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SUMMER 2021

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Salad

Summer Express

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MEAL PLAN**

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ANTICANCER
DIET:**

**10
FIGHTING
FOODS**

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BETTER
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Clean Eating

SUMMER 2021

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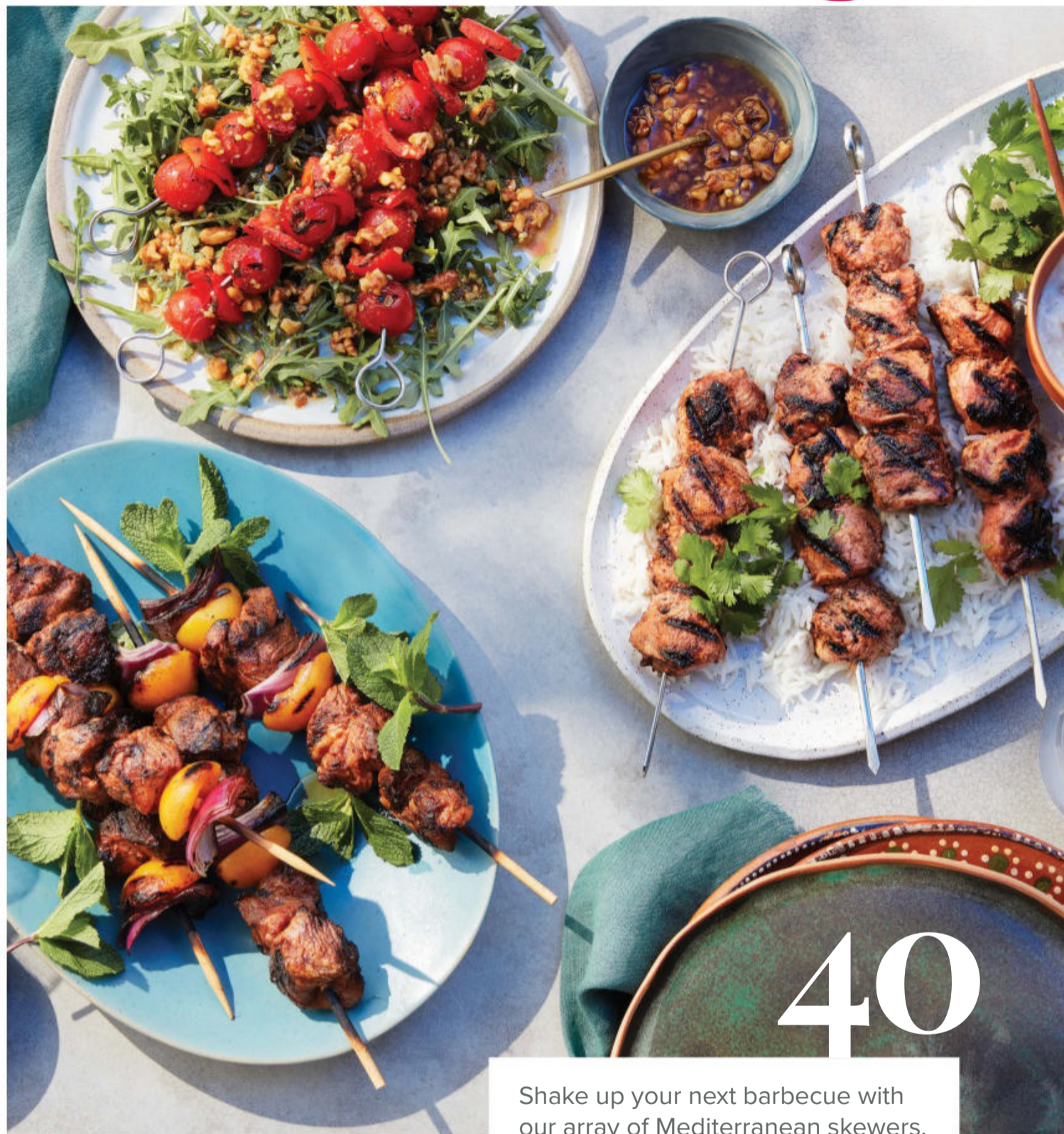
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A Skeptic's Journey With CBD

Everyone feels the hurt after you turn 40, but you don't have to!

By: Jennifer Love

Life really does fly by. Before I knew it, my 40s had arrived, and with them came some new gifts from dear ol' Mother Nature—frequent knee pain, stress, low energy and sleeplessness. Now, I'm a realist about these things, I knew I wasn't going to be young and springy forever. But still, with "middle-age" nearly on my doorstep, I couldn't help but feel a little cheated. That is until I found my own secret weapon. *Another gift from Mother Nature.*

It began a few months back when I was complaining about my aches and pains to my marathon-running niece, Jen. She casually mentioned how she uses CBD oil to help with her joint pain. She said that CBD gave her more focus and clarity throughout the day and that her lingering muscle and joint discomfort no longer bothered her. She even felt comfortable signing up for back-to-back marathons two weekends in a row this year. That made even this self-proclaimed skeptic take notice.

But I still had some concerns. According to one study in the Journal of the American Medical Association, 70% of CBD products didn't contain the amount of CBD stated on their labels. And, as a consumer, that's terrifying!

If I was going to do this, I needed to trust the source through and through. My two-fold research process naturally led me to Zebra CBD.

First, I did a quick online poll—and by that, I mean I posed the CBD question on my Facebook page. Call me old fashioned but I wanted to know if there were people whom I trusted (more than anonymous testimonials) who've had success using CBD besides my niece.

Secondly, I wanted cold hard facts. Diving deep into the world of CBD research and clinical studies, I came across Emily Gray M.D., a physician at the University of California at San Diego (UCSD) Medical School and a company spokesperson who is researching the effects of CBD. Dr. Gray wrote "early results with CBD have been promising and we have a lot of research underway now. I've had several patients using CBD with good success. It's important that you know your source of CBD and how to use it properly."

After hearing it from the doctor's mouth, I returned to my online poll and was amazed by the number of close friends and family who were already on the CBD train. Apparently, I was the *only one* without a clue! And funny enough, a couple of friends who commented were using the same brand as my niece—Zebra CBD. There was no consensus as to why they were using CBD, but the top reasons given were for muscle & joint discomfort, mood support, sleep support, stress and headaches, as well as supporting overall health & wellness.

Eventually, even the most skeptical of the bunch can be won over. With a trusted CBD source in mind, I decided to give it a go.

When I viewed Zebra CBD's selection online, I was impressed by its array of products, including CBD oils called tinctures, topicals, chewable tablets, mints and gummies. After reading on their website that all their products are made with organically-grown hemp, I ordered... and it arrived within 2 days!

The first product I tried was the rub. Now this

stuff was strong. Immediately after rubbing it on my knee, the soothing effects kicked in. It had that familiar menthol cooling effect, which I personally find very relieving. And the best part is, after two weeks of using it, my knee pain no longer affected my daily mobility.

The Zebra Mint Oil, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest holding the oil in your mouth for about 30 seconds. This was simple enough, and the mint taste was, well, minty. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly; it's definitely not a "high" feeling. It's more like an overall sense of relaxation—as if I just walked out of a spa, and now I'm ready to seize the day. Needless to say, I've really enjoyed the oil.

While it hasn't been a catch-all fix to every one of my health issues, it has eased the level and frequency of my aches. And it sure doesn't seem like a coincidence how much calmer and more focused I am.

All-in-all, CBD is one of those things that you have to try for yourself. Although I was skeptical at first, I can safely say that I'm now a Zebra CBD fan and that I highly recommend their products.

Also, I managed to speak with a company spokesperson willing to provide an exclusive offer to Clean Eating's readers. If you order this month, you'll receive \$10 off your first order by using promo code "**CE10**" at checkout. Plus, the company offers a 100% No-Hassle, Money-Back Guarantee. You can try it yourself and order Zebra CBD at ZebraCBD.com.

Your *CE* Recipe Guide

We're back with another summer of clean eats, each using 10 or fewer ingredients and ready in 30 minutes or less. Check out sunny platters from the Middle East, plant-based twists on burgers and BLTs, seasonal treats and so much more!

breakfasts



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Green Goddess
Omelette
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F Q V GF
2-Toned
Smoothie Bowls
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Chopped
Muffuletta Salad
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P Q GF
New-Fashioned
Crab Louie Salad
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Q V GF
Grilled Peaches
with Labneh
P. 49

P Paleo
F Freezable
Q Quick *under 45 minutes*
V Vegetarian *may contain eggs and dairy*
GF Gluten-free
GFA Gluten-free adaptable *Recipe contains soy sauce, hoisin sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*



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Halloumi-
Stuffed
Peppers
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P Q V GF
Muhammara Salad
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Q V GF
Mango Tofu Salad
with Peanut Dressing
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meaty mains & poultry



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F Q
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Skewers with
Cucumber Mint Yogurt
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Q GF

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F Q GF

Tamarind Chipotle
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Flatbread with
Cashew Basil Sauce
P. 60



Q V GF

Jerk Tofu with
Mango Lime Salsa
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F Q V GF

Veggie Quinoa
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Black Bean Salsa
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Q V

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Q V GF

Roasted Chickpea-
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P F Q V GF

Dairy-Free
Coconut Lime
Ice Cream
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F Q V GF

Old-Fashioned
Chocolate Chunk
Ice Cream
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Tropical Sorbet
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F Q V GF

Strawberry
Cheesecake
in a Jar
P. 96



Q V

Tempeh BLT
with Cashew
Ranch Sauce
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nutritional values The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

DIG INTO MORE *CE* at [cleaneating.com](https://www.cleaneating.com)



5 Big Benefits of the Green Mediterranean Diet

There's a new twist on the Mediterranean Diet: It's called the green Mediterranean diet, and it holds a lot of promise, from improved heart health to a lower risk of diabetes. Learn all about the health benefits of going green here: [cleaneating.com/green-mediterranean](https://www.cleaneating.com/green-mediterranean)

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FUEL YOUR WEIGHT LOSS

Morning Protein Shake Can Help You Lose Weight

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?" as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to

mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

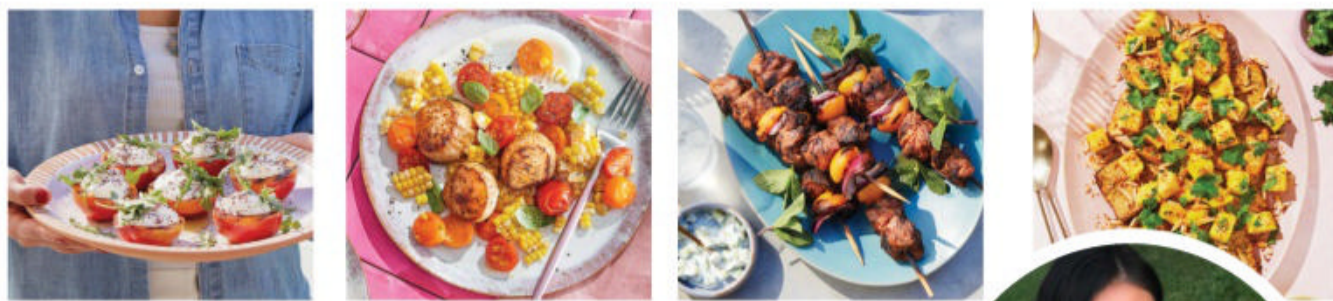
I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first natural, non-GMO nutritional shake & green superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the

grain-fed whey found in most shakes, metabolism boosting raw coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code "**CLEAN10**" at checkout. You can order INVIGOR8 today at www.Invigor8.com or by calling 1-800-958-3392.



A World of Flavor

Before hummus was on the shopping list of every health-minded North American and tahini was sold in every grocery store, I had the good fortune of being introduced to authentic Middle Eastern cuisine. In my early twenties, I dated an Iraqi man who grew up in Abu Dhabi. His mom was an incredible cook, and over the span of our relationship, I got a steady introduction to a whole new world of foods – things I might not have tried until years later. Over several years, I was offered saucy spoonfuls of eggplant and okra-based dishes, an irresistible meat pizza called *lahm bi ajeen*, dolma, date-stuffed cookies and, perhaps my favorite, Middle Eastern braided cheese (which goes by *jibneh mshallah* and many other names). Coming from a small Canadian city of simple tastes, my culinary world blew wide open with every spice-filled bite.

What many people don't realize, though, is that the Middle East is not a monolith. It's made up of many subregions, all with their own twists, takes and terms for their region's celebrated dishes. The culinary variances of the Middle East are so nuanced that traditions and ingredients vary not only by region but even from one family to the next.

After a difficult year of stasis that stripped us down to simplicity in every imaginable way, we decided to go beyond the plain backyard burger and other predictable grilled goods in favor of something more worldly. We were lucky to collaborate with Himi Hunaidi, an acclaimed Palestinian chef and owner of Toronto restaurant-turned-bodega Madame Levant (named after the Levant region, the countries of the Eastern Mediterranean) on "A Levantine Grilling Feast," starting on page 40. One spin through the pages of this story will have you grabbing your tote and heading for the market so you can cook up these stunning, storied dishes from this pocket of the Middle East.

But big flavors don't have to mean mile-long ingredient lists and daylong cooking marathons, especially when it comes to summertime cooking and meal prep. Which is why we're staying true to a summer theme that never goes out of style with an entire issue – including the Levantine feast – that relies on minimal ingredients and 30 minutes or less to make each recipe inside.

Here's to sunnier days ahead, a delicious summer and, hopefully, a few trips to the Levant from your backyard.

Alicia

Alicia Tyler
Editorial Director

✉ Write me: at Tyler@outsideinc.com

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to – be it a clean take on high fat/low carb, Paleo or flexitarian – stick with it.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com

PANDEMIC ESSENTIALS



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*Univ. of Tennessee Anti-Viral Study - Iota-carrageenan and Xylitol Inhibit Sars-CoV-2 in Cell Culture, Shruti Bansal - C. B. Jonsson, S. L. Taylor, et. al. BioRxiv. Aug. 21, 2020. **S. pneumoniae, H. influenzae and M. catarrhalis have reduced ability to adhere to nasal epithelial cells Tero Kontiokari - Univ Oulu, Finland (J. of Anti. Chemo, '98 #41) †With xylitol.

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Use in-season
stone fruit to
make Grilled
Peaches with
Labneh.

p. 49

Q/ What's your secret to making never-boring salads?

A/ I can't abide eating just a bowl full of leaves! Rather, I take the "Elaine approach" from *Seinfeld*: I make salads "with lots of stuff on it." (That was always her order at the diner where they hung out.) I start with a simple protein – grilled salmon, smoked trout, baked tofu, gigante beans, pulled chicken – usually over a base of arugula because I love that peppery bite! I always season salads with salt and pepper, a restaurant trick that goes a long way. I also like to focus on balancing textures: a little crisp, a little creamy, something pickled, something dry-crunchy (tortilla chips, nuts, breadsticks). That way, every bite has an interesting mouthfeel.

– IVY MANNING



Meet Our Experts

ivy manning

Portland, OR–based recipe developer for magazines and fitness brands. She is a cooking instructor and author of nine cookbooks, including the best seller *Instant Pot Miracle 6 Ingredients or Less*. Follow [@ivy_manning](#) on Instagram.

Mailbox

Be social! We want to hear from you!

Take a pic of your latest *CE* recipe, share your review and let us know what you want to see more of by tagging **#CLEANEATINGMAG** or emailing CEeditorial@outsideinc.com.

A quick Mediterranean-style supper, inspired by @cleaneatingmag's Herby Chicken Kebab with Olive-Studded Orzo (cleaneating.com). I subbed quinoa for the orzo and left the olives on the side.

– @MOTHEROFMEALPLANS
JAYME KURACH
EDMONTON, CANADA



This Moroccan Tagine (cleaneating.com) is super easy to throw together (thank you, Instant Pot!) and allows me to explore so many different flavors.

– @MY_PETITE_EATS
CHRISTINA WONG
OTTAWA, CANADA



jonny bowden PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

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Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, [pamelasalzman.com](#), offers healthful recipes and time-saving tips.

beth lipton

Brooklyn-based recipe developer, freelance writer, cookbook author and *Clean Eating's* Contributing Culinary Nutritionist. Lipton is a graduate of the Natural Gourmet Institute's health-supportive culinary school. Her work has appeared in *Paleo* magazine, [foodnetwork.com](#), *Travel + Leisure*, [epicurious.com](#) and more.

erin macdonald RDN

tiffani bachus RDN

Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program ([URockGirl.com](#)), registered dietitians and nutrition, fitness and wellness experts.

jill silverman hough

Recipe developer, culinary instructor, author of *Finger Lickin' Chicken* and the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook*.

james smith MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with over 25 years of experience. He completed his culinary training at George Brown College.

marianne wren BA, CC

Recipe developer and food stylist, working with both print and advertising clients. She completed her training at Dubrulle French Culinary School and The Culinary Institute of America.

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Get bonus recipes and more clean-eating inspo on social media.



bits & bites

3 WAYS WITH NO-CHURN ICE CREAM

This quintessential summertime dessert gets a healthy makeover in these three recipes that rely on whole-food ingredients and natural sweeteners. Our clean ice creams include one traditional and two dairy-free options – no ice-cream maker needed!

BY TANEISHA MORRIS, PHOTOGRAPHY BY OLIMPIA DAVIES

“C” FOR YOURSELF!

The summery combo of fruits in our Tropical Sorbet does triple duty for your daily dose of vitamin C: One cup of sliced mango contains 67% of the reference daily intake (RDI); a cup of pineapple clocks in at an impressive 131%; and strawberries are the winner, with an RDI of a whopping 150%! Vitamin C is used in numerous essential bodily processes, such as the formation and maintenance of healthy bones, skin and blood vessels. It's required for proper wound healing and has potent antioxidant properties. The body can't store this vitamin, so you'll need to consume C-rich foods (like these!) daily.



Dairy-Free Coconut
Lime Ice Cream



Tropical Sorbet



Old-Fashioned Chocolate
Chunk Ice Cream

Dairy-Free Coconut Lime Ice Cream

(P) (F) (Q) (V) (GF)

SERVES 4 TO 6.

- 1 13.5-oz** BPA-free can coconut milk, chilled overnight
- 2** limes, zested and juiced, divided
- 2 large** avocados, peeled and pitted
- 2/3 cup** pure maple syrup
- 1 tbsp** pure vanilla extract

1. Open chilled can of coconut milk and remove cream (cream will have separated from water). Reserve liquid for another use.

2. To a blender, add coconut cream, one-half of lime zest, all of lime juice and remaining ingredients and blend on high, scraping down sides, until well incorporated and smooth.

3. Transfer mixture to a 9 x 5-inch loaf pan and garnish with remaining lime zest. Cover tightly with a lid or eco-friendly beeswax wrap. Freeze for 4 to 5 hours, or overnight.

4. Before serving, let rest on counter for 5 to 10 minutes.

PER SERVING (1/6 of recipe): Calories: 337, Total Fat: 23 g, Sat. Fat: 11 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 33 g, Fiber: 6 g, Sugars: 23 g, Protein: 3 g, Sodium: 20 mg, Cholesterol: 0 mg

Tropical Sorbet

(P) (F) (Q) (V) (GF)

SERVES 6.

- 1 1/2 cups** frozen mango, divided
- 1 1/2 cups** frozen pineapple, divided
- 1 13.5-oz** BPA-free can coconut milk, chilled overnight
- 1/2 cup** pure maple syrup
- 1 tbsp** pure vanilla extract
- 1/2 cup** strawberries, chopped

1. Chop one-third of each mango and pineapple into smaller pieces and set aside for garnish.

2. Open chilled can of coconut milk and remove cream (cream will have separated from water). Reserve liquid for another use.

3. To a blender, add coconut cream, maple syrup and vanilla and blend until well incorporated. Add remaining two-thirds each mango and pineapple and blend on medium, scraping down sides, until incorporated but not completely smooth (there should be coarse chunks of fruit left).

4. Transfer mixture to a 9 x 5-inch loaf pan; garnish with reserved mango and pineapple, along with strawberry. Cover tightly with a lid or eco-friendly beeswax wrap and freeze for 4 to 5 hours, or overnight. Remove from freezer, scoop and serve immediately.

PER SERVING (1/6 of recipe): Calories: 233, Total Fat: 11 g, Sat. Fat: 10 g, Monounsaturated Fat: 0 g, Polyunsaturated Fat: 0 g, Carbs: 33 g, Fiber: 2 g, Sugars: 25 g, Protein: 2 g, Sodium: 13 mg, Cholesterol: 0 mg

Old-Fashioned Chocolate Chunk Ice Cream

(F) (Q) (V) (GF)

SERVES 6.

- 1 1/4 cups** coconut sugar
- 1/4 cup** water
- 2 cups** heavy whipping cream, chilled
- 1 tbsp** pure vanilla extract
- 1/4 cup** dark chocolate, chopped + additional for garnish
- 3/4 tsp** flaky sea salt

1. Make coconut syrup: To a small saucepan on medium-high, add coconut sugar and water; bring to a gentle simmer for 1 minute, whisking to dissolve. Pour into a heat-proof measuring cup to cool.

2. To the bowl of a stand mixer fitted with the whisk attachment (or to a large bowl using an electric hand mixer), add cream. Whisk cream on low speed at first and gradually increase to high speed, until stiff peaks form, 3 to 4 minutes. Add vanilla and run mixer on low for 30 seconds more.

3. Add one-half of coconut syrup and gently fold to combine. Add chopped chocolate and salt. Gently mix until combined.

4. Transfer mixture to a 9 x 5-inch loaf pan. Drizzle with remaining coconut syrup and garnish with additional chocolate. Cover tightly with a lid or beeswax wrap and freeze for 4 to 5 hours, or overnight. Remove from freezer, scoop and serve immediately.

PER SERVING (1/6 of recipe): Calories: 528, Total Fat: 34 g, Sat. Fat: 21 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 1 g, Carbs: 58 g, Fiber: 1 g, Sugars: 55 g, Protein: 3 g, Sodium: 335 mg, Cholesterol: 91 mg



Taneisha Morris TORONTO, CANADA

The avid chef-turned-blogger behind The Seasoned Skillet loves experimenting with food and flavors. But Morris's adventures extend beyond her kitchen – you can often find her on nature hikes and exploring the great outdoors.

The Mighty Coconut

From kitchen mainstays like oil and milk to vegan innovations like dairy-free yogurt, the versatile coconut plays a ubiquitous role. Go nuts for coconut products in this editor-curated collection of clean finds of tropical origins.

BY ANIKA A. SYEDA



CLEANER COOKING

Nutiva's Organic Virgin Coconut Oil is rich in fat with a very subtle scent and taste – ideal for sautéing and baking. **\$14 per 23-oz jar**, nutiva.com



GOODBYE, GLUTEN!

Lower in carbs and higher in protein and fiber, Bob's Red Mill Coconut Flour is a staple in Paleo, keto and gluten-free baking. **\$5 per 16-oz bag**, bobsredmill.com



CHIP OFF THE OLD BLOCK

Preservative-free and baked (never fried), Bare Snacks Toasted Coconut Chips Snack Pack is perfectly purse-sized! Try it as a topper for baked goods. **\$19 per 16 bags**, baresnacks.com



SOMETHING SWEET

The secret to addictive baked goods? BetterBody Foods Organic Coconut Palm Sugar. This caramel-y sub for white sugar adds depth to brownies, cookies, cakes and more. **\$6**, walmart.com



CREAM OF THE CROP

We love healthy fats, and the Premium Coconut Milk from Cha's Organics ticks all the boxes: It's Fair Trade, non-GMO and made from organic coconuts from regenerative orchards in Sri Lanka. **\$4.50**, chasorganics.com

SUPER SOY SUBSTITUTE

Love soy sauce but not the sodium? Coconut aminos is the ultimate substitute, made from fermented coconut palm sap and with less than a third of the sodium content of regular soy sauce. **\$12**, kevala.net



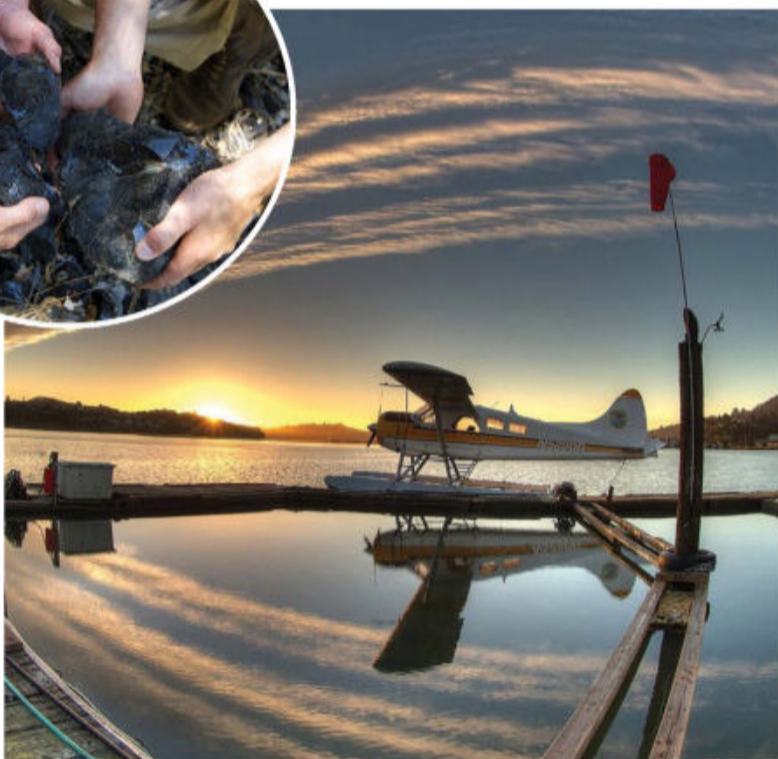
EDITOR OBSESSION

Coconut is the perfect dairy dupe in cocojune's probiotic-enriched yogurts. We love the light, refreshing Lemon Elderflower flavor for summertime. **\$3**, cocojune.co

Everything Under the Sun

Summer 2021 is making up for lost time, from foodie attractions across the US you'll want to make a road trip for to virtual cooking classes from the comfort of home.

BY ANIKA A. SYEDA



Unearth obsidian in the Hike a Volcano excursion (top left) or tour the Mayacamas on the Seaplane Wine Flight.

OUTDOORSY OENOPHILES

Join Obsidian Wine Co.'s Outdoor Adventure Series to sip their wines in the great outdoors while learning about agriculture, geology, climate and more! Trips like their Bay Area Backyard Adventure and Hike a Volcano range from \$50 to \$150, while higher-end adventures include Explore the Forests in Tokaj, Hungary, and the Seaplane Wine Flight touring the Mayacamas Range. Check out their live broadcast for free at obsidianwineco.com.

SOUTHERN SUMMER

From Oprah's Favorite Shrimp & Grits to Fried Lobster Deviled Eggs, SOCU Southern Kitchen and Oyster Bar serves southern comfort, elevated. Master chef and founder Erica Barrett is opening the season with a mouthwatering summer special: her High Roller Crab Cakes. "I wanted to provide something light yet filling at the same time," says Barrett. "Paired with a seasonal salad, this is a summer favorite." SOCU stands for Southern Culture, descriptive of the chef herself who spearheads the brand. Browse their incredible eats on Instagram [@socumobile](https://www.instagram.com/socumobile).



SCHOOL'S IN THIS SUMMER

In 2020, personal chef Debbie Brosnan turned her social network into a virtual cooking school. Now, her weekly classes and seasonal menus walk through delicious, easy cooking using clean ingredients, with options for all skill levels and dietary restrictions. Her 2021 summer menu includes turkey larb lettuce cups, veggie burgers and healthful bowls like roasted cauli with hummus and quinoa with herbed tahini, to name a few. See all offerings and prices at theeffortlesskitchen.com.



A SEASONAL SIPPER

The cocktail of the season is here, and you can find it at North Block in the heart of Napa Valley. This Yountville retreat was voted number one in California by *Travel + Leisure*. The newly opened eatery's star summer sipper? La Pasión Margarita, featuring habanero-infused blanco tequila, orange and lime juice, passion fruit purée and a butter pea tequila float, created by mixologist Guy Freshwater. North Block's new resto will be open all summer starting March 2021, in line with COVID-19 safety guidelines. northblockyountville.com/dining



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Kitchen Shortcuts

For the cook on the clock, these clever kitchen shortcuts will save you precious time without compromising taste.

BY ANIKA A. SYEDA, PHOTOGRAPHY BY NADIA ANOCHIE



1. A SMOOTHIE IN SECONDS

Make a nutrient-dense smoothie in a snap with Evive Nutrition. Just add the cubes to your liquid and blend or shake to incorporate. Our favorite flavor is Samurai, with berries, beets and more. **\$5 per wheel**, evivenutrition.com

2. CURRY IN A HURRY

Whip up a warming butter chicken in no time with Good Food for Good's aromatic Organic Butter Chicken Sauce. Every purchase from this BIPOC- and women-owned brand provides a meal to those in need. **\$8**, goodfoodforgood.ca

3. READY-MADE BROTH

Made with only the essentials, Zoup! Good, Really Good Chicken Bone Broth is the perfect flavor to enjoy as is or layer with ingredients of choice. **\$7**, zoupbroth.com

4. INSTANT UMAMI

Treading the fine line between sweet and sour is the addicting flavor the Japanese call "umami." Enrich meats, balance sauces, flavor soups and more with a squeeze of TASTE #5 Umami Paste. **\$9**, amazon.com

5. BEAT-THE-CLOCK GUAC

Just add avocado and lime! A blend of cilantro, tomato, onion, jalapeño and spices, The Guacamole Dip Mix from A Spice Affair will fast-track you to the perfect guac. **\$11**, aspiceaffair.com

6. PICO IN A PINCH

Boston-based Grillo's Pickles makes snacking a breeze with the flavor-packed Pickle de Gallo (we love the medium variety). **\$4.50**, grillospickles.com

7. TIME-CRUNCH TAPENADE

A measured mix of olives, capers, garlic, peppers and spices, Divina's Organic Olive Bruschetta is a polyphenol-packed bite. Spoon over bread rounds and top with feta or prosciutto for a restaurant-grade appetizer. **\$6**, divinamarket.com

The Rise in Food Allergies Explained

You're not imagining it. The prevalence of food allergies is increasing worldwide. More and more children are developing anaphylactic allergies to milk, tree nuts and seafood. According to a National Health Interview Survey, the number of kids with food allergies in the US rose from 3.4% in the years 1997-99 to 5.1% in 2009-11. Now, researchers are starting to figure out why.

According to Yale University immunobiologists, this spike in allergies may be linked to overactive internal food quality control. Environmental factors (such as overuse of hygiene products and antibiotics, increase in processed foods and underexposure to whole, natural foods) are leading to changes in the composition of the gut microbiome. We're also using stronger detergents and environmental chemicals than ever before. All these factors together may be sensitizing your immune system, making it overreact to innocuous food proteins and treating them like toxic substances.

Arm your immune system against the potential to develop allergies: Protect your gut with pre- and probiotics, work with your doctor to ensure you are only taking antibiotics when needed, and make fresh, whole foods a priority. Farmers' markets are an excellent resource, but you can also give growing your own a go!



PHOTO BY REZ-ART/GETTYIMAGES.CA, AMY LEE PHOTO BY NUCIFIC



Counter Weight Gain During Menopause

Amy Lee, MD, endocrinologist and head of nutrition for Nucific, explains how.

CE: How can menopause affect your weight?

DR. AMY LEE: During menopause, a common symptom is weight gain. A decrease in estrogen can cause the body to store fat in the abdominal area and decrease muscle-mass maintenance. This results in fewer calories burned.

CE: How does menopause affect food cravings?

AL: Changes in hormones can disrupt other hormones, like the hunger hormone, ghrelin. In a University of Michigan study, ghrelin was found to be higher in perimenopausal females, along with a decrease in muscle mass due to aging. The body is then set up for weight gain.

CE: What are some practices to help counter these effects?

AL: Be prepared for the inevitable process of aging. Learn what to eat and what exercises to do – it's not just about cutting out sugars. Focus on lean proteins and lots of antioxidant-rich produce. Around age 50 and up, the body doesn't burn calories like it used to. Next, exercise. Not just walking 10,000 steps daily; one must incorporate resistance training. I recommend free weights and elastic resistance bands.



1. Jarcuterie:

Individually portioned charcuterie in jars is the trendiest app to serve this year. We'll see elements like cured nitrate-free meats, raw cheeses, pickles, fresh veg – and even dessert versions with chocolate and fruit. Single-serving jars mean you can avoid poking into one big plate together, so they're COVID-safe. Make your own! See how at cleaneating.com/jarcuterie.

2. Seed-to-Stem

Cooking: Veganism, plant-based eating and the zero-waste movement are all on the rise. The focus on sustainability is growing strong. Seed-to-stem cooking uses the whole plant to avoid food waste. This can include the peel, seeds and “inedible” cores of fruit like pineapple. Don't be surprised if banana peels show up in your smoothie!



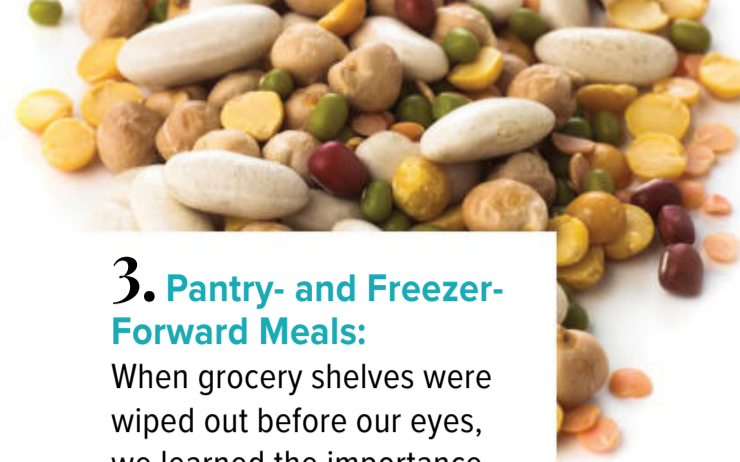
Summer Foodie Forecast

TV chef, nutrition coach, author and inventor Mareya Ibrahim wears many hats. Among them is “trend watcher.” Stay ahead of the curve with these exciting foodie fads this nutrition pro sees on the horizon this season.

5. Healthier No-Bake Treats:

Summer means turning on the oven less, which translates to no-bake treats. With more tuning into nutrition than ever, look for vegan versions and protein- and superfood-infused updates to classics like popsicles, brownies/blondies and “raw” cookie dough – even collagen gelatin shots.

Strawberry Chia Pops
with Chocolate Drizzle & Pistachios
cleaneating.com/strawberrychiapops



3. Pantry- and Freezer-Forward Meals:

When grocery shelves were wiped out before our eyes, we learned the importance of a well-stocked pantry and freezer. Look out for recipes that lean into shelf stability, with ingredients like quinoa and beans, legume-based pasta and rice, canned/jarred artichoke hearts, roasted red peppers, canned seafood and frozen veggies, to name a few.



4. Bamboo You:

Bamboo plates, napkins, cutlery, cups and even straws will be popping up at picnics and barbecues. Durable and quick-growing, bamboo's been in style for a while. With increasing availability driving down price, it'll be this season's most sustainable alternative to paper and plastic. Even bamboo clothing and sheets are making big waves. They're so soft and durable, and they keep you cool – perfect for long, hot days.



MAREYA PHOTO BY TERI LYNN FISHER, BANANA PEEL PHOTO BY BURKE/TRILO PRODUCTIONS/GETTYIMAGES.CA, BEANS PHOTO BY SCIENCE PHOTO LIBRARY/GETTYIMAGES.CA, BAMBOO CUTLERY PHOTO BY RORYGEZ FRESH/GETTYIMAGES.CA, STRAWBERRY CHIA POP PHOTO BY ANGUEL DIMOV



Get to Know Mareya

We sat down with this 25-year food-industry veteran and the entrepreneur behind natural produce-cleaning product line eatCleaner to find out just how she does it all.

You're a published author. Tell us about your books.

My first is *The Clean Eating Handbook: 31 Essential Rules for Health, Wellness and a Fabulously Fit Life*. People were killing themselves in the gym to work off the crap they'd eaten. But you can't outrain a bad diet! I wanted to show people how fitness could be achieved through food habits. My second book, *Eat Like You Give a Fork: The Real Dish on Eating to Thrive*, is a call to action. We need to have thought and intention when picking and eating foods. When we do that, we can help alleviate stressors and side effects of many diseases and chronic disorders.



How do you get so much done, especially as a busy mother?

It's my lifestyle, 110%. I'm energized because I live and eat a certain way, I hydrate and I believe in everything in moderation. I'm also very driven because I'm a person of strong faith. I believe we have a purpose in our work. I was put on this earth to help people feel better about themselves, so I want to be of service. I want to help people avoid the pitfalls I walked into in my early years, so that they can thrive.

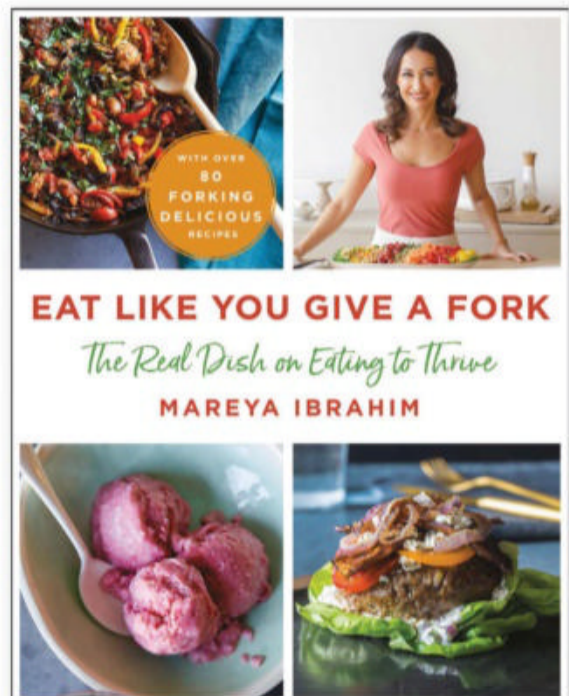
What is the ethos behind your work?

My ethos is that living a life of joy is my decision. We get to choose, in any circumstance, how we feel and what we do, such as the habits we create, the rituals we have and the food we eat. I believe that food and a healthy lifestyle are conduits to a joyful life and to achieving something that surpasses simply satiating ourselves. ☺

You've been in the industry for over two decades. How did you get started?

One of my first jobs out of school was as a marketing manager at a place called Alfalfa's Market, one of the early retail locations featuring natural products. I had my hand in food styling, recipe creation and all aspects of marketing. This was when I began to develop an appreciation for the origin and nutrition of food.

Then, 15 years ago, my father developed cancer and had to have his bladder removed. This changed his whole lifestyle. We were told by his doctor to avoid all raw foods to reduce risk of foodborne illnesses caused by bacteria. I thought, "How are we going to do this?" Salads and raw foods are the cornerstones of a nutritious diet! Together, we developed eatCleaner, a line of natural products lab-proven to remove up to 99.99% of the residue that can cause foodborne illnesses. They also remove pesticide residue that's not water soluble and can help produce last up to five times longer, keeping more out of landfills. When I started eatCleaner, I was a young mom with young kids. I had a lot of insights to share. That's really what launched me to where I am now.





Metabolic Flexibility:

The Holy Grail of Weight Loss

BY JONNY BOWDEN, PhD, CNS

“Burn more fat!”

It's the goal of every weight-loss program and the promise of every infomercial. And no wonder. Who doesn't love the visual image of unwanted belly, hip and thigh fat being incinerated into oblivion?

But what does “fat burning” actually *mean*? And why is it so hard to accomplish?

First things first. Your body uses two primary sources of fuel: fats and carbs. Under normal, resting conditions, most of your energy comes from fat. The mix changes as soon as you start to move. If

you're sitting on the couch, you're burning about one calorie per minute, most of which comes from fat. But if you get up from the couch and walk to the kitchen to get some chips, the ratio starts to change slightly. The percentage of the calories you're burning from fat goes down and the percentage of calories you're burning from carbs goes up.

If, instead of walking to the kitchen, you decide to sprint 15 minutes to and from the corner store to get those chips, then things change *a lot*. The number of calories

you burn goes way up (compared to sitting on the couch), the *proportion* of those calories coming from fat goes way down, and the proportion of those calories coming from sugar goes up considerably.

How do we know this? Because we can measure it, using a metric known as respiratory quotient, which tells you how many of the calories you're burning during exercise are coming from fat. In the early days of Equinox, we had a metabolic lab, where I worked with the world-renowned ultramarathoner and exercise

PLATE PHOTO BY FCAFO/DIGITAL/GETTY IMAGES.CA

physiologist Stu Mittleman. When we put clients on higher-fat, lower-carb diets, we'd see measurable changes in their respiratory quotient. They just became better at the metabolic skill of burning fat. (We'll return to this in a minute.)

The best endurance athletes can go a long time without running out of sugar because they're so good at burning fat. They've got the ATM code to their fat stores, so their bodies aren't as dependent on a constant influx of sugar.

And that's exactly what you – and I and every client I've ever worked with in my life – want. A body that's got the ATM code for our fat deposits, so it can go in there and make withdrawals! *That's* what we mean by a fat-burning metabolism, or, more correctly, a “flexible” metabolism. A healthy, flexible metabolism can handle anything. It's the brass ring when it comes to health and weight loss.

METABOLISM 101

Every moment of every day, you're burning calories. You need calories for every activity, from thinking to square dancing to meditation to moonwalking. You even burn calories when you're sleeping. And these calories come from food.

But think about this for a minute. At mealtime, we ingest a large number of calories, but where do they go? Clearly, we don't need all those calories at the exact moment we decide to have dinner. If our bodies didn't have a way to store those calories for future use, we'd be extinct.

Fortunately, that's not the case. We store carbohydrates in the liver and muscles as something called *glycogen*. We store fat as something called *triglycerides* (which your doctor measures via a blood test). Triglycerides get packed into our fat cells – and to a certain extent, within

the muscle cells themselves – where they wait patiently until the body needs them for fuel.

As mentioned earlier, these two sources of fuel – fat and sugar – are the primary source of energy (calories) on which our bodies run. Our bodies *can* use protein as a significant source of fuel, but it's a really bad idea, like burning the sails on a sailboat in order to stay warm. Under normal conditions, the body gets about 15% of its cellular fuel from protein, which is good.

Your body can only store 1,800 to 2,000 calories' worth of sugar (glycogen), but it can store a gazillion calories of fat (triglycerides) in your fat tissues. That's because sugar is only intended to be used by the body sparingly – in emergencies. Sugar is the perfect fuel if you need a quick burst of energy lasting under 30 seconds because the body can grab that sugar instantly, while it takes up to 20 minutes for the body to mobilize a significant amount of fat.

Sugar is great in a pinch – but if you want sustained energy, you're much better off using fat as your primary fuel. Nature knew what she was doing when she gave you (and me) a virtually endless supply of it.

Fat is precisely and exactly the perfect fuel to power our cellular machinery. It's what we want our cells to run on. The question is, how do we access these storage tanks of fat that seem to pile up in the last places we need them on our bodies?

And the answer is simple. If you want to *burn* fat, you've got to *eat* fat.

TO BURN MORE FAT, REMOVE THE ALTERNATIVE!

Parents have asked me time and again: “How do I get my kid to eat healthier?” The answer is always the same: Take away the alternative. If all you have in your fridge is good food, your kid will complain for a couple of days, and then eventually they'll eat it!



And so it is with fat burning. We have trained our bodies to be very good at running on sugar. The metabolic pathways that are involved in breaking down sugar and using it for energy are well-worn, like popular hiking trails in the Delaware Water Gap. We train these metabolic pathways to be more (or less) efficient, just as sure as we train our biceps to either get bigger by performing biceps curls or get flabby from lack of stimulation.

However, we have not done a very good job of training our bodies' fat-burning pathways.

We – and I include myself here – taught people for years to eat “mini meals.” To graze. To eat every two hours. To avoid fat and load up on carbs. To never ever skip breakfast.

We all had sugar-burning metabolisms then, and we'd be crawling the walls if we didn't eat something every two hours. But now we know better.

Clinicians I interview – and I've interviewed all the greats – routinely speak of getting their patients into what we call a “fat adapted” state, where they are more easily able to access (and “burn”) their fat stores. These folks are always surprised to find that they actually don't need an energy bar every two hours once their body has dusted off the metabolic pathways needed to burn fat.

The recent craze over keto diets is all about fat-burning metabolisms. If you reduce your carbs enough, the body has no choice but to use the

metabolites of fat burning, called ketones, just like your kid has no choice but to eat the “good” food in the fridge once you get rid of the cookies. Keto basically forces your body to go into fat-burning mode because ketones are only produced when you are actually burning fat.

WHAT'S KETO-FRIENDLY?

The keto diet is great for many people. But you don't have to go keto to make your metabolism more flexible. Instead, consider going “keto-friendly.”

You can cut out sugar and processed carbs and you can increase good fats like extra-virgin olive oil, avocado oil, whole eggs and grass-finished butter. You can stick to low-sugar fruits like berries, start snacking on nuts instead of pretzels, and go heavy on the olive oil when you eat all those vegetables you should be eating in any case. A recent article in the *Journal of Sports Medicine* defined a fat-burning diet as one including 65% or so of calories from fat and 25% – or less – from carbs.

Remember, if you give your body mostly cereal, pasta and energy bars, it will get very good at using these quick-acting sugars for fuel.

But you won't like the way you feel – or the way you look.

You can eat a higher-fat, whole-foods diet whether you're a vegan, a carnivore or – like most people – somewhere in between. All it takes is following one single mantra: Eat. Real. Food.

To the extent that you can cut off your body's supply of toxic and useless processed food, you will also be reducing your metabolism's dependence on glucose and will be teaching it how to use the most wonderful and abundant fuel it has available: fat.

And that's a very good thing – for how you feel and for how you look. ©



JONNY BOWDEN, PhD, CNS Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.



*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*



*and Barley and Beans and
Spelt and put them
make bread of it..."*
— Ezekiel 4:9

EZEKIEL 4:9

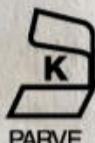
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foodforlife.com



Set Up an Eco-Kitchen

Ditch the plastic wrap and single-use items and set yourself up for lower-waste cooking with these clever, planet-friendly tools.

BY ANDREA GOURGY,

ILLUSTRATION BY JUSTINE WONG



TRADE IN YOUR CITY-COLLECTED COMPOST FOR:

Vitamix FoodCycler FC-50

This genius machine transforms your food scraps into dried compost, eliminating the need to send it out to a compost center. Each batch takes from three to six hours, and you can then take it right from the machine to your garden. It requires a little bit of space, but it's easy to use and very quiet. The best part? You never have to clean it, making it super low maintenance.

\$400, vitamix.com



TRADE IN PLASTIC CONTAINERS FOR:

U-Konserve Round Nesting Trio (Set of 3)

Stainless steel containers abound, but what we loved about this set in particular were the clear silicone lids, which means you can actually see what's stored inside. This trio is durable, dishwasher-safe and leak-proof – in fact, our assistant editor put them through the ringer carrying curries across town, so we can assure you that your goodies won't spill out during transport.

\$32, ukonserve.com



TRADE IN SINGLE-USE PLASTIC BAGS FOR:

Junes The Everyday Tote in BioKnit

This stylish tote may not look like a climate warrior, but big change can come in small packages. The bag folds up small, so you can stash it in your pocket or purse, but it holds up to 40 pounds – more than you need for a typical farmers’ market haul. When it wears out, mail it back to the company to recycle and get a coupon code to apply to your next purchase.

\$36, junes.co



TRADE IN PLASTIC WRAP FOR:

Bee’s Wrap Variety Starter Pack

Once you have a set of these reusable food wrappers, you can ditch the plastic wrap for good. This starter pack comes with seven pieces in a variety of sizes. Plus we adore the pretty patterns they come in!

\$42, beeswrap.com



TRADE IN PLASTIC STRAWS FOR:

Keychainable Telescopic Straw

Glass straws are great for home use, but you can’t transport them without the risk of breaking. Enter Net Zero’s portable stainless steel straw with a protective case and keychain ring so it goes where you go.

\$13, netzerocompany.com



TRADE IN PAPER TOWELS FOR:

Paperless Towels

These handmade cotton towels are surprisingly absorbent – we used them several times back-to-back in our testing to dry dishes, wipe the counter tops and more. They come in bleached, unbleached and organic cotton varieties.

\$18, ilovegenerationme.com

JUSTINE WONG HEADSHOT BY KEE BYUNG-KEUN



Justine Wong ILLUSTRATOR, TORONTO, CANADA

While painting her series *21 Days in Japan* (documenting 100 meals in the country), artist Justine Wong fell in love with watercolors. When she isn’t creating prints, she’s an herbalist apprentice, taking inspiration from weeds and plants from her walks. ©



Composting 101

The basic premise of composting is simple: Biodegradable waste (food scraps, coffee grounds, old leaves) returns to the ground from whence it came. But composting can be more complex than you think. We're here to demystify the process so you can make it a regular part of your routine.

BY KRISTY DRUTMAN

What exactly is composting, and how does it work?

Composting is the process of decomposing organic materials into rich, nurturing fertilizer. Materials are typically a mix of carbon-rich brown matter (straw, fabric, sawdust, wood chips) and nitrogen-rich green matter (grass clippings, coffee grounds, eggshells). The carbon and nitrogen found in compost is a critical food source for healthy microbes that allow for thriving soil.

There are four common methods: hot pile, cold, vermicomposting and electric cycling.

Hot pile, or aerobic, involves tossing green and brown matter into an open pile exposed to oxygen and water. This pile becomes “hot” (ideally 160°F) as bacterial microbes decompose the matter rapidly. However, overheating can cause mold or destroy healthy microbes, so you'll need to flip the pile consistently to ensure even distribution of moisture and heat. This takes roughly six to nine months to produce fertilizer.

Cold composting, or passive composting, is a simpler but slower method. Just mix brown and green matter in

your compost and let everything decompose into fertilizer over a year or two. However, while less work, this approach can lead to development of unpleasant smells, bacteria, fungi or parasites.

The third method, vermicomposting, is done in an enclosed bin. Organic matter is added to a bed of scrap paper, straw or hay. Then, worms are added to break it down. The worms eat the scraps and their feces becomes a dark, rich compost material called humus. Vermicomposting is generally more expensive than hot pile, but it can be a more flexible option as it can be done indoors or outdoors. Plus, it's much faster, taking only two to three months to produce compost.

A newer innovation is the electric cyler. This is an indoor bin that dries, grinds and cools food waste to create a dry fertilizer that isn't as messy or smelly as wet compost.

According to the Environmental Protection Agency, composting reduces reliance on chemical fertilizers, prevents toxic runoff towards oceans and rivers, decreases erosion and diverts waste away from landfills.

PHOTO BY ISTETIANA/GETTYIMAGES.CA

Why compost? Don't compostable items just biodegrade anyway?

DIY composting is one of the easiest, most tangible ways to reduce your carbon footprint. Many think that if you toss your food into a landfill, it'll decompose all the same. Not true! Food waste in the landfill ends up buried and is not exposed to much oxygen. This anaerobic process results in the production of methane, a potent greenhouse gas that's driving global climate change. According to the International Energy Agency, landfills remain the

third-largest source of human-related methane emissions in the US, after agriculture and nonrenewable energy. Meanwhile, composting is an aerobic process: The waste receives plenty of oxygen, meaning the methane-producing microbes found in landfills won't be present in large quantities. With access to air and water, your compost will produce a much richer humus. The humus helps fight off pathogens and can keep you from depending excessively on chemical fertilizers and pesticides. It's a win for both your home and the planet.

How can I start composting more?

Many cities offer a composting operation that gathers, sorts and processes waste from individual households. Toss your scraps into a curbside "green bin" that an industrial facility will collect and process.

If your city doesn't offer this service, try DIY! Store scraps (from fruit, veg, eggshells) in an airtight compost container and store somewhere covered, like under the sink, to keep fruit flies away. Do not dispose of meat, grease or bones here, as these may attract pests that can destroy your compost. Transfer the waste into a backyard hot or cold pile, a vermicomposting bin or an electric cycler for further processing. With a little patience, love and nurturing, you'll have rich, tasty compost for your garden to enjoy!

Compostable vs. Biodegradable vs. Zero Waste

COMPOSTABLE: Compostable materials (such as food scraps and leaves) are all biodegradable, meaning they all break down into organic waste and turn into nutritious compost. This is typically a much faster process than the breakdown of biodegradable items that end up in landfills.

Compostable:

- Fruit and vegetable scraps
- Carbs (crackers, cereals, noodles)
- Nuts and seeds
- Spoiled plant-based milk
- Jarred/canned sauces
- Loose tea leaves and coffee grounds
- Beans and legumes
- Napkins and paper towels
- Plant waste (yard waste, dead flowers and stems, houseplant trimmings)
- Old herbs and spices

BIODEGRADABLE: An object that can decompose biologically by bacteria/fungi over a period of time. Biodegradable doesn't mean compostable! Most things will break down into their original components, but items like paper and cloth break down very slowly compared to a piece of fruit. Plastic may take thousands of years to disintegrate, and styrofoam will never degrade.

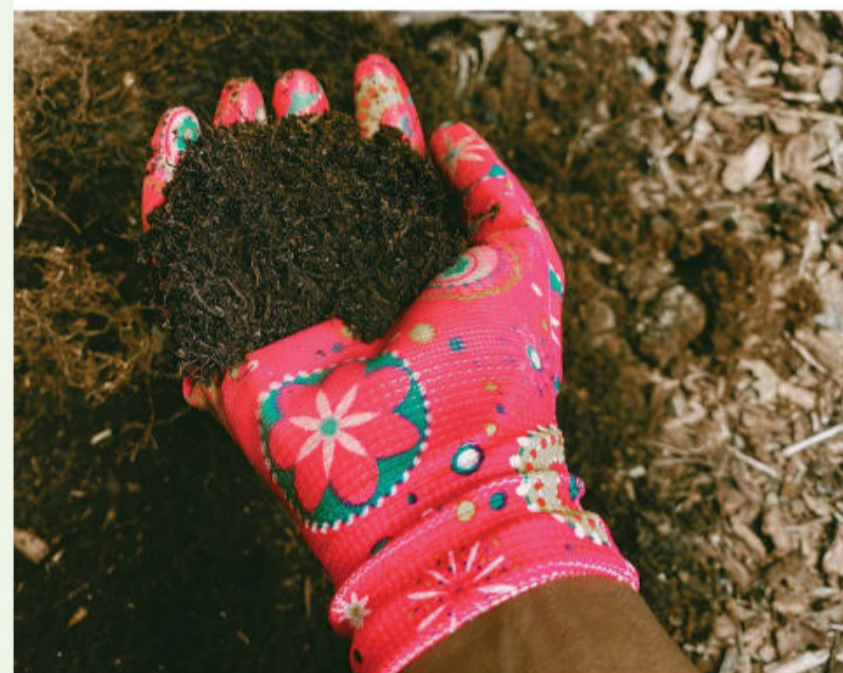
Biodegradable but not at-home compostable:

- Pastries (attract insects and pests that can ruin pile)
- Animal feces
- Dairy products, meat or bones
- Tea bags made with plastic
- Coated cardboard packaging
- "Biodegradable" packaging (these are generally only compostable by an industrial facility, such as in a city-wide green-bin operation)

ZERO WASTE: Items that are produced, used and recovered in a way that prevents them from ending up in a landfill at all. It is essentially a philosophy that allows you to rethink how the objects you buy are designed and disposed of after use.

My favorite zero-waste items:

- Metal safety razors
- Deodorant creams in aluminum or paper containers (such as Native Deodorant)
- Glass, steel, silicone and ceramic straws
- Konjac facial sponges
- Refillable soap dispensers



Kristy Drutman

OAKLAND, CALIFORNIA

Kristy Drutman channels her passion for the environment into her platform (and podcast of the same name), Brown Girl Green, where she highlights diversity in sustainability. When she isn't amplifying unique perspectives in the green world, she loves cooking tasty, low-FODMAP, anti-inflammatory meals, hiking, improv comedy and acting. 🌱

SPEEDY **SUMMER** **SUPPERS**

BECAUSE SUMMER DAYS
SHOULD BE SPENT OUTSIDE,
NOT OVEN-SIDE, WE CREATED
THIS COLLECTION OF
BREEZY DINNERS, READY IN
15, 20 OR 30 MINUTES FLAT.

BY BETH LIPTON, PHOTOGRAPHY BY ROBERTO CARUSO



FOODSTYLING © BRADSHAW HERBERTON, PROP STYLING BY FRANNY ALDER

**EVERY
RECIPE**
30 MINUTES &
10 INGREDIENTS
OR LESS!



Caeser Burgers p. 38

30
MINUTES

OLD BAY SCALLOPS

with Roasted Corn & Lemon Aioli

Q GF

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**



Cooked and ready in less than five minutes, delectable sea scallops are nature's gift to the time-starved. The trick to getting a good sear on the outside with still-tender insides is to not overcrowd the pan.

- 4 ears** fresh corn, kernels removed
- 2 cups** cherry tomatoes, halved
- 2 tbsp** avocado oil, divided
- ¼ tsp** sea salt
- ¼ tsp** ground black pepper, divided
- ½ cup** fresh basil, chopped
- ½ cup** avocado oil mayonnaise
- 1 tsp** lemon zest
- 1 tbsp** fresh lemon juice
- ¼ tsp** garlic powder
- 1 tbsp** organic unsalted butter
- 1½ lb** sea scallops, muscle removed, patted dry
- 1 tbsp** Old Bay seasoning

together corn, tomatoes, one-half of oil, salt and one-half of pepper. Roast 12 to 15 minutes, until corn is tender and tomatoes are bursting. Stir in basil.

2. Meanwhile, prepare aioli: In a small bowl, whisk together mayonnaise, lemon zest, lemon juice and garlic powder. Set aside.

3. Heat a large skillet on medium-high. (**TIP:** A cast iron pan works well.) Melt butter with remaining one-half of oil. Sprinkle scallops with Old Bay seasoning and remaining one-half of pepper. Add to skillet and cook until undersides are seared, about 2 minutes. Flip and sear the other side, 1 to 2 minutes more. Serve with vegetables and aioli on the side.

PER SERVING (¼ of recipe):
Calories: 494, Total Fat: 33 g,
Sat. Fat: 6 g, Monounsaturated
Fat: 21 g, Polyunsaturated
Fat: 5 g, Carbs: 28 g, Fiber: 3 g,
Sugars: 8 g, Protein: 25 g,
Sodium: 1,064 mg, Cholesterol: 78 mg

1. Preheat oven to 425°F. On a large parchment-lined baking sheet, toss





SCALLOPS ON THE BRAIN:

These buttery morsels are packed with brain-boosting nutrients. A 6-ounce serving of scallops has roughly 36% of the daily values for vitamin B₁₂ and zinc. B₁₂ has been shown to prevent brain atrophy through loss of neurons, and deficiency has been linked to memory loss in older adults. Meanwhile, zinc is involved in many neurological processes to maintain healthy brain function.

CHOPPED MUFFULETTA SALAD

Q GF

15
MINUTES

SERVES 6.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

This genius salad combines all the salty-sour-sweet Italian flavors of a classic muffuletta sandwich, minus the bread to weigh you down. If you can't find giardiniera, look for mixed pickled vegetables or even antipasto.

- 4 cups** finely chopped romaine lettuce
- 4 oz** Genoa salami, chopped
- 4 oz** provolone, chopped
- 2 oz** capicola, chopped
- ½ cup** jarred roasted red peppers, patted dry, chopped
- ½ cup** chopped mixed pitted olives
- ½ cup** finely chopped giardiniera, drained
- 4** pepperoncini, patted dry, chopped
- 2 tbsp** extra-virgin olive oil
- 2 tbsp** red wine vinegar
- ¼ tsp** ground black pepper

In a large bowl, combine lettuce, salami, provolone, capicola, red pepper, olives, giardiniera and pepperoncini. Add oil and vinegar; season with pepper and toss again.

PER SERVING (1/6 of recipe): Calories: 226, Total Fat: 17 g, Sat. Fat: 6 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 5.5 g, Fiber: 2 g, Sugars: 0 g, Protein: 11 g, Sodium: 990 mg, Cholesterol: 37 mg



New-Fashioned Crab Louie Salad p. 36

20
MINUTES



**COVER
RECIPE**

NEW-FASHIONED CRAB LOUIE SALAD

P Q GF

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **20 MINUTES.**

This modern play on the original Crab Louie – a mayo-heavy salad reportedly from 1915-era San Francisco – is studded with crunchy radishes and cucumbers, tasty pickles and loads of sweet crabmeat piled high on the plate.

- 1/3 cup** avocado oil mayonnaise
- 1/4 cup** unsweetened ketchup (**TRY:** Primal Kitchen Ketchup Organic and Unsweetened)
- 1/4 cup** finely minced cornichons or sour pickles
- 1 tbsp** red wine vinegar
- 1/4 tsp** each sea salt and ground black pepper
- 5 cups** finely chopped romaine lettuce
- 2 cups** cherry tomatoes, halved
- 1/2** English cucumber, quartered lengthwise, chopped
- 8** radishes, chopped
- 4** hard-boiled eggs, halved
- 1 lb** lump crabmeat, picked over for shells

1. In a small bowl, whisk together mayonnaise, ketchup, pickles and vinegar. Season with salt and pepper.

2. Using one bowl per serving, divide lettuce evenly among bowls. Evenly pile tomatoes, cucumber and radishes over top. Top with 2 egg halves per bowl. Evenly divide crabmeat among servings and pile in the center of each bowl. (Alternatively, arrange all ingredients on a serving platter as shown.) Drizzle lightly with dressing. Serve with remaining dressing on the side.

PER SERVING (1/4 of recipe): Calories: 345, Total Fat: 21 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 9 g, Fiber: 3 g, Sugars: 5 g, Protein: 29 g, Sodium: 949 mg, Cholesterol: 316 mg

TAMARIND CHIPOTLE ROASTED SALMON

F Q GF

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **20 MINUTES.**

Bold flavors of smoky chipotle and sour tamarind star in this super-quick salmon dish. Keep the coleslaw as simple or complex as you like. Ours contains cabbages, carrots, edamame and fresh herbs.

- 2** canned chipotle chiles, divided
- 1 tbsp** jarred tamarind purée
- 1 tbsp** minced ginger
- 1 tbsp** raw honey, divided
- 1 tsp** toasted sesame oil
- 1 tsp** sea salt, divided

- 1/4 tsp** ground black pepper, divided
- 4 4-oz** wild-caught salmon fillets, patted dry
- 1 tbsp** avocado oil
- 1/2 cup** avocado oil mayonnaise (**TRY:** Chosen Foods 100% Avocado Oil Based Classic Mayo)
- 1** lime, zested and juiced
- 6 cups** coleslaw mix

1. Preheat oven to 400°F.

2. In a small food processor, combine one-half of chipotle chiles, tamarind, ginger, one-half of honey and sesame oil. Blend until smooth. Season with one-half each of salt and pepper.

3. Season salmon with remaining one-half each of salt and pepper. Brush tamarind mixture over salmon. Heat a large ovenproof skillet (preferably cast iron) on the stove top on medium-high. Add avocado oil; gently swirl to cover surface. Place salmon, skin side down, in skillet; cook 2 minutes. Transfer skillet to oven and roast until fish is cooked to desired doneness, 3 to 5 minutes, until opaque and flakes easily with a fork.

4. Meanwhile, wipe out the food processor. Add remaining one-half of chiles, mayonnaise, lime juice, zest and remaining one-half of honey; process until smooth. To a large bowl, add coleslaw mix; add dressing and toss to coat. Divide coleslaw evenly among plates and serve with fish.

PER SERVING (1/4 of recipe): Calories: 434, Total Fat: 31 g, Sat. Fat: 5 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 5 g, Carbs: 15 g, Fiber: 3 g, Sugars: 8 g, Protein: 24 g, Sodium: 777 mg, Cholesterol: 83 mg

20
MINUTES





CAESAR BURGERS

F Q

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

These tangy burgers have big Caesar flavors built right into the patty. Enjoy the salad on the side or inside the burger for a fork-free summer meal. Try serving with vegetable chips for a no-effort side.

- 1 lb ground beef
- ¼ tsp each sea salt and ground black pepper
- ½ cup grated Parmesan cheese, divided
- 4 oil-packed anchovy fillets, minced, divided
- 2 cloves garlic, minced, divided
- 2 tsp avocado oil
- ¼ cup avocado oil mayonnaise
- ½ lemon, zested and juiced
- 8 large romaine lettuce leaves, torn
- 4 whole-grain hamburger buns

1. In a medium bowl, combine beef, salt and pepper with half of each: Parmesan, anchovies and garlic. Gently mix to incorporate. Shape into 4 ½-inch-thick patties.

2. In a large, heavy-bottomed skillet on medium-high, heat oil. Add burgers and cook, flipping once, 3 to 5 minutes per side, or to desired doneness. (**NOTE:** You can also grill the burgers.)

3. In a small bowl, whisk together mayonnaise, lemon juice and zest with remaining garlic and anchovy.

4. To a large bowl, add lettuce; toss with enough dressing to coat. Divide evenly among plates and sprinkle with remaining half of Parmesan. Place a bun on each plate; top each with a burger patty and any leftover dressing, if desired.

PER SERVING (¼ of recipe): Calories: 532, Total Fat: 31 g, Sat. Fat: 8 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 4 g, Carbs: 30 g, Fiber: 5 g, Sugars: 4.5 g, Protein: 33 g, Sodium: 845 mg, Cholesterol: 94 mg

SPANAKOPITA-INSPIRED CHICKEN QUESADILLAS

F Q

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 30 MINUTES.

Cheesy quesadillas have universal appeal for lunch or dinner. Serve with a simple green salad and sprinkle green onions on top for a pretty presentation.

- 1 lb boneless, skinless chicken thighs, halved lengthwise, patted dry
- 5 tbsp extra-virgin olive oil, or as needed, divided
- ½ tsp garlic powder
- ½ tsp sea salt, divided
- ⅛ tsp ground black pepper, divided
- 10 oz baby spinach
- 3 cloves garlic, minced, divided
- 2 tsp dried minced onion
- 1 tsp dried oregano, divided
- 8 8- to 10-inch whole-grain tortillas

¾ cup shredded Monterey Jack cheese

½ cup crumbled feta (or to make it dairy-free, substitute both cheeses for dairy-free versions; **TRY:** Follow Your Heart Dairy-Free Feta Crumbles)

1. Preheat oven to 425°F; line a large baking sheet with parchment. Rub chicken with enough oil to coat; season with garlic powder and one-half each of salt and pepper. Spread on baking sheet and bake until cooked through, 12 to 15 minutes, flipping halfway. Transfer to a cutting board. When cool enough to handle, shred. Reduce oven to 200°F.

2. Meanwhile, heat a large nonstick skillet on medium; add enough oil to coat. Add spinach, a handful at a time, until one-half of spinach is in skillet. Add one-half of garlic, one-half of onion and one-half of oregano; season with pinch of salt. Cook, stirring, until spinach has wilted, 2 to 3 minutes. Transfer to a colander. Repeat with oil, remaining one-half each of spinach, garlic, onion and oregano and pinch of salt.

3. Wipe out skillet; place on medium heat and add enough oil to coat pan. Add 2 tortillas; top each with spinach, chicken and both cheeses, spreading evenly. Top each with another tortilla and cook until bottom tortillas are golden, 1 to 2 minutes. Carefully flip and cook until cheeses have melted and both sides are golden, 1 to 2 minutes longer. Transfer quesadillas to oven to keep warm; repeat with remaining oil, tortillas, spinach, chicken and cheese. Cut quesadillas into wedges.

PER SERVING (¼ of recipe): Calories: 621, Total Fat: 38 g, Sat. Fat: 13 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 3 g, Carbs: 32 g, Fiber: 6 g, Sugars: 3 g, Protein: 35 g, Sodium: 887 mg, Cholesterol: 140 mg



30
MINUTES

**EVERY
RECIPE**
30 MINUTES &
10 INGREDIENTS
OR LESS!



A Levantine GRILLING FEAST

FOOD STYLING BY CHRISTOPHER ST. ONGE, PROP STYLING BY FRANNY ALDER



Bring the flavors of the Middle East to your barbecue with these easy recipes including gorgeous mezze, fragrant meat skewers and standout homemade sauces.

RECIPES BY HIMI HUNAIDI, PHOTOGRAPHY BY ROB FIOCCA

YOU MAY NOT HAVE HEARD THE TERM BEFORE, BUT YOU’VE LIKELY TASTED THE CUISINE – THINK CREAMY HUMMUS, PERFECTLY SPICED CHICKEN SKEWERS AND GARLICKY, LEMONY EGGPLANT DIP.

“Levantine”

So why are we using the term “Levantine” rather than simply “Middle Eastern”? The Middle East is actually a very large region that includes parts of North Africa such as Morocco and the states of the Persian Gulf such as the United Arab Emirates. From a culinary and cultural perspective, the Middle East is quite varied. The Levantine region, on the other hand, is more narrow, referring to the geographical area of the Eastern Mediterranean, which shares many cultural, linguistic and culinary traits. The name, derived from a French word, was coined in the late 1400s and was used to mean “the countries of the east.”

After our press date, we were saddened to see the current state of unrest unfold in the region. Our hearts go out to everyone affected.

We reached out to acclaimed chef Himi Hunaidi to bring a taste of Levantine cuisine to the pages of *Clean Eating*. Born and raised in Jordan, Hunaidi is of Palestinian descent and spent her school breaks and summers in Egypt, Lebanon and Syria. Later, she was trained as a chef in the south of France before founding her own Toronto-based restaurant called Madame Levant. She’s the perfect person to translate Middle Eastern flavors into simple, easy backyard dishes for summer and beyond.

“Growing up in the Levant region, summer had many flavors and aromas, but the most dominant one would be the smell of barbecue,” explained Hunaidi. “Charcoal grills would be lit in public parks, backyards and even on sidewalks in cities. Each family has their trusted butcher, a family member who is in charge of the preparation, another person doing the grilling and finally everyone would gather to share delicious cold mezzes and hot skewers of meat or vegetables from the grill.”

Levantine cooking doesn’t have to be complicated – in fact, according to Hunaidi, the cuisine is actually relatively simple. It’s about cooking in season and using gorgeous produce paired with unique culinary techniques that she’s revealing here.

But the cuisine isn’t just about getting the techniques right, it’s also about sharing in the joy of a meal as the locals in the region do. “The cultures that have developed this cuisine see food as more than just nutrients on a plate. They see a meal as a gathering, an act of love and always a celebration,” says Hunaidi. This collection of recipes is a perfect way to celebrate summer with your family and sample the flavors of the Levant at the same time. We hope you enjoy these recipes as much as we did!

**Baba
Ghanoush**
p. 50



**Muhammara
Salad**
p. 49



**Lamb &
Apricot
Skewers with
Cucumber
Mint Yogurt**
p. 47

**CHEF'S
TIP**



The marinade in this recipe uses Balkan yogurt, which tends to be a little more sour than regular yogurt. If you can't find it, regular yogurt works just fine.



Shish Tawook with Garlic Sauce

p. 51

CHEF'S TIP



Serve these fragrant chicken skewers with salad and rice, or make it as a wrap: Split a pita open, leaving one side attached, add stuffing to the center toward one side, and roll it up like a souvlaki.



**CHEF'S
TIP**



These bright mini bell peppers are stuffed with semi-firm halloumi cheese. We love the edge it brings to this recipe, but if you find it salty, soak it in lukewarm water for 10 to 15 minutes after chopping.

WATER BY MADA CREATIVE FROM THE NOUJN PROJECT

Halloumi-Stuffed Peppers

Q V GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

In the Levantine region, once the charcoal grill is lit, it stays on from noon until dusk, and it's used to prepare snacks between meals. Grilled halloumi, a semi-firm cheese with a high melting point, is one of Hunaidi's favorite *tasbeeras*, Arabic slang for "snacks" (although the direct translation for *tasbeeras* is "patience," as a snack is supposed to keep you patient while awaiting your next meal). These poppers use mini bell peppers, but you can swap for jalapeños if you prefer more heat.

- 8 oz halloumi cheese, chopped into ¼-inch pieces or grated
- ½ tsp dried oregano
- 1 lb mini sweet bell peppers
- 1 tbsp extra-virgin olive oil
- 2 tbsp chopped fresh flat-leaf parsley
- 1 clove garlic, minced

1. Preheat a greased grill to medium-high.

2. In a medium bowl, combine halloumi and oregano. To a second medium bowl, toss peppers with oil, parsley and garlic.

3. Using a paring knife, cut a ½-inch slit on the side of each pepper, large enough to fit a cube of cheese. Stuff each with cheese, push to the bottom of pepper and pinch closed.

4. Grill peppers for 4 to 5 minutes per side, until tender and brown in places.

PER SERVING (¼ of recipe): Calories: 255, Total Fat: 19 g, Sat. Fat: 11 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 8 g, Fiber: 2 g, Sugars: 2 g, Protein: 13 g, Sodium: 606 mg, Cholesterol: 43 mg



Lamb & Apricot Skewers with Cucumber Mint Yogurt

F Q GF

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 30 MINUTES.

The flavors in these skewers are inspired by North African cuisine, specifically Moroccan tagines, where sweet and savory notes are often beautifully fused. Here, we pair them with a simple yogurt salad that is common in the Levantine region and is especially cooling on hot summer days.

SKEWERS

- 2 tbsp Balkan yogurt or whole-milk regular yogurt
- 1 tsp each ground cumin and smoked paprika
- ½ tsp sea salt
- 1 lb deboned lamb shoulder, cut into 2-inch cubes

6–8 apricots, halved (or use ¾ cup dried apricots)

3 large red onions, cut into 2-inch pieces (or 6–8 shallots, halved)

YOGURT

- ¾ cup Balkan yogurt or whole-milk regular yogurt
- 6 Persian cucumbers, finely chopped or grated
- 2 tbsp fresh chopped mint, divided
- ¼ tsp sea salt

EQUIPMENT

6–8 metal or wooden skewers (soaked if using wooden)

1. Preheat a greased grill to medium-high.

2. Prepare marinade: In a large bowl, combine yogurt, cumin, paprika, and salt. Add lamb and stir to coat. (**TIP:** If you have more time, you can marinate lamb in yogurt mixture in the refrigerator up to 4 hours.)

3. To each skewer, add 2 pieces of lamb followed by 1 apricot half and then 1 onion piece; repeat. Skewer all remaining ingredients in the same manner.

4. Add skewers to grill and cook for 3 to 5 minutes per side, until cooked through and browned.

5. Meanwhile, prepare yogurt salad: In a small bowl, combine yogurt, cucumbers, one-half of mint and salt. Garnish with remaining one-half of mint. Serve with skewers.

PER SERVING (¼ of recipe): Calories: 275, Total Fat: 10 g, Sat. Fat: 4 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 4 g, Sugars: 14 g, Protein: 24 g, Sodium: 451 mg, Cholesterol: 71 mg

Hunaidi serves up her Grilled Peaches with Labneh, a modern appetizer that uses traditional Levantine ingredients.

CHEF'S TIP



These grilled peaches are smeared with labneh, a creamy strained yogurt. For the best balance of flavors, the labneh should be sour and the peaches should be sweet. If you are in doubt, add a squeeze of lemon and honey to the olive oil before drizzling in the final step. Can't find labneh? Blend a little feta cheese with yogurt to use as a replacement.



PEACH ICON BY MARCEL DORNIS/THEUNPROJECT.COM

Grilled Peaches with Labneh

Q V GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

This appetizer uses Middle Eastern ingredients such as labneh, a strained yogurt, and sumac, a tart spice made from the sumac flower. Avoid peaches that are overly soft so they don't fall apart on the grill.

- 4 firm peaches or nectarines, halved and pitted
- 1 cup labneh (see Chef's Tip, p. 48)
- ½ tsp sumac (**TRY:** Spicy Organic Sumac Ground)
- ¼ tsp each sea salt and ground black pepper
- 1 cup arugula
- ½ lemon, juiced
- 1 tbsp extra-virgin olive oil

1. Preheat a greased grill to medium-high.

2. Add peaches to grill, pitted side down, and cook, turning once, until lightly grill marked but still crisp, about 2 minutes per side.

3. Spread each peach half with labneh over pitted side. Sprinkle with sumac, salt and pepper. Top with arugula, and then drizzle with lemon juice and oil.

PER SERVING (¼ of recipe): Calories: 213, Total Fat: 16 g, Sat. Fat: 9 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1.5 g, Carbs: 17 g, Fiber: 2 g, Sugars: 15 g, Protein: 4 g, Sodium: 152 mg, Cholesterol: 50 mg



Muhammara Salad

P Q V GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

This salad is inspired by a Levantine dip called muhammara, which is made a vibrant color by roasting red peppers. The traditional dish is thought to be originally from Aleppo, Syria, but is now used across the region. Here, we bring all of those flavors to this salad with a modern twist over a bed of arugula. Try it with our Shish Tawook (p. 51) or grilled halloumi slices.

- ⅓ cup unsalted walnuts
- ½ tsp coriander seeds
- ½ tsp ground cumin
- 1 lemon, juiced
- 1 tbsp pomegranate molasses or balsamic reduction
- 1 tsp sea salt
- ⅓ cup extra-virgin olive oil
- 1 cup cherry tomatoes
- 1 bell pepper, cut into 1-inch pieces
- 5 cups arugula

EQUIPMENT

- 4 metal or wooden skewers (soaked if using wooden)

1. Preheat a greased grill to medium-high.

2. Prepare dressing: Heat a small skillet on medium. Add walnuts and toast for 2 to 3 minutes. Add coriander seeds for 1 minute, until slightly brown. Add cumin for an additional 1 minute, turn off heat and transfer to a mortar and pestle. Grind all ingredients together coarsely, keeping walnut pieces around ¼ inch in size. (Alternatively, add all ingredients to a food processor and pulse 5 to 6 times.)

3. In a small bowl, whisk together lemon juice, pomegranate molasses and salt. Drizzle in oil slowly as you whisk, until combined and thickened. Whisk in the spice-walnut mixture to oil mixture. Set aside.

4. Prepare veggies: Stack tomatoes and bell pepper on skewers. Add skewers to grill and cook for 2 to 3 minutes per side, until grill marked but not yet tender. Set aside to cool. (**NOTE:** You are looking for a hint of smoky flavor but want to keep them somewhat crisp.)

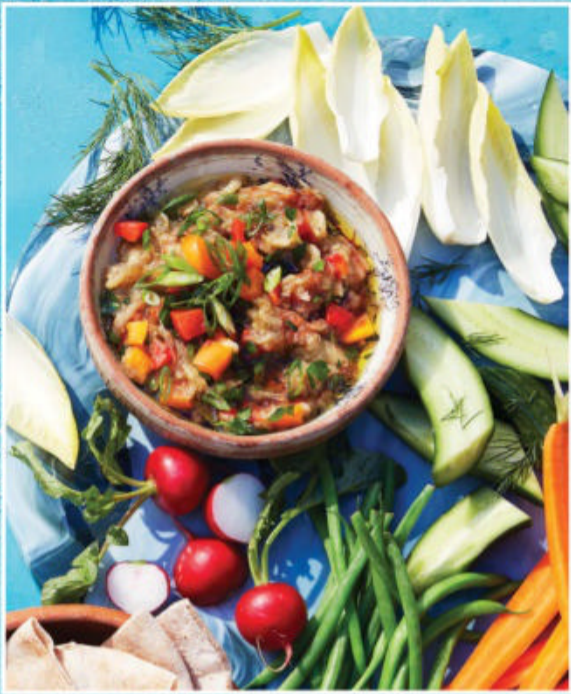
5. Spread arugula on a serving platter and place skewers on top. (Or, remove tomatoes and peppers from skewers and scatter over the arugula.) Drizzle dressing over salad.

PER SERVING (¼ of recipe): Calories: 259, Total Fat: 24 g, Sat. Fat: 3 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 6 g, Carbs: 9 g, Fiber: 3 g, Sugars: 5 g, Protein: 3 g, Sodium: 493 mg, Cholesterol: 0 mg

CHEF'S TIP



Don't skip the step of toasting the spices before making the dressing. Heating them imparts a smoky flavor that helps round out the dish.



Baba Ghanoush

Q V

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

CHEF'S TIP



Don't let the eggplant juices go to waste as they contain a lot of flavor. We suggest using a rimmed plate or baking dish when peeling to preserve them. Add the lemon juice immediately after peeling so it doesn't discolor.

In the Levantine region, there are two types of eggplant dip: *Mutabbal*, which contains tahini and fewer chopped vegetables, and *baba ghanoush*, which, in some traditional recipes, does not contain tahini but is made with pomegranate molasses and chopped vegetables. As this dish traveled the world, those two names have been confused. This version is a traditional *baba ghanoush* with a twist: We added a roasted bell pepper for a gorgeous smoky flavor. When in season, add fresh pomegranate arils as a garnish.

- 2 large eggplants
- 1 red bell pepper
- 1 lemon, juiced, divided
- 2 cloves garlic, minced
- 1 tbsp sea salt
- ½ orange bell pepper, diced
- 2–3 green onions, chopped
- ¼ cup chopped fresh parsley,
- 1 tbsp extra-virgin olive oil
- ½ tbsp pomegranate molasses (**TRY:** Just Date Syrup Just Pomegranate Molasses)
- veggies of choice and whole-grain pita, for serving (**TRY:** Food for Life Ezekiel 4:9 Whole Grain Pocket Bread)

1. Heat a greased grill to medium-high.
2. Add eggplants and red bell pepper to grill whole (do not poke); grill on four sides, 5 to 8 minutes on each side, until soft and blackened. Transfer bell pepper to a plate. Test bottom of eggplants with tongs; if not yet soft, cook on bottom sides for another 3 to 5 minutes, until very soft. Transfer to a baking dish or a rimmed plate (to preserve any juices). Set aside to cool for 10 minutes.
3. When cool enough to handle, peel eggplants with your hands. As you are working, squeeze one-half of lemon juice over the eggplant flesh to prevent it from browning.
4. Smash eggplant with a fork, or using a hand blender, pulse it slightly. Transfer to a bowl and add garlic, remaining one-half of lemon juice, salt, and all the eggplant juices from the plate (see Chef's Tip).
5. Peel and dice roasted red pepper. Mix roasted red pepper, fresh orange bell pepper and green onions into eggplant mixture, leaving a few pieces to scatter over top.
6. Add dip to a serving platter, top with parsley and scatter any reserved peppers and green onions; drizzle oil and pomegranate molasses over top. Serve with vegetables and pita.

PER SERVING (⅙ of recipe): Calories: 86, Total Fat: 3 g, Sat. Fat: 0 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 0 g, Carbs: 15.5 g, Fiber: 6 g, Sugars: 8 g, Protein: 2 g, Sodium: 967 mg, Cholesterol: 0 mg



Shish Tawook with Garlic Sauce

(F) (Q) (GF)

SERVES 4.
HANDS-ON TIME: **30 MINUTES.**
TOTAL TIME: **30 MINUTES.**

Shish tawook is one of the most popular skewers at barbecue gatherings in the Levant. It's always made with chicken but the marinade differs from one region to another, and even from one family to another. Here, Hunaidi reveals her family recipe from her own mother's kitchen. Don't skip the garlic sauce – it's deceptively simple but adds so much flavor to this dish.

SAUCE

- 1 head** garlic
- 2 tsp** extra-virgin olive oil, divided
- ½ cup** Balkan yogurt or whole-milk regular yogurt
- ¼ tsp** sea salt

CHICKEN SKEWERS

- ⅓ cup** Balkan yogurt or whole-milk regular yogurt
- 2 tbsp** unsalted tomato paste
- 1 tbsp** raw honey
- 2 cloves** garlic, minced
- 1 tsp** each ground ginger and sea salt
- 1¼ lb** boneless, skinless chicken breasts, cut into 2-inch cubes

EQUIPMENT

- 6** metal or wooden skewers (soaked if using wooden)

- 1.** Heat a greased grill to medium-high.
- 2.** Prepare sauce: With your hands, break down the head of garlic into cloves with their peel, wrap in foil and drizzle with one-half of oil. Place on the grill for about 15 minutes.
- 3.** Meanwhile, prepare chicken: In a large bowl, mix together yogurt, tomato paste, honey, garlic, ginger and salt. Add chicken and toss to coat. (**TIP:** If you have more time, you can marinate chicken in yogurt mixture in the refrigerator up to 4 hours.)
- 4.** Divide chicken among skewers. Grill, covered, for 10 to 12 minutes, turning once halfway.

5. Meanwhile, finish sauce: Carefully remove roasted garlic from foil, peel and place in a medium bowl. With a fork, smash the garlic, adding remaining one-half of oil. Stir in yogurt and salt. (**TIP:** Adding the oil first helps transform the garlic into a paste much faster.)

6. Serve the chicken skewers with the sauce.

PER SERVING (¼ of recipe): Calories: 251, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 1 g, Sugars: 7 g, Protein: 31 g, Sodium: 700 mg, Cholesterol: 87 mg

+ For more recipes from Chef Himi Hunaidi, head to cleaneating.com/levantinebowls for three exclusive meal-in-a-bowl recipes using loads of fresh produce and a Levantine-style twist! 



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These protein-packed meals are proof that plant-based eating will not leave you wanting. Enjoy fast and summer-fresh fritters, flatbreads, burgers and BLTs, with 20 grams of plant protein in every serving.

BY TRUDY STONE, PHOTOGRAPHY BY ASHLEY CAPP



FOOD STYLING BY SARAH SWEENEY, PROP STYLING BY EMILY HOWES

**EVERY
RECIPE**
30 MINUTES &
10 INGREDIENTS
OR LESS!

Tempeh BLT
with Cashew
Ranch Sauce
p. 63





Veggie Quinoa Patties

with Black Bean Salsa

F **Q** **V** **GF**

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Made with quinoa and black beans, these crispy patties will leave you feeling satisfied for hours. Make sure to squeeze out the liquid from the zucchini and sweet potato before making the mixture. Serve with a dollop of coconut yogurt.

- 3 tbsp** ground flaxseeds
(**TRY:** Bob's Red Mill Premium Whole Ground Flaxseed Meal)
- ½ cup** water
- 2 cups** canned black beans, drained and rinsed, divided (**TRY:** Goya Low-Sodium Black Beans)
- 2 cups** cooked quinoa
- 1 cup** grated zucchini, squeezed dry
- 1 cup** grated sweet potato, squeezed dry
- 1 cup** almond flour
- 3** green onions, chopped
- ½ tsp** sea salt + additional to taste
- ¼ tsp** ground black pepper + additional to taste
- 3 cups** cooked corn kernels (fresh or canned, drained)
- ⅓ cup** fresh cilantro, minced
- 2 tbsp** fresh lime juice

1. Preheat oven to 425°F.

2. In a small bowl, mix together flaxseeds and water. To a large mixing bowl, add one-half of the beans; mash well with a potato masher. Add quinoa, zucchini, sweet potato, almond flour and green onion; stir in flaxseed mixture. Season with salt and pepper.

3. Using a ½-cup scoop, form mixture into patties, making 8 patties total, and place on a parchment-lined baking sheet. Mist with cooking spray. Bake 10 to 12 minutes, until edges are golden. Turn patties over and spray with cooking spray again. Bake 10 minutes more, until firm and edges are golden.

4. Meanwhile, in a medium serving bowl, combine remaining one-half of beans, corn, cilantro and lime juice. Stir to combine; season with additional salt and pepper, to taste. Serve patties with salsa over top.

PER SERVING (¼ of recipe): Calories: 537, Total Fat: 20 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 7 g, Carbs: 75 g, Fiber: 19 g, Sugars: 11 g, Protein: 23 g, Sodium: 397 mg, Cholesterol: 0 mg



Portobello Burgers

with Pesto & Quinoa-Crusted Onion Rings

Q V

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Slathered in a flavorful basil pesto, these balsamic-marinated mushroom burgers are served with crispy quinoa-crusted onion rings.

PORTOBELLO BURGERS

¼ cup balsamic vinegar

2 tbsp extra-virgin olive oil

⅛ tsp each sea salt and ground black pepper

4 portobello mushrooms, stems removed

whole-grain hamburger buns, sliced tomatoes and leafy lettuce, for serving

ONION RINGS

- 1½ cups** whole-wheat flour, divided
- ¼ tsp** sea salt
- ¾ cup** plain unsweetened almond milk
- 2 cups** puffed quinoa
- 1 large** sweet white onion, cut into ½-inch-thick slices and separated into rings

PESTO

- 2 cups** packed fresh basil leaves
- ⅓ cup** walnuts
- ⅓ cup** extra-virgin olive oil
- 2 tbsp** water
- sea salt and ground black pepper, to taste

1. Arrange oven racks in top and bottom thirds of oven; preheat to 425°F. Prepare portobellos: In a shallow baking dish, combine vinegar, oil, salt and pepper; add mushrooms, smooth side up. Set aside.

2. Meanwhile, make onion rings: Line a baking sheet with parchment paper. In a large bowl, whisk together one-half of the flour with salt; slowly whisk in milk until batter is smooth. To a separate medium bowl, add puffed quinoa. To a separate large bowl, add remaining one-half of flour. Dredge each onion ring in flour, fully coating. One at a time, dip flour-coated onions into milk batter. Then dip each onion ring into puffed quinoa, pressing if necessary to help mixture stick. Transfer to baking sheet; repeat with remaining onion rings.

3. Mist rings well with cooking spray. Bake on top rack for 18 to 20 minutes, until browned and crisp.

4. Place mushrooms on a parchment-lined baking sheet and bake on lower rack for 16 to 18 minutes, turning once, until tender and lightly browned. Brush with any leftover marinade while cooking for extra flavor. (**NOTE:** Mushrooms can also be grilled. Brush grilling grates with oil before adding mushrooms, basting with leftover marinade.)

5. Meanwhile, prepare pesto: To a food processor, add basil, walnuts, oil and water. Pulse until coarsely chopped, scraping down sides of bowl as necessary, then process until smooth. Season with salt and pepper.

6. Serve mushrooms in buns topped with pesto, onion rings and additional toppings, if desired. Serve with extra onion rings on the side.

PER SERVING

(¼ of recipe): Calories: 790, Total Fat: 37 g, Sat. Fat: 5 g, Monounsaturated Fat: 22 g, Polyunsaturated Fat: 9 g, Carbs: 96 g, Fiber: 14 g, Sugars: 15 g, Protein: 23 g, Sodium: 538 mg, Cholesterol: 0 mg



SMALL BUT MIGHTY:

Technically a seed, quinoa is one of the most popular superfoods in the world with massive health benefits. One cup of cooked quinoa contains approximately 28% of the recommended daily allowance of phosphorus, which works with calcium to help build bones and is also an essential component of teeth, RNA and DNA.



Chickpea-Crust Flatbread

with Cashew Basil Sauce

F Q V GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

Crispy-chewy flatbreads made from chickpea flour are a popular street food in southern France, where it's known as socca. Our version is topped with a creamy cashew sauce and a bevy of veggies. Remember to soak the cashews ahead of time (about 30 minutes) before getting started on this recipe.

FLATBREAD

- 1½ cups chickpea flour
- 1¼ cups water
- 3 cloves garlic, minced
- ½ tsp sea salt

SAUCE

- 1¼ cups raw cashews, soaked in hot water for 30 minutes, drained
- 1 cup fresh basil
- ½ cup water
- ¼ cup nutritional yeast
- 1 lemon, juiced
- 2 cloves garlic, peeled
- ½ tsp sea salt

TOPPINGS

- 8 oz mushrooms, roughly chopped
- 1 red bell pepper, cut into thin strips
- 1 tbsp extra-virgin olive oil
- ¼ tsp each sea salt and ground black pepper
- ½ cup fresh basil, for garnish

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and mist with cooking spray.

2. Prepare flatbread: In a large bowl, mix chickpea flour and water until well combined. Add garlic and salt. (**NOTE:** Batter may appear wet but will firm up as it bakes.)

3. Pour batter onto prepared baking sheet; use a spatula to spread into a 14 x 9-inch rectangle. Bake 15 minutes, or until edges begin to brown. Set aside.

4. Meanwhile, make sauce: To a high-speed blender or food processor, add all ingredients. Blend on high until smooth and creamy, adding more water if needed for a thinner consistency.

5. In a large bowl, toss together mushrooms, bell peppers, oil, salt and pepper. Spread sauce evenly over flatbread then top with veggies.

6. Return flatbread to oven and bake, 8 to 10 minutes, or until vegetables begin to soften. Sprinkle with basil.

PER SERVING (¼ of recipe): Calories: 415, Total Fat: 22 g, Sat. Fat: 4 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 39 g, Fiber: 7 g, Sugars: 8.5 g, Protein: 20 g, Sodium: 642 mg, Cholesterol: 0 mg



GETTING CREATIVE WITH CASHEWS:

This nutty, creamy sauce is shockingly healthy. It gets its luxurious consistency from fatty cashews, one of our favorite types of nuts here at CE. Like other tree nuts, cashews are rich in antioxidants like polyphenols and carotenoids, which play a role in protecting cells from oxidative damage.







Jerk Tofu

with Mango Lime Salsa

Q V GF

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Spicy-sour jerk seasoning is ideal for waking up protein-rich tofu in this delightfully tropical meal-in-a-bowl. To cut tofu into planks, simply slice a block of tofu crosswise into eight equal sections.

- 4 limes, juiced, divided
- 2 tbsp jerk seasoning
(**TRY:** Primal Palate Organic Spices Jerk Seasoning)
- 2 tbsp minced ginger
- 2 cloves garlic, minced
- 2 14-oz pkgs organic extra-firm tofu, each cut into 8 planks, pressed with paper towel to remove liquid
- 2 mangos, peeled, pitted and diced
- ¼ cup chopped fresh cilantro, loosely packed
- sea salt, to taste
- 2 tbsp extra-virgin olive oil
- ¼ cup slivered almonds
- ¼ cup shredded unsweetened coconut, toasted

1. In a large bowl, combine one-half of the lime juice with jerk seasoning, ginger and garlic. Add tofu; gently turn to coat. Set aside. (**TIP:** For more intense flavor, marinate in the fridge for 20 minutes or longer.)

2. Prepare salsa: In a large bowl, toss together mango, cilantro and remaining one-half of lime juice. Season with salt, to taste. Set aside.

3. In a large skillet on medium-high, heat oil. Working in batches, add tofu and cook for 4 to 5 minutes, flipping once, until golden brown. Serve tofu with mango salsa and top with almonds and coconut.

PER SERVING (¼ of recipe): Calories: 459, Total Fat: 24 g, Sat. Fat: 6 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 8 g, Carbs: 42 g, Fiber: 7 g, Sugars: 27 g, Protein: 24 g, Sodium: 495 mg, Cholesterol: 0 mg



Tempeh BLT

with Cashew Ranch Sauce

Q V

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

It's amazing how bacon-y tempeh can become with a quick salty marinade and a few minutes in the oven. Topped with a rich cashew sauce, lettuce and tomato, you have yourself a high-protein BLT, minus the meat.

- 8 oz tempeh, thinly sliced
- 3 tbsp coconut aminos
- 1 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- 1 cup raw cashews, soaked in hot water for 30 minutes, drained
- ¾ cup water
- 2 tbsp apple cider vinegar

½ tsp sea salt

1 tbsp fresh dill

8 slices whole-grain sandwich bread

leafy lettuce, tomatoes or other toppings, for serving

1. Preheat oven to 375°F. Line a baking sheet with foil or parchment.

2. To a shallow dish, add tempeh. In a small bowl, whisk together coconut aminos, oil and paprika. Pour marinade over tempeh; let sit up to 5 minutes.

3. Arrange tempeh on prepared baking sheet. Bake 12 minutes; flip and bake another 6 minutes, or until tempeh is dark in color.

4. Meanwhile, transfer cashews to a blender. Add water, vinegar and salt; blend until smooth, scraping down sides as needed. Add dill and purée until smooth.

5. Slather one slice of bread with cashew sauce. Top with lettuce, tomato, tempeh bacon and additional toppings, if desired.

PER SERVING (¼ of recipe): Calories: 511, Total Fat: 30 g, Sat. Fat: 5 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 7 g, Carbs: 42 g, Fiber: 13 g, Sugars: 7 g, Protein: 26 g, Sodium: 750 mg, Cholesterol: 0 mg



A SMARTER VINEGAR:

Made with fermented apples, apple cider vinegar (ACV) does more than just add acidic flavor. While research is nascent, small studies link ACV to reduced belly fat and weight loss, likely because taking vinegar before meals has been shown to heighten satiety.

Veg Out on Protein

THINK YOU CAN'T GET ENOUGH PROTEIN FROM PLANTS? **THINK AGAIN.**

Protein is made of amino acids. There are 20 of them, nine of which are called essential as your body cannot produce them and needs to obtain them through your diet. If a food contains all nine essential amino acids, it's considered a complete protein. Some plant-based sources of protein are complete (such as chia seeds, hemp seeds and buckwheat), while others contain only some essential amino acids (think nuts, sesame seeds and chickpeas). The old school of thought was that you needed to combine various proteins in one sitting, but current research suggests you can simply enjoy a variety of plant proteins over the course of a day. Here are some sources of plant-based protein to keep on hand to help fuel you.

BLACK BEANS

We often hear the terms “legume,” “pulse,” and “bean” used interchangeably. But that's not quite right. Let's spill the beans: A legume is any plant from the Fabaceae family. A pulse is a legume in its dried form. Beans, specifically, are just one type of legume (some other common types include soybeans, peas and chickpeas). Try black beans in brownies, tossed into soups or as a base for a tostada.

½ cup black beans = 8 g protein

QUINOA

Archeological finds suggest that quinoa may have been grown in South America as early as 7,000 years ago. This seed, called “Mother Grain” by the Incas, was more than a valued harvest; it was considered a sacred gift from the gods. Besides being a complete protein, quinoa is high in fiber and rich in minerals such as iron and magnesium. Use it as a base for salads and bowls, in a breakfast porridge or as a base for veggie burgers.

1 cup cooked quinoa = 8 g protein

TOFU

The origins of tofu are lost in time, but one colorful tale tells of Liu An, a prince in China's Western Han Dynasty who trekked into the mountains, hoping to learn from alchemists how to blend an elixir to ensure immortality. Liu An created a potion from soybeans, a rich source of complete protein and one of ancient China's sacred Five Grains. Though not a recipe for eternal life, tofu is a healthy choice that just may add a few years! Use tofu to replace chicken in stir-fries or curry recipes, or slice it into strips and bake or fry it for crispy tofu fries.

½ cup tofu = 10 g protein

WALNUTS

One of the highest nut sources of protein, walnuts are also a good source of omega-3 fatty acids, which are important for brain development and function. In fact, the ancient Greeks named the walnut *karyon*, meaning “head,” likely because of the shape of the outer shell as well as the inner kernel's resemblance to a brain. Pop some walnuts into your morning smoothie with blueberries.

¼ cup walnuts = 4.5 g protein

TEMPEH

Unlike traditional soy foods, tempeh did not originate in China or Japan. Rather, Indonesia's island of Java is thought to be its birthplace. One theory suggests that this fermented food has been enjoyed for over a thousand years; another that it was developed as a by-product of Java's thriving tofu industry in the 1600s. Either way, hundreds of recipes for cooking with tempeh tempt foodies around the world today. Enjoy tempeh in plant-based burgers; cut it into slices, then add a little liquid smoke and fry it like bacon; or crumble it and use it in place of meat for taco night.

1 cup tempeh = 31 g protein

GREEN PEAS

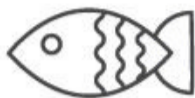
Over the course of a day, veggies contribute to your total count of protein, especially fresh green peas. But they are just as nutritious in their frozen form. In addition to being rich in protein, these sweet green gems also provide potent antioxidants including flavonoids and carotenoids, which help the body fight inflammation. Use them to top salads, stir into soups or blend with coconut yogurt and herbs to make a dip.

1 cup green peas = 8 g protein 



PLANT-BASED INGREDIENTS PHOTO BY ROBERTO CARUSO, FOOD STYLING BY ASHLEY DENTON, PROP STYLING FRANNY ALDER

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OR LESS!

30 plants IN 7 DAYS

**Green Goddess
Omelette**
p. 70



Kick off summer with our healthy-gut challenge: Pack 30 different plants into your diet in the span of a week for better microbial diversity. We're showing you how simple it actually is to get your fill of vitamins, antioxidants and gut-friendly fiber for optimum health.

BY TIFFANI BACHUS, RDN,
AND ERIN MACDONALD, RDN
PHOTOGRAPHY BY OLIMPIA DAVIES

Plant-based eating is all the rage, and for good reason: Diets rich in minimally processed plant foods are associated with reduced risk of heart disease, diabetes, cancer and obesity. Why are plants such powerhouses? They're packed with vitamins, minerals, antioxidants, phytochemicals and belly-filling fiber.

Plant foods are not limited to just fruits and vegetables. Nuts, seeds, legumes, whole grains, herbs and spices also count. The whole plant kingdom is an incredible source of nutrition for your gut microbiome, the unique microbial community that inhabits your body. The first major results released by the American Gut Project, the world's largest published microbiome study to date, has found that people who eat more than 30 plant types per week

have better microbial diversity than people who consume less than 10 per week.

The gut microbiome is dynamic and unique – no two people have the same microbial makeup. Nourishing the good gut bugs can encourage them to produce certain vitamins, neurotransmitters and short chain fatty acids, which may help guard against inflammation and reduce the risk of colon cancer.

Build your plate around plants (aim for two-thirds of the plate), and fill in the rest with your favorite protein. We've made getting started on your 30-plant-per-week challenge easy – just follow our one-week meal plan and you'll be well on your way.

ONE WEEK, 30 PLANTS

We've designed this plan with diversity in mind. Get ready to consume these 30 plants this week:

1. Onions
2. Limes
3. Garlic
4. Avocados
5. Cilantro
6. Carrots
7. Cucumbers
8. Mango
9. Eggplant
10. Basil
11. Lemons
12. Cherry tomatoes
13. Shallots
14. Chives
15. Mixed greens (such as kale, chard and/or spinach)
16. Jalapeño chile pepper
17. Zucchini
18. Banana
19. Raspberries
20. Peaches
21. Blackberries
22. Lentils
23. Organic soy/tofu
24. Chickpeas
25. Walnuts
26. Almonds
27. Cashews
28. Pecans
29. Hemp seeds
30. Chia seeds

The 30-Plant Challenge FAQs

Read these Q&As before giving the challenge a try.

Are beans/tofu considered part of the 30? Definitely! Beans, lentils and tofu are excellent sources of protein and fiber. When choosing tofu, look for the non-GMO label, as soy is commonly a genetically modified crop.

Do frozen and canned count? Frozen, canned and freeze-dried absolutely count as they contain all the plant's nutrients, including fiber to nourish your good gut bugs.

What about herbs? Herbs and spices also count. They are the plant kingdom's flavor enhancers, and many have antiviral, antifungal and antibacterial properties.

Does color matter when choosing fruits and vegetables? Aim for a variety of colors every day, as each color provides different antioxidants and phytochemicals that may help to reduce inflammation in the body and boost your immune system.

Should I choose organic? Not all produce needs to be organic. We recommend consulting the Environmental Working Group's annual "Dirty Dozen" and "Clean 15" lists (ewg.org) to find out which conventionally grown fruits and vegetables are safe.

Where can I find the freshest veg? We love going to the local farmer's market or opting for a community-supported agriculture (CSA) box because you not only support your local farmer and reduce your carbon footprint, but you're buying produce that's in season.

Are there foods I should avoid? Because you get all the nutrients and fiber from the whole food, we

don't recommend juicing fruits and vegetables. In addition, if you are watching your sugar intake, limit or avoid dried fruit, as the dehydrating process concentrates the sugars.

Do fermented veg count? Fermented vegetables definitely count, and they also provide probiotics (good bacteria) to your digestive system. Unpasteurized pickles, sauerkraut, miso and tempeh are popular and readily available fermented foods. Just be careful not to have too much at one time as they can make you bloated and gassy due to them being fermented by the bacteria residing in your large intestine.

What about animal protein? Whether you follow a vegan, vegetarian or pescatarian eating style or you enjoy animal proteins, creating a dietary foundation on minimally processed plant foods can yield numerous benefits. If you enjoy animal proteins, choose pasture-raised eggs, organic dairy, grass-fed/finished beef and lamb, organic poultry, pasture-raised pork and wild-caught fish. In this section, we went with a vegetarian plan, but it can be adjusted to be vegan with a few swaps.

Who is this plan NOT for? For some people with digestive issues such as low stomach acid, small intestinal bacterial overgrowth (SIBO), dysbiosis, irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD), increasing the amount of plants in your diet too quickly can exacerbate symptoms. If this sounds like you, start with smaller quantities and only increase portion sizes as your gut allows. You can still aim for more variety, just smaller servings.



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Lentil Walnut Tacos

F Q V GF

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

This lentil-based filling is surprisingly similar to meaty versions thanks to the garlic and taco seasoning – make sure you use a brand without added sugar or other additives.

- 1½ cups** water
- ½ cup** red split lentils
- 1 small** red onion, divided
(**NOTE:** Slice half; finely chop remaining.)
- 2** limes, juiced, divided
- ½ cup** raw walnuts, chopped
- 1 tbsp** extra-virgin olive oil
- 1 clove** garlic, minced
- 1½ tbsp** taco seasoning
- 8 6-inch** corn tortillas
- 1** avocado, peeled, pitted and sliced
- ¼ cup** chopped fresh cilantro

1. In a small saucepan, bring water and lentils to a boil. Reduce to a simmer, cover and cook for 5 to 7 minutes, until tender. Drain; set aside.

2. Meanwhile, to a small bowl, add thinly sliced onion and cover with one-half of the lime juice. Set aside for at least 10 minutes to quickly pickle onions.

3. Heat a medium nonstick skillet on low. Add walnuts and toast for 3 minutes, stirring every 30 seconds. Transfer to a bowl to cool.

4. In same skillet on medium-high, heat oil. Add chopped onion and sauté for 2 minutes. Add garlic and cook for 1 minute. Add lentils, walnuts and taco seasoning and stir everything together; sauté for 3 to 4 minutes. Stir in remaining half of lime juice.

5. Warm corn tortillas over a gas burner to get a little char on the outside. (Alternatively, in a dry, preheated cast iron pan, heat tortillas for 15 seconds per side.) Divide taco mixture among tortillas. Top with quick-pickled onion, avocado and cilantro.

NOTE: If following our Meal Plan, freeze 2 servings of filling for later in the week. Refrigerate remaining filling and toppings in separate containers. Reheat filling, warm tortillas and assemble tacos when called for.

PER SERVING (2 tacos): Calories: 407, Total Fat: 21 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 8 g, Carbs: 48 g, Fiber: 11 g, Sugars: 2 g, Protein: 12 g, Sodium: 260 mg, Cholesterol: 0 mg



Green Goddess Omelette

P Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

Make the sauce and filling ahead of time so you can simply cook the omelette and assemble in the morning. Garnish with additional cilantro.

SAUCE

- 1 cup** mixed greens (such as kale, chard and spinach)
- ½ cup** fresh cilantro
- 1** lemon, zested and juiced
- ⅓** jalapeño chile pepper, seeds and ribs removed
- ½ tsp** ground cumin
- sea salt and ground black pepper, to taste
- 1½ tbsp** extra-virgin olive oil

FILLING

- ½ tbsp** extra-virgin olive oil
- 2 large** zucchini, chopped
- 1** shallot, chopped

ASSEMBLY

- 12 large** eggs, divided
- 2 cups** mixed greens (such as kale, chard and spinach), chopped, divided
- sea salt and ground black pepper, to taste
- 2 tbsp** extra-virgin olive oil, divided
- 1** avocado, divided

1. Make sauce: To a food processor, add all sauce ingredients except oil; pulse to break down greens. With machine running, drizzle in oil;

process until almost smooth. Set aside or refrigerate until use.

2. Prepare filling: In a large nonstick pan on medium-high, heat oil. Add zucchini and shallot and sauté 4 to 6 minutes, until lightly brown. Set aside or refrigerate until use.

3. To assemble 1 omelette: In a medium bowl, whisk together one-quarter each of eggs and mixed greens and salt and pepper.

4. In a medium nonstick skillet on medium, heat one-quarter of oil. Pour in egg mixture and tilt to fully cover pan. As eggs start to set, tilt pan to let uncooked egg run to the edge of the pan. Once bottom is set but top is still a little wet, spread one-quarter of the zucchini-shallot filling on one side of omelette. Fold the other side over the filling and slide omelette onto a plate.

5. Spoon sauce over top of omelette and serve with one-quarter of avocado, sliced.

NOTE: If following our Meal Plan, refrigerate 3 remaining servings of filling and sauce separately. Make omelette fresh when called for.

PER SERVING (¼ of recipe): Calories: 465, Total Fat: 36 g, Sat. Fat: 8 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 5 g, Carbs: 14 g, Fiber: 6 g, Sugars: 5 g, Protein: 23 g, Sodium: 352 mg, Cholesterol: 558 mg





Eggplant Rollups

F Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

A creamy cashew sauce stands in for ricotta in this plant-based bake. We top it with Pecorino Romano cheese, but if you prefer to keep it dairy-free, you can use a sprinkle of nutritional yeast.

- 2 large** eggplants
- 2 tbsp** extra-virgin olive oil
- ½ tsp** each salt and ground black pepper, divided
- 1 cup** raw cashews, soaked in boiling water for 5 minutes, drained
- 1 cup** fresh basil leaves + additional for garnish
- 2 cloves** garlic, roughly chopped
- ½** lemon, zested and juiced
- 1** jarred roasted red pepper (about 1 oz), sliced lengthwise into 1-inch thick strips
- 1½ cups** marinara sauce
- ¼ cup** grated Pecorino Romano cheese

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2.** Slice top and bottom off eggplants and discard. Slice each eggplant lengthwise into 4 ½-inch-thick slices. Arrange on prepared sheet and brush with oil; season with one-half of each salt and pepper. Roast for 12 to 15 minutes. Let cool.

3. Meanwhile, make filling: To a food processor, add softened cashews, basil leaves, garlic, lemon zest and juice and remaining one-half each salt and pepper. Process to a well-blended but slightly chunky texture.

4. Place 1 strip roasted red pepper onto each eggplant slice and divide filling over top of each. Roll up and arrange in an 8 x 8-inch glass baking dish. Cover with marinara sauce and top with cheese. Cover dish with parchment paper and then foil. Bake for 8 to 10 minutes; remove cover and bake for another 2 minutes. Top each slice with additional basil.

NOTE: If following our Meal Plan, freeze 1 serving for later in the week; refrigerate remaining servings. Reheat in oven when called for. Garnish with fresh chopped basil just before serving.

PER SERVING (¼ of recipe): Calories: 379, Total Fat: 23 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 4 g, Carbs: 38 g, Fiber: 12 g, Sugars: 17 g, Protein: 12 g, Sodium: 626 mg, Cholesterol: 5 mg

2-Toned Smoothie Bowls

F Q V GF

SERVES 3.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 10 MINUTES.

With half of your breakfast brimming with mango-peach flavor and the other half tart raspberries, this two-toned bowl ensures you get plenty of antioxidants.

YELLOW HALF

- 1 cup frozen mango
- 1 cup frozen peaches
- ½ banana
- ½ cup unsweetened vanilla almond milk
- 3 scoops whey protein powder

RED HALF

- 2 cups frozen raspberries
- ½ banana
- ½ cup unsweetened vanilla almond milk
- 3 scoops whey protein powder

TOPPINGS

- ¾ cup blackberries
- 6 tbsp pecans
- 1½ tsp hemp seeds
- 1½ tsp chia seeds

1. In a blender, blend ingredients of yellow half until smooth, ensuring consistency is thick like ice cream. Transfer to a bowl and repeat with ingredients for red half.

2. Assemble smoothie bowls: Divide red and yellow mixture among serving bowls, pouring each color into one side of the bowl. Top each bowl with toppings.

NOTE: If following our Meal Plan, freeze remaining 2 portions of the yellow mix in separate containers and remaining 2 portions of the red mix in separate containers. Store toppings separately. When called for, thaw frozen mix; stir each mixture separately before assembling bowls.

PER SERVING (⅓ of recipe):
Calories: 462, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 4 g, Carbs: 45 g, Fiber: 14 g, Sugars: 24 g, Protein: 46 g, Sodium: 141 mg, Cholesterol: 8 mg

Roasted Chickpea–Stuffed Avocado

Q V GF

SERVES 2.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 30 MINUTES.

These little pockets of crispy za'atar-flavored chickpeas and veggies served up in creamy avocado halves is surprisingly filling – plus each one adds eight healthful plants to your day.

- 1 15-oz BPA-free can chickpeas, rinsed and drained
- 3 tbsp extra-virgin olive oil, divided

- 1 tbsp za'atar seasoning (**TRY:** Frontier Za'atar Seasoning)
- 1 lemon, zested and juiced
- ¼ tsp each sea salt and ground black pepper
- ½ cup chopped cucumber
- ½ cup chopped cherry tomatoes
- 1 tbsp chopped shallots
- ¼ cup cilantro, chopped
- 2 large avocados
- 2 tbsp chopped chives

1. Preheat oven to 400°F. Place chickpeas on a large parchment-lined baking sheet and toss with one-half of the oil and all of za'atar seasoning. Roast for 20 to 25 minutes, or until crispy. Set aside to cool.

2. In a large bowl, whisk together remaining half of oil, lemon zest and juice, salt and pepper. Add cucumbers, tomatoes, shallots, cilantro and roasted chickpeas; toss to coat.

3. Slice avocados in half and remove pits. Fill each half with one-quarter of chickpea mixture. Garnish with chives.

NOTE: If following our Meal Plan, refrigerate remaining filling until called for. Cut avocado just before serving and assemble.

PER SERVING (½ of recipe):
Calories: 806, Total Fat: 62 g, Sat. Fat: 9 g, Monounsaturated Fat: 42 g, Polyunsaturated Fat: 8 g, Carbs: 59 g, Fiber: 27 g, Sugars: 10 g, Protein: 16 g, Sodium: 633 mg, Cholesterol: 0 mg





TINY RED TREASURES:

The tomatoes in this dish are packed with nutrients including molybdenum, biotin and vitamin C. Molybdenum aids in the metabolism of fats and carbohydrates; vitamin C assists in the formation and repair of bodily tissues; and biotin supports healthy skin.



Mango Tofu Salad with Peanut Dressing

Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

This four-ingredient dressing adds a nutty, sesame flavor to this colorful salad. If you prefer, you can easily substitute the peanut butter with almond or cashew butter.

TOFU/SALAD

- 1 tsp** toasted sesame oil
- 8 oz** extra-firm sprouted organic tofu, pressed with paper towel to remove liquid then cubed
- ½ cup** raw slivered almonds
- 2 cups** chopped carrots
- 2 cups** chopped cucumbers
- 1 large** mango, chopped
- ¼ cup** chopped fresh cilantro

DRESSING

- 2 tbsp** all-natural peanut butter
- 2 tbsp** unsweetened rice vinegar
- 2 tbsp** coconut aminos
- 1 tsp** toasted sesame oil

1. Prepare tofu: In a large nonstick skillet on medium-high, heat oil. Add tofu; cook 8 to 10 minutes, turning on each of four sides, until golden. Transfer to a plate; set aside.

2. Meanwhile, make dressing: Add all dressing ingredients to a jar and seal with a lid. Shake until smooth.

3. In a small skillet on low, toast almonds for 2 to 3 minutes, stirring.

4. To a large bowl, add carrots, cucumber, mango, cilantro, tofu and almonds. Add dressing; toss to coat.

NOTE: If following our Meal Plan, refrigerate salad and dressing separately. Assemble when called for.

PER SERVING (¼ of recipe): Calories: 323, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 31 g, Fiber: 7 g, Sugars: 21 g, Protein: 14 g, Sodium: 235 mg, Cholesterol: 0 mg

MONDAY **TUESDAY**

BREAKFAST: 1 serving Green Goddess Omelette (p. 70; save leftovers)

LUNCH: 1 serving Lentil Walnut Tacos (p. 69; save leftovers)

DINNER: 1 serving Eggplant Rollups (p. 71; save leftovers)

NUTRIENTS: Calories: 1,251, Fat: 80 g, Sat. Fat: 15 g, Carbs: 100 g, Fiber: 29 g, Sugars: 24 g, Protein: 47 g, Sodium: 1,238 mg, Cholesterol: 563 mg

BREAKFAST: 1 serving 2-Toned Smoothie Bowls (p. 72; save leftovers)

LUNCH: 1 serving Mango Tofu Salad with Peanut Dressing (p. 74; save leftovers)

DINNER: 1 serving Lentil Walnut Tacos (leftovers, p. 69)

NUTRIENTS: Calories: 1,192, Fat: 52 g, Sat. Fat: 6 g, Carbs: 124 g, Fiber: 32 g, Sugars: 47 g, Protein: 72 g, Sodium: 644.5 mg, Cholesterol: 8 mg

WEDNESDAY **THURSDAY**

BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)

LUNCH: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)

DINNER: 1 serving Eggplant Rollups (leftovers, p. 71)

NUTRIENTS: Calories: 1,167, Fat: 76 g, Sat. Fat: 14 g, Carbs: 83 g, Fiber: 25 g, Sugars: 43 g, Protein: 49 g, Sodium: 1,213 mg, Cholesterol: 563 mg

BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)

LUNCH: 1 serving Roasted Chickpea–Stuffed Avocado (p. 72; save leftovers)

DINNER: 1 serving Eggplant Rollups (leftovers, p. 71)

NUTRIENTS: Calories: 1,650, Fat: 121 g, Sat. Fat: 21 g, Carbs: 111 g, Fiber: 45 g, Sugars: 32 g, Protein: 51 g, Sodium: 1,611 mg, Cholesterol: 563 mg

FRIDAY **SATURDAY**

BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)

LUNCH: 1 serving Roasted Chickpea–Stuffed Avocado (leftovers, p. 72)

DINNER: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)

NUTRIENTS: Calories: 1,594, Fat: 115 g, Sat. Fat: 19 g, Carbs: 104 g, Fiber: 40 g, Sugars: 36 g, Protein: 53 g, Sodium: 1,220 mg, Cholesterol: 558 mg

BREAKFAST: 1 serving 2-Toned Smoothie Bowls (leftovers, p. 72)

LUNCH: 1 serving Lentil Walnut Tacos (leftovers, p. 69)

DINNER: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)

NUTRIENTS: Calories: 1,192, Fat: 52 g, Sat. Fat: 6 g, Carbs: 124 g, Fiber: 32 g, Sugars: 47 g, Protein: 72 g, Sodium: 636 mg, Cholesterol: 8 mg

SUNDAY

BREAKFAST: 1 serving 2-Toned Smoothie Bowls (leftovers, p. 72)

LUNCH: 1 serving Eggplant Rollups (leftovers, p. 71)

DINNER: 1 serving Lentil Walnut Tacos (leftovers, p. 69)

NUTRIENTS: Calories: 1,248, Fat: 58 g, Sat. Fat: 8 g, Carbs: 131 g, Fiber: 37 g, Sugars: 43 g, Protein: 70 g, Sodium: 1,027 mg, Cholesterol: 13 mg

SHOPPING LIST

PROTEINS & DAIRY

- 1 pkg red split lentils
- 8 oz extra-firm organic tofu (preferably sprouted)
- 1 oz Pecorino Romano cheese
- 1 dozen eggs (**TRY:** Eggland’s Best Organic Eggs)
- 1 15-oz BPA-free can chickpeas
- 1 container whey protein powder (or swap for plant-based protein powder)


VEGGIES & FRUITS

- 1 small red onion
- 2 limes
- 3 cloves garlic
- 4 large avocados
- 1 large bunch fresh cilantro
- 4 large carrots
- 2 cucumbers
- 1 large mango
- 2 large eggplant
- 1 bunch fresh basil
- 3 lemons
- 8 oz cherry tomatoes
- 1 shallot
- 1 bunch fresh chives
- 4 oz mixed greens (such as kale, chard and spinach)
- 1 jalapeño chile pepper
- 2 large zucchini
- 1 small onion
- 1 banana
- 1 bag frozen raspberries
- 1 bag frozen mango
- 1 bag frozen peaches
- 4 oz blackberries

NUTS, SEEDS & OILS

- 2 oz raw walnuts
- 2 oz raw slivered almonds (**TRY:** Fisher Natural Sliced Almonds)
- 5 oz raw cashews
- 2 oz pecans
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil (**TRY:** Eden Selected Toasted Sesame Oil)
- 1 jar all-natural peanut butter
- 1 small bag hemp seeds
- 1 small bag chia seeds

PANTRY STAPLES

- 1 bottle taco seasoning (**TRY:** Kevin’s Natural Foods Taco Seasoning)
- 8 6-inch corn tortillas
- 1 bottle rice vinegar
- 1 bottle coconut aminos
- 1 jar roasted red peppers
- 1 jar all-natural marinara sauce
- 1 bottle za’atar seasoning (**TRY:** Frontier Co-op Za’atar Seasoning)
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground cumin
- 1 qt unsweetened vanilla almond milk 

This Nashville market is a veritable foodtopia for farmers, artisans, nonprofits and food lovers.



THE 50 BEST FARMERS' MARKETS IN THE USA

Farmers' markets across the country are open, bursting with the season's best produce and fresh local offerings, and ready to welcome shoppers back. Here's our comprehensive guide to the top market in each state.

BY **PETER AGOSTINELLI**

As winter gave way to spring and the summer growing season followed, people began reawakening to the prospects of what a post-pandemic world might look like. While we're not out of the woods yet, in many states, distribution of vaccines and effective health protocols are helping us make a return to some kind of regular routine that is more in sight every day.

The seasonal return of local farmers' markets this year is a welcome dose of normalcy in a marketplace hungry for seasonal, farm-fresh foods grown close to home. They're also a healthy alternative to traditional grocery stores and a supplement to tiresome and repetitive home deliveries.

The sheer number of farmers' markets has surged in recent years, from just under 2,000 in 1994 to more than 8,600 markets currently registered in the USDA Farmers Market Directory, as demand for such foods is driving the trend. Safety protocols – including mask requirements, online ordering portals and drive-through or curbside-pickup options – helped markets weather the 2020 storm. Many of these measures will still be in place this year.

Earlier this year, the United States Department of Agriculture (USDA) offered highlights in the American Rescue Plan Act of 2021 (HR 1319). The US House of Representatives passed this plan in March.

The USDA said the legislation responds to the pandemic's

disruptions in the food supply chain. The response includes investments in infrastructure and retooling support for farmers' markets, food processors and producers.

This is good news for farmers, and the support could be timely. Earlier this year, USDA Secretary Tom Vilsack told a virtual convention of the National Farmers Union that department research showed US ranchers and farmers already faced financial challenges long before the pandemic began.

"It was amazing to me that 89.6% of America's farmers, ranchers and producers do not make a majority of their money from their farming operations," he told the assembly.

One silver lining of sorts in the first year of the pandemic lockdown was the spotlight on home cooking and baking, fueled in part by social media activity plus consumers spending far more time at home in work-from-home arrangements. Another takeaway is the pandemic's reminders of wellness, immunity and prevention.

Add those dynamics to the nutritional and environmental advantages of eating locally, and the old concept of a good local farmers' market might be more relevant than ever. Supporting local producers helps boost the health of any community, while the shared experience of spending time again with farmers and fellow shoppers will be a welcome change of pace.

Clean Eating has curated an updated list of suggested farmers'

markets throughout the US. In addition to these standout spots, let your eyes and taste buds be your guide. The best new market may be the one you discover – either close to home or on your next road trip. And we want to know about it! Tag @cleaneatingmag and use hashtag #CEMarketFind in a post of your market find or haul.

**FIND OUR TOP MARKET
PICK FOR YOUR STATE,
OR ROAD TRIP TO ONE.**

ALABAMA

Birmingham

(ANNUAL)

One of the oldest producer-owned markets in the United States, the Alabama Farmers Market operates all year and features foods from small farms throughout the state. The market highlights local vegetables, fruits, nuts and other goods – think sweet corn, squash, pecans and peppers – that thrive in this warm growing region.

alabamafarmersmarket.org

ALASKA

Anchorage

(MAY THROUGH MID-OCTOBER)

The Anchorage Farmers Market is a weekly Saturday staple for lovers of local foods despite the cold climate. Producers like Arctic Organics cultivate certified organic produce in the soils of a glacial valley and employ greenhouse growing for select plants. The market is proof that even apples can thrive in a frigid climate.

anchoragefarmersmarket.org



Pick up local produce with a view of the Flatirons at this Boulder-based market.

ARIZONA

Gilbert

(ANNUAL)

The Gilbert Farmers' Market operates every Saturday morning in downtown Gilbert, just southeast of Phoenix near the famous water tower. This market boasts grass-fed beef, hormone- and antibiotic-free pork, local produce, artisanal cheeses and more.

gilbertmarket.com

ARKANSAS

Fayetteville

(ANNUAL)

The Fayetteville Farmers' Market is a staple of downtown Fayetteville culture and the local food economy of northwest Arkansas. The market operates year-round, with limited winter hours. Keep an eye on their social media for frequent updates.

fayettevillefarmersmarket.org

CALIFORNIA

Santa Monica

(ANNUAL)

Operating at multiple locations several days per week, the Santa Monica markets are considered among the top producer markets in the US, drawing consumers and chefs alike from the Los Angeles area and beyond.

smgov.net/portals/farmersmarket

COLORADO

Boulder

(EARLY APRIL THROUGH LATE NOVEMBER)

This market at the foothills of the Flatirons just north of Denver is a prime spot for local pasture-grazed meats, seasonal vegetables and other delicacies fueled by the near-constant sun. Markets are held Saturdays with some Wednesday installments.

boulderfarmers.org

CONNECTICUT

Stonington

(ANNUAL)

This market in the town of Stonington operates throughout the year, with outdoor markets in the spring and summer and indoors during colder months. Vendors hawk wares, from fresh, local produce, eggs and meats to locally produced jams, breads and pies.

sviastonington.org/farmers-market

DELAWARE

Wilmington

(MAY THROUGH OCTOBER)

The Downtown Farmers' Market at Rodney Square is a hub of activity for cultural events in downtown Wilmington. The market spotlights local producers selling fresh produce, cut flowers, herbs and plants.

downtownwilmingtonde.com/blog

DISTRICT OF COLUMBIA (WASHINGTON, DC)

Columbia Heights

(APRIL THROUGH DECEMBER, PLUS WINTER MONTHS)

Food advocacy group FRESHFARM Markets operates a number of producer markets throughout DC, and the market at Columbia Heights is one of its top spots. Open most of the year on Saturdays and Wednesdays, the market spotlights fresh meats, produce and fish from the surrounding mid-Atlantic and Chesapeake Bay regions.

freshfarm.org/markets/columbia-heights-sat

FLORIDA

St. Petersburg

(OCTOBER THROUGH MAY, PLUS JULY THROUGH SEPTEMBER)

Perched near the Sunshine State's Gulf Coast, the Saturday Morning Market operates in two separate locations to accommodate the region's long growing seasons and extreme heat. Producers sell everything from fresh produce and locally made jams and jellies to ready-to-eat prepared foods and even fresh empanadas.

saturdaymorningmarket.com

GEORGIA

Atlanta

(ANNUAL)

The Freedom Farmers Market is a destination for some of the southeast's best vegetables, honey, those famous Georgia peaches and artisanal goat cheeses. Based near Atlanta's Freedom Park Trail, the market represents a sense of independence for consumers as well as producers, who manage the market through an independent board. The initiative has roots in a group of Georgia farmers with the vision of supplying sustainably grown food to the neighboring community.

freedomfarmersmkt.org

HAWAII**Hilo**

(ANNUAL)

Producers at the Hilo Farmers' Market offer a number of island specialties, from fresh-cut flowers and produce to local honeys and prepared foods such as poke bowls and specialty beverages. The operation runs seven days per week, with "big market days" on Wednesdays and Saturdays.

hilofarmersmarket.com

IDAHO**Bonnors Ferry**

(LATE APRIL THROUGH OCTOBER)

One of the oldest farmers' markets in Idaho, the Bonners Ferry market has expanded steadily over its 30-year run. Area farmers showcase local lamb, chicken and other pasture-grazed meats. Growers sell organic fruits and vegetables, including sweet corn, herbs and, of course, Idaho potatoes.

bonnersferryfarmersmarket.org

ILLINOIS**Evanston**

(SEASONAL; VARIES BY LOCATION)

The city of Evanston, just north of Chicago, is where hungry patrons can find foods from more than 50 producers of dairy products, fresh produce and locally brewed kombucha, among other goods. The Evanston Farmers' Market is home to Henry's Farm, a longtime purveyor of fine heirloom vegetables.

evanstonfarmersmarkets.org

INDIANA**Indianapolis**

(ANNUAL)

The Broad Ripple Farmers' Market combines summer and winter markets into a year-round offering for food lovers and producers alike. Local fruit and vegetable vendors share the space with juice purveyors, cheesemakers and bison ranchers at the Glendale Town Center shopping mall.

broadrippleindy.org/farmers-market

IOWA**Iowa City**

(MAY THROUGH OCTOBER)

The community of Iowa City holds its community farmers' market on Wednesdays and Saturdays. Shoppers can find everything from pastured meats to local produce to handmade soaps. Ready-to-eat foods like tacos, burritos and granola are also on offer.

icgov.org/farmersmarket

KENTUCKY**Louisville**

(SATURDAYS)

The Bardstown Road Farmers' Market is staged on Saturdays throughout the year. Vendors display local berries, artisanal cheeses, meats and varied produce selections for shoppers in Kentucky's largest city. The market is even managed by local farmers.

bardstownroadfarmersmarket.com

LOUISIANA**New Orleans**

(ANNUAL)

Home to the Crescent City Farmers Markets (CCFM), South Louisiana offers tropical growing conditions where farmers cultivate the rich soils throughout the parishes clustered along the Mississippi River near Lake Pontchartrain and the Gulf of Mexico. CCFM partners with Top Box Foods to offer home delivery boxes of vendor products every Tuesday.

crescentcityfarmersmarket.org

MAINE**Portland**

(ANNUAL)

Since the 18th century, Portland Farmers' Market in Maine's largest city has been a hub for all things delicious in the nation's northeastern corner – oysters, fruits and vegetables grown on inland farms, fine cheeses, and pastured pork and beef. Markets are open Saturdays all year plus Wednesdays in summertime.

portlandmainefarmersmarket.org

MARYLAND**Baltimore**

(ANNUAL)

Producers at the nonprofit 32nd Street Farmers' Market in Charm City offer an abundance of local produce, prepared foods and fresh flowers to patrons from all economic, social and ethnic backgrounds. At the growing season's peak, the mid-Atlantic's hot climate provides excellent conditions for tomatoes, eggplant, zucchini and other vegetables.

32ndstreetmarket.org



The Evanston Market is home to Henry's Farm, a longtime purveyor of fine heirloom vegetables.



Watermelons abound in this Louisiana market thanks to the tropical growing conditions in the region.

MASSACHUSETTS

Gloucester

(JUNE THROUGH OCTOBER)

The Cape Ann Farmers Market is a small but lively producer market showcasing the best of coastal New England. Shoppers can find local seafood selections, fresh produce and artisanal baked goods during its Thursday markets.

capeannfarmersmarket.org

MICHIGAN

Grand Rapids

(WINTER AND SUMMER MARKETS)

The Fulton Street Farmers' Market is the largest producer market in thriving Grand Rapids and offers an enormous, diverse selection of foods harvested from Michigan's rich farmlands. The market showcases more than 100 vendors outdoors plus indoor booths while operating multiple days every week throughout the summer and once a week in winter.

fultonstreetmarket.org

MINNESOTA

Minneapolis

(WINTER AND SUMMER MARKETS)

The Central Minnesota Vegetable Growers Association hosts this producer market, which has served consumers in the Twin Cities since the 19th century. The market operates seasonally with changing dates available on their site. Roughly 200 producers display their goods, sharing use of 170 market stalls with everything from in-season produce and meats to cheeses, honey and salsas.

mplsfarmersmarket.com

MISSISSIPPI

Oxford

(MAY THROUGH OCTOBER)

The city of Oxford is a major college town in the US and home to the University of Mississippi. The city's Midtown Farmers' Market is a weekend community event, located in Midtown Shopping Center, that operates every

Saturday beginning in May. The market is a hub for pasture-grazed meats, local chicken and duck eggs, plus an abundance of okra, watermelons, peas, peppers and other fresh produce.

mtfarmersmarket.com

MISSOURI

St. Louis

(SUMMER AND WINTER MARKETS)

The Soulard Farmers' Market near downtown St. Louis is among the oldest public markets operating in the US. Producers there have served countless St. Louisans with fresh meats and eggs, baked goods, produce and honey near the banks of the Mississippi River. Live music is offered on Saturdays, no matter the weather.

soulardmarket.com

MONTANA

Missoula

(MAY THROUGH OCTOBER)

The Clark Fork River Market in Missoula is a little gem in the "Big Sky" lands of Montana, where shoppers can congregate and shop for free-range meats, fruits and vegetables, fresh fish, honey and starter plants from local ranchers and farmers. Guests can also find fresh pastries, breads, kombuchas, jams, flowers and woolen wares from area crafters.

clarkforkmarket.com

NEBRASKA

Omaha

(MAY THROUGH OCTOBER)

This market in Nebraska's largest city showcases foods from the surrounding farm country every Saturday and Sunday at two locations during growing seasons. On select nights during the summer months, special night markets are held at the city's Turner Park. No matter the day or location, expect to find some of the region's best vegetables and grains, free-range pork and chicken, pastured beef, specialty coffees and hot sauces.

omahafarmersmarket.com

NEVADA

Las Vegas

(ANNUAL)

The Fresh52 Farmers' Market is a hotspot for cooks hungry for fresh, locally grown foods in the surrounding desert landscape. Producers and shoppers flock to the market every Friday for organic produce, essential oils and soaps, vegan pastries and breads, and handcrafted jewelry. With its official state certification, the Fresh52 is a fantastic place to learn about the roles of irrigation and aquaculture in local food systems.

fresh52.com



Since its launch in 1998, the Tulsa market has grown into the largest market in Oklahoma.



With over 100 vendors, the Fulton Street Farmers' Market in Grand Rapids boasts a diverse range of local foods.

NEW HAMPSHIRE

Salem

(SEASONAL)

The Salem NH Farmers Market is a relatively new initiative, established in 2010 to showcase locally grown foods from a variety of vendors who participate in the market. Since its inception by founder Jane Lang, the market works to build exposure for farmers and entrepreneurs and to serve the growing demand for fresh, nutritious foods. Vendors offer seafood chowders, in-season produce, artisanal cheeses and other dairy products, and even local kombuchas and kefir.

salemnhfarmersmarket.org

NEW JERSEY

Moorestown

(MAY THROUGH OCTOBER)

The Burlington County Farmers' Market operates on the pastoral grounds of the Burlington County Agricultural Center, a jewel of west-central New Jersey just east of Philadelphia. The Saturday markets provide a range of fresh foods from regional farms. The center is a great spot for checking out the community gardens and a commercial kitchen space. Educational events including culinary classes are also held throughout the year.

burloagcenter.com

NEW MEXICO

Albuquerque

(APRIL THROUGH NOVEMBER)

The Downtown Growers' Market is a southwestern destination for a variety of regional chile peppers as well as an abundance of other beautiful produce, local beef, fresh breads, artisanal honey and indigenous artwork. Local chefs also serve dishes like burritos, vegetable samosas, jerk chicken and other delights.

[downtowngrowers.com/
albuquerque-downtown-growers-market](http://downtowngrowers.com/albuquerque-downtown-growers-market)



Highlights of New York's Ithaca market include an annual street festival and sampling of the region's locavore movement with area restaurants.

NEW YORK

Ithaca

(ANNUAL)

The Ithaca Farmers Market in central New York's Finger Lakes region thrives due to the high demand for interesting, nutritious local foods. Despite the long, intense winter, farmers throughout the region cultivate many greens and other vegetables in greenhouses. Multiple weekly markets operate during the peak growing season, with a regular winter market held on Saturdays. A yearly street festival and sampling of Ithaca's locavore movement with area restaurants are additional highlights.

ithacamarket.com

NORTH CAROLINA

Chapel Hill

(ANNUAL)

The Chapel Hill Farmers' Market launched in 2008 with the efforts of Farmers of Orange, a nonprofit organization created for local farmers by local farmers. Producers and artisans farm within 60 miles of Chapel Hill, where they bring fresh, quality produce, value-added farm products and crafts to market Tuesdays and Saturdays all year.

thechapelhillfarmersmarket.com

OHIO

Columbus

(APRIL THROUGH NOVEMBER,
PLUS WINTER HOURS)

The Clintonville Farmers' Market serves shoppers from throughout the metro area with 60 area producers, showcasing seasonal produce, locally pastured meats, eggs, dairy products and baked goods. The market temporarily relocated for 2020-21 from the heart of its namesake neighborhood to a large outdoor space several miles away at the Ohio History Center, which allows for social distancing measures.

clintonvillefarmersmarket.org

OKLAHOMA

Tulsa

(ANNUAL)

The Tulsa Farmers' Market (formerly the Cherry Street Farmers' Market) is a hub of Tulsa's local food culture. Its lineup of growers gather on Saturdays and Wednesdays to show off natural beef, pork and lamb plus seasonal produce and dairy products. Winter markets are also featured. Since its launch in 1998, this market has grown into the largest producer market in Oklahoma.

tulsafarmersmarket.org

OREGON

Oregon City

(ANNUAL)

The Oregon City Farmers Market operates at the Clackamas County Red Soils campus in central Oregon City. Throughout the year, market days are a showcase for local fruit and vegetable producers, ranchers, bakers, winemakers, distillers and craft brewers. In summer months, area chefs demonstrate dishes with seasonal produce, meats and seafood. An additional winter market season opens in November and runs every other week through April.

orcifyfarmersmarket.com



Growers at this Salt Lake City market skip the chemical-based pesticides.



The Oregon City Farmers Market offers a wide selection of local produce and chef-led cooking demos.

PENNSYLVANIA

Philadelphia

(ANNUAL)

The city of Philadelphia anchors the Eastern Pennsylvania region, home to Pennsylvania Dutch Country, Revolution-era history and, of course, great food and drink. The Rittenhouse Saturday Farmers' Market is a small but lively staple of the historic neighborhood for which it is named. Producers feature seasonal produce, natural skin-care products, wines, distilled spirits and other delights.

farmtocitymarkets.com/markets/rittenhouse

RHODE ISLAND

Providence

(MAY THROUGH OCTOBER)

Rain or shine, the Hope Street Saturday Farmers' Market features locally grown fresh fruits and vegetables, pasture-raised meats, cheeses, coastal seafood, breads, coffee and more. The market, staged at Lippitt Park, coincides with an outdoor art show called the Providence Artisans Market, held at the southern end of the park.

hopestreetmarket.com

SOUTH CAROLINA

Charleston

(APRIL THROUGH NOVEMBER)

The Charleston Farmers' Market is a lively part of this historic city's deep culinary heritage. On Saturdays, producers from the surrounding low-country region offer locally harvested sea salts, raw milk, ripe peaches and other fruits, and loads of greens and sun-loving vegetables. Other draws are the prepared foods, including crepes and roti rolls, plus kombuchas, coffees and other refreshments.

charlestonfarmersmarket.com

SOUTH DAKOTA

Rapid City

(JULY THROUGH OCTOBER)

Set in South Dakota's Black Hills region, Rapid City is home to a vibrant farmers'

market. Seasonal vegetables and fruits, jerky, baked goods and more are some of the local specialties that draw guests from Rapid City and the surrounding area to the Black Hills Farmers' Market. In peak growing season, the market operates several days per week.

blackhillsfarmersmarket.org

TENNESSEE

Nashville

(ANNUAL)

The Nashville Farmers' Market has 19th-century roots and operates in the city's downtown, next to the Tennessee State Museum and Bicentennial Mall State Park. Farmers, artisans, nonprofits and small businesses congregate at two covered open-air sheds, a container farm and a greenhouse microgreens farm. Other draws include a 24,000-square-foot garden center, a culinary incubation facility and a food hall with dozens of restaurants and shops.

nashvillefarmersmarket.org

TEXAS

Austin

(ANNUAL)

The Hope Farmers' Market in East Austin is among the most eclectic in the Lone Star State's capital. The food producers are central to that, but the Sunday market is also the venue for HOPE FM Live, a showcase of local music and a monthly poster art program featuring Austin artists. There's also an abundance of excellent produce, local meats and more.

hopefarmersmarket.org

UTAH

Salt Lake City

(JUNE THROUGH OCTOBER, PLUS REGULAR WINTER HOURS)

The Downtown Farmers Market in Utah's biggest city is a hub for fine local produce, grass-fed meats, fresh juices and dairy products, among other things. More than 100 ranches and farms take part in the market, all from

within 250 miles of Salt Lake City. A separate art and craft market component is another attraction, with glasswork, leatherwork, sculpture and textiles on display. slcfarmersmarket.org

VERMONT

Burlington

(MAY THROUGH OCTOBER)

The Burlington Farmers Market is a producer market held all year in the historic downtown district in Vermont's largest city. Prepared foods, fresh flowers, seasonal vegetables and fruits as well as pastured pork are available. Artisanal goat milk products and fresh baked goods also abound. The market offers valet parking for shoppers arriving on bikes. burlingtonfarmersmarket.org

VIRGINIA

Charlottesville

(APRIL THROUGH DECEMBER)

The Charlottesville City Market is a producer-only market with a lineup of more than 100 vendors, mostly from the surrounding areas of this eclectic college town. Prime picks include pastured meats, eggs, seasonal produce, baked goods and crafts. The market offers a COVID-safe online ordering, prepay and drive-through pickup service. charlottesvillecitymarket.com

WASHINGTON

Tacoma

(MAY THROUGH OCTOBER, VARIES BY LOCATION)

The Tacoma Farmers' Market is a powerhouse destination for seasonal vegetables and fruits, including greens, cabbages, Brussels sprouts and apples. The market's three locations throughout the Tacoma area are great sources for local meats, Pacific Coast seafood, prepared foods and crafts. tacomafarmersmarket.com

WEST VIRGINIA

Morgantown

(MAY THROUGH NOVEMBER, WITH WINTER HOURS)

Set in downtown Morgantown, which is also home to West Virginia University's main campus, The Morgantown Farmer Market is a central source for fresh foods in a state dotted with small family farms and the Appalachian hills. Pasture-grazed beef, local pork and seasonal vegetables from small growers are just part of the lineup on market days. morgantownfarmersmarket.org

WISCONSIN

Madison

(ANNUAL)

The bevy of vegetables and fruits during the peak growing seasons is one reason shoppers flock to the Dane County Farmers' Market. So are the artisanal cheeses, another fixture of Wisconsin's agricultural economy. Pasture-raised bison, chicken, turkey and ostrich, not to mention some of Wisconsin's trademark bratwurst and other sausages, are additional draws for meat lovers. dcfm.org

WYOMING

Casper

(JUNE THROUGH SEPTEMBER, PLUS WINTER MARKET HOURS)

The Food for Thought Markets are destinations for fresh foods in this rural western state. Seasonal produce, meats from local ranches, jams, honeys, personal care products and dog treats are part of the draw. Summer markets feature food trucks with prepared foods and snacks. Monthly winter markets help shoppers stock up on preserved meats and vegetables as well as prepared foods throughout central Wyoming's long winters. casperfarmersmarket.com

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Marukan, brewer of the world's finest vinegars, introduces a new drink blend that proves that a daily wellness drink of apple cider vinegar can taste great! With a perfect blend of sweet, organic apple cider vinegar and premium, smooth-tasting rice vinegar, the result is a delicious beverage that only Marukan can provide.



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5 Things You Need to Know About *Skin Cancer*

Skin cancer rates are on the climb, and the sun is the major culprit.

Now that summer is here, it's time to get sun savvy to protect your body's largest organ.

BY KAREN ASP

You hear the same advice every summer: Slather on sunscreen and limit your time in the sun. Those rules still apply, but not everyone is getting the message, and rates of melanoma are on the rise.

Although melanoma isn't the most common cancer – it's third behind basal cell carcinoma and squamous cell carcinoma – it is the most deadly. In 2021, rates of melanoma are expected to rise by 5.8%, and women under 50 are being hit harder than men of the same age. Two reasons explain the rise. “The overall

increase in skin cancers has to do with cumulative sun exposure combined with lack of adequate sun block or protection from UVA/UVB rays,” says Ava Shamban, MD, board-certified dermatologist in Los Angeles and founder of Ava MD Dermatology, SkinFive Medical Spas and The Box by Dr. Ava. One in five Americans will develop skin cancer by the age of 70.

This summer, get smarter about your sun exposure. Here are five often-forgotten facts you need to know to protect your skin.



YOU SHOULD WEAR SUNSCREEN 365 DAYS A YEAR.

You may not think about wearing sunscreen when it's cloudy or rainy or even during winter. Yet you should. "The most harmful ultraviolet rays are present every day," Shamban says. "They don't retreat in winter and can filter through

dark cloud coverage, which is why any uncovered areas of the body at any time of the year are exposed and vulnerable to the damage of the sun's UV rays." Easy solution? Make sunscreen application as much a part of your daily routine as brushing your teeth. Choose a broad-spectrum sunscreen that protects against UVA and UVB with an SPF of at least 30 and slather it on when you get out of the shower in the morning as you would lotion. Consider using sunscreen anywhere above or below the towel, including your legs, arms, shoulders, décolletage, neck, face, ears and hands. The American Cancer Society also suggests a lip balm with sunscreen. You might even add a hand cream, moisturizer or makeup with sun protection to your daily routine. These won't replace sunscreen but will offer added support for vulnerable areas that are never covered in your reapplication plan, Shamban says.



2

YOU SHOULD GO THROUGH A BOTTLE OF SUNSCREEN EVERY FEW MONTHS.

How quickly you go through that sunscreen depends not only on how big the bottle is but also how well you're applying it. In general, though, aim to go through at least one bottle during the summer, more if you're sharing that bottle with others. If your bottle lingers, it's a sign you're probably not using enough. The Skin Cancer Foundation recommends applying an ounce of sunscreen to your face and body. That's about the size of a shot glass; for easy reference, keep a shot glass in your bathroom to help you measure it, Shamban says. Your face alone should get a nickel-sized amount, Haimovic says, adding that you should then reapply every two hours. Just watch those expiration dates, as sunscreen breaks down over time. "I've seen people who have gotten burns because they used expired sunscreen," she adds. Once a year, go through all your sunscreen and toss any that have expired.

3

SKIN CANCER AROUND THE EYES IS MORE COMMON THAN YOU THINK.



Although any exposed skin may be prone to developing skin cancer, the skin around your eyes is particularly vulnerable because it's thin and delicate, Shamban says. Roughly 5 to 10% of all basal cell carcinomas occur on the eyelids. While you should always wear sun-protective eyewear when outdoors, choose a darker, polarized lens rated for ultraviolet protection; most sunglasses don't have enough UV protection alone. That's where wearing a wide-brimmed hat with a minimum of three inches and finding shade or using an umbrella can help. Sunscreen is crucial, but if it bothers your eyes, use a mineral version (containing zinc oxide and/or titanium dioxide) for the eye area or try a fragrance-free sunscreen for sensitive skin. Alternatively, use a protective powder with an SPF rating for your eyelids; try a stick formula or one with a "doe foot" applicator, which allows more precise application versus your finger, Shamban says. A broad-based sun-protection eye cream will also do the trick.

4

WINDOWS ARE A SIGNIFICANT SOURCE OF UV EXPOSURE.

Being by windows can give your mental health a boost, but know that those windows, whether in your home, office or car, will expose you to harmful UV rays. There are two types of rays – UVA and UVB – and each one affects the skin differently. UVB rays are the classic burning rays, the most common cause of sunburns and the type most associated with skin cancer, says Adele Haimovic, MD, dermatologist in New York and spokesperson for the Skin Cancer Foundation. Meanwhile, although UVA rays can cause sun damage and also lead to skin cancer, they're associated more with aging, and it's these rays that penetrate more through windows. "Most glass does not protect against UVA exposure," Shamban says, adding that while some of the UVB rays get through, all of the UVA rays do. That's one reason year-round sunscreen is so critical on exposed parts of your body. To further protect yourself, purchase UV protection shields for car windows. Clothing can even add another layer of protection. Bonus? Look for detergents that wash sun protection into your clothing.



“Most glass does not protect against UVA exposure,” Shamban says, adding that while some of the UVB rays get through, all of the UVA rays do.



5 OUTDOOR ATHLETIC TRAINING CAN MAKE YOU MORE VULNERABLE TO SKIN CANCER.

While this may be a no-brainer, it's worth repeating: If you're logging the miles outside, you're at an increased risk of skin cancer. "Marathoners wear very little clothing and are outdoors for extended periods of time," Shamban says. To protect yourself, always apply sunscreen when you go out, reapplying as much as you can since you're sweating so much off. If sunscreen is always dripping into your eyes and stinging them, switch to one with titanium dioxide or zinc oxide, Haimovic says. You can also buy athletic apparel with ultraviolet protection factor. Wear sunglasses and, if you can tolerate it, a visor or hat. And if possible, plan your workouts so you're not outside when the rays are at their strongest, generally between 10 am and 4 pm. Bottom line? "Even if the sun doesn't shine, it's not a free pass from sun protection," Shamban says. "Ultraviolet rays don't take a vacation, and skin cancer knows no season."

Can you "eat" your sunscreen?

Not literally, but certain foods may act as an internal sunscreen, so to speak. "Any fruit or vegetable high in antioxidants can help support your ability to maximize the cellular functions that turn up your internal DNA protective systems," Shamban says.

Focus on eating dark leafy greens like kale and spinach, which are high in the antioxidants lutein and zeaxanthin, and various berries, which have vitamins A, C, E and other antioxidants to bolster their sun-protective efforts. A recent study from the *Journal of the American Academy of Dermatology* even found that grapes might aid your skin's sun defenses.

You might also consider taking an oral supplement with the natural botanical extract *Polypodium leucotomos*, Shamban says. According to a study in the *Journal of Clinical and Aesthetic Dermatology*, it may protect against the damaging effects of UV radiation. Just keep in mind a warning that the FDA issued in 2018 about these supplements: "There's no pill or capsule that can replace your sunscreen."

Whether you load your diet with the foods mentioned above or pop a supplement, none of them replaces sunscreen. "While it's always good to boost the function and capacity of your body's own defense system, it's not enough alone to fight off cancer and damage or aging from ultraviolet rays," Shamban says. Sunscreen still remains your best defense. ☺



Roasted Grape & Salmon Kale Salad
cleaneating.com/sunscreensalad



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Cultivate Your Patio Paradise

This sunny season, spice up your space. These classy-but-casual finds will turn your balcony or backyard into an at-home oasis.

BY ANIKA A. SYEDA



PILLOW TALK

No, not that kind of pillow talk. We mean Joss & Main's Lantz Outdoor Rectangular Pillow Cover & Insert set of two. Engineered for the outdoors, these lumbar cushion covers resist mildew and fading from sun exposure. **\$88, jossandmain.com**



CHEESE CHILLER

The genius Chill and Serve Outdoor Cheese Board from Uncommon Goods is one of our top summer finds this year. The slate disk in the center of the maple base can be refrigerated and used as a cold tray for your cheese. **\$85, uncommongoods.com**



ATMOSPHERIC ESSENTIAL

Want to transform your space in one easy step? Try string lights. We particularly love IKEA's SOLARVET LED string light, equipped with 24 soft-white mini lanterns and a solar panel that can be clipped onto a planter or staked into the ground. **\$18, ikea.com**

URN YOUR KEEP

Planters are the perfect opportunity to add up-to-date aesthetics to your space. The gorgeous Perigold Porcelain Urn Planter by littala comes in a classy dark green and a very trendy mid-century modern geometric design. **\$75, perigold.com**





BETTER WITH BAMBOO

Sustainability just got a whole lot more chic, thanks to Food52's Fable New York Colorful Bamboo Dinnerware. This dishwasher-safe line includes all the dining essentials and is available in a summery selection of happy hues. **\$32 to \$152, food52.com**



FULL TANK

Originally for storing olive oil, the Stainless Steel Fustis Beverage Dispenser has been reimagined as a water vessel. House up to 15 liters of your summer bevies in this impressive dispenser for a touch of industrial elegance. **\$179, cb2.com**

RED CARPET TREATMENT

Nothing ties a space together like a rug, and that goes for the outdoors too. Ground your patio with a bold splash of color from AllModern's gorgeous Georgie Tribal Red Indoor/Outdoor Area Rug. **\$42, allmodern.com**



THE COOLEST-EVER COOLER

In a stunning seafoam blue, the Clevr Retro 80 Quart Rolling Ice Cooler Chest from Houzz is straight out of *Mad Men*. Keep 80 quarts worth of food and drinks chilled in this vintage trolley. **\$194, houzz.com**

A WICKER WONDER

Elevate outdoor seating with Wayfair's Teardrop Patio Chair with Cushions. Named for its distinctive hood, this lounge is made from an airy web of wicker, perfect for summer, and thickly padded with soft and durable cushions. **\$560, wayfair.com**



PEST CONTROL WITH PIZZAZZ

When it comes to citronella candles – a patio staple for repelling mosquitoes – it doesn't get prettier than Crate & Barrel's Centoa Citronella Centerpiece Candle. Housed in a faux terracotta pot, it's heavy enough to sit center stage on your picnic table. **\$99, crateandbarrel.com**

editors' pick

The Anti-Cancer Diet

Grilled Watermelon & Halloumi Salad
cleaneating.com/melonhalloumi



Add protection to your plate with science-backed foods shown to reduce your risk of cancer. BY LISA TURNER

It's the scariest disease, and one of the most common. Cancer is the second-leading cause of death in the United States, and about 40% of men and women will be diagnosed with cancer at some point during their lifetimes. But while genetics does play a role, the vast majority of cancers are largely preventable: As many as 90 to 95% of cancer deaths are attributed to lifestyle factors including smoking, alcohol consumption, sun exposure, obesity, stress and – you guessed it – diet. What that means: how you live and what you eat can slash your chances of getting cancer.

What to eat minimally or avoid: red meat, processed meat (like pepperoni, salami, hot dogs and bacon) and charred meat are linked with a higher incidence of cancer. Excess sodium increases the likelihood of gastric cancer, and trans fats in margarine, fried foods and processed baked goods can double your chances of breast

cancer. Sugar and refined carbs boost the risk of prostate and other cancers. And watch out for cancer-provoking foods you might not have expected, like canned beans, tomato sauce and coconut milk in your pantry; if you didn't specifically seek out cans free of bisphenol-A (BPA), they're probably lined with the chemical, linked with breast, prostate and other cancers.

Step one: dramatically increase your intake of fruits and vegetables. The American Institute of Cancer Research estimates that increasing daily intake of fruits and vegetables to five servings per day could cut cancer rates by as much as 20%. They're loaded with antioxidants to combat oxidative stress – an overabundance of free radicals that can lead to DNA damage and the progression of cancer. Fruits and vegetables are also high in anti-inflammatory compounds that offset inflammation, a key factor in cancer development, tumor growth

and progression. Add healthy fats from nuts, olives and avocado, lean protein (especially fatty fish) and plenty of legumes; they're rich in fiber, which is linked with a decreased incidence of cancer and other diseases.

Ready to better protect your body? Fill your plate with these food groups, shown to reduce your risk:



Cruciferous vegetables,

such as broccoli, cauliflower and other crucifers, are high in glucosinolates and other compounds that reduce the risk of lung, colorectal and other cancers. They're so potent, studies suggest cruciferous vegetables protect against cancer more effectively than the total intake of fruits and veg.

EAT THESE: broccoli, cauliflower, cabbage, kale, Brussels sprouts, bok choy, arugula, turnips, radishes.



Dark leafy greens,

like spinach, kale and other deep-green leafies, are rich in carotenoids, especially beta-carotene, lutein and zeaxanthin – antioxidants linked with a lower risk of breast and other cancers. They're also high in folate, a B vitamin that can repair DNA damage and may reduce the risk of some cancers. Some, like kale, arugula and cabbage, do double duty as members of the crucifer family.

EAT THESE: spinach, kale, chard, lettuce, collard greens, beet greens, watercress, arugula.



Red fruits and vegetables,

such as tomatoes and watermelon, contain lycopene, a potent antioxidant that promotes apoptosis (or cancer cell death), inhibits metastasis (the spread of cancer to other parts of the body) and protects against prostate, breast and other cancers.

EAT THESE: tomatoes, watermelon, pink grapefruit, guava, papayas, red carrots, persimmons.



Purple-red-blue

foods, like blackberries and red cabbage, are rich in anthocyanins, antioxidants that reduce inflammation, stimulate apoptosis, inhibit metastasis and protect against breast, prostate, colon, lung and other cancers. Some, like red grapes, black plums and blueberries, also contain resveratrol, another cancer-preventive antioxidant.

EAT THESE: beets, red cabbage, cherries, pomegranates, blackberries, blueberries, eggplant, purple cauliflower, black plums, prunes, red or purple grapes.



Yellow-orange

fruits and vegetables, like sweet potatoes and mangoes, are packed with cancer-preventive carotenoids, especially beta-carotene and alpha-carotene. Dark leafy greens are also loaded with beta-carotene (the orange color is masked by chlorophyll). Some, like sweet potatoes and winter squash, are also high in fiber, which reduces the risk of colorectal and other forms of cancer.

EAT THESE: carrots, winter squash, pumpkin, papaya, mangoes, apricots, yellow beets, dark leafy greens.



Berries

are rich in an array of phytochemicals: Flavonoids, proanthocyanidins, ellagitannins, lignans and other compounds reduce inflammation, minimize DNA damage, encourage apoptosis, mitigate cancer cell proliferation and protect against a variety of cancers. And berries are packed with cancer-preventive fiber and vitamin C, which may slow cancer growth.

EAT THESE: blackberries, blueberries, raspberries, strawberries, cranberries, mulberries, elderberries.



Alliums,

like onions and garlic, contain cancer-preventive sulfur compounds that support the elimination of carcinogens and inhibit the growth of cancer cells. Onions are also rich in quercetin, a compound with antioxidant and anti-inflammatory activities that protects against ovarian cancer and other forms of cancer. And red onions contain anticancer anthocyanins.

EAT THESE: onions, garlic, leeks, chives, scallions, shallots, ramps.



Legumes,

including beans, peas and lentils, are loaded with cancer-preventive fiber, and studies link a higher intake of legumes with a significant decrease in colorectal cancers. They also contain a compound called inositol hexaphosphate (IP6) that reduces cancer cell proliferation and induces apoptosis in prostate, breast, skin, liver and colorectal cancer cells.

EAT THESE: black beans, kidney beans, chickpeas, pinto beans, white beans, lentils, mung beans, soybeans.



Nuts and seeds

contain a variety of protective compounds, including anti-inflammatory vitamin E and monounsaturated fats, and studies link a higher consumption of nuts with a reduced risk of digestive cancers. Brazil nuts are also loaded with selenium, and peanuts contain resveratrol. Flaxseeds are rich in lignans, anti-inflammatory compounds associated with a lower incidence of breast and other cancers.

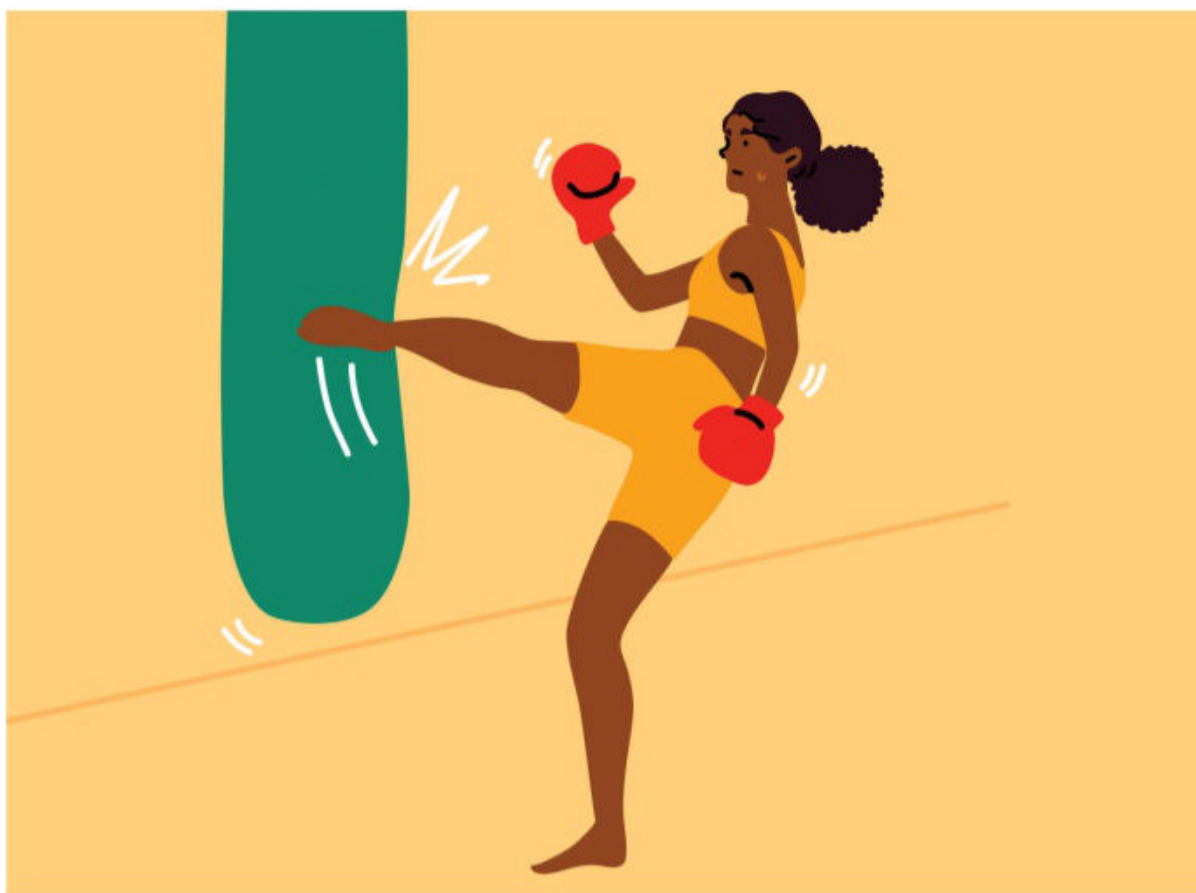
EAT THESE: almonds, walnuts, cashews, peanuts, Brazil nuts, chia seeds, hemp seeds, flaxseeds.



Tea

contains a number of cancer-preventive compounds that inhibit carcinogenesis, the process by which normal cells transform into cancer cells. Green tea is the most concentrated dietary source of epigallocatechin gallate (EGCG), a powerful, cancer-protective antioxidant also found in a variety of other teas, while black tea is rich in a variety of potent polyphenols.

DRINK THESE: green tea, matcha, black tea, rooibos tea, honeybush tea.



4 supplements to help fight cancer

A healthy diet and lifestyle are critical for reducing cancer risk, and safe, science-backed supplements can enhance your protection. Here's what the research shows.


CURCUMIN, extracted from turmeric root (*Curcuma longa*), is a powerful antioxidant and anti-inflammatory, impacting several processes in the development and spread of cancer. Studies show curcumin can suppress the initiation, progression and metastasis – the spread of cancer cells to different areas of the body – in breast, lung, gastric, colorectal, prostate and a variety of other cancers. Turmeric powder itself contains very low levels of curcumin (on average, about 3%), so concentrated curcumin extracts are best. It's important to choose the right form; curcumin is poorly absorbed by the body and rapidly metabolized and excreted, so look

for a high-potency curcumin extract with added turmeric oil and piperine (black pepper extract) to enhance absorption and maximize its effects.

OLIGOMERIC PROANTHOCYANIDINS (OPCs) are polyphenolic antioxidants naturally found in a variety of plants; supplements are usually made from grape seed extract and pine bark extract, super-concentrated sources of OPCs. These potent compounds affect several key processes in the initiation and development of cancer, and studies show they can inhibit cancer cell proliferation, induce apoptosis (cancer cell death) and suppress tumor growth in colorectal, prostate and other cancers. OPCs also help overcome

chemoresistance – the ability of cancer cells to evade or adapt to chemotherapy drugs. They're poorly absorbed, so look for a standardized formula designed for enhanced bioavailability. And because studies suggest OPCs are more effective when combined with curcumin, choose a formula that includes both, or take your OPCs with a high-quality curcumin extract.

BOSWELLIA, from the *Boswellia serrata* tree native to India, contains a variety of active acids; one of these, called AKBA (acetyl-11-keto-beta-boswellic acid), is especially powerful in inhibiting inflammation. Boswellic acids impact several key mediators in the development and spread of cancer, and studies show their efficacy in the prevention and treatment of breast, prostate, cervical, colorectal, lung, pancreatic and other cancers. It's poorly absorbed, so look for products with added piperine to enhance absorption. Choose a formula standardized for at least 70% boswellic acids, including 10% AKBA.

VITAMIN D, crucial for immune function, may also slow or prevent many types of cancers. A number of studies link a higher intake of vitamin D with a reduced incidence of colorectal cancer, and other studies show an association between low blood levels of vitamin D and an increased risk of breast, prostate, gastric and other cancers. Research also suggests vitamin D may decrease cancer cell growth, promote apoptosis, suppress tumor formation and reduce angiogenesis, the formation of new blood vessels that feed tumors. The majority of our vitamin D comes from the sun; if you live in a climate with low levels of sunlight, wear sunscreen daily or follow a meat-free diet, you may be at a higher risk for deficiency. Look for high-potency vitamin D₃. 

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A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS

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Food For Life produces healthy baked goods. Ezekiel 4:9® Low Sodium varieties – Maximum Nutrition without the salt! Flourless and Sprouted whole grain, only using the best natural and organic ingredients. New Low Sodium English Muffins, Tortillas, and Crunchy Cereal.

FoodForLife.com



Strawberry Cheesecake in a Jar

This fresh and elegant nondairy cheesecake in a jar is luxuriously layered and on the table in less than 30 minutes. Genius time-saver alert: we use granola mixed with a few pantry staples to make a quick crust.

RECIPE BY SOO KIM, PHOTOGRAPHY BY HILAIRE BAUMGARTNER

Strawberry Cheesecake in a Jar

F Q V GF

SERVES 4 TO 6. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 20 MINUTES.

CRUST

- 1 cup** granola of choice
- 1 tbsp** melted coconut oil
- Pinch** sea salt, optional
- 1 tbsp** unsweetened almond butter or cashew butter

FILLING

- 1 14-oz** can coconut milk, chilled overnight
- ¾ cup** nondairy cream cheese
- 4 tsp** organic evaporated cane juice (aka organic sugar)
- 2 cups** strawberries, quartered
- mint leaves, for garnish

1. Prepare crust: In a food processor, pulse granola with coconut oil and salt (if using) until coarse crumbs form; add almond butter and pulse until just combined. Divide and press into the bottoms of 4 1-cup ramekins or 6 ½-cup ramekins. Freeze until firm, about 10 minutes.

2. Meanwhile, prepare filling: Open can of coconut without shaking. Scrape top of solid coconut into a cold mixing bowl (you should have about ¾ cup), and reserve liquid for future use (try it in soups and smoothies). Using a hand mixer on medium, beat coconut solids until fluffy, about 2 minutes. Fold in cream cheese and cane sugar.

3. Spoon cheesecake mixture over granola base, dividing evenly, and top with strawberries. Garnish with mint leaves. **(MAKE AHEAD:** Make granola base and cheesecake mixture up to 2 days ahead. Assemble and top with strawberries just before serving.)

PER SERVING (⅙ of recipe): Calories: 302, Total Fat: 26 g, Sat. Fat: 18 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 2 g, Sugars: 8 g, Protein: 4 g, Sodium: 204 mg, Cholesterol: 0 mg



Superfood Mushroom Mycelium Syrup

ELDERBERRY *Plus*

Delicious Syrup for Daily Immune Support*

Introducing a brand new delivery method from Host Defense®! Crafted with two forms of Elderberry - fruit juice concentrate and extract - plus mushroom mycelium, Elderberry Plus Syrup is perfect for daily immune support and respiratory wellness!*

Find Your Mushroom™ at your local health food store and online at HostDefense.com

HOST DEFENSE® *Mushrooms*™

Elderberry-Citrus Spritzer

SERVES 1

HANDS-ON TIME 5 minutes

TOTAL TIME 5 minutes

INGREDIENTS:

- Sparkling water
- Ice
- 1 serving Elderberry Plus Syrup
- Fresh-squeezed citrus juice of choice
- Lemon wedge and mint as garnish

INSTRUCTIONS:

- Pour 8 oz sparkling water into glass over ice.
- Drizzle 2 tsp Elderberry Plus Syrup over top.
- Add 2 oz fresh-squeezed citrus juice.
- Stir slowly, then top with mint and lemon wedge as garnish.
- Enjoy!

Try it out!



New!*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.