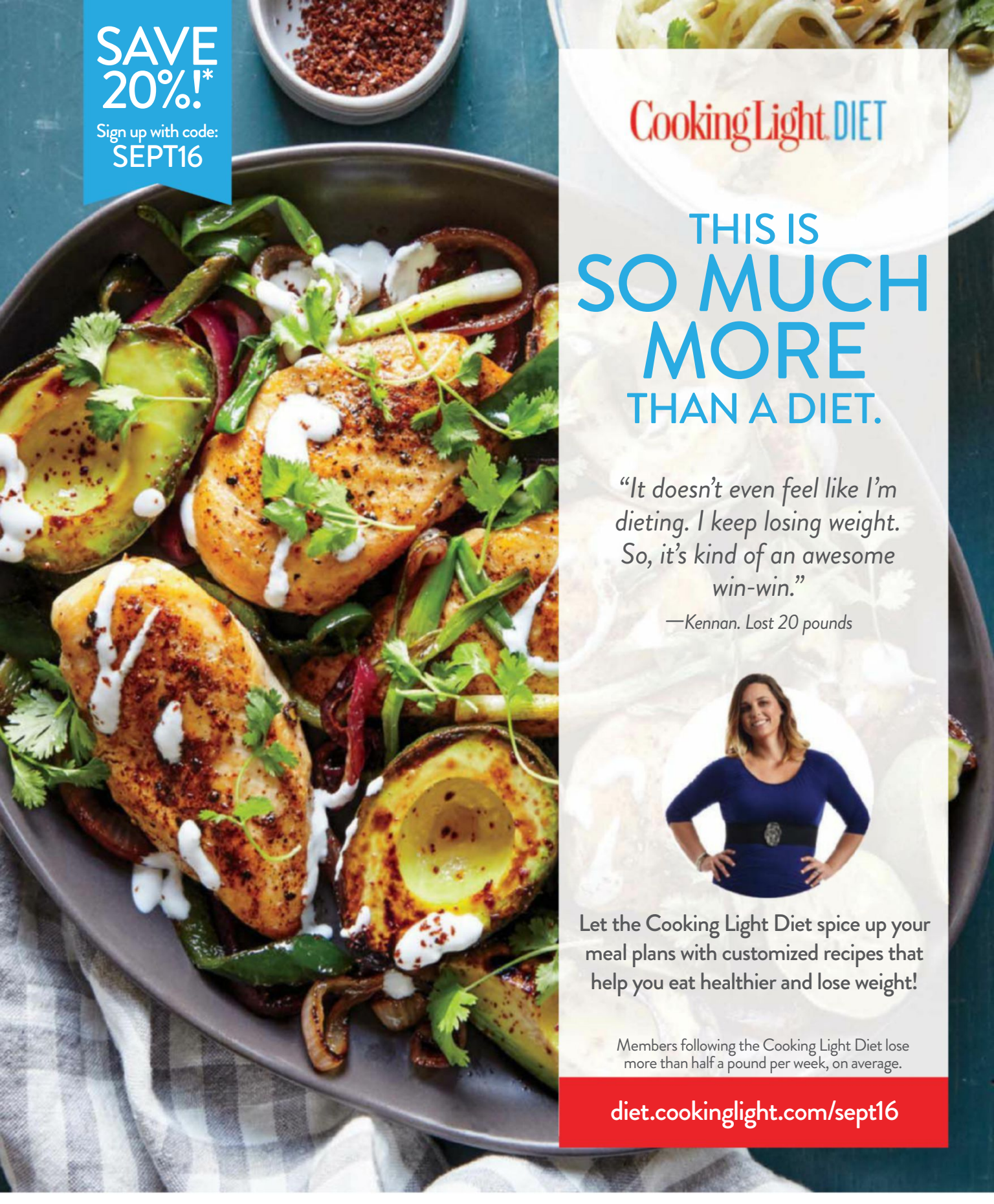

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16ACKIAF

wow!

TRY THIS:

Zucchini Chips

Get more wow ideas at cookinglight.com/wow.

SEA SALT AND VINEGAR ZUCCHINI CHIPS

Active 10 min. Total: 2 hr. 45 min.

Light, crisp, and just as good as their junk-food counterparts, these veggie chips are a revelation. Malt vinegar is made from fermented ale and is mildly sweet. If you prefer a sharper flavor, substitute cider vinegar or white vinegar.

- 1 (7-oz.) zucchini, cut into 1/8-in.-thick slices (about 48 slices)
- 1 Tbsp. malt vinegar
- 1½ tsp. olive oil
- ⅛ tsp. sea salt

1. Preheat oven to 200°F.
2. Combine zucchini, vinegar, and oil in a medium bowl, tossing to coat well. Let stand 10 minutes.
3. Place zucchini slices in a single layer on 2 baking sheets lined with parchment paper; sprinkle evenly with salt. Bake at 200°F for 2 to 2½ hours or until chips are dried, crisp, and lightly golden, flipping chips halfway through baking. Remove from oven; cool completely.

SERVES 2 *(serving size: about 24 chips)*
CALORIES 57; **FAT** 3.9g (sat 0.6g, mono 2.5g, poly 0.5g); **PROTEIN** 2g; **CARB** 5g; **FIBER** 1g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 158mg; **CALC** 26mg

—Cheryl Slocum

STAFF FAVE

The best way to get uniform slices? Use a mandoline. Try OXO's handheld version. *$17,* target.com

PHOTOGRAPHY: JENNIFER CAUSEY, FOOD STYLING: CATHERINE CROWELL STEELE, PROP STYLING: HEATHER CHADDUCK HILLEGAS

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