
SLOW COOKER
Strawberry Jam
Gluten-Free: Recipes & Tips
Cooking Light
AUGUST 2014
Fresh & Easy!
5-Ingredient Main Dishes
No-Cook 20-Minute Entrées
Super-Simple Grilling
PEACHY
NO-BAKE PIE
page 100
PERFECT PICKLES
Made Simple
5 QUICK WEEKNIGHT
Dinner Menus


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Cooking Light VOL. 28/NO. 7

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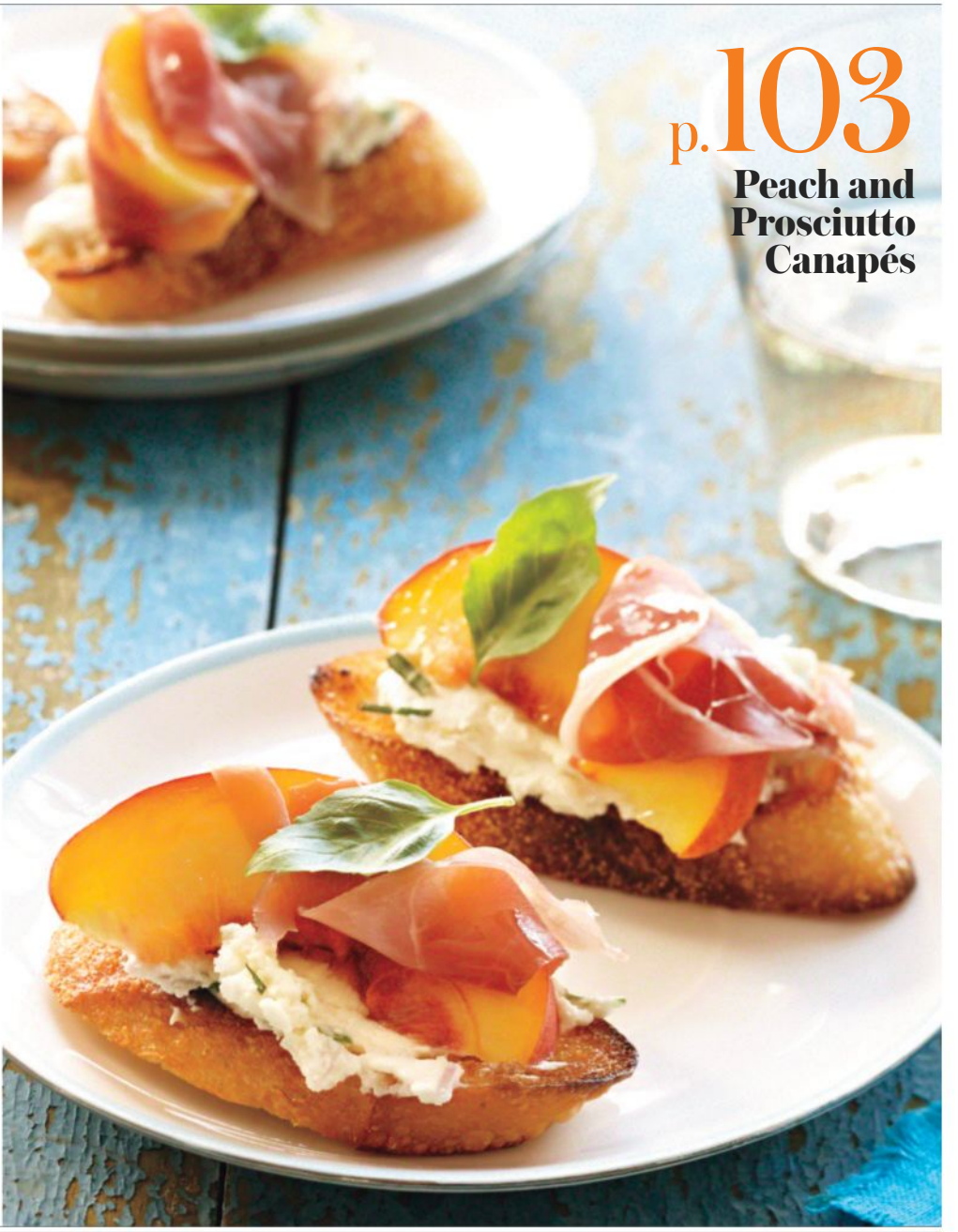
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Iain Bagwell

FOOD STYLING
Simon Andrews

PROP STYLING
Mary Clayton Carl



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Peach and Prosciutto Canapés

PHOTOGRAPHY: (THIS PAGE) DANA GALLAGHER; FOOD STYLING: JOYCE SANGIRARDI; PROP STYLING: ALISTAIR TURNBULL

5 DISHES YOU NEED TO COOK THIS MONTH

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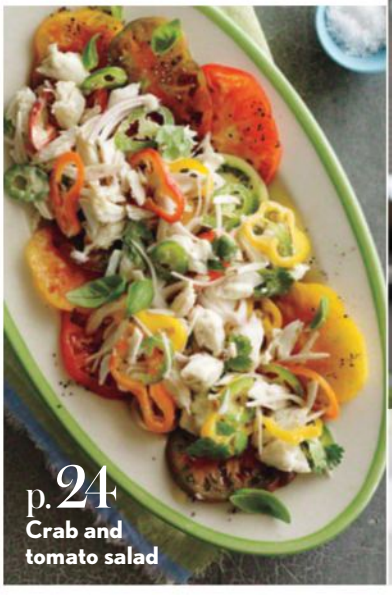
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SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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note from the editor



*FAVORITES THIS ISSUE



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Peaches-and-Cream Frozen Pops



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Bread and Butter Pickles



p. 124

Asparagus, Ricotta, and Egg Pizza

Two hours into the Great Pantry Purge I knew

this: I am a foodstuff pack rat. The contents of three cupboards had been hauled out and arranged in the dining room as part of an "inventory" process that I had heard about from a colleague who unpacks her pantry every three months in order to optimize her cooking, shopping, and storage efficiency. Me, I had been stocking my cupboards, willy-nilly, for three years, with nary an "inventory." Behold, chaos.

The midden that confronted me was fascinating in an anthropological sort of way. A field-worker might wonder: What do maple sugar powder, rare loose teas, tinned white anchovies, obscure jams, chia seeds, crab salsa, and beer mustard have in common? Answer: All were sent to the *Cooking Light* offices for sampling, taken home, filed in my pantry, and never considered again. The fact is, foods we are really interested in get tasted at the office. The rest are orphans. I give a home to orphans.

Mixed in with these orphans were the real foods, often in sedimentary layers that had been pushed to the back or crushed on the bottom. In the Asian Section: three bags, nearly empty, of jasmine rice and three bags, nearly full, of Thai broken rice, along with two packages of dried Chinese fish, three containers of uncooked Indonesian shrimp chips, a profusion of Southeast Asian sambals, and two bags of extra-wide rice flake noodles.

HAVE A PANTRY SYSTEM?

Share with *Cooking Light* readers by sending details on how you keep your food storage in good working order: Scott_Mowbray@timeinc.com.

The Spice Shelf contained evidence of my Spanish period: sweet, spicy, and smoked paprikas in ornate tins, along with a box of 11 forgotten envelopes of saffron. Aha! Here was that long-lost container of stinky Indian asafetida, lost behind a huge jar of Jamaican jerk seasoning.

On the Grains and Legumes Shelf, there was enough farro, amaranth, teff, and steel-cut oats to fuel me through a long and boring zombie apocalypse. Elsewhere I found a bag containing three prunes, and another containing four apricots.

I ended up sending four big kitchen bags of food down the apartment chute. I don't like to throw food away, but my pantry was functioning as a landfill anyway, and no charity would want such a hodgepodge.

What was left went back on the shelves in breathtakingly neat order. I vowed to change my pack rat ways. But I'm not done yet: My freezer is absolutely jammed to the gunwales with Lord Knows What.

Scott

–Scott Mowbray

PHOTOGRAPHY: (TOP TO BOTTOM) DANA GALLAGHER, JUSTIN WALKER, AND ANAIS & DAX. PORTRAIT: RANDY MAYOR


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Cooking Light

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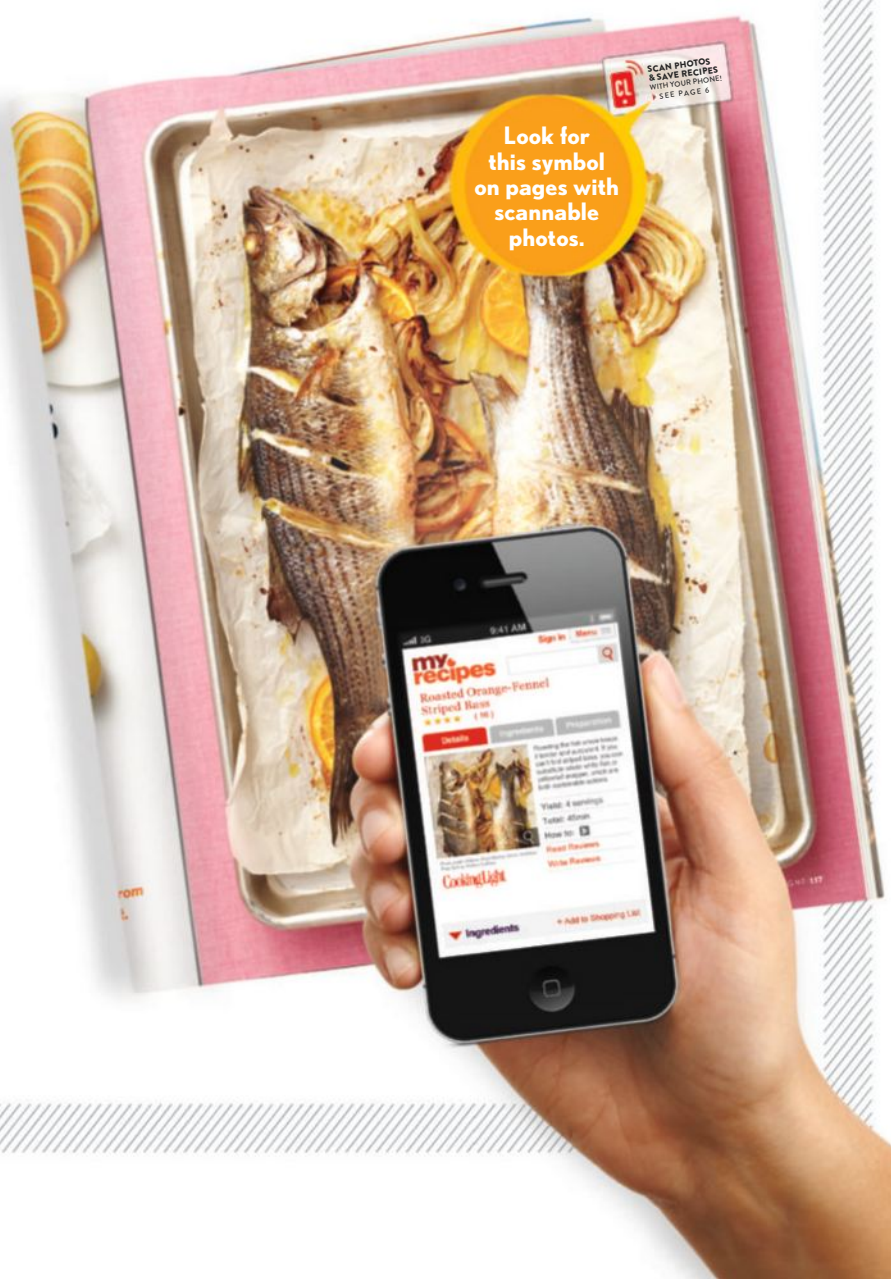
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1 DOWNLOAD THE FREE DIGIMARC DISCOVER APP.
It's available from the iTunes store and the Google Play market.

2 OPEN THE APP.
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3 YOUR PHONE WILL AUTOMATICALLY ALERT YOU WHEN IT RECOGNIZES THE IMAGE.
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4 SAVE THE RECIPE TO YOUR MYRECIPES FILE.
Then you can make, and share, menus and shopping lists. If you don't have a MyRecipes account, you'll be instructed on how to set one up—it's easy!



PHOTOGRAPHY: RANDY MAYOR



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LETTERS



WORTH THE FUSS

Thank you so much for the article that describes why we should actually follow recipe instructions that seem like they're an unnecessary pain (June, p. 118). I'm often tempted to skip steps when I'm in a hurry, and when I do, I'm sorry. Some of the hints I got from Mom and home ec class when I was learning to cook aren't just for fussbudgets—there's a real reason to do them.

—NANCY NELSON
ANN ARBOR, MI

DELICIOUSLY SIMPLE DINNER

I made the Grilled Lemon-Dijon Chicken Thighs with Arugula Salad (June, p. 22) and the Grilled Green Beans (June, p. 87). I was greatly impressed by both the simplicity of the recipes and how well they turned out. Even my partner, the fussiest eater I know, cleared his plate and ate vegetables for a change.

—KEVIN KUZNIA
FERNDALE, MI

WHIP IT GOOD

I love the "Whip It" alternative (May, p. 39)! So happy to use something more healthful than lower-calorie frozen whipped topping. I used this recently with mini strawberry-rhubarb tarts. It got wonderful reviews!

—RENÉ PACHUTA
ALEXANDRIA, VA

FOOD SNOB

I find it disheartening that June's Note from the Editor (p. 6) embraces the idea that good food not only costs more, but that there's a "delicious satisfaction" that comes "with paying that price." At a time when America is dealing with an obesity epidemic and the disparity between the "haves" and "have-nots" is rapidly increasing, it is unconscionable for a magazine devoted to healthy cooking to equate "good" food with expensive food. Food—good, healthy, nutritious food—is not and should not be a luxury. To talk about embracing exorbitant prices as if it's a badge of foodie honor is irresponsible.

—MANDI FREDERICK
MOUNT RAINIER, MD

INSTAGRAM

Globally inspired cuisine is hot on Instagram, but you can share photos of any *Cooking Light* dish you make. Just add #CookCL.



HORCHATA DE COCO
(May 2014, p. 100)
@SWEETLIFEBAKE



LEMONGRASS SHRIMP OVER RICE VERMICELLI
(*Global Kitchen* book, p. 71)
@BETSYLIFE

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White Pizza with Tomato and Basil
(March 2011, p. 46)
I make this at least once a month. Awesome pizza.
—VICKIE MONAHAN



Szechuan Chicken Stir-Fry
(Jan/Feb 2012, p. 134)
This is always in our rotation! DELISH!
—TAMMY O'CONNOR



Kale and Caramelized Onion Grilled Cheese
(September 2013, p. 64)
Just ate this for lunch. It was awesome.
—MARY GIBSON

Delicious! I made these earlier, and they taste great. Definitely hit the spot.
—RICHARD SAUNDERS

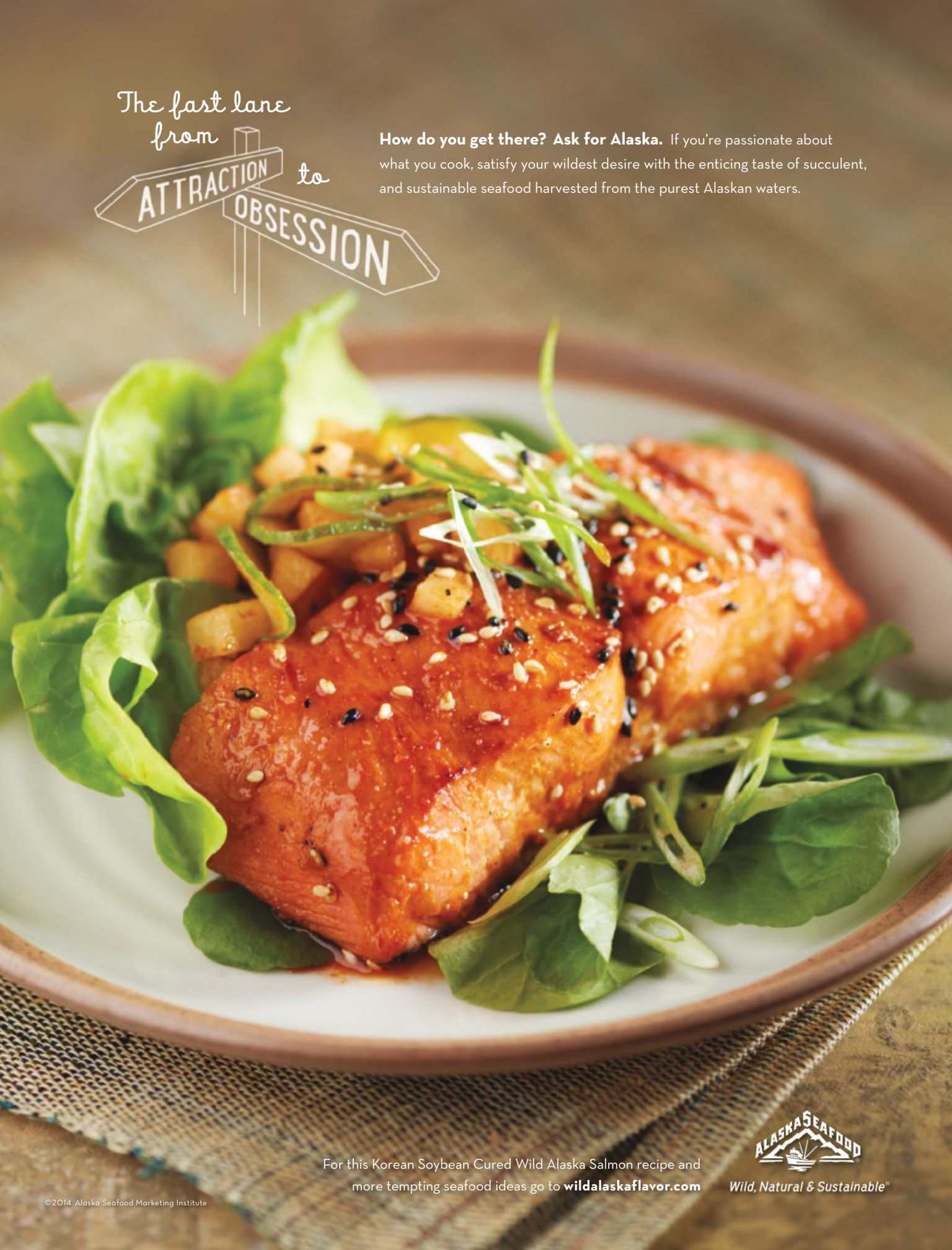
PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) RANDY MAYOR, JOHNNY AUTRY (2), BRIAN WOODCOCK, COURTESY OF BETSY HALEY, AND COURTESY OF VIANNEY RODRIGUEZ

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LET'S GET

cooking!



TODAY'S SPECIAL

Pasta with Salsa Cruda from Curtis Stone

The celeb chef puts tomatoes center stage.

BY TIM CEBULA

Fresh, ripe tomatoes are midsummer's starlets, fawned over and dressed minimally. "It's hard to walk past perfectly fresh tomatoes at the market," says chef Curtis Stone, whose Beverly Hills restaurant, Maude, has wowed critics and diners since opening in February. "You serve them at room temperature, well seasoned with salt and pepper, good-quality olive oil, and maybe a splash of sherry vinegar—it can be that simple."

Tomatoes may not need much

TURN THE PAGE FOR RECIPE

PORTRAIT: QUENTIN BACON

RESTOCK

Here's to smart barkeeping: Make hundreds of cocktails from a mere dozen bottles. Workman Publishing, $14



[let's get cooking!]



TREND

Replace sugary mixers like sodas and syrups with cold-pressed juices to create flavorful "juicetails."

adornment to shine, but they do need some care. "Keep them at room temperature so you get the optimum sweetness," says the Aussie native. Tomatoes stored in the fridge become mealy and bland. He also suggests removing the skins for cooked tomato dishes, since they can give off bitterness and mar the texture of a tomato sauce. Make a small, shallow score on their bottoms, blanch in boiling water for about 20 seconds, and plunge in an ice bath to stop the cooking, and the skins will slide off easily.

For this summery pasta dish, fresh, raw tomatoes take the spotlight. "It's a salsa approach to a tomato sauce. It's meant to be fresh and have vibrance," Stone says. He tosses chopped ripe tomatoes with oil, vinegar, and a little garlic. Jalapeño brings a bit of heat, crumbled feta contributes salty tang, and fresh, fragrant herbs finish the dish. Stone's menu at Maude focuses each month on one seasonal ingredient, which gets featured in every dish. His August ingredient is tomatoes. Try his tomato-based creations all month long at Maude on South Beverly Drive.

PASTA SHELLS WITH SALSA CRUDA

Hands-on: 18 min. Total: 24 min.

- 10 ounces uncooked medium seashell pasta
- 1 pound ripe tomatoes, seeded and diced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 1 garlic clove, minced
- ½ red jalapeño pepper, seeded and diced
- ½ teaspoon kosher salt, divided
- ¾ cup thinly sliced green onions



- ½ cup fresh basil leaves, torn
- ⅓ cup chopped fresh flat-leaf parsley
- 3 ounces feta cheese, coarsely crumbled (about ¾ cup)

1. Cook pasta in boiling water 8 minutes, omitting salt and fat.

2. Combine tomatoes, oil, vinegar, garlic, and pepper in a large bowl. Sprinkle with ¼ teaspoon salt.

3. Add pasta to tomato mixture; sprinkle with remaining ¼ teaspoon salt. Stir in green onions and remaining ingredients.

SERVES 4 *(serving size: 1²/₃ cups)* **CALORIES** 410; **FAT** 12.7g (sat 4.4g, mono 6.1g, poly 1.4g); **PROTEIN** 14g; **CARB** 60g; **FIBER** 4g; **CHOL** 19mg; **IRON** 4mg; **SODIUM** 494mg; **CALC** 163mg

Buy scones ($12/dozen) and other treats at tinybuffalo.com.



LOCAL FINDS

Small but Mighty Indulgences

Studying nutrition in college helped Atlanta baker Audrey Gatliff appreciate that an occasional petite, sweet pick-me-up can be a deliciously welcome part of an active, balanced lifestyle. Through her online shop, Tiny Buffalo Baking Co., Gatliff offers appropriately sized portions of treats crafted from wholesome ingredients. Her offerings include petite cookies, miniature bread loaves, granola, and individually wrapped sea-salted caramels. A current favorite is Gatliff's pistachio–vanilla bean scones. The crunchy-salty-sweet juxtaposition is a scrumptious reminder that a little can go a long way. –DARCY LENZ

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: MISSIE NEVILLE CRAWFORD

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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let's get cooking!



MATH

1 toasted baguette + 6 ounces goat cheese + 3 sliced peaches + a handful of basil = stellar crostini

MOST WANTED

Lovely Linens

Cloth napkins aren't just for special occasions. These fun finds dress up everyday dining. BY APRIL HARDWICK

1 PRETTY AS A PAINTING

Dinnertime has never looked prettier: Kerry Cassill's Watercolor napkins are elegant but whimsical. They're just as artful as they are useful. *$13 each,* **kerrycassill.com**

2 INDIGO IS IN

These yarn-dyed chambray napkins by Portland, Oregon's Nell & Mary go from afternoon picnic to evening cocktails seamlessly. *$48/set of 4,* **nellandmary.com**

3 ASIAN ACCENTS

Give your table a touch of Indian influence with Pomegranate's Petra Aqua napkins. The prints are all hand-blocked on 100% cotton. *$40/set of 4,* **pomegranateinc.com**

4 PUNCH IT UP

Make a bold statement with the Gracious Persimmon napkins from Hen House Linens. They're idyllic on their own but partner beautifully with other prints. *$42/set of 4,* **henhouselinens.com**

5 FANCY FILIGREE

Crate & Barrel's Ferdinand linen napkins add a touch of understated elegance, and the neutral color palette guarantees you can use them year-round. *$8 each,* **crateandbarrel.com**

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[let's get cooking!]



SWEET/TART

Ciao Bella's Bartlett Pear Hibiscus sorbetto adds sweet pear to zingy hibiscus. ciaobellagelato.com



GLOBAL INGREDIENT

Masa Harina

THIS CORN FLOUR is a staple in Latin cuisine. Add a little water and it becomes a Play-Doh–like mixture ready for making fresh tortillas: Roll the dough thinly, cut into 5-inch rounds, and cook in a skillet over medium-high heat about 50 seconds per side. It can also lend sweet-toasty corn flavor to all-American faves like corn bread, waffles, and pancakes. Find it in the supermarket's international aisle and at ethnic markets.

–MELISSA HASKIN

PAIRINGS

What Should I Drink with ... a Greek Salad?



A CRISP AND ZINGY WHITE

A salad featuring feta, olives, onions, tomatoes, and vinegar is mouthwateringly tangy. A wine of similar sharpness will handle its bite. Look for a crisp sauvignon blanc. Bright, grassy, and citrusy, its herbal side complements the olives, oregano, and garlic, while its zesty citrus fruit embraces sweet summer tomatoes.

Giesen, Sauvignon Blanc, New Zealand, 2012 ($12)

OOPS!

Avoid heavy, tannic reds like cabernet sauvignon, syrah, or merlot, which taste sour next to anything bright and acidic.

A DRY, JUICY ROSÉ

Olives and feta cheese provide richness that can handle the soft, berry fruit of a dry rosé. Great rosés can come from anywhere, but seek a lighter, paler style. Its complexity, great acidity, and flavors of dried herbs and berry fruit will connect with the diverse flavors and textures of a Greek salad.

Skouras, Zoë Rosé, Greece, 2013 ($11)

–JORDAN MACKAY

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HELP ME, KENJI

Q: How Do I Reheat Leftover Grilled Meat Without Ruining It?

A: Slow and gentle is a start.

There's no getting around the fact that reheated meat will never be quite as moist as when it first came off the grill, but you can take steps to mitigate dryness.

Wrapped in foil in a 250° oven is a good way to go—use a meat thermometer, and keep the meat below its maximum temp from the day it was cooked, around 130° for a medium-rare steak or 165° for a chicken breast. Don't slice until after reheating. Also, a microwave on low power is a surprisingly effective tool—just ditch the foil.

Adding moisture in the form of sauces can help. If you use a marinade, set some aside (before it touches the raw meat) and use it as a quick moisturizing sauce the day after, stirring in any juices from the cutting board.

You could also take a cue from fancy chefs and modern sous-vide techniques: Place your meat in a zip-top bag with the air squeezed out of it, and submerge it in a pot filled with water at around 130° (the temperature of your average hot tap). In 30 to 45 minutes, your meat should be warmed through and ready to serve. If you want to add a quick crust to the exterior, pat the meat dry with paper towels, and sear it ever so briefly in a bit of oil heated in a ripping hot skillet.

But the best way? Just slice up that steak or chicken and serve it with some chilled grilled asparagus in a light vinaigrette, or layer it with cheddar cheese to make a pressed panini.





1



2

1. Reheat unsliced meat wrapped in foil in a 250° oven.

2. Set aside some of your marinade to use as a moisturizing sauce the next day.

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

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: MISSIE NEVILLE CRAWFORD. PORTRAIT: RANDY HARRIS

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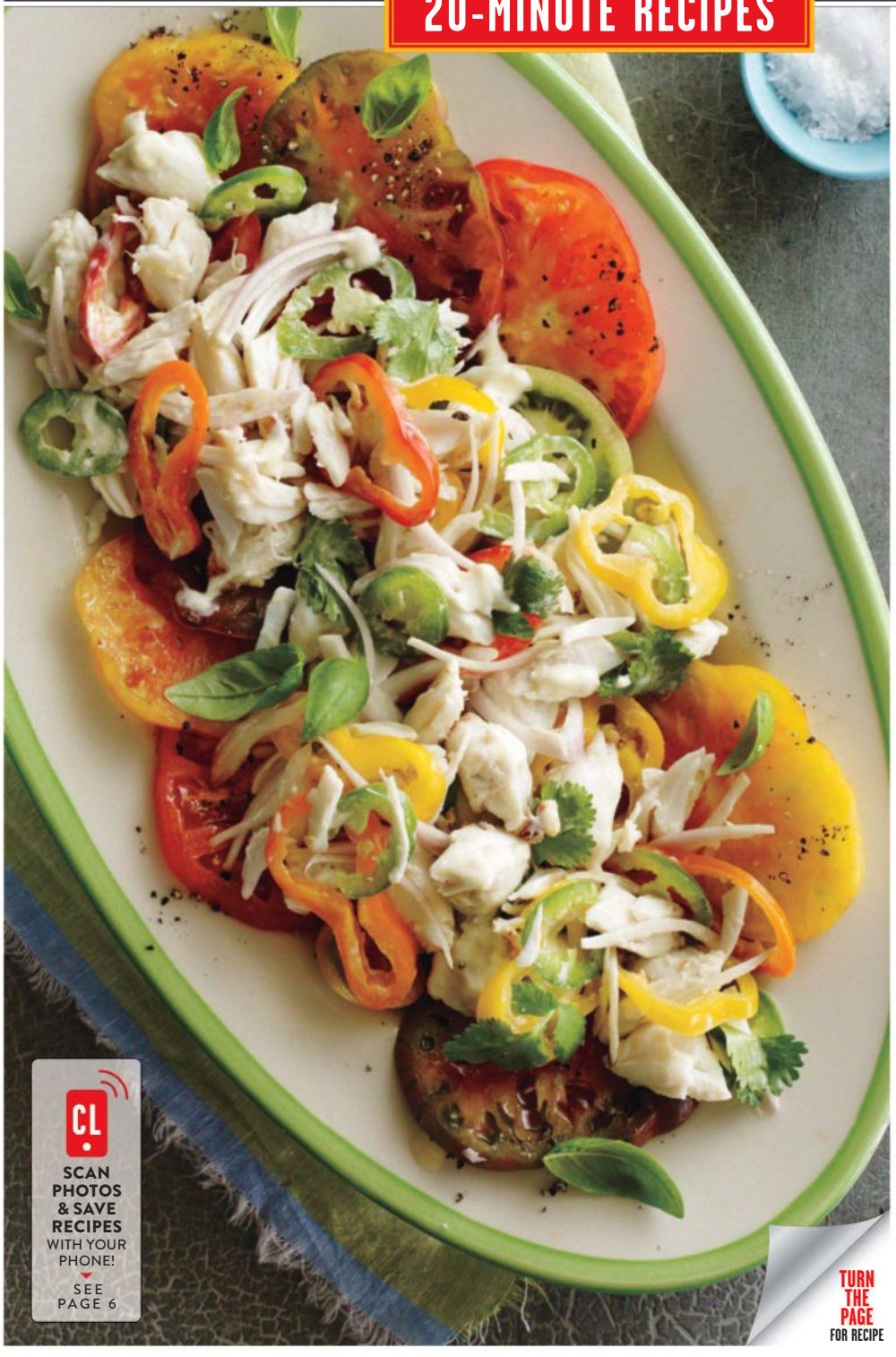
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20-MINUTE RECIPES



[MUST-TRY]

Quick Entrées

1 crab & heirloom tomato salad

2 greek-style chicken salad wraps with tomato & feta

+

NO-BAKE ALMOND-DATE BARS PAGE 26

KALE SALADS PAGE 30

TOMATO SOUPS PAGE 28



SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!

SEE PAGE 6

TURN THE PAGE FOR RECIPE

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

2 Fast, Flavorful Entrées
Crab Salad & Chicken Wraps

CRAB AND HEIRLOOM TOMATO SALAD

STAFF FAVE

You'll find colorful, mini sweet peppers in 8-ounce bags in the produce section.

- 1/3 cup fresh cilantro leaves
- 4 mini sweet bell peppers, thinly diagonally sliced
- 1 large shallot, thinly sliced
- 1 jalapeño pepper, thinly diagonally sliced
- 12 ounces jumbo lump crabmeat, shell pieces removed
- 2 1/2 tablespoons canola mayonnaise
- 1 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- 2 pounds heirloom tomatoes, sliced
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup small fresh basil leaves

1. Combine the first 5 ingredients in a large bowl. Combine mayonnaise, rind, and juice in a small bowl, stirring with a whisk. Add mayonnaise mixture to crab mixture; toss gently to coat. Arrange tomatoes on a serving platter; drizzle with oil. Sprinkle tomatoes with salt and pepper. Mound crab mixture over tomatoes. Sprinkle with basil leaves.

SERVES 4 *(serving size: 3/4 cup crab mixture and about 1 cup tomato)*
CALORIES 200; **FAT** 8.6g (sat 1g, mono 5.3g, poly 1.9g); **PROTEIN** 18g; **CARB** 13g; **FIBER** 4g; **CHOL** 83mg; **IRON** 1mg; **SODIUM** 536mg; **CALC** 109mg



Leftover makeover: Finely chop chicken mixture and serve with pita chips for an appetizer or a picnic.

greek-style chicken wraps

Look for plain rotisserie chicken in the deli section of your supermarket. Use the lean, mild breast meat for pastas and sandwiches, and the leg and thigh meat for more robust salads, soups, or tacos.

- 1 cup grape tomatoes, halved
- 3 tablespoons pitted kalamata olives, coarsely chopped
- 2 tablespoons crumbled feta cheese
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon olive oil
- 1/8 teaspoon ground red pepper
- 4 ounces shredded skinless, boneless rotisserie chicken breast (about 1 cup)
- 2 Kirby or small cucumbers, chopped
- 6 tablespoons plain hummus
- 6 (8-inch) whole-wheat flour tortillas

1. Place tomatoes, olives, feta, juice, oregano, oil, pepper, chicken, and cucumber in a large bowl; toss to combine. Spread 1 tablespoon hummus over 1 side of each tortilla. Top each tortilla with about 1/2 cup chicken mixture. Roll up wraps; cut in half.

SERVES 6 *(serving size: 1 wrap)*
CALORIES 237; **FAT** 9.9g (sat 2.3g, mono 5g, poly 2.4g); **PROTEIN** 12g; **CARB** 27g; **FIBER** 5g; **CHOL** 20mg; **IRON** 1mg; **SODIUM** 556mg; **CALC** 40mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



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Family-Friendly Faves
Chicken Salad & Chewy Date Bars



creamy blueberry chicken salad

Red onion and celery add crunch to this quick chicken salad. Blueberries have thick skins, so they won't break apart when tossed with the chicken.

- ½ cup thinly vertically sliced red onion
- ⅓ cup diced celery
- ¼ cup torn fresh basil
- 12 ounces shredded skinless, boneless rotisserie chicken (about 3 cups)
- ½ teaspoon kosher salt, divided
- ½ cup plain 2% reduced-fat Greek yogurt
- 2½ tablespoons fresh lemon juice, divided
- 1 tablespoon honey
- 2 cups fresh blueberries
- 1 (5-ounce) package baby arugula
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper

1. Combine first 4 ingredients in a medium bowl; sprinkle with ¼ teaspoon salt. Combine yogurt, 1 tablespoon lemon juice, and honey in a small bowl, stirring with a whisk. Add yogurt mixture to chicken mixture; toss to coat. Gently stir in blueberries. Place arugula, remaining 1½ tablespoons lemon juice, oil, remaining ¼ teaspoon salt, and pepper in a bowl; toss to coat. Divide arugula mixture evenly among 6 plates; top each serving with about ¾ cup chicken mixture.

SERVES 6
CALORIES 188; **FAT** 8.5g (sat 2.1g, mono 3.9g, poly 1.3g); **PROTEIN** 16g; **CARB** 13g; **FIBER** 2g; **CHOL** 75mg; **IRON** 1mg; **SODIUM** 369mg; **CALC** 69mg

ALMOND-DATE BARS

Marcona almonds are blanched and roasted—you won't need to toast them. You can also substitute regular whole almonds. For the best texture, use whole pitted dates, not chopped; you need the sticky texture of the whole fruit.

- 1 cup Marcona almonds
- 1¼ cups pitted dates (about 15)
- ¾ cup dried apples (about 2 ounces)
- ¼ cup flaked sweetened coconut
- 1 tablespoon honey
- ⅛ teaspoon kosher salt
- ¾ cup crispy rice cereal
- Cooking spray

1. Place first 6 ingredients in the bowl of a food processor; process until finely chopped. Add cereal; pulse to combine. Press date mixture into bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray. Cut into 12 pieces.

SERVES 12 *(serving size: 1 bar)*
CALORIES 142; **FAT** 6.3g (sat 1g, mono 3.7g, poly 1.5g); **PROTEIN** 3g; **CARB** 22g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 76mg; **CALC** 36mg



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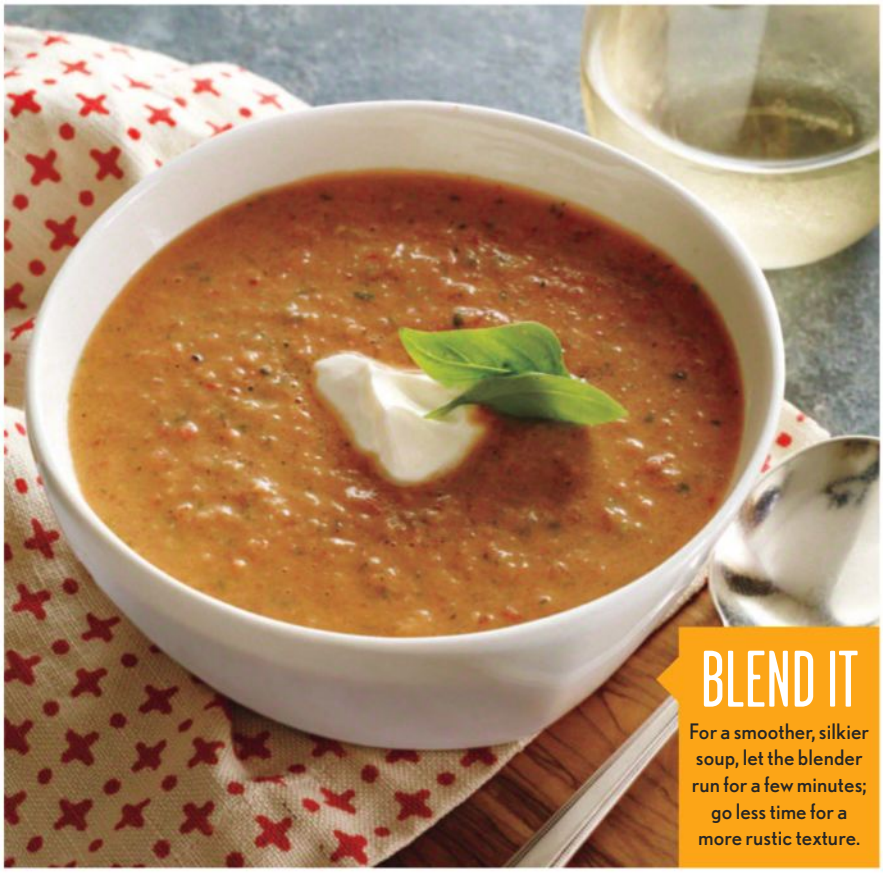
4 No-Cook Tomato Soups
New Twists on a Cool, Creamy Fave

1
TANGY TOMATO-BASIL SOUP

- ¾ cup fat-free buttermilk
- ¼ cup fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- ⅝ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3 medium ripe red beefsteak tomatoes, cored and quartered
- 2 green onions, chopped
- 1 garlic clove
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- Fresh basil leaves

1. Combine first 10 ingredients in a blender; blend until smooth.
2. Place ¾ cup soup in each of 6 bowls. Top evenly with yogurt and basil leaves.

SERVES 6
CALORIES 78; **FAT** 4.8g (sat 0.7g, mono 3.3g, poly 0.5g); **PROTEIN** 2g; **CARB** 7g; **FIBER** 1g; **CHOL** 1mg; **IRON** 0mg; **SODIUM** 236mg; **CALC** 55mg



BLEND IT
For a smoother, silkier soup, let the blender run for a few minutes; go less time for a more rustic texture.

2
MIDDLE EASTERN

Omit basil, sugar, and red tomatoes. **Add** ½ cup cilantro, ¼ teaspoon ground cumin, 2 seeded yellow bell peppers, and 3 large yellow beefsteak tomatoes, quartered, to mixture in blender. **Blend** until smooth. **Combine** yogurt, 3 tablespoons plain hummus, and 1 tablespoon water. **Top** each serving with yogurt mixture and cilantro leaves.

SERVES 6
CALORIES 94; **FAT** 5.6g (sat 0.8g); **SODIUM** 266mg



3
BERRY-BALSAMIC

Omit lemon juice, green onion, and garlic. **Increase** pepper to ¾ teaspoon. **Add** 2 tablespoons white balsamic vinegar and 1 cup quartered strawberries to mixture in blender. **Blend** until very smooth. **Top** each serving with 1 teaspoon yogurt, 1 tablespoon sliced strawberries, and cracked black pepper.

SERVES 6
CALORIES 91; **FAT** 4.8g (sat 0.7g); **SODIUM** 236mg



4
TOMATO-MELON

Omit basil, red tomatoes, green onion, and garlic. **Add** 2 cups cubed honeydew melon, ½ cup fresh mint leaves, and 3 large yellow beefsteak tomatoes, quartered, to mixture in blender. **Blend** until very smooth. **Top** each serving with 1 teaspoon yogurt, 1 tablespoon diced honeydew melon, and fresh mint leaves.

SERVES 6
CALORIES 99; **FAT** 4.8g (sat 0.7g); **SODIUM** 247mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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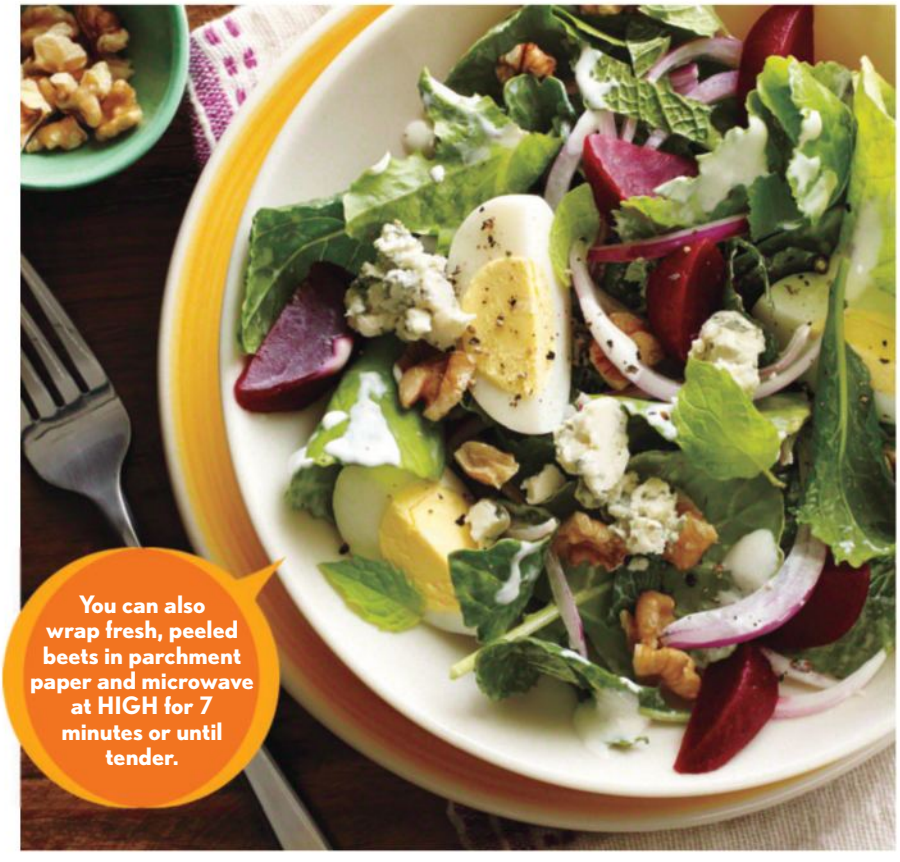
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Supermarket Shortcut
Baby Kale, Two Ways



kale and beet salad with blue cheese and walnuts

A bag of baby kale leaves saves the time of washing, stemming, and chopping larger leaves. Treat these small, tender leaves like baby spinach—as the base for salads or stirred into soups and stews at the end.

- 1 cup torn fresh mint leaves
- 1/3 cup thinly vertically sliced red onion
- 1 (6-ounce) package baby kale
- 1/4 cup plain 2% reduced-fat Greek yogurt
- 2 tablespoons fat-free buttermilk
- 2 teaspoons white wine vinegar
- 1 1/2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 hard-cooked large eggs, quartered lengthwise
- 1 (8-ounce) package peeled and steamed baby beets, quartered (such as Melissa's)
- 1/2 cup coarsely chopped walnuts
- 2 ounces blue cheese, crumbled (about 1/2 cup)

1. Combine mint, onion, and kale in a large bowl. Combine yogurt, buttermilk, vinegar, oil, salt, and pepper in a bowl, stirring with a whisk. Drizzle yogurt mixture over kale mixture; toss gently to coat. Arrange eggs and beets over salad; sprinkle with nuts and cheese.

SERVES 6 *(serving size: 1 1/2 cups)*
CALORIES 202; **FAT** 14.2g (sat 3.8g, mono 3.8g, poly 5.4g); **PROTEIN** 10g; **CARB** 11g; **FIBER** 2g; **CHOL** 132mg; **IRON** 1mg; **SODIUM** 287mg; **CALC** 139mg

KALE, QUINOA, AND CHERRY SALAD

Use leftover quinoa-rice blend for fried rice, or stir into soup.

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons cider vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1 1/2 (6-ounce) packages baby kale
- 1 1/2 (8.5-ounce) packages precooked quinoa and brown rice blend (such as Seeds of Change)
- 3/4 cup fresh sweet cherries, pitted and halved
- 2/3 cup chopped fresh flat-leaf parsley
- 1/3 cup thinly sliced shallots
- 1 (15-ounce) can unsalted chickpeas, rinsed and drained
- 2 ounces goat cheese, crumbled (about 1/2 cup)

1. Combine first 6 ingredients in a medium bowl. Combine 1 1/2 tablespoons oil mixture and kale. Place kale mixture on a platter. Stir quinoa blend, cherries, parsley, shallots, and chickpeas into remaining oil mixture. Top kale mixture with quinoa mixture and cheese.

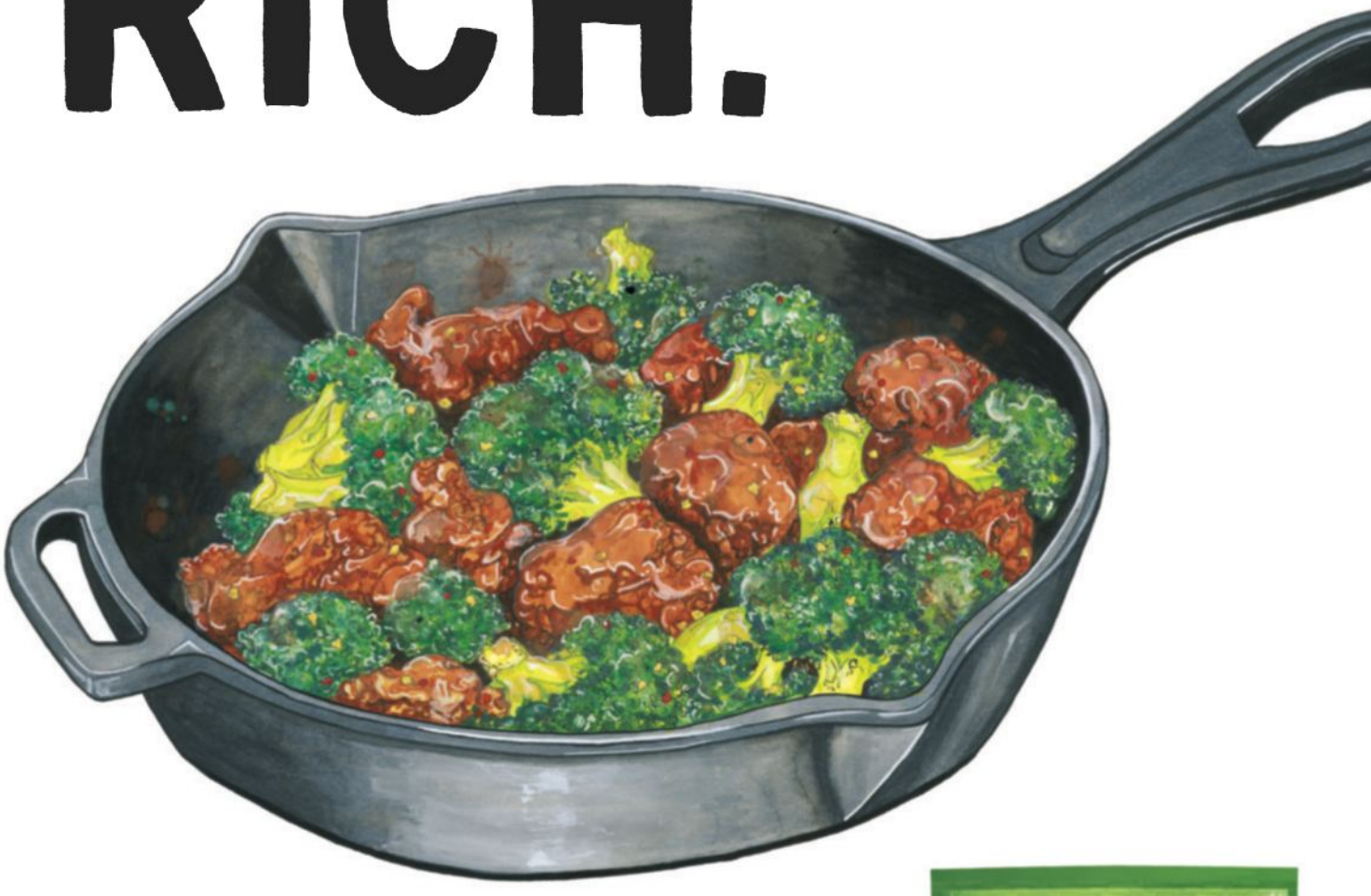
SERVES 6 *(serving size: about 2/3 cup kale mixture and 2/3 cup quinoa mixture)*
CALORIES 296; **FAT** 11.8g (sat 3.2g, mono 5.6g, poly 0.9g); **PROTEIN** 9g; **CARB** 40g; **FIBER** 5g; **CHOL** 7mg; **IRON** 3mg; **SODIUM** 369mg; **CALC** 135mg



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Sandwich of the Month
Prosciutto & Pea Pesto

TOMATO AND PROSCIUTTO SANDWICHES WITH PEA PESTO

Toast the leftover torn bread from the baguette for breadcrumbs (which you can freeze), or add to the tomato soups on page 28 for a slightly thicker soup.

- 1 cup frozen peas, thawed
- ¼ cup fresh mint leaves
- 2 tablespoons water
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon freshly ground black pepper, divided
- ¼ teaspoon kosher salt, divided
- 1 (8-ounce) French bread baguette, halved lengthwise
- 2 ounces thinly sliced prosciutto
- ½ cup very thinly sliced red onion
- 3 medium tomatoes, thinly sliced
- 2 ounces goat cheese, crumbled (about ½ cup)

1. Place peas, mint, 2 tablespoons water, oil, ¼ teaspoon pepper, and ⅛ teaspoon salt in the bowl of a food processor; process until smooth.

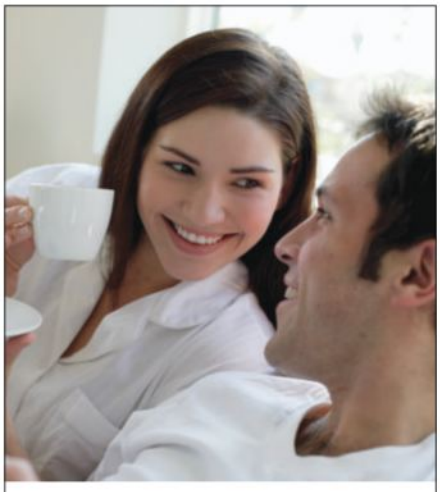
2. Hollow out bottom and top halves of bread, leaving a ¾-inch-thick shell; reserve torn bread for another use. Cut bread halves in half crosswise. Spread pea mixture evenly over cut sides of bread; top evenly with prosciutto, onion, and tomatoes. Sprinkle with remaining ¼ teaspoon pepper, remaining ⅛ teaspoon salt, and goat cheese.

SERVES 4 *(serving size: 1 sandwich)*
CALORIES 244; **FAT** 10g (sat 4.1g, mono 3.6g, poly 0.8g); **PROTEIN** 13g; **CARB** 26g; **FIBER** 4g; **CHOL** 19mg; **IRON** 2mg; **SODIUM** 760mg; **CALC** 80mg

—Recipes by Julianna Grimes; additional recipes by Robin Bashinsky and Carolyn Malcoun



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INSIDE

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AMAZING G-F CAKE MAKEOVER p. 44



Going Gluten-Free?

It's a trendy choice right now. Here are a few things to know.

BY SIDNEY FRY, MS, RD

Americans have always liked "elimination" diets, in which a certain food or nutrient is banned, either for health reasons or weight reasons. For the 1% of the population who suffer from celiac disease, in which the body has an immune reaction to gluten, with digestive and nutrient-absorption consequences, going gluten-free is essential. But today, more than 30% of Americans want to avoid gluten, which explains why the market for gluten-free foods is now more than $10.5 billion a year. Part of this is driven by the critique of refined carbs in the diet and their possible link to obesity and heart disease.

Going gluten-free can improve your diet if it means cutting out a lot of empty-calorie carbs (like those from sugar), refined-flour-based snacks, and even foods like salty hot dogs and bottled sauces, where gluten is used as an emulsifier. If you focus on more whole foods—vegetables, fruits, grains—all the better. Even if you're not going gluten-free, the popularity of gluten-free whole grains like quinoa has enriched supermarket shelves and restaurant offerings.

All that said, gluten-free does not automatically equate with "healthy." Some gluten-free foods are higher in calories or fat than the wheat-based products they replace. And, of course, it's always possible to make gluten-free junk food.

WHAT IT IS

Gluten is a strong, stretchy protein that forms when wheat flour and water mix. It helps make pasta al dente, pastries crisp, and artisanal breads crusty and chewy.

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN

NUTRITION MADE EASY

grocery guide

Substitutions & Shopping Strategies

How to get creative in the kitchen—and smarter in the supermarket

BY SIDNEY FRY, MS, RD

THE CREATIVE COOK'S PANTRY

Gluten-free cooking has become far easier as supermarkets have started to stock more products like specialty flour alternatives and substitutes. But a lot of deliciousness happens when you simply pivot to foods that are naturally gluten-free, such as corn, potatoes, and rice.

TRY ALL THOSE NEW FLOURS

Chickpea flour is nutty and full of protein, with 6g per 1/4 cup. Use as a soup thickener, as a coating for chicken, or in place of wheat flour for crepe-like pancakes, called socca. Another to try is coconut flour, which packs in 10g fiber per 1/4 cup. It's tasty in baked goods, sauces, and even soups.

CHOOSE CORN TORTILLAS OVER FLOUR

You'll save 30 calories and 200mg sodium per 6-inch round and fall in love with the deep flavor. Buy fresh from a tortilla maker: amazing.

EXPLORE THE AMAZING WORLD OF RICE

Brown basmati, fragrant jasmine, broken rice, red rice, sticky rice: nothing bland about them. Bonus: Studies show that rice eaters eat more vegetables, fiber, and iron.

POTATOES

Shred and crisp, mash and cream, top or stuff—this naturally gluten-free veg works its starchy magic in sides, soups, salads, and entrées.

CRAFT A BETTER BREADCRUMB

Crush whole-grain Rice Chex to coat chicken or fish and save 180 calories. Bind casseroles and meat with cooked quinoa and save 110 calories per 1/2 cup.



GLUTEN-FREE	ORIGINAL
370 calories, 13g fat, 31g sugar	170 calories, 5g fat, 12g sugar

Look, Ma, More Calories!

READY-MADE gluten-free foods often contain added sugar, salt, and fat to simulate the texture and mouth-feel that gluten gives baked goods. Compare calories on labels of four common foods.

HAMBURGER BUN

GLUTEN-FREE	ORIGINAL
190 calories, 5g fat, 5g sugar, 360mg sodium	120 calories, 1g fat, 3g sugar, 280mg sodium

PLAIN BAGEL

GLUTEN-FREE	ORIGINAL
290 calories, 9g fat, 460mg sodium	250 calories, 1.5g fat, 310mg sodium

VANILLA CUPCAKE

GLUTEN-FREE	ORIGINAL
480 calories, 21g fat (13g sat fat), 52g sugar	370 calories, 20g fat (6g sat fat), 34g sugar

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN

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NUTRITION MADE EASY

by the numbers

Gluten-Free Grains Beyond Quinoa

Simple recipes and techniques for 5 tasty whole-grain options

BY SIDNEY FRY, MS, RD



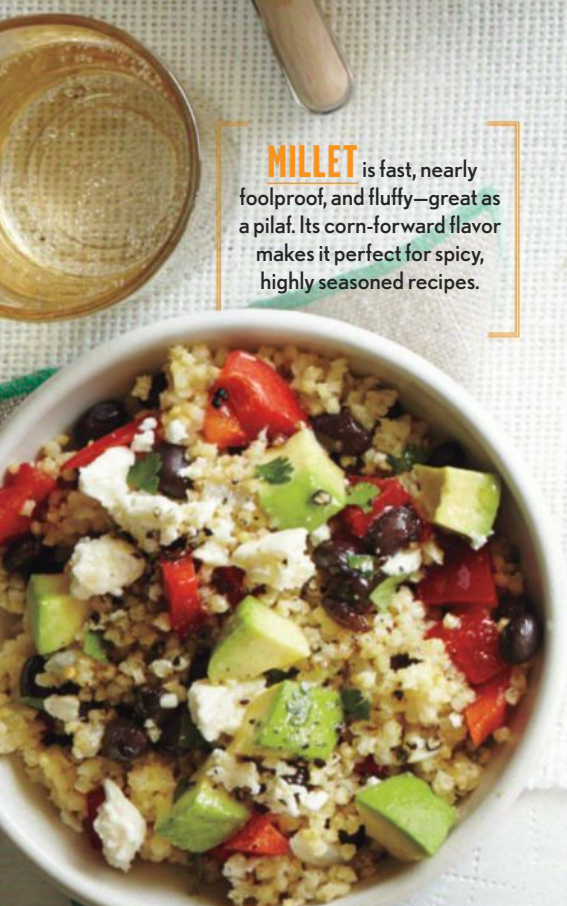
TEFF is a tiny grain that cooks in 20 minutes. It's porridgy, like polenta, with a deep, toasty flavor. Enjoy it sweet for breakfast or savory with dinner, as we do here.

CREAMY GORGONZOLA TEFF WITH HERB-ROASTED TOMATOES

Hands-on: 15 min. Total: 30 min.

Combine 1½ cups unsalted chicken stock and 1½ cups 2% milk in a medium saucepan; bring to a boil. **Stir** in 1 cup uncooked teff and ½ teaspoon kosher salt. **Cover** and simmer 20 minutes or until liquid is absorbed, stirring occasionally. **Remove** pan from heat; stir in 2 ounces crumbled Gorgonzola cheese, ¼ cup fat-free sour cream, and ¼ teaspoon black pepper. **Divide** teff mixture evenly among 6 plates. **Top** each with ¼ cup oven-roasted cherry tomatoes; **sprinkle** with fresh thyme.

SERVES 6 *(serving size: about ½ cup teff and about ¼ cup tomato mixture)*
CALORIES 219; **FAT** 7g (sat 3.1g, mono 2g, poly 0.4g); **PROTEIN** 10g; **CARB** 30g; **FIBER** 5g; **SODIUM** 375mg



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TOASTED MILLET WITH CILANTRO VINAIGRETTE

Hands-on: 30 min. Total: 40 min.

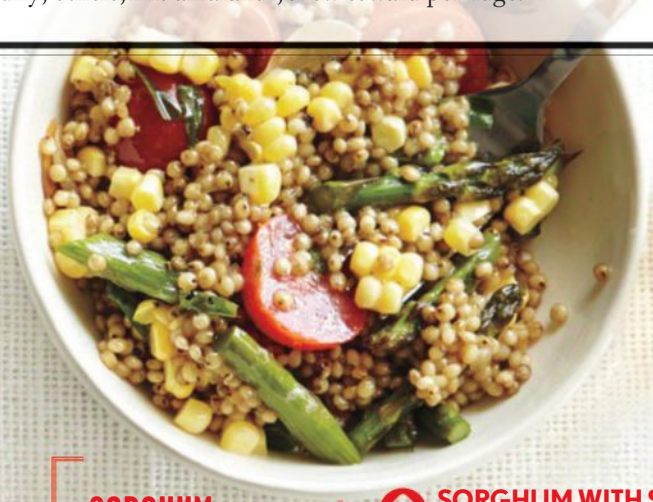
Heat 1½ teaspoons olive oil in a saucepan over medium heat. **Add** ½ cup chopped onion; sauté 3 minutes. **Add** 1 cup uncooked millet and 1 tablespoon minced garlic to pan; **cook** 2 minutes. **Stir** in 1 cup unsalted chicken stock, 1 cup water, and ½ teaspoon kosher salt; bring to a boil. **Cover,** reduce heat, and simmer 25 minutes or until liquid is absorbed. **Combine** 2½ tablespoons olive oil, ¼ teaspoon kosher salt, ½ cup fresh cilantro, 2 tablespoons lime juice, 1 teaspoon honey, ½ teaspoon cumin, and ¼ teaspoon black pepper in a bowl. **Add** millet mixture, 1 cup chopped red bell pepper, ¾ cup diced avocado, and 1½ cups unsalted black beans; **toss** to coat. **Sprinkle** with 2 ounces crumbled feta.

SERVES 8 *(serving size: ¾ cup)*
CALORIES 225; **FAT** 9.8g (sat 2.3g, mono 5.6g, poly 1.4g); **PROTEIN** 7g; **CARB** 28g; **FIBER** 5g; **SODIUM** 283mg



AMARANTH cooks up creamy and tender; don't expect it to fluff. That makes it ideal for breakfast with fruit, vanilla, and warm spices.

Reaching six daily whole-grain servings can be tricky even for dedicated healthy home cooks. Subtract all things wheat, and it gets even more challenging. But the rapid growth of the quinoa market has been followed by a wealth of alternative grains. Whether you have to avoid gluten or just want to expand your whole-grain recipe repertoire, they're well worth exploring. Some, like millet, cook up fluffy; others, like amaranth, skew toward porridge.



VANILLA AMARANTH WITH PEACH COMPOTE

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

Melt 2 teaspoons butter in a medium saucepan over medium heat. **Add** 1 cup uncooked amaranth; **cook** 2 minutes. **Stir** in 2 cups 1% milk, a dash of salt, and ½ vanilla bean (split lengthwise); **bring** to a boil. **Cover,** reduce heat, and simmer 20 minutes or until liquid is absorbed. **Discard** vanilla bean. **Combine** ¾ pound sliced peaches (fresh or frozen), ¼ cup water, 2 tablespoons sugar, ⅛ teaspoon cinnamon, and a dash of ground ginger in a saucepan over medium-high heat; **bring** to a boil. **Simmer** 12 minutes or until peaches are tender and thick. Serve peaches over amaranth.

SERVES 4 *(serving size: ½ cup amaranth and ⅓ cup fruit)*
CALORIES 310; **FAT** 6.7g (sat 2.7g, mono 1.7g, poly 1.5g); **PROTEIN** 11g; **CARB** 53g; **FIBER** 5g; **SODIUM** 58mg

SORGHUM is mild and slightly sweet, like a chewier version of Israeli couscous when cooked. It needs at least an hour to simmer. Great to make in batches and freeze.

SORGHUM WITH SUMMER CORN, TOMATOES, AND TARRAGON

Hands-on: 18 min. Total: 1 hr. 30 min.

Combine 3 cups unsalted chicken stock and 1 cup uncooked sorghum in a medium saucepan. **Bring** to a boil; cover, reduce heat to low, and **simmer** 1 hour and 10 minutes or until tender. **Drain**; cool. **Combine** 8 teaspoons olive oil, 1 tablespoon fresh tarragon, 2 tablespoons vinegar, 1 teaspoon Dijon mustard, 1 teaspoon garlic, ½ teaspoon kosher salt, and ¼ teaspoon black pepper in a large bowl, stirring well with a whisk. **Add** cooked sorghum, 8 ounces roasted asparagus, 2 cups halved cherry tomatoes, and 1½ cups fresh corn kernels; toss.

SERVES 6 *(serving size: 1 cup)*
CALORIES 234; **FAT** 8.6g (sat 1.2g, mono 5.4g, poly 1.4g); **PROTEIN** 9g; **CARB** 35g; **FIBER** 4g; **SODIUM** 256mg

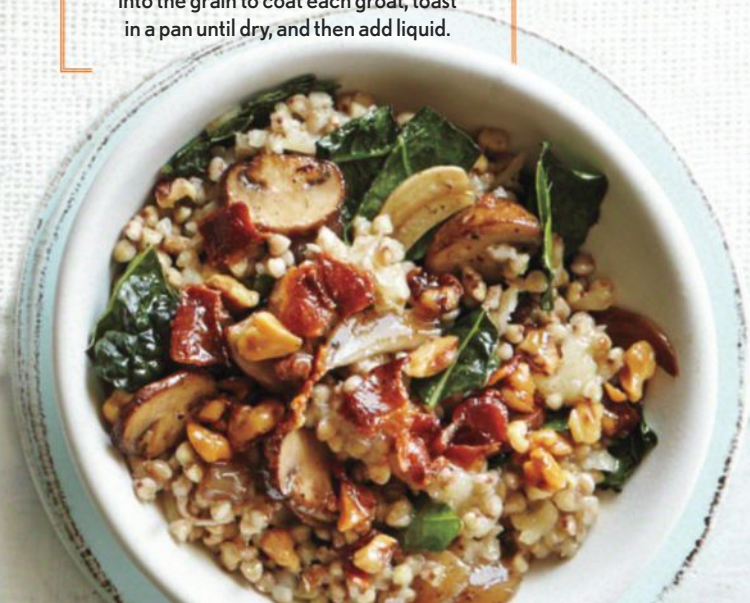
CHEESY BUCKWHEAT WITH KALE AND MUSHROOMS

Hands-on: 33 min. Total: 33 min.

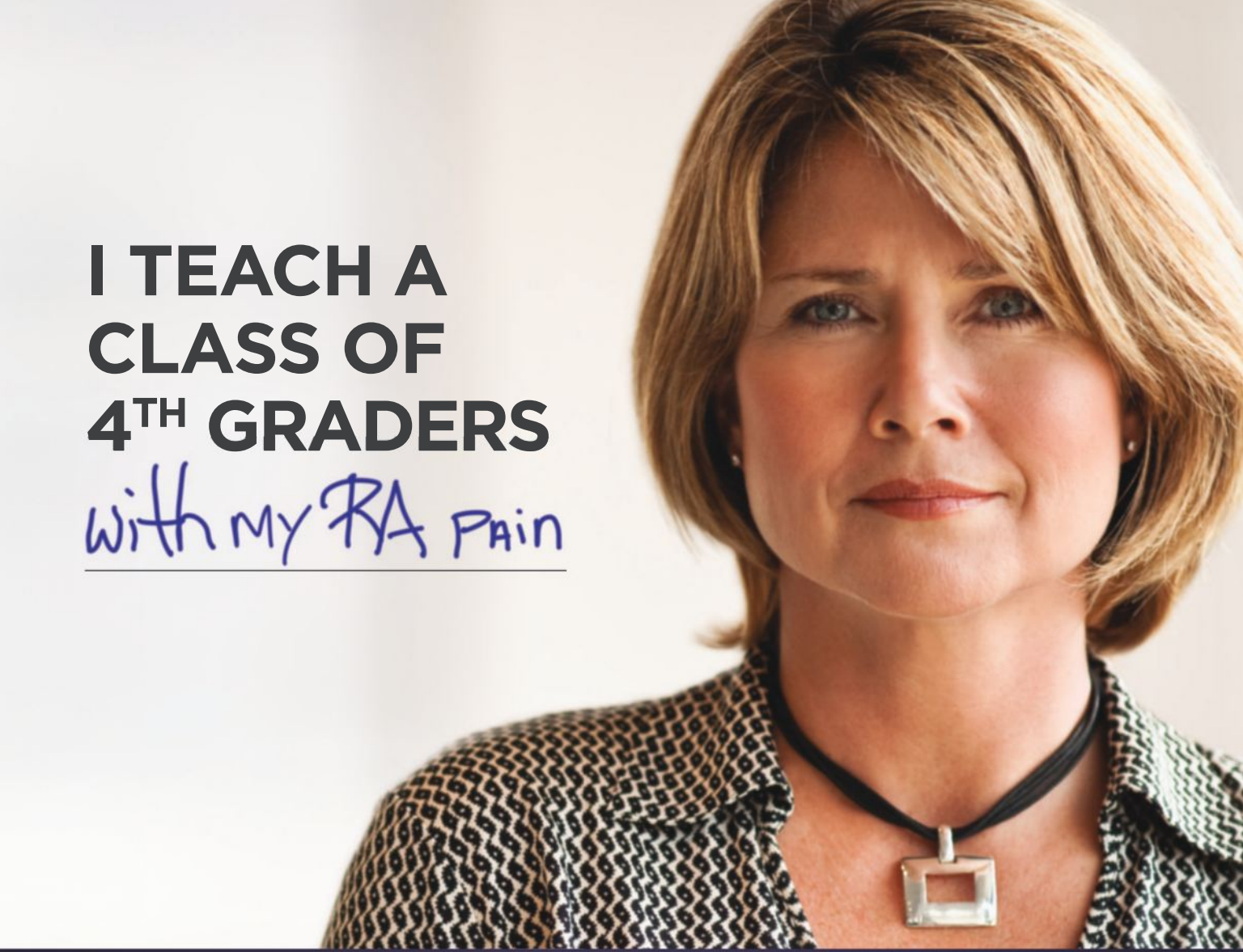
Combine 1 cup uncooked buckwheat and 1 lightly beaten large egg in a bowl; toss. **Heat** a saucepan over medium heat. **Add** buckwheat mixture to pan; cook 3 minutes or until grains are dry and separated, stirring frequently. **Stir** in 1½ cups water and ½ teaspoon kosher salt; **bring** to a boil. **Cover,** reduce heat, and simmer 15 minutes or until water is absorbed. **Remove** from heat; **stir** in 2 ounces shredded Gruyère cheese and 2 tablespoons grated Parmesan cheese. **Heat** 1 tablespoon oil in a large nonstick skillet over medium heat. **Add** ½ cup diced onion, 1 tablespoon sliced garlic, and 8 ounces presliced mushrooms; cook 7 minutes. **Add** 6 cups chopped kale and ¼ teaspoon black pepper to pan; cook 2 minutes. **Add** kale mixture to buckwheat mixture. **Sprinkle** with ¼ cup toasted walnuts and 2 center-cut bacon slices, cooked and crumbled.

SERVES 6 *(serving size: ¾ cup)*
CALORIES 268; **FAT** 11.6g (sat 3.4g, mono 3.5g, poly 3.1g); **PROTEIN** 13g; **CARB** 32g; **FIBER** 4g; **SODIUM** 309mg

BUCKWHEAT is earthy and pairs well with smoky flavors. It tends to clump when simply boiled in water. To keep it fluffy, beat an egg into the grain to coat each groat, toast in a pan until dry, and then add liquid.



PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

Visit **RethinkRA.com** to order your free **RethinKit** today.

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ADVERTISEMENT

Welcome to Wednesday



NEW AT TARGET

Healthy and delicious weeknight meals? No problem!

Introducing easy ready-made main dishes and sides from the kitchen of **Cooking Light**. Available now in the refrigerated section at Super Target.

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NUTRITION MADE EASY

recipe makeover

Upside-Down and Gluten-Free

Fresh pineapple, caramelized in its own juices, sits atop a tender base. BY SIDNEY FRY, MS, RD



PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: MISSIE NEVILLE CRAWFORD

Upside-down cake is one of the happiest desserts in America—that classic brown sugar–soaked mosaic of canned pineapple rings and maraschino cherries set atop an all-butter yellow cake, the whole package densely glazed in rich, buttery-sweet caramel. It's a bit less smile-inducing, though, when you tally up 700 sugar-loaded calories and 10g sat fat in a generous slice. In the spirit of this month's Nutrition Made Easy focus, we decided to develop a cake that's not only lighter in calories but also gluten-free.

Cakes made without gluten are notoriously dense (in wheat-flour cakes, this magic protein inflates like a hot-air balloon, yielding the fluffy and light texture that's so prized). To create the right crumb, structure, and flavor, you can't just sub in a gluten-free flour from one source; you need a blend of flours, plus added starches. We default to King Arthur Flour's multipurpose gluten-free flour, whose well-tested blend yields fluffy results. For a hint of nuttiness, we add a little almond flour to the mix, too.

Half the butter in the batter is replaced with heart-healthy canola oil, which is whisked with light sour cream until fluffy to create a moist, tender result. Canned pineapple gets swapped for fresh, and instead of drowning it in glaze, we caramelize the fruit in its own juices, using half the amount of butter and brown sugar called for in the original. A vanilla bean and a splash of rum add richness. This cake is delicate, moist, and tender, delivering all those happy upside-down pleasures—with a lot less heft.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Smokey, adopted as part of the PEDIGREE® Feeding Project



Good food helped Smokey find a home.

At PEDIGREE,® we make good food for all dogs. Like PEDIGREE® Small Dog, which gives little guys like Smokey the right balance of high-quality proteins, B-vitamins, and wholesome grains, all in a kibble that's designed especially for smaller dogs.

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NUTRITION MADE EASY

recipe makeover



LOSE THE GLUTEN AND LIGHTEN, TOO? PIECE OF CAKE



FRESH PINEAPPLE
Stands in for sugar-packed canned. We caramelize the fruit in its own juices, halving the butter and sugar to save 191 calories.



GLUTEN-FREE MULTIPURPOSE FLOUR
We love King Arthur's premixed blend, and we add almond flour; its healthy fats add moisture and richness.



HALF THE FAT
Light sour cream, a touch of butter, and heart-healthy canola oil make our cake extra tender, trimming fat in half to save 3.7g sat fat per serving.

GLUTEN-FREE CARAMELIZED PINEAPPLE UPSIDE-DOWN CAKE

Hands-on: 29 min.
Total: 1 hr. 25 min.
The rum will ignite when you tilt the pan; this burns off the alcohol.

- ½ cup packed brown sugar
- ¼ cup unsalted butter, divided
- 1 vanilla bean, split lengthwise
- 6 (½-inch-thick) slices fresh pineapple
- ¼ cup dark rum
- Cooking spray
- 5 ounces gluten-free multipurpose flour (such as King Arthur Flour; about 1 cup)
- ¼ cup almond flour
- ½ teaspoon baking powder
- ½ teaspoon kosher salt
- ¼ teaspoon baking soda
- ½ cup light sour cream
- 2 tablespoons canola oil
- ⅔ cup granulated sugar
- 2 large eggs

1. Preheat oven to 350°.
2. Combine brown sugar, 2 tablespoons butter, and vanilla bean in a large skillet over medium heat; cook 6 minutes or until butter melts and sugar dissolves, stirring frequently. Add pineapple in a single layer. Carefully pour rum over pineapple; tilt pan to ignite. Simmer 5 minutes on each side or until slightly tender and caramelized. Remove vanilla bean.
3. Coat a 9-inch cake pan with cooking spray. Arrange pineapple in a single layer in bottom of pan; pour sugar mixture over pineapple, tilting pan to coat bottom evenly.
4. Weigh or lightly spoon multipurpose flour into a dry measuring cup; level with a knife. Combine multipurpose flour, almond flour, baking powder, salt, and baking soda; stir with a whisk. Melt remaining 2 tablespoons butter in a microwave-safe dish at HIGH for 35 seconds. Place melted butter, sour cream, and oil in a bowl, stirring well with a whisk.
5. Place granulated sugar and eggs in a large bowl; beat with a mixer at high speed 5 minutes or until fluffy. Reduce speed to medium. Add flour mixture and sour cream mixture alternately to egg mixture, beginning and ending with flour mixture. Spoon batter over pineapple, spreading evenly. Bake at 350° for 38 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack. Loosen cake from edges of pan with a knife; invert onto a plate.

SERVES 10 *(serving size: 1 wedge)*
CALORIES 292; **FAT** 11.2g (sat 4.4g, mono 3.7g, poly 1.2g); **PROTEIN** 4g; **CARB** 44g; **FIBER** 1g; **CHOL** 54mg; **IRON** 1mg; **SODIUM** 177mg; **CALC** 87mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

A HALF-DOZEN REASONS WHY YOU CAN'T BEAT EGGS

1 PROTEIN

If you start your weekday with cereal or toast instead of eggs, here's a wake-up call: Did you know eggs have 6 grams of high-quality protein? And did you know a protein-packed breakfast helps sustain mental and physical energy throughout the day? That's good news, especially if you're a body-building chess champion.



2 GOT CHOLINE?



Eggs are rich in choline, which is a weird word but it's a "good weird" because choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals.



3 ZERO CARBS NO SUGAR



Eggs contain zero carbs and no sugar. That means you can eat a well-rounded breakfast during the week without feeling round yourself.

4 AMINO ACIDS

Eggs have all 9 essential amino acids. Seems like a lot but remember - they ARE essential.

leucine	histidine
lysine	valine
methionine	threonine
tryptophan	isoleucine
phenylalanine	

5 MORE FOOD FOR THOUGHT

Unlike most cereals and yogurt, eggs don't come with a complicated, jam-packed ingredient list because they only contain one ingredient. It's called "eggs." And at 15¢ a serving, eggs are the least expensive source of high-quality protein.* That's right, 15¢.



6 NO GLUTEN? NO PROBLEM.

Let's not forget that eggs are naturally gluten-free. Always have been, always will be. And that's awesome because there isn't exactly a glut of gluten-free breakfast options.

INCREDIBLE, ISN'T IT?

Most cereals and yogurts can't say all this, mainly because they don't have mouths, but also because they don't have the nutrient content eggs do. So next time someone asks how you like your eggs, say you like 'em a whole heck of a lot. Wake Up To Eggs!

*Based on American Egg Board price comparison.

www.IncredibleEgg.org or visit us on Facebook

incredible!



Fizz + Flavor + Fun

Lighten up your water with new **SodaStream** flavors from the kitchen of **Cooking Light**. Available now in the housewares section at Walmart stores nationwide.

Cooking Light sodastream

New at Walmart

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12 healthy habits

+ Beauty Habit: Apricots p. 57 + Travel Habit: Chicago p. 60 + Diet Habit: Relationships p. 62

- JANUARY VEGGIE UP!
- FEBRUARY GET MOVING!
- MARCH COOK MORE OFTEN!
- APRIL WHOLE GRAINS!
- MAY EAT BREAKFAST!
- JUNE GET STRONGER!
- JULY HEALTHY FATS!
- **AUGUST GO MEATLESS!**
- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER



HEALTHY HABITS HERO
Ivy Manning, cookbook author and recipe developer

PORTRAIT: DAVID L. REAMER

HEALTHY HABIT #8

Go Meatless Once a Week

Embracing meat-free meals requires a simple shift in plate balance.

BY KIMBERLY HOLLAND

The country's collective culinary focus is shifting from the meat to the potatoes (and kale, quinoa, and cauliflower). Chefs, many of whom have spent the past decade in a bacon-fat-fueled haze, are waking up to the pleasures of all things vegetal. Home cooks, whether driven by environmental or economic reasons, are also fueling the Meatless Monday momentum. The plant-centric plate is having its day—and that is a very good thing for anyone who enjoys cooking and eating.

"We're learning to stop looking at the plate as a big hunk of meat and three

TURN THE PAGE FOR MORE

Look around the globe for easy meatless inspiration.



Find the recipe for Red Lentil Dal at CookingLight.com.

little side dishes," says Ivy Manning, this month's Healthy Habits Hero and author of several cookbooks, including *The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table.*

Manning's affinity for meat-free plates comes from a diverse culinary background, as well as a more personal place: her home. "I'm Mrs. Pork Chop, and I married Mr. Tofu," she says. "Everybody said we wouldn't work because he is a vegetarian, and I can do amazing things with pork." At first, she cooked two meals each night, one for her and one for her husband. But that couldn't last. "I got really tired of being a short-order cook," she says.

Over the years, she began devising cook-savvy ways to make meatless dishes easier and equally appetizing for all—and none of them involve whipping up entirely separate plates. "I try to keep flavors similar. If I'm doing a tri-tip with a Mediterranean rub on the grill, I'll brush the same garlicky cumin oil on eggplant, tomatoes, and zucchini, and everyone shares the same sides, like a high-protein grain salad, so the meal feels cohesive for everyone," she says. "When you're including a vegetarian, you want them to enjoy the wine and food in the same way, instead of having it be like 'We're having Mediterranean, and you get mac and cheese.'"

Today, Manning has made peace with being meatless most days. "Meat to me now is more like a condiment—it's only one part of the meal," she says. And there's a bonus to thinking in this veggie-centric way: "If you use vegetables at their peak, regardless of what the season is, you're doing less work to get great flavor."



TABLET EXCLUSIVE
10 More Meatless Mains

IVY'S IDEAS FOR GOING MEATLESS

1 MANAGE YOUR MESSAGES. "If you tell your kids they have to eat meatless because it's right for the planet, they may not be excited about it. But if you tell them it's pizza night, and they love pizza, they will be. It's so easy to make a delicious pizza that doesn't contain meat."

2 EXPLORE MORE. "Eating meatless is pretty easy when you start looking around the globe for inspiration. Look at countries like India, where a huge percentage of the population does not eat meat for both religious and economic reasons. Mexico is a bean, rice, and corn culture. Middle Eastern food has some lamb, but they also have many delicious chickpea- and fava bean–based dishes."

3 AMP UP UMAMI. "A food's texture, or mouthfeel, goes a long way toward satisfying you. I always keep dried shiitake mushrooms and reconstitute them. They're chewy, and they have lots of umami. So do cheese, brewer's yeast, and ripe tomatoes. These foods give you the kind of big, round, gutsy flavor that meat typically provides."

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Feta & Watermelon Yiayia's way

1. Organize arranged marriage for daughter
2. Crumble Athenos Feta over watermelon in bowl
3. If daughter resists, call priest
4. Sprinkle cucumber and mint over salad
5. Exorcise demon from daughter
6. Enjoy feta and watermelon salad

ATHENOS
MORE WAYS TO FETA
APPROVED BY yiayia



SEE MORE WAYS TO FETA
AT ATHENOS.COM

> Grains are a great way to make you feel more satisfied with a meatless meal. They fill you up.



QUINOA-STUFFED HEIRLOOM TOMATOES WITH ROMESCO

Hands-on: 60 min. Total: 1 hr. 30 min.

This quick and easy pepper sauce can be made ahead and refrigerated in an airtight container for up to four days.

Romesco:

- 1 cup bottled roasted red bell peppers, rinsed and drained (about 5 ounces)
- ¼ cup unsalted dry-roasted almonds
- 2 tablespoons water
- 1 tablespoon olive oil
- 1½ teaspoons red wine vinegar
- 1 teaspoon minced garlic
- ⅛ teaspoon kosher salt
- ⅛ teaspoon ground red pepper
- ⅛ teaspoon freshly ground black pepper

Filling:

- 1 tablespoon olive oil
- ¼ cup thinly sliced onion
- 1 teaspoon minced garlic
- 1 teaspoon minced peeled ginger
- ¾ cup uncooked quinoa
- 1¾ cups organic vegetable broth
- ⅜ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons chopped Italian parsley
- 2 tablespoons chopped fresh dill
- 1 (15-ounce) can unsalted chickpeas (garbanzo beans), drained and coarsely chopped
- 8 medium heirloom tomatoes

1. To prepare romesco sauce, place first 9 ingredients in a blender or food processor; process until smooth.

2. To prepare filling, heat a medium saucepan over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add onion; sauté 4 minutes or until onion begins to brown. Add 1 teaspoon garlic and ginger; sauté 30 seconds, stirring constantly. Stir in quinoa; cook 1 minute, stirring constantly. Add broth, ⅜ teaspoon salt, and ¼ teaspoon black pepper; bring to a boil. Cover and simmer 20 minutes or until quinoa is tender and liquid is absorbed.

3. Combine quinoa mixture, parsley, dill, and chickpeas in a bowl. Cut tops off tomatoes; set aside. Carefully scoop out tomato pulp, leaving shells intact; discard pulp. Divide quinoa mixture evenly among tomato shells; replace tomato tops. Spoon romesco sauce around stuffed tomatoes.

SERVES 4 *(serving size: 2 stuffed tomatoes and about ¼ cup sauce)*

CALORIES 387; **FAT** 15.4g (sat 1.7g, mono 8.7g, poly 3.8g); **PROTEIN** 14g; **CARB** 52g; **FIBER** 11g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 614mg; **CALC** 102mg

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SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

The BEAUTY HABIT

First Blush of Apricot

The fruit is only in season for a short time, but you can enjoy these products whenever you wish.



ORIGINS
DRINK UP OVERNIGHT MASK
Apricot kernel oil works along with avocado overnight to help replenish moisture and prevent future signs of aging. *$17,* **origins.com**

REDKEN
DIAMOND OIL SHATTERPROOF SHINE
Coriander and apricot oils lend silicone-free shine and moisture to hair without weighing it down. *$40,* **redken.com**

For tips for younger-looking hands, see page 58.

JOSIE MARAN
VANILLA APRICOT HAND CREAM
Argan oil (which provides nourishing vitamin E) is whipped into a creamy moisturizer scented with vanilla and a lovely apricot essence. *$22,* **josiemarancosmetics.com**

DIOR
CRÈME ABRICOT FORTIFYING CREAM FOR NAILS
Massage this apricot-rich cream into the base of nails—even over polish—each night before bed for softer, less noticeable cuticles. *$25,* **dior.com**

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: LINDSEY LOWER

The BEAUTY HABIT



THE DRUGSTORE COWGIRL

Shampoos That Make Sense

Don't send money down the drain—budget buys are fine.

BY CINDY HATCHER, BEAUTY EDITOR



1 SUAVE
NATURAL INFUSION MOISTURIZING SHAMPOO
Macadamia oil softens and smooths hair in this budget-friendly buy. *$3,* **suave.com**

2 L'ORÉAL PARIS
VOLUME FILLER THICKENING SHAMPOO
Thin hair feels instantly thicker, thanks to the brand's patent-pending ingredient, filloxane. *$5,* **lorealparisusa.com**

3 AVEENO
NOURISH + DANDRUFF CONTROL SHAMPOO
This mild formula is strong enough to banish unsightly flakes yet gentle enough even for color-treated tresses. *$7,* **aveeno.com**

4 PANTENE
BLOWOUT EXTEND DRY SHAMPOO
A spritz of this spray helps hair look fresher and lets you go longer between washes, beneficial for hair health, color retention, and your budget. *$5,* **pantene.com**

Three steps to ...

Youthful Hands

They're one of the first spots to show age. Stop the clock with these tips.

STEP 1: TREAT

To counteract age and environmental damage, dermatologist Nicholas Perricone, MD, uses a fat-soluble vitamin C ester, found in his **Perricone MD Vitamin C Ester 15** ($120/40 milliliters, perriconemd.com). Yes, it's pricey, but you only need a thin layer to help plump thinning skin.

STEP 2: MOISTURIZE

Next, apply a moisturizer. I like **Clinique Even Better Dark Spot Correcting Hand Cream** ($15, clinique.com). It moisturizes for up to eight hours, exfoliates to instantly make skin look more even-toned, and lessens the look of dark spots over time.

STEP 3: PROTECT

"UV light is also a major contributor to brown spots and uneven pigmentation, and it's a year-round problem," Perricone says. Apply a sunscreen with titanium dioxide and/or zinc oxide, such as **Aveeno Natural Protection Sunscreen SPF 50** ($10, aveeno.com).

PORTRAIT: RANDY MAYOR; HAIR AND MAKEUP STYLING: CELINE C. RUSSELL

Cut out this hanger

And place on the door

Tuck into bed

And get ready to snore.

Introducing the

sweet dreams
COLLECTION

A laundry collection designed to give all your nighttime fabrics cozy softness and soothing scents so you

Tuck in Turn off

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in a dreamy sleep

check back in the AM!

Tide Downy bounce

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The TRAVEL HABIT

Chicago

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

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

See the exercise math at *Cooking Light.com/Features.*



MORNING

The Gold Coast

Chef Paul Kahan has never done Chicago wrong, and ❶ **NICO** (nicoosteria.com), his newest spot, delivers something that his other restaurants don't: breakfast. Use your time in this window-lined room people-watching (sidewalks are more like catwalks in this swanky part of town) and enjoying Italian-style soft-scrambled eggs with focaccia and prosciutto di Parma. Get some caffeine in your veins, too—it'll put a spring in your step for the next 2 miles as you wander down Oak Street (bypassing Barneys, if you can) and turn south on the lakefront trail, where you'll follow the shoreline until it hits the Chicago River.

Burn: 150 calories
Eat: 400 calories

PADDLE SOUTH

Chinatown

The folks at ❷ **URBAN KAYAKS** (urbankayaks.com) offer a few options, including guided tours for beginners and one-way and round-trip rentals for the more experienced; if you can, take a one-way ticket south (this route is for more experienced paddlers). Your trip will take you down the Chicago River, past one of the most fascinating and diverse architectural cityscapes in the country, and will end up in Chicago's vibrant Chinatown, which feels worlds away from the suit-and-tie neighborhood you pushed off from (but in actuality is only about 4 miles away). Dock and start exploring: The heart of this neighborhood is the outdoor mall full of eateries such as ❸ **MINGHIN** (minghinchicago.com), one of the sleeker establishments in this 'hood. It's known for its barbecue, dim sum, and noodles—go with the latter: thin Singapore noodles curled around plump, sweet shrimp.

Burn: 290 calories
Eat: 732 calories

PEDAL NORTH

Lake View

Time for another one-way trip. But this time, you'll be getting on a bike—specifically, a bike from Chicago's bike share program, ❹ **DIVVY** (divvybikes.com). Pick a pair of wheels, swipe a credit card, and head west on 18th Street, which will lead you straight into Museum Campus, a collection of cultural institutions including the Shedd Aquarium, the Field Museum, and gorgeous park grounds in between. From there, make a left and bear down—you're embarking on a scenic 10-mile ride up the lakeshore path, which ends near ❺ **BLACK DOG GELATO** (blackdogchicago.com). First-time visitors usually fret over which flavor to try (and there are many creative ones, such as malted vanilla and rosemary Irish cream). We'll make it easy for you: The goat cheese–cashew-caramel is a sweet, funky flavor you'll never get anywhere else.

Burn: 347 calories
Eat: 480 calories

DINNER

Logan Square

Your motivation to keep on pedaling: biscuits. It's only a short, 4-mile ride west until you reach Chicago's newest hotbed of restaurants, Logan Square, where you'll drop your bike at a Divvy station. One of Logan's newest joints, ❻ **ANALOGUE** (analoguechicago.com), was opened by veterans of a revered cocktail bar called the Violet Hour. But—don't tell the bartender this—you're here for chef Alfredo Nogueira's New Orleans fare: flaky buttermilk biscuits and the best gumbo for 800 miles. This place takes on a nightlife vibe after dinner, so you might hear the bar calling after your meal. Give in. You'll need refreshment after all that biking, so order the questionably named vodka-grapefruit-hibiscus cocktail Psychotic Reactionz. Heck, order two—after all, the only mode of transportation in your future is a cab.

Burn: 170 calories
Eat: 1,030 calories

—David Tamarkin

TOTAL BURNED: 957
TOTAL EATEN: 2,642
TOTAL STEPS: 19,990
NET CALORIES: 1,685

PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) ANDREA BAVER, COURTESY OF BLACK DOG GELATO/CHELSEA AVERY, COURTESY OF PEOPLEFORBIKES, BOB STEFKO, ALAN KLEHR, AND COURTESY OF URBAN KAYAKS/BRETT KRAMER


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The DIET HABIT

Get Your Partner on the Same Plate

Aligning your appetites for maintaining a diet gets easier with empathy. BY CINDY HATCHER



Food can start out as a fun shared interest: romantic dinners, restaurant exploration, takeout and movies on the couch. But it can lead to problems as relationships evolve and one partner decides it's time that he or she loses some weight. Then, things can get bumpy.

"People struggle over boundaries in relationships, and these struggles get played out in the food and weight arenas," says author and eating coach Karen R. Koenig, MEd, LCSW. "How partners handle eating issues says a lot about how they interact in general."

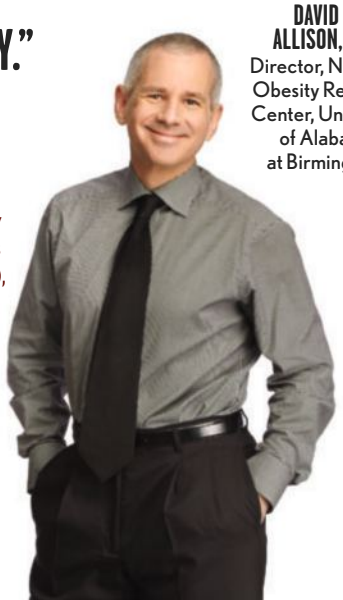
It can be tough when your goals feel unsupported, frustrating when you watch your partner casually polish off whatever he wants without apparent consequence (male and female metabolisms don't age at the same rate). Restaurant dining can create friction, too, if the dieter wants, for example, to split an entrée and the non-dieter has another idea.

"I used to be a bit possessive about my entrée in restaurants," says Scott Mowbray, editor of this magazine and a member of the *Cooking Light* Social Diet team. "My wife, Kate, has always liked to share a main course, and that felt a bit stingy to me, like we weren't really having fun. Then I decided to get serious about losing 20 pounds and realized that a split entrée is a way to get a healthy portion of food you actually are excited about."

Ideally, the non-dieting spouse will be supportive, and it's entirely fair to *ask* for support and to point out anything that smacks of sabotage. Everyone stands to benefit when the pantry and fridge are restocked with healthier foods. But if you're the primary cook of the house, you still need to accommodate all appetites. Portion control is critical. Rather than walling yourself off in a diet-food prison, measure calorie-controlled portions of food that everyone will enjoy together.

DIET DISTORTIONS

"YO-YO DIETING IS WORSE THAN OBESITY."



DAVID B. ALLISON, PHD
Director, Nutrition Obesity Research Center, University of Alabama at Birmingham

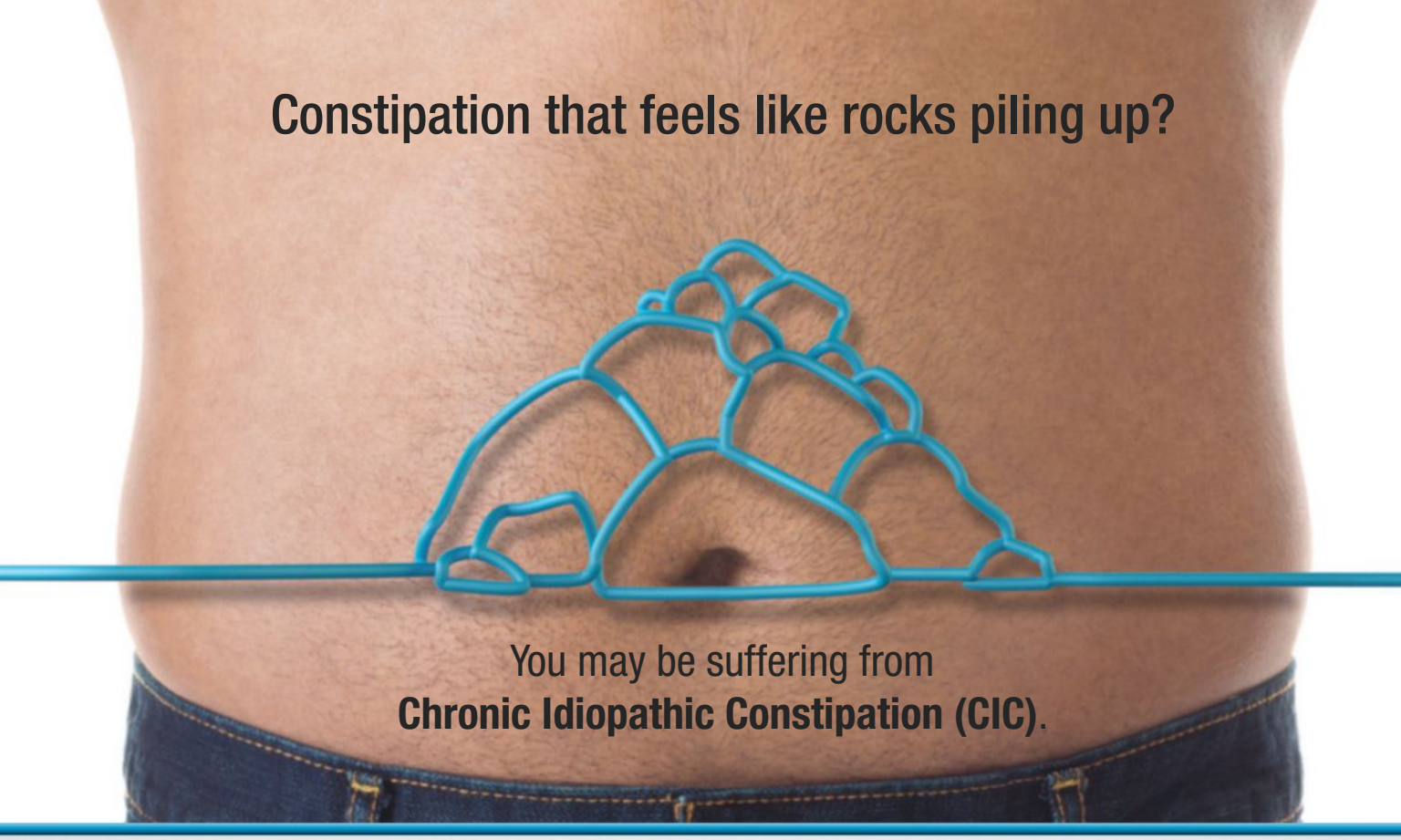
Are we doing harm when we repeatedly yo-yo, or weight-cycle? Reports in the early 1990s raised alarms because large observational studies showed that people who weight-cycled were likely to die earlier than those who did not. Yet, as we know, correlation does not necessarily indicate causation, and these purely observational studies need to be taken with a grain of salt. Obviously, we can't conduct trials in which we make humans repeatedly weight-cycle to see what happens, but we can do equivalent studies in rats and mice, and those studies have not shown harmful effects. Of course, people are not rats (despite how we may feel on a bad day), and there's no certainty that these results will hold up in humans.

BOTTOM LINE: The best available data suggest that yo-yo dieting is not harmful relative to remaining at a very high weight and that weight-cycling shouldn't serve as a deterrent to trying to lose weight.

Go to CookingLight.com/SocialDiet: *You'll find menus and recipes, our diet blog and success stories, and opportunities to connect virtually with other dieters.*

ILLUSTRATION: SARAH WILKINS. PORTRAIT: RANDY MAYOR

Constipation that feels like rocks piling up?



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LINZESS is a once-daily capsule that helps adults **proactively** manage the symptoms of Irritable Bowel Syndrome with Constipation (IBS-C) or Chronic Idiopathic Constipation (CIC). "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS is the first and only approved treatment in a new class of drugs that work differently from other available medications. It acts locally in the intestine and is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements.

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

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C or CIC.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

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

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

Before you take LINZESS, tell your doctor:

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

Side Effects

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

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

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

Learn about our money saving offer at LINZESS.com.

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

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

Linzess™ (linaclotide) capsules
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This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

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

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

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

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

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

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

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

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

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

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

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

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from the Cooking Light Kitchen

dinner tonight

FAST WEEKNIGHT MENUS

(ONE WEEK, FIVE FAST MEALS)

Monday Veggie Hash | **Tuesday** Pesto-Crusted Cod | **Wednesday** Beef Kebabs | **Thursday** Pork Chops | **Friday** Chicken Schnitzel



Beef and Bell Pepper Kebabs. Recipe on page 72.

TURN THE PAGE FOR RECIPES

PHOTOGRAPHY: STEPHEN DEVRIES; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN

DINNER TONIGHT

Meatless Monday
Vegetable Hash + Poached Eggs + Toast and Tapenade

40 MINUTES



- 4 teaspoons olive oil
- 1 cup chopped Vidalia or other sweet onion
- 1 cup (¼-inch-thick) slices fingerling or small red potatoes
- 1 teaspoon dried herbes de Provence
- 1 cup diced zucchini
- 1 cup diced yellow squash
- 1 cup green beans, trimmed and cut into ½-inch pieces
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper, divided
- 2 cups chopped seeded tomato
- 2 tablespoons thinly sliced chives
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon white vinegar
- 4 large eggs
- 1 ounce Parmesan cheese, shredded (about ¼ cup)

1. Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add onion, potatoes, and herbes de Provence; spread mixture in a single layer in pan. Cook 4 minutes, without stirring, or until potatoes are lightly browned. **2.** Reduce heat to medium. Stir in zucchini, yellow squash, beans, salt, and ⅜ teaspoon pepper; cook 3 minutes. Remove pan from heat; cover and let stand 5 minutes. Stir in tomato, chives, and parsley. **3.** Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Stir in vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Divide squash mixture evenly among 4 plates; top each serving with 1 egg. Sprinkle eggs evenly with remaining ⅛ teaspoon pepper and Parmesan cheese.

GAME PLAN

WHILE WATER FOR EGGS COMES TO A BOIL
Cook squash mixture.
Prepare tapenade.

WHILE SQUASH MIXTURE RESTS
Poach eggs.
Toast bread.



PREP POINTER
Let the squash mixture stand 5 minutes off the heat to gently steam the vegetables.

SERVES 4 *(serving size: about 1⅓ cups squash mixture, 1 egg, and 1 tablespoon cheese)*
CALORIES 221; **FAT** 11.8g (sat 3.5g, mono 5.8g, poly 1.7g); **PROTEIN** 12g; **CARB** 18g; **FIBER** 4g; **CHOL** 192mg; **IRON** 2mg; **SODIUM** 438mg; **CALC** 156mg

MULTIGRAIN TOAST AND RED PEPPER TAPENADE

Preheat broiler to high. **Arrange** 4 (1-ounce) multigrain bread slices on a baking sheet. **Broil** 1 minute on each side or until toasted. **Place** 2 tablespoons slivered almonds, 1 tablespoon olive oil, 1 small garlic clove, 2 ounces drained bottled roasted red bell peppers, and ½ ounce pitted kalamata olives in the bowl of a food processor. **Pulse** until mixture is finely chopped. **Spread** tapenade evenly over bread slices.

SERVES 4 *(serving size: 1 bread slice and 1½ tablespoons tapenade)*
CALORIES 132; **FAT** 6.9g (sat 0.7g); **SODIUM** 202mg

PHOTOGRAPHY: (GAME PLAN) RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DINNER TONIGHT

35 MINUTES

Tuesday
Olive and Pesto–Crusted Cod + Summer Bread Salad

GAME PLAN

WHILE OVEN PREHEATS
Prepare olive mixture.
Cut bread into cubes.

WHILE FISH COOKS
Toast bread cubes in oven.
Prepare salad.



MORE FOR LATER
Spread remaining refrigerated pesto onto sandwiches or pizza, or dollop over summer vegetable soups and pastas.



JUST FOR ONE
Instead of using bread cubes, spoon the salad over a slice of toasted whole-grain bread.

PREP TIP

Pesto helps bind the olive topping and insulates the fish so the texture stays moist and succulent.



- 4 (6-ounce) cod fillets
- Cooking spray
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons refrigerated pesto (such as Buitoni)
- 1 teaspoon grated lemon rind
- 1½ ounces pitted Castelvetrano olives, chopped
- 1 (1-ounce) whole-grain bread slice, toasted

1. Preheat oven to 400°.
2. Arrange fish on a parchment paper–lined baking sheet coated with cooking spray. Sprinkle fish evenly with salt and pepper.
3. Place pesto, rind, olives, and bread in the bowl of a mini food processor; pulse until finely chopped. Spoon olive mixture evenly over fish, pressing to adhere. Bake at 400° for 12 minutes or until fish flakes easily when tested with a fork.

SERVES 4 *(serving size: 1 fillet)*
CALORIES 188; **FAT** 5.8g (sat 1g, mono 3.1g, poly 0.8g); **PROTEIN** 28g; **CARB** 5g; **FIBER** 1g; **CHOL** 82mg; **IRON** 1mg; **SODIUM** 536mg; **CALC** 50mg

SUMMER BREAD SALAD

Combine 2 tablespoons lemon juice, 4 teaspoons olive oil, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper. **Stir in** 3 cups toasted whole-grain bread cubes, 2 cups halved cherry tomatoes, 1 cup chopped seeded cucumber, 1 cup chopped green bell pepper, ¼ cup chopped green onions, and ¼ cup chopped basil.

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 163; **FAT** 6.3g (sat 1g); **SODIUM** 276mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DINNER TONIGHT

Wednesday
Beef and Bell Pepper Kebabs + Mushroom-Ginger Noodles

40 MINUTES



GAME PLAN

WHILE BEEF MARINATES
Prepare noodles.
Sauté mushrooms and onion.

WHILE BEEF GRILLS
Finish noodle mixture.



BUDGET BUY
You can substitute flank steak for the sirloin steaks.



KID TWEAK
Omit the five-spice powder in the marinade, and up the garlic to 2 teaspoons.

- 1/4 cup lower-sodium soy sauce
- 2 tablespoons orange juice
- 2 teaspoons honey
- 1 teaspoon minced garlic
- 1 teaspoon minced peeled fresh ginger
- 3/4 teaspoon five-spice powder
- 1/8 teaspoon ground red pepper
- 2 (8-ounce) sirloin steaks, cut against the grain into 1/4-inch-thick strips
- 2 red or yellow bell peppers, seeded and cut into 1-inch pieces
- Cooking spray
- 1 teaspoon sesame seeds, toasted

1. Combine first 7 ingredients, stirring with a whisk. Add beef; let stand 15 minutes. Remove beef from marinade; discard marinade. Thread beef and peppers onto 8 (8-inch) skewers.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add kebabs to pan; grill 3 minutes on each side or until desired degree of doneness. Sprinkle with sesame seeds.

SERVES 4 *(serving size: 2 kebabs)*
CALORIES 173; **FAT** 5.2g (sat 1.8g, mono 1.9g, poly 0.4g); **PROTEIN** 24g; **CARB** 7g; **FIBER** 1g; **CHOL** 60mg; **IRON** 2mg; **SODIUM** 316mg; **CALC** 33mg

MUSHROOM-GINGER NOODLES

Prepare 5 ounces rice noodles; drain. **Sauté** 1 teaspoon minced garlic and 1 teaspoon minced ginger in 2 teaspoons dark sesame oil over medium-high heat for 30 seconds. **Add** 1 1/2 cups sliced shiitake mushrooms and 1/2 cup sliced onion; **sauté** 4 minutes. **Stir in** rice noodles, 1 tablespoon lower-sodium soy sauce, and 1/4 teaspoon kosher salt. **Sprinkle** with 1/2 cup sliced green onions.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 164; **FAT** 2.4g (sat 0.4g); **SODIUM** 261mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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DINNER TONIGHT

Thursday
Honey-Glazed Pork Chops + Tomato Salad + Corn Cakes

40 MINUTES



DOWNSIZE

This meal halves easily, but consider roasting all the tomatoes; use leftovers in omelets or sandwiches.

- 2 cups grape tomatoes, halved
- 1 tablespoon olive oil, divided
- 2 teaspoons fresh thyme leaves
- 1 teaspoon minced garlic
- 2 tablespoons honey
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 4 (6-ounce) bone-in center-cut pork chops
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup unsalted chicken stock (such as Swanson)
- 3 cups baby spinach leaves
- 2 teaspoons balsamic vinegar

1. Preheat oven to 425°.
2. Combine tomatoes, 1 teaspoon oil, thyme, and garlic on a foil-lined jelly-roll pan. Roast at 425° for 17 minutes.
3. Combine honey, cider vinegar, and mustard in a bowl, stirring with a whisk. Heat a large skillet over medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Sprinkle pork evenly with salt and pepper. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan. Add stock to pan; cook 2 minutes or until reduced by half. Remove pan from heat; stir in honey mixture.
4. Place tomatoes, spinach, and balsamic vinegar in a bowl; toss to coat. Serve salad with pork and sauce.

SERVES 4 *(serving size: 1 pork chop, about 2 teaspoons sauce, and about ¾ cup salad)*
CALORIES 247; **FAT** 9.5g (sat 2.3g, mono 4.7g, poly 1.1g); **PROTEIN** 24g; **CARB** 15g; **FIBER** 2g; **CHOL** 71mg; **IRON** 1mg; **SODIUM** 307mg; **CALC** 52mg

GAME PLAN

WHILE OVEN PREHEATS
Prepare honey mixture.
Prepare corn cake batter.

WHILE TOMATOES ROAST
Cook pork.
Cook corn cakes.



MAKE AHEAD
The corn cakes can be made a couple of days ahead and stored in an airtight container. Reheat them in the microwave.

SILVER DOLLAR CORN CAKES

Combine ½ cup yellow cornmeal, ¼ cup all-purpose flour, 1 teaspoon sugar, ½ teaspoon baking powder, and ¼ teaspoon kosher salt. **Combine** ½ cup low-fat buttermilk and 1 large egg in a bowl, stirring with a whisk. **Stir in** cornmeal mixture, 1 cup fresh corn kernels, and 2 tablespoons chopped green onions. **Heat** a nonstick skillet over medium heat. **Add** 8 (1-tablespoon) mounds batter to pan; **cook** 2 minutes on each side. **Remove** corn cakes from pan. **Repeat** with remaining batter to yield 16 corn cakes total.

SERVES 4 *(serving size: 4 corn cakes)*
CALORIES 170; **FAT** 2.3g (sat 0.7g); **SODIUM** 239mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

40 MINUTES

Family-Friendly Friday
Chicken Schnitzel + Smashed Mustard Potatoes + Slaw

DINNER TONIGHT

GAME PLAN

WHILE POTATOES COOK
Bread chicken.
Cut apple, fennel, and celery.

WHILE CHICKEN COOKS
Finish slaw.



LEFTOVER LUNCH
Toss extra green cabbage and sliced leftover chicken with any remaining slaw.



- 1 pound small red potatoes, halved
- 1/3 cup unsalted chicken stock (such as Swanson)
- 1/4 cup chopped green onions
- 1 tablespoon whole-grain mustard
- 1 teaspoon freshly ground black pepper, divided
- 4 (6-ounce) skinless, boneless chicken breast halves, pounded to 1/4-inch thickness
- 1/4 teaspoon kosher salt
- 1/4 cup all-purpose flour
- 1/4 cup fat-free milk
- 1 large egg, lightly beaten
- 1 cup panko (Japanese breadcrumbs)
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 teaspoon garlic powder
- Cooking spray
- 4 teaspoons olive oil, divided

1. Place potatoes in a large saucepan; cover with water. Bring to a boil. Cook 12 minutes or until tender; drain. Return potatoes to pan; mash to desired consistency. Stir in stock, green onions, mustard, and 1/2 teaspoon pepper.

2. Sprinkle chicken with remaining 1/2 teaspoon pepper and salt. Place flour in a shallow dish. Combine milk and egg in a shallow dish. Combine panko, parsley, and garlic powder in a shallow dish. Dredge chicken in flour. Dip in milk mixture; dredge in panko mixture, shaking off excess. Lightly coat breaded chicken with cooking spray.

3. Heat a large nonstick skillet over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add 2 chicken breast halves to pan; cook 3 minutes on each side or until chicken is done. Remove chicken from pan; keep warm. Repeat procedure with remaining 2 teaspoons oil and remaining 2 chicken breast halves.

SERVES 4 *(serving size: 1 chicken breast half and 1/2 cup potatoes)*
CALORIES 433; **FAT** 11g (sat 2g, mono 5.1g, poly 1.5g); **PROTEIN** 44g; **CARB** 37g; **FIBER** 3g; **CHOL** 156mg; **IRON** 2mg; **SODIUM** 508mg; **CALC** 58mg

APPLE, FENNEL, AND CELERY SLAW

Combine 1 tablespoon olive oil, 1 tablespoon cider vinegar, 1 teaspoon honey, 1/2 teaspoon freshly ground black pepper, and 1/4 teaspoon kosher salt in a medium bowl, stirring with a whisk. **Add** 1 1/2 cups julienne-cut Granny Smith apple, 1 1/2 cups thinly sliced fennel bulb, 1 cup thinly sliced celery, and 1 tablespoon chopped fennel fronds. **Toss** to coat.

SERVES 4 *(serving size: 1 cup)*
CALORIES 71; **FAT** 3.5g (sat 0.5g); **SODIUM** 158mg

—Recipes by Christine Burns Rudalevige

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DINNER TONIGHT

shopping list



SUMMER VEGETABLE HASH WITH POACHED EGGS

- ☐ Zucchini (1 medium)
- ☐ Yellow squash (1 medium)
- ☐ Green beans
- ☐ Tomato (2 medium)
- ☐ Parsley
- ☐ Chives
- ☐ Vidalia onion (1 medium)
- ☐ Fingerling potatoes
- ☐ Herbes de Provence
- ☐ Olive oil
- ☐ White vinegar
- ☐ Parmesan cheese
- ☐ Eggs (4)

Multigrain Toast and Red Pepper Tapenade

- ☐ Garlic
- ☐ Olive oil
- ☐ 7-ounce jar roasted red bell peppers
- ☐ Kalamata olives
- ☐ Slivered almonds
- ☐ Multigrain bread (4 ounces)



OLIVE AND PESTO-CRUSTED COD

- ☐ Lemon (1)
- ☐ Castelvetrano olives (1½ ounces)
- ☐ Refrigerated pesto (such as Buitoni)
- ☐ Whole-grain bread (1 ounce)
- ☐ Cod fillets (1½ pounds)

Summer Bread Salad

- ☐ Lemon (1)
- ☐ Cherry tomatoes (1 pint)
- ☐ Cucumber (1 medium)
- ☐ Green bell pepper (1)
- ☐ Green onions
- ☐ Basil
- ☐ Olive oil
- ☐ Whole-grain bread (5 ounces)



FIVE-SPICE BEEF AND BELL PEPPER KEBABS

- ☐ Red or yellow bell peppers (2 medium)
- ☐ Garlic
- ☐ Ginger
- ☐ Orange juice
- ☐ Five-spice powder
- ☐ Ground red pepper
- ☐ Sesame seeds
- ☐ Lower-sodium soy sauce
- ☐ Honey
- ☐ Sirloin steak (1 pound)

Mushroom-Ginger Noodles

- ☐ Shiitake mushroom caps (4 ounces)
- ☐ Green onions
- ☐ Onion (1)
- ☐ Garlic
- ☐ Ginger
- ☐ Dark sesame oil
- ☐ Lower-sodium soy sauce
- ☐ Rice noodles (5 ounces)



HONEY-GLAZED PORK CHOPS WITH ROASTED TOMATO SALAD

- ☐ 5-ounce package baby spinach
- ☐ Grape tomatoes
- ☐ Thyme
- ☐ Garlic
- ☐ Olive oil
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Balsamic vinegar
- ☐ Cider vinegar
- ☐ Dijon mustard
- ☐ Honey
- ☐ Bone-in, center-cut pork chops (1½ pounds)

Silver Dollar Corn Cakes

- ☐ Corn (1 ear)
- ☐ Green onions
- ☐ Yellow cornmeal
- ☐ All-purpose flour
- ☐ Sugar
- ☐ Baking powder
- ☐ Low-fat buttermilk
- ☐ Egg (1)



CHICKEN SCHNITZEL WITH SMASHED MUSTARD POTATOES

- ☐ Parsley
- ☐ Green onions
- ☐ Small red potatoes (1 pound)
- ☐ Garlic powder
- ☐ Olive oil
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Whole-grain mustard
- ☐ All-purpose flour
- ☐ Panko (Japanese breadcrumbs)
- ☐ Fat-free milk
- ☐ Egg (1)
- ☐ Skinless, boneless chicken breast halves (1½ pounds)

Apple, Fennel, and Celery Slaw

- ☐ Granny Smith apple (1)
- ☐ Fennel bulb (1)
- ☐ Celery
- ☐ Olive oil
- ☐ Cider vinegar
- ☐ Honey

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cooking class

Cook like a genius as ***Keith Schroeder*** *reveals the science behind his art.*





Sweet crab and even sweeter corn get extra-delicious when paired with tarragon and cream.

TURN THE PAGE FOR RECIPE

THIS MONTH'S LESSON

CREAMY DRESSING ON Grilled Salad

It's high time for grilled salads, and in the main recipe here, asparagus and sweet corn prove to be perfect complements: Asparagus has some onionlike qualities and offers gently bitter notes, while corn is straightahead sweet. Both are rendered luxurious with a generous amount of sweet lump crabmeat and, as a delicious twist, a cream-based vinaigrette.

That's right, cream. It may sound counterintuitive, but heavy cream actually has fewer calories and less total fat than an equal measure of oil (though it does increase saturated fat). That's because cream is somewhere between 36% and 40% fat, whereas oils *are* fat. Just a splash is all you need for creamy richness and incredible flavor. Overall saturated fat still stays low, and the dish feels like a decadent treat.

Atlanta chef Keith Schroeder's *first* Cooking Light *cookbook,* Mad Delicious, *comes out this fall.*

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. PORTRAIT: RANDY MAYOR; STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

cooking class

Keith's Recipe Breakdown

GRILLED CORN, CRAB, AND ASPARAGUS SALAD

Hands-on: 30 min. Total: 40 min.

If you worry that the asparagus may fall through the grill grate, line up a row of spears and run two skewers through them (one toward the top of the spears, and one toward the bottom), creating a "raft" that will hold them together.

Ingredient	Amount	Why
fresh sweet corn	4 ears, shucked	It's corn season, no?
asparagus	1 pound, trimmed	For a gently bitter, almost bulby contrast to the corn.
sweet onion (such as Vidalia)	1/2 cup, diced	You're not cooking the onion, so keep it subtle with this small amount.
jalapeño pepper	1/4 cup, diced	Spicy and sweet work nicely together.
chives	1 tablespoon, finely chopped	Chives add an oniony quality while offering grassy notes.
heavy cream	3 tablespoons	For your vinaigrette. Think *oil.*
tarragon	1 teaspoon, chopped	Once you have corn with tarragon, you'll be a believer.
white wine vinegar	1 teaspoon	To mimic the flavor profile of a béarnaise. Indeed, this would be a great salad to mound on top of a beef tenderloin medallion.
freshly ground black pepper	1/2 teaspoon	Black pepper shines in cream.
kosher salt	1/4 teaspoon	There's a lot of sweet going on. This balances it.
garlic cloves	2, minced	Garlic softens against cream yet adds a pronounced raw punch to the dish. Raw garlic deserves love.
lump crabmeat	8 ounces	You're worth it.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 209; **FAT** 6.2g (sat 3.1g, mono 1.7g, poly 0.9g); **PROTEIN** 17g; **CARB** 27g; **FIBER** 5g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 367mg; **CALC** 99mg

Follow These Steps:

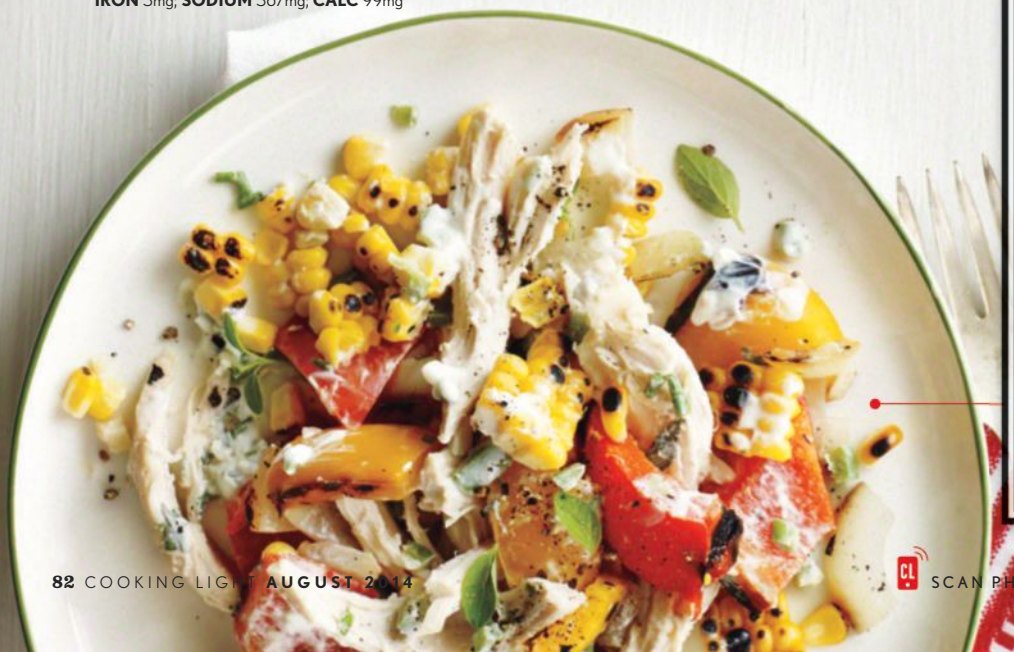
>> Heat a grill or grill pan over medium-high heat.

>> Place corn on grill rack; grill 20 minutes or until here-and-there charred, turning occasionally. Place in a large bowl; cover with foil. Leave in a warm location 10 minutes.

>> Place asparagus on grill rack, and grill 3 minutes or until crisp-tender, carefully turning occasionally.

>> Cut corn kernels off cobs, encouraging clusters to stay intact, if possible. Cut grilled asparagus into 3/4-inch pieces.

>> Combine onion, jalapeño, chives, cream, tarragon, vinegar, black pepper, salt, and garlic in a large bowl. Add asparagus and corn; toss gently to coat. Gently fold in crabmeat. Serve warm.



VARIATION

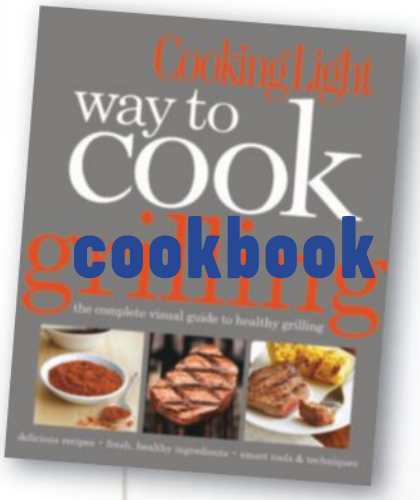
GRILLED CORN, CHICKEN, AND BELL PEPPER SALAD

Sub 1 red and 1 yellow bell pepper, halved and seeded, for asparagus. **Grill** 4 minutes on each side; cut into 1-inch pieces. **Sub** 2 (1/2-inch) onion slices for diced onion. **Grill** 3 minutes on each side; chop. **Sub** oregano for tarragon. **Sub** 2 teaspoons sherry vinegar for white wine vinegar. **Sub** 6 ounces shredded skinless rotisserie chicken (dark and white meat) for crab.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 233; **FAT** 8.8g (sat 3.8g); **SODIUM** 314mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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CL gardener Mary Beth Shaddix picks a peck.

from the CL garden

PICKED FRESH FOR AUGUST

Peppers, Sweet and Hot

Our crop comes in all shapes and sizes, boasts a kaleidoscope of colors, and runs the gamut from fruity to flame-throwing.

BY MARY BETH SHADDIX

Sweet and hot peppers are summer garden superheroes, flourishing in full sun and high heat. This time of year, the harvests are a huge payoff for 80-plus days of waiting.

Consider their beauty: Deep green foliage hides brilliant orange, yellow, red, green, purple, and striped fruits in twisted horns or fat bell shapes. It's why savvy gardeners plant peppers among front-yard flower patches for a naturally ornamental element.

There's a saying in some regions: "If you don't like the weather, wait five minutes." It's similar with peppers. If you want a colorful harvest, wait awhile. Peppers that begin deep green mature to reds and purples. Sweet peppers also have better flavor and nutrition when allowed to color. Jalapeños and poblanos, like varieties in our garden, are picked green and glossy, before woody nicks appear in aged skins. If blessed with a bumper crop, let some age to a fiery red, then roast or smoke them.

JIMMY NARDELLO

Named for the son of Italian immigrants, this sweet pepper looks like a long cayenne.



PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY. PORTRAIT: RANDY MAYOR; STYLING: LINDSEY LOWER

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**P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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from the CL garden

VARIEGATED VARIETY



PURPLE CAYENNE

Think beyond red cayenne and try this violet variety with pointed purple pods. It's especially pretty in patio pots.



GYPSY

Displaying a virtual sunset range of color, the elongated sweet hybrid bell is reliable and prolific.





CARNE TAMPIQUEÑA

STAFF FAVE

Hands-on: 55 min. Total: 55 min.
Grill flames give hot peppers delectable smokiness. Find queso fresco at Mexican markets or in the Latin cheese section of large supermarkets.

- 1½ pounds skirt steak, cut into 3-inch pieces
- ¾ cup fresh lime juice (about 10 limes)
- 1 teaspoon salt, divided
- Cooking spray
- 2 poblano chiles
- 1 serrano chile
- 1 small onion, cut horizontally into ½-inch-thick slices
- 1 small tomato
- 2 ounces queso fresco, cut into 4 slabs
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons minced garlic
- 12 (6-inch) corn tortillas
- 1 ripe peeled avocado, sliced
- 1 jalapeño pepper, thinly sliced
- 6 lime wedges

1. Preheat grill to high heat.
2. Combine steak and juice in a large zip-top bag; let stand 30 minutes, turning occasionally. Remove steak from marinade; discard marinade. Sprinkle steak with ½ teaspoon salt. Lightly coat grill rack with cooking spray. Place chiles on grill rack; grill 12 minutes or until charred on all sides, turning occasionally. Wrap chiles in foil; let stand 10 minutes. Place onion slices on grill; grill 10 minutes, turning once. Place tomato on grill; grill 6 minutes or until softened. Place steak on grill; grill 3 minutes on each side or until desired degree of doneness. Lightly coat cheese with cooking spray. Add cheese to grill; grill 1 minute on each side or until browned.
3. Peel, seed, and chop grilled chiles; place in a medium bowl. Chop onion and tomato; add to chiles. Stir in remaining ½ teaspoon salt, olive oil, and minced garlic. Cut steak across the grain into thin slices.
4. Warm tortillas according to package directions. Divide steak, onion mixture, cheese, avocado, and jalapeño among tortillas. Serve with lime wedges.

SERVES 6 *(serving size: 2 tacos)*
CALORIES 356; **FAT** 16.3g (sat 4.6g, mono 8.6g, poly 1.6g); **PROTEIN** 27g; **CARB** 28g; **FIBER** 5g; **CHOL** 75mg; **IRON** 3mg; **SODIUM** 492mg; **CALC** 80mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

from the CL garden



SUMMERY STUFFED POBLANOS

Hands-on: 30 min. Total: 60 min.

- 6 poblano chiles
- 2 ears shucked corn
- Cooking spray
- 2 cups chopped seeded tomato, divided
- 1 cup hot cooked brown rice
- ¼ cup chopped fresh cilantro, divided
- 2 tablespoons pine nuts, toasted
- 2 tablespoons ⅓-less-fat cream cheese
- 2 teaspoons fresh lime juice
- ¼ teaspoon kosher salt
- 3 garlic cloves, minced
- 3 ounces Monterey Jack cheese, shredded (about ¾ cup)
- 2 ounces queso fresco, crumbled (about ½ cup)
- Jalapeño pepper sauce (optional)

1. Preheat grill to high heat.
2. Lightly coat poblanos and corn with cooking spray. Place poblanos and corn on grill rack. Grill poblanos 12 minutes or until charred, turning occasionally. Grill corn 10 minutes or until lightly charred, turning occasionally. Wrap poblanos in foil; let stand 15 minutes. Peel and discard skins. Cut a lengthwise slit in each chile; discard seeds and membranes. Set aside.
3. Preheat oven to 400°.
4. Cut kernels from ears of corn. Combine kernels, 1 cup tomato, rice, 2 tablespoons cilantro, pine nuts, and next 5 ingredients (through Monterey Jack); toss well to combine. Open each poblano; divide rice mixture evenly among chiles (chiles will be very full). Place on a baking sheet Bake at 400° for 7 minutes or until hot. Turn broiler to high. Sprinkle chiles with queso fresco. Broil 3 minutes or until cheese is lightly browned. Place chiles on a platter. Sprinkle with remaining 1 cup tomato and remaining 2 tablespoons cilantro. Serve with hot sauce, if desired.

SERVES 6 *(serving size: 1 stuffed chile)*
CALORIES 210; **FAT** 9.6g (sat 4.2g, mono 2.2g, poly 1.4g); **PROTEIN** 10g; **CARB** 25g; **FIBER** 5g; **CHOL** 19mg; **IRON** 1mg; **SODIUM** 197mg; **CALC** 165mg



PEPPERY POTATO OMELET

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

- 1½ pounds Yukon gold potatoes, peeled and cut into ½-inch pieces
- 1 large red bell pepper
- 1 tablespoon extra-virgin olive oil
- 2½ cups thinly vertically sliced onion
- 3 large eggs, lightly beaten
- 3 large egg whites, lightly beaten
- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh parsley

1. Preheat broiler to high.
2. Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 8 minutes or until tender. Drain well.
3. Cut bell pepper in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Wrap in foil; let stand 10 minutes. Peel and chop.
4. Reduce oven temperature to 350°.
5. Heat a large ovenproof, nonstick skillet over medium-high heat. Add oil. Add onion; sauté 5 minutes. Combine eggs, egg whites, and ½ teaspoon salt in a large bowl; stir with a whisk. Pour egg mixture over onions; top with potatoes. Sprinkle potatoes with bell pepper, remaining salt, and black pepper. Cook 2 minutes, shaking pan. Place pan in oven; bake 8 minutes or until eggs are set. Sprinkle with parsley.

SERVES 8 *(serving size: 1 wedge)*
CALORIES 149; **FAT** 3.8g (sat 0.9g, mono 2g, poly 0.6g); **PROTEIN** 6g; **CARB** 23g; **FIBER** 3g; **CHOL** 70mg; **IRON** 1mg; **SODIUM** 295mg; **CALC** 32mg

—Recipes by Kathy Kitchens Downie, Bill and Cheryl Jamison, and Clifford Wright

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 6

2 SIDES TO EVERY PEACH



Explore both sweet and savory recipes—and make the most of summer's fleeting, fragrant fruit.

recipes by **JULIANNA GRIMES**

photography by **DANA GALLAGHER**



Quick Pickled Peaches
Recipe p. 98

SWEET

A tangy brine gets peaches quickly pickled for a summer relish tray.



Peaches-and-Cream Frozen Pops
Recipe p. 100

SWEET

blush of fruit, joy of cream

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

SAVORY

Fragrant peaches mingle with the salt of chèvre, the bite of shallot, the fragrance of mint and thyme.



Peach Salad with Tomatoes and Beets
Recipe p. 103

SAVORY

serrano heat & peppery radish



Sautéed Black Grouper with Peach Relish
Recipe p. 103

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

THE SECRET OF PERFECT PEACHES

With Alabama's peach capital, Chilton County, practically in our Test Kitchen's backyard, we have plenty of opportunity to find peaches that will be perfectly ripe. Notice the "will be." With peach cookery, you often have to buy a day or two ahead of when you want to serve. Even during the June-to-August peak season, we often find peaches at our local markets that are firm and not yet ready to yield their full succulence. This is because farmers pick the fruit before it fully softens: The skin and flesh are so delicate they would not survive the journey to market if boxed up when completely soft and ready to eat.

So plan ahead. A firm peach can become perfectly ripe, although that's not guaranteed. To make sure, choose peaches that are already very aromatic and give slightly when gently pressed. Avoid ones that are green and hard with no give.

To get your peaches to perfection, place them in a single layer on a kitchen towel, and cover loosely with another towel; keep at room temperature for up to three days. Then store in the fridge.

Whenever possible, buy local. Nonlocal and off-season peaches travel far and are more likely to have been picked before the sugars have developed. They will be pretty, and they will soften, but they will never increase in flavor or sweetness. These are fruits that break your heart and fall flat in recipes, that will never reach peachy ideal.

SAVORY

The classic ham and fruit combo, but with peaches subbed for melon: easy, elegant

Peach and Prosciutto Canapés
Recipe p. 103



SWEET

The flavors point South in this summer-time refresher: peaches getting happy with bourbon.

STAFF FAVE

BOURBON-PEACH LIMEADE

Hands-on: 10 min. Total: 30 min.

Freeze fresh peach and lime slices on a parchment-lined pan, and drop a few into your drink for a frosty garnish.

- 2½ cups water
- ⅔ cup sugar
- 3 peeled peaches, chopped
- 1¼ cups bourbon
- 1 cup fresh lime juice

1. Combine first 3 ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally. Remove from heat; transfer to a bowl set over ice water, and cool to room temperature. Transfer peach mixture to a blender; process until smooth. Combine peach mixture, bourbon, and lime juice; serve over ice.

SERVES 8 *(serving size: about ¾ cup)* **CALORIES** 175; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 25g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 1mg; **CALC** 8mg



QUICK PICKLED PEACHES

Hands-on: 10 min. Total: 40 min.

These gorgeously spiced, tangy-sweet peaches make a fantastic addition to a summer relish tray, or serve them on pound cake or alongside grilled pork or chicken. Look for peaches that are still a little firm; they will soften some in the warm liquid. If you start with very ripe peaches, they may oversoften by the time they are finished pickling.

- 1½ cups cider vinegar
- 1½ cups water
- 1 cup sugar
- 1 tablespoon kosher salt
- 1 tablespoon crushed red pepper
- 2 teaspoons whole black peppercorns
- 6 whole cloves
- 1 (2-inch) cinnamon stick, broken into small pieces
- 4 large, slightly firm peeled peaches

1. Combine first 8 ingredients in a large saucepan; bring to a boil. Cook 2 minutes, stirring until sugar dissolves. Remove from heat; let stand 10 minutes. Cut each peach into 12 wedges. Add peaches to vinegar mixture; let stand 20 minutes. Remove peaches with a slotted spoon.

SERVES 8 *(serving size: 6 wedges)* **CALORIES** 45; **FAT** 0.2g (sat 0g, mono 0.1g, poly 0.1g); **PROTEIN** 1g; **CARB** 11g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 72mg; **CALC** 6mg

FOOD STYLING: JOYCE SANGIRARDI; PROP STYLING: ALISTAIR TURNBULL

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Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat & cholesterol may reduce the risk of heart disease.

SWEET

A gorgeous pile of syrupy fruit tops a creamy concoction that falls somewhere between decadent cheesecake and billowy chiffon pie.

NO-BAKE PEACH PIE

Hands-on: 24 min.
Total: 3 hr. 44 min.

This luscious dessert comes together easily and is the perfect ending to summer supper with friends. Use the softest and juiciest peaches you have, even slightly overripe fruit. For added peach oomph, chop some of the topping and stir it into the filling.

- ¾ cup graham cracker crumbs (about 5 cookie sheets)
- ¼ teaspoon salt, divided
- 1 tablespoon unsalted butter
- 3½ ounces white chocolate, finely chopped
- Cooking spray
- 5 ounces ⅓-less-fat cream cheese, softened
- ⅓ cup powdered sugar
- ½ teaspoon vanilla extract
- 2 cups frozen fat-free whipped topping, thawed
- 2 tablespoons seedless peach spread
- 1 tablespoon peach schnapps
- ½ teaspoon fresh lemon juice
- 3 medium peeled peaches, pitted and cut into ½-inch wedges



1. Combine crumbs and ⅛ teaspoon salt in a food processor; process until combined. Place butter and chocolate in a microwave-safe bowl. Microwave at HIGH 30 seconds, stirring until chocolate is smooth. Add to processor; pulse until combined. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Freeze 20 minutes or until set.

2. Place cream cheese, sugar, and vanilla in a medium bowl; beat with a mixer at medium speed until smooth. Gently fold in whipped topping. Carefully spread filling over bottom of crust. Place fruit spread in a large microwave-safe bowl; microwave at HIGH 30 seconds or until bubbly. Stir in remaining ⅛ teaspoon salt, schnapps, and juice. Add peach wedges; toss to combine. Arrange the peach wedges over pie. Chill for 3 hours before serving.

SERVES 10 *(serving size: 1 wedge)*
CALORIES 195; **FAT** 8.3g (sat 4.6g, mono 2.3g, poly 1g); **PROTEIN** 3g; **CARB** 27g; **FIBER** 1g; **CHOL** 16mg; **IRON** 0mg; **SODIUM** 155mg; **CALC** 41mg



PEACHES-AND-CREAM FROZEN POPS

Hands-on: 20 min.
Total: 7 hr. 20 min.

Our version of the Creamsicle is silky, with distinct peachy flavor. It's a not-too-sweet pop that grown-ups will love but that's playful enough for all ages.

- ¼ cup sugar
- 1 tablespoon corn syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 3 large, slightly firm peeled peaches, chopped
- 1 tablespoon fresh lemon juice
- ⅓ cup heavy whipping cream

1. Combine first 5 ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat to medium, and simmer 5 minutes or until peaches are very tender, stirring frequently. Place peach mixture and lemon juice in a food processor; process until smooth. Refrigerate 1 hour. Stir in cream.

2. Divide peach mixture evenly among 8 (4-ounce) ice-pop molds. Top with lid, and insert a craft stick into center of each mold; freeze 6 hours or until thoroughly frozen.

SERVES 8 *(serving size: 1 pop)*
CALORIES 93; **FAT** 3.9g (sat 2.3g, mono 1.1g, poly 0.2g); **PROTEIN** 1g; **CARB** 15g; **FIBER** 1g; **CHOL** 14mg; **IRON** 0mg; **SODIUM** 79mg; **CALC** 11mg

PHOTOGRAPHY: (BOTTOM LEFT) IAIN BAGWELL; FOOD STYLING: SIMON ANDREWS; PROP STYLING: MARY CLAYTON CARL

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



PEACH SALAD WITH TOMATOES AND BEETS

Hands-on: 25 min.
Total: 1 hr. 15 min.

Golden beets and a mix of colorful tomatoes (like Purple Cherokee and red heirlooms) offer a dramatic contrast on the plate and are a beautiful and tasty base for the tangy-sweet peaches on top—but red beets and any garden tomatoes would also work.

- 2 medium-sized golden beets
- 2 medium-sized ripe tomatoes
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, divided
- 1 tablespoon honey
- 1 medium shallot, thinly sliced
- 3 medium peeled peaches, sliced
- 3 tablespoons small fresh mint leaves
- 2 teaspoons fresh thyme leaves
- 2 ounces goat cheese, crumbled (about ½ cup)

1. Preheat oven to 425°.
2. Scrub beets and trim tops to 1 inch. Place beets in a glass or ceramic baking dish; fill dish one-third full with water. Cover with foil; bake at 425° for 1 hour or until beets are tender. Cool. Peel beets, and cut into ¼-inch-thick slices. Core tomatoes; cut into ¼-inch-thick slices. Arrange the beet and tomato slices on a platter; sprinkle with ½ teaspoon salt and pepper.
3. Combine remaining ¼ teaspoon salt, oil, 1 tablespoon juice, honey, and shallot in a medium bowl. Toss peach slices with remaining 1 tablespoon juice. Add peach mixture to honey mixture; toss. Mound peach mixture on top of beet and tomato slices; sprinkle salad with the mint, thyme, and goat cheese.

SERVES 8 *(serving size: about 2 beet slices, 2 tomato slices, and ½ cup peach mixture)*
CALORIES 112; **FAT** 6.8g (sat 1.8g, mono 4.1g, poly 0.7g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 2g; **CHOL** 3mg; **IRON** 1mg; **SODIUM** 164mg; **CALC** 23mg



SAUTÉED BLACK GROUPER WITH PEACH RELISH

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

sustainable choice

Black grouper, a mild white-fleshed fish, comes from the Gulf of Mexico and is a sustainable seafood choice, but not all kinds of grouper are. If you can't find black grouper, you can substitute sustainably caught halibut, cod, or salmon.

- 4 (6-ounce) black grouper fillets
- ½ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 1½ tablespoons canola oil
- ⅓ cup thinly sliced radishes
- 2 tablespoons chopped fresh chives
- 2 ripe peaches, peeled and cut into ½-inch chunks
- 1 serrano chile, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- 2 teaspoons honey

1. Heat a large skillet over medium-high heat. Sprinkle both sides of fish evenly with ¼ teaspoon salt and pepper. Add canola oil to pan; swirl to coat. Add fish to pan; sauté 4 minutes or until golden. Turn fish over; sauté 2 minutes or until desired degree of doneness.
2. Combine radishes and next 3 ingredients (through serrano) in a medium bowl. Combine remaining ¼ teaspoon salt, olive oil, juice, and honey in a small bowl, stirring with a whisk. Drizzle dressing over peach mixture; toss gently. Serve relish with fish.

SERVES 4 *(serving size: 1 fillet and about ½ cup relish)*
CALORIES 290; **FAT** 13.8g (sat 1.7g, mono 8.6g, poly 2.8g); **PROTEIN** 32g; **CARB** 8g; **FIBER** 1g; **CHOL** 60mg; **IRON** 2mg; **SODIUM** 312mg; **CALC** 35mg



PEACH AND PROSCIUTTO CANAPÉS

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

The elegance of this easy appetizer belies its simplicity. Make-ahead tip: Toast the baguette slices and combine the cheese mixture well in advance, but assemble just before company arrives for the best results; it will all come together in a flash.

- 1 (6-ounce) French bread baguette, cut diagonally into 16 slices
- Cooking spray
- 2 tablespoons mascarpone cheese
- 2 teaspoons finely minced shallots
- ¼ teaspoon grated lemon rind
- 1 ounce fat-free cream cheese, softened
- 1½ tablespoons coarsely chopped fresh basil, divided
- 1 large ripe peach, cut into 16 wedges
- 1 ounce prosciutto, cut into 16 thin slices

1. Preheat broiler to high.
2. Lightly coat bread slices with cooking spray; broil 2 minutes on each side or until toasted. Combine mascarpone and next 3 ingredients (through cream cheese) in a small bowl. Stir in 1 tablespoon basil. Spread cheese mixture evenly among bread slices.
3. Wrap each peach wedge with 1 prosciutto piece. Top each bread slice with 1 wrapped peach wedge. Sprinkle with remaining 1½ teaspoons basil. Serve immediately.

SERVES 8 *(serving size: 2 canapés)*
CALORIES 104; **FAT** 3.7g (sat 1.9g, mono 0.2g, poly 0.1g); **PROTEIN** 4g; **CARB** 15g; **FIBER** 1g; **CHOL** 11mg; **IRON** 1mg; **SODIUM** 220mg; **CALC** 24mg



TABLET EXCLUSIVE
5 More Perfectly Peachy Recipes


SECRETS OF A TENNESSEE
Pickle Preacher



Shannon Walker, the chief preservationist at Blackberry Farm, visits the Cooking Light Garden to share his simple, delicious techniques.

STORY BY ANN TAYLOR PITTMAN • RECIPES BY SHANNON WALKER
PHOTOGRAPHY BY ANAIS & DAX

The first time



I tasted a Shannon Walker pickle, I was astonished. Fat white asparagus spears sat on a stunning charcuterie platter put together by chef James Lewis at Vittoria Macelleria, then a new restaurant in Birmingham, Alabama. Lewis' meats set a new standard for the city, but oh, those pickles, with their muted, juicy sweetness and elusive complexity of flavor. I had an urgent need to know who had made them, and how. It was Lewis—but from a recipe by his friend Shannon Walker, preservationist and beekeeper at the luxury resort Blackberry Farm in East Tennessee, in whose kitchen he had just spent some time. "Working with Shannon taught me some amazing principles on bringing out the best in the ingredient. And he showed me the beauty of pickling," Lewis explained.

White balsamic vinegar was the secret ingredient, it turned out. When I got the chance to talk to Walker about his flavor strategy, he noted that plain white vinegar, a common choice for pickles (which require a certain pH level), "can be harsh and really bring some heat" to the product. For delicate white asparagus, he wanted a softer, rounder effect. In his pickling kitchen, armed with a pH meter, Walker tested lots of vinegars before settling on white balsamic, which has the acid to do the job but also "has that slight bit of sweetness that really makes a great base for pickling." It's used in three of his recipes here.

Walker grew up in southern Appalachia in a family whose roots there reach back a couple hundred years. Until his sister was born when he was 10 years old, he didn't have other children nearby to play with. His closest pals in the rural agricultural "neighborhood" of his childhood were folks from his grandparents' generation. "They relied on themselves to produce a lot of their own food," he remembers, "and so it made an impact on my life very early on." Pickling, to him, preserves not only local food but also local foodways, and the latter had been under threat because of rapid growth in the South. After Knoxville, Tennessee, hosted the 1982 World's Fair, Walker says, the area saw an influx of newcomers who fell in love with the beauty of the area and stayed. "A lot changed in a short amount of time, and we lost some of our cultural identity," he says. "It's my goal now to preserve some of the southern Appalachian food culture and history," one batch at a time.

Southern food traditions are rich with pickling, canning, curing, all sorts of "putting up." Walker recalls, as a child, pulling strings from beans, slicing cucumbers—"whatever Granny had for you to do"—in preparation for pickling and canning. "You don't see that much anymore, where you have three generations of people sitting around with a common goal in mind," he says. But those are some of his fondest memories from childhood, and he'd love for this sort of thing, or some version of it, to come back. Certainly the boom in farmers' markets and gardens (urban and backyard) points in the pickling direction. Every summer brings more glorious things to put up: multicolored beets, tender okra pods, graceful pole beans, thin-skinned cucumbers.

If you want to make some pickles, / Take your time, make some brine. / Put all those little things you love / In vinegar and wine. / It ain't Chinese algebra, / It's easily done. / Why, you can pickle anything. / Pickling is fun.

–"PICKLES," BY THE GOURDS,
© JIMMY SMITH

Even if you don't have three generations on hand, you can take a haul of local produce and host a pickling party with friends, using a pitch-in and take-home model: They help with prep and canning, everyone enjoys a meal at the end, and everyone gets a few jars of goodies to take home.

Be not afraid of the canning process. It's easy to master the basic safety principles (see page 112). Then, Walker says, "just have fun with it." Begin with recipes; follow with experiments. Few are the fruits and vegetables he would not try to pickle.

Bottom line: Pickling falls somewhere between a project and play, and here's a new-timey way to get in the mood for old-timey cooking: a pickling party playlist. Walker suggests downloading the song "Pickles" by the Gourds for inspiration. Then just pile on your favorite high-spirited tunes.

FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: LYDIA PURSELL. WATERCOLOR SOURCE: TANIA OLOY/GETTY



BREAD AND BUTTER PICKLES

Hands-on: 40 min.
Total: 2 weeks
Be sure to use thin-skinned pickling cucumbers.
—Adapted with permission from The Foothills Cuisine of Blackberry Farm

- 8 cups water
- ½ cup pickling salt
- 1½ cups thinly vertically sliced yellow onion
- 5 pounds pickling cucumbers, cut into ¼-inch-thick slices
- 4½ cups white vinegar
- 3 cups sugar
- 2½ tablespoons mustard seeds
- 1½ teaspoons celery seeds
- 1½ teaspoons turmeric

1. Combine 8 cups water and salt in a large container, stirring with a whisk. Add onion and cucumber; let stand at room temperature for 3 hours. Drain and rinse with cold water; drain.
2. Combine vinegar and remaining ingredients in a Dutch oven; bring to a boil. Add cucumber mixture; return just to a boil.
3. Using a slotted spoon, divide hot cucumber mixture among 6 (1-pint) hot sterilized jars. Divide hot vinegar mixture among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
4. Process in boiling-water bath for 15 minutes. Remove jars from water bath. Cool completely; check for proper seal (see page 112). For best flavor, allow 2 weeks before eating. Store in a cool, dark place for up to 1 year.

SERVES 24 *(serving size: about ⅓ cup)*
CALORIES 42; **FAT** 0.1g (sat 0.1g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 11g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 194mg; **CALC** 17mg


DILLY BEANS
DILL PICKLE SPEARS
PICKLED OKRA

Pretty much anything you pull from the garden is fair game for pickling.

DILLY BEANS

Hands-on: 30 min.
Total: 3 weeks

These addictively crunchy sticks would make a mighty fine Bloody Mary garnish. Wide-mouth jars are your friend here. When placing beans into jars, try squeezing them into a tight bunch before pushing them down inside.

- 4 cups white balsamic vinegar
- 3 cups water
- 1 tablespoon salt
- 1 tablespoon dill seeds
- 6 garlic cloves
- 3 pounds wax or green beans, trimmed
- 18 fresh dill sprigs

1. Combine vinegar, 3 cups water, and salt in a medium saucepan; bring to a boil.
2. Place ½ teaspoon dill seeds and 1 garlic clove in each of 6 (1-pint) hot sterilized jars. Divide beans and dill sprigs among jars.
3. Divide hot vinegar mixture among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
4. Process in boiling-water bath for 5 minutes. Remove jars from water bath; cool completely, and check for proper seal (see page 112). For best flavor, allow 3 weeks before eating. Store in a cool, dark place up to 1 year.

SERVES 24 *(serving size: about 12 beans)*
CALORIES 31; **FAT** 0.1g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 7g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 77mg; **CALC** 21mg

DILL PICKLE SPEARS

Hands-on: 50 min.
Total: 2 weeks

Considering that the average supermarket dill pickle spears contain 313mg sodium each, these are downright saintly, with only 193mg in 4 spears.

- 2 gallons water
- ½ cup pickling salt
- 40 pickling cucumbers, quartered lengthwise (about 8 pounds)
- ½ cup mustard seeds
- 24 fresh dill sprigs
- 6 garlic cloves, halved
- 1½ quarts white vinegar
- 4 cups water
- ¼ cup sugar
- 2 tablespoons pickling spice

1. Combine 2 gallons water and salt in a large container, stirring with a whisk until salt dissolves. Add cucumbers; let stand at room temperature for 12 hours.
2. Place 2 teaspoons mustard seeds, 2 dill sprigs, and 1 garlic clove half in each of 12 (1-pint) hot sterilized jars. Drain cucumbers; divide among jars.
3. Combine vinegar, 4 cups water, sugar, and pickling spice in a large saucepan. Bring to a boil; cook 10 minutes. Divide hot vinegar mixture evenly among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
4. Process in boiling-water bath for 20 minutes. Remove jars from water bath; cool completely, and check for proper seal (see page 112). For best flavor, allow 2 weeks before eating. Store pickles in a cool, dark place for up to 1 year.

SERVES 40 *(serving size: 4 spears)*
CALORIES 15; **FAT** 0.1g (sat 0.1g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 4g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 193mg; **CALC** 15mg



PICKLED OKRA

Hands-on: 35 min.
Total: 2 weeks

Forget all the usual jabs about okra and its texture—here it's crisp and wonderful.
—Adapted with permission from The Foothills Cuisine of Blackberry Farm

- 6 cups white vinegar
- 6 cups water
- 3 tablespoons kosher salt
- 4 pounds okra pods
- 2 teaspoons dill seeds
- 2 teaspoons mustard seeds
- 1 teaspoon crushed red pepper
- 8 garlic cloves

1. Bring first 3 ingredients to a boil in a large Dutch oven.
2. Divide okra evenly among 8 (1-pint) hot sterilized jars. Place ¼ teaspoon dill seed, ¼ teaspoon mustard seed, ⅛ teaspoon crushed red pepper, and 1 garlic clove in each jar. Divide hot vinegar mixture evenly among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
3. Process in boiling-water bath 20 minutes. Remove jars from water bath; cool completely, and check for proper seal (see page 112). For best flavor, allow 2 weeks before eating. Store in a cool, dark place up to 1 year.

SERVES 24 *(serving size: about 5 pods)*
CALORIES 26; **FAT** 0.1g (sat 0.1g, mono 0g, poly 0g); **PROTEIN** 2g; **CARB** 5g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 186mg; **CALC** 62mg



STAFF FAVE

SPICED PICKLED BEETS

Hands-on: 50 min. Total: 2 weeks

What a sweet addition to a summer veggie plate! Any kind of beets will work; we used golden ones for their lovely color. Although we love the softer flavor of white balsamic vinegar, you can also make this using 2½ cups water mixed with 2½ cups cider vinegar.

- 18 (2½-inch-wide) whole beets (about 5 pounds)
- 5 cups white balsamic vinegar
- 2 cups sugar
- 1 tablespoon salt
- 10 whole cloves
- 2 (3-inch) cinnamon sticks

1. Leave root and 1-inch stem on beets; scrub with a brush. Place beets in a large Dutch oven; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until almost tender. Drain beets; cover with cool water. When beets are cool enough to handle, drain. Trim off beet roots; rub off skins. Cut beets lengthwise into quarters.
2. Combine vinegar and remaining ingredients in Dutch oven. Bring to a boil; reduce heat, and simmer 10 minutes. Discard spices.
3. Divide beets evenly among 6 (1-pint) hot sterilized jars. Divide hot vinegar mixture evenly among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
4. Process in boiling-water bath for 15 minutes. Remove jars from water bath; cool completely, and check for proper seal (see page 112). For best flavor, allow 2 weeks before eating. Store in a cool, dark place up to 1 year.

SERVES 24 *(serving size: 3 pieces)*
CALORIES 74; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 2g; **CARB** 17g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 148mg; **CALC** 15mg

Hi-Tech Canning

For serious canners, Ball's FreshTech Automatic Home Canning System makes the job easier. It's a slow cooker–esque device that automatically sanitizes and processes jars, eliminating all stovetop work. *$300, available at Williams-Sonoma and Bed Bath & Beyond*



CHOWCHOW

Hands-on: 60 min. Total: 1 week

Serve this crunchy-sweet-tangy relish on burgers or hot dogs, on a pile of black-eyed peas, in deviled eggs, or over steaks or grilled fish. If you don't have a colander large enough to hold the vegetables, drain them in a clean sink.

- 20 cups chopped green cabbage (about 4 pounds)
- 2 cups chopped yellow squash
- 2 cups chopped zucchini
- 1½ cups chopped onion
- 1¼ cups chopped green bell pepper
- 1¼ cups chopped red bell pepper
- ¼ cup kosher salt
- 2 cups cider vinegar
- 1½ cups rice wine vinegar
- 1¼ cups sugar
- 1½ tablespoons mustard seeds
- 2 teaspoons celery seeds, toasted
- 2 teaspoons dry mustard
- ½ teaspoon ground ginger
- ¼ teaspoon turmeric

1. Combine first 7 ingredients; toss to coat with salt. Place mixture in a large colander. Place colander in sink; drain 3 hours.
2. Combine cider vinegar and remaining ingredients in a large Dutch oven; bring to a boil. Gradually add vegetables, one handful at a time; cook 10 minutes or until cabbage just begins to wilt. Using a slotted spoon, divide hot cabbage mixture among 7 (1-pint) hot sterilized jars. Divide hot vinegar mixture among jars, filling to ½ inch from top. Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
3. Process in boiling-water bath for 15 minutes. Remove from water bath; cool completely, and check for proper seal (see page 112). For best flavor, allow 1 week before eating. Store in a cool, dark place for up to 1 year.

SERVES 40 *(serving size: about ⅓ cup)*
CALORIES 27; **FAT** 0.1g (sat 0.1g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 196mg; **CALC** 23mg

PHOTOGRAPHY: (CANNING SYSTEM) RANDY MAYOR



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

REFRIGERATOR PICKLED BLACKBERRIES

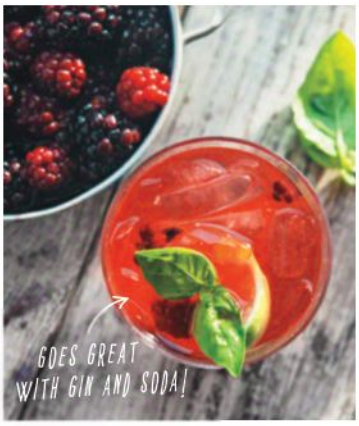
Hands-on: 35 min.
Total: 8 hr. 35 min.

Because heat processing might damage the fragile berries, we skip the canning method and instead make what's called refrigerator pickles; they're not shelf-stable like the other pickles in this story, but they'll keep in the fridge for 2 weeks. The glistening jewels would be incredible as a sauce for duck breast, as part of a cheese platter, spooned onto ricotta-topped crostini, draped over yogurt, or plopped into cocktails.

- 3 cups white balsamic vinegar
- 2 whole cloves
- 2 (3-inch) cinnamon sticks
- 1 gallon fresh blackberries
- 2 cups honey

1. Combine first 3 ingredients in a Dutch oven; bring to a boil. Cover; reduce heat, and simmer 10 minutes. Remove from heat; let stand 5 minutes. Add berries; cover and chill 8 hours.
2. Drain berries in a colander over a bowl, reserving liquid. Discard spices. Divide berries among 12 (half-pint) jars.
3. Bring vinegar mixture and honey to a boil in a saucepan. Divide hot vinegar mixture among jars, filling to ¼ inch from top. Cover with metal lids; screw on bands. Cool to room temperature. Refrigerate up to 2 weeks.

SERVES 32 *(serving size: about 1/3 cup)*
CALORIES 78; **FAT** 0.4g (sat 0g, mono 0g, poly 0.2g); **PROTEIN** 1g; **CARB** 19g; **FIBER** 4g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 1mg; **CALC** 22mg





BASIC GUIDE TO A

Pickle Canning Party

Make sure you have the proper equipment. For a canning party, it's ideal to have two complete setups: two canners or deep stockpots, two canning racks, two jar lifters, and plenty of canning jars with new lids. These recipes are written for pint-sized glass jars with metal lids and bands (such as Ball), which will provide plenty of goodies for guests to take home and the host to keep; if you'd like to use jars with rubber canning rings (such as Weck), go to weckjars.com for slightly different instructions.

Prepare snacks or a simple meal for guests to nosh on, including a pickle you've made ahead of time. A cocktail never hurts, either. For canning, follow these steps.

1. READ Study recipes so you know what's required.

2. STERILIZE The party host should wash jars, bands, and lids in hot, soapy water; dry; and then heat jars and lids (not bands) in a large pot of simmering water until ready to use. Do not boil lids, as doing so may prevent them from sealing properly.

3. PREP When guests arrive, cut food as specified, and cook mixtures as necessary.

4. SEAL AND PROCESS Fill hot jars with hot food. Use a rubber spatula to release air bubbles from jars, and wipe rims clean. Immediately affix lids, and screw on bands just until closed (so remaining air bubbles can escape). Place jars on canning rack in boiling water in canner, making sure water covers jars by 1 to 2 inches. Return water to a rolling boil, and start timing; boil for the time specified in recipe.

5. COOL Remove jars from canner, placing on a towel. Let jars stand at room temperature 12 to 24 hours. (Guests can take warm jars home and follow steps 6 and 7 on their own.)

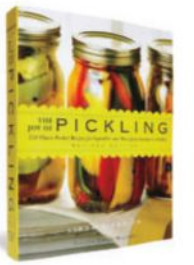
6. CHECK Press center of each lid; lids should not flex or "pop." Remove bands; gently try to lift lid with gentle pressure. If lid stays on, you have a good seal.

7. STORE Label properly sealed jars; store in a cool, dark place for up to 1 year. For any jars that did not seal, immediately reprocess in boiling water, or store in refrigerator for 2 to 4 weeks.

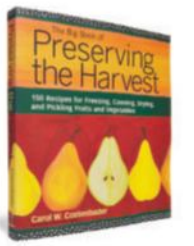
For more information, including high-altitude instructions, go to usda.gov and search "canning," or visit freshpreserving.com.

Shannon's Picks

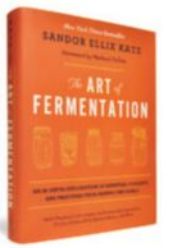
The recipes in this story allow you to dip your toe in the canning and pickling waters. If you crave full submersion, Shannon Walker recommends these books:



THE JOY OF PICKLING by Linda Ziedrich—an impressive variety of recipes



THE BIG BOOK OF PRESERVING THE HARVEST by Carol Costenbader—a great source for pickle and jam recipes



THE ART OF FERMENTATION by Sandor Ellix Katz—an encyclopedic resource by one of Shannon's heroes that includes and moves well beyond pickles

PHOTOGRAPHY: (BOOKS) RANDY MAYOR

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The Amazing *

Five-Ingredient Entrée

Turn a handful of ingredients into simple yet stunning mains, from roasted fish to a centerpiece roast.

RECIPES BY DAVID BONOM * PHOTOGRAPHY BY JUSTIN WALKER



Roasted Orange-Fennel Striped Bass, recipe p. 123



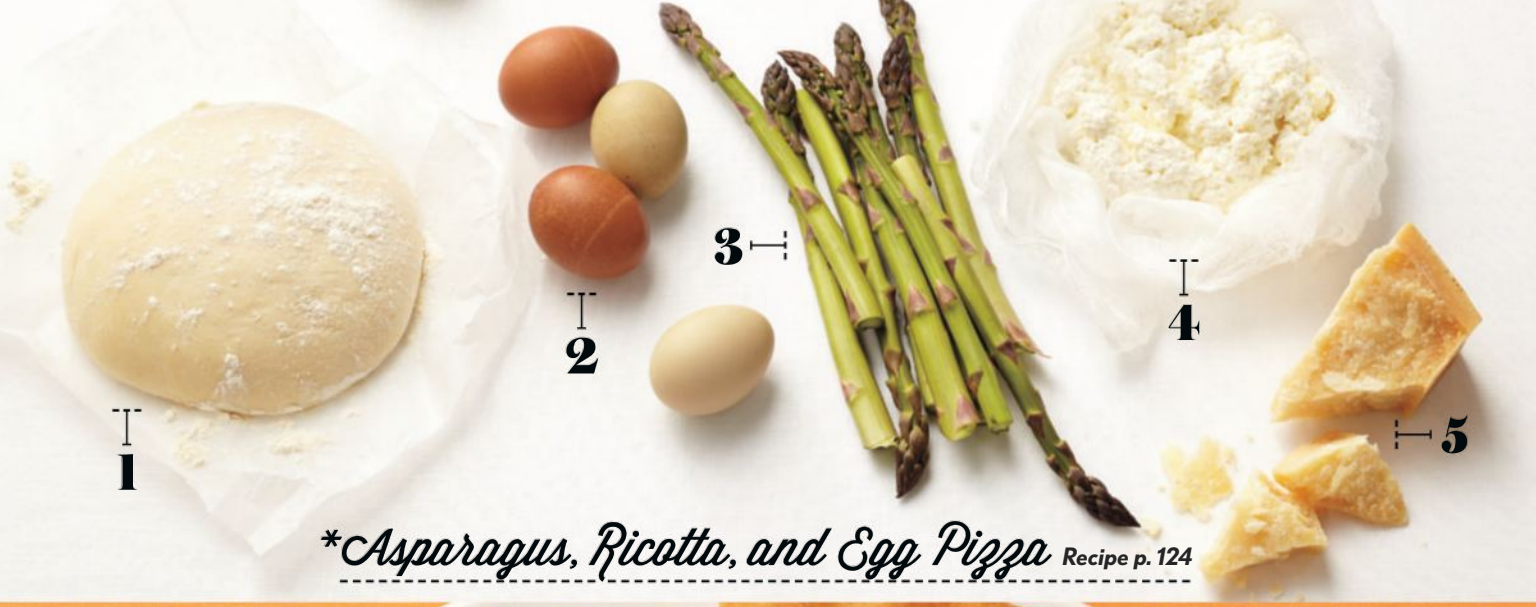
*BLT Pasta Recipe p. 123

smoky bacon MAKES THIS DISH



*Cherry-Port Glazed Pork Loin Roast Recipe p. 124





*Asparagus, Ricotta, and Egg Pizza Recipe p. 124

cheesy pizza
GOES SUNNY-SIDE UP

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



*Mesquite-Smoked Beer Can Chicken

Recipe p. 124

pop open a cold one FOR A MOIST BIRD



*Cilantro Burgers with Sriracha Mayo

kick up burgers
WITH A SPICY SAUCE

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Cilantro Burgers with Sriracha Mayo

Hands-on: 20 min. Total: 20 min.
Chopped cilantro flavors the beef, while whole sprigs take the place of the usual lettuce. Sriracha has rightfully become an all-purpose condiment—its sweet chile heat and its vinegar punch go well beyond burgers, perking up brothy soups, meat marinades, and dipping sauces.

- 1 pound 90% lean ground sirloin
- 3 tablespoons chopped fresh cilantro
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- Cooking spray
- 4 (1½-ounce) hamburger buns
- 3 tablespoons canola mayonnaise
- 1 tablespoon Sriracha
- ⅓ cup cilantro sprigs

1. Combine ground sirloin, chopped cilantro, salt, and pepper in a bowl; mix just until combined. Divide sirloin mixture into 4 equal portions, gently shaping each into a ½-inch-thick patty (about 3½ inches in diameter).
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; grill 4 minutes. Carefully turn patties; grill 4 minutes or until desired degree of doneness. Remove patties from pan. Add buns, cut sides down, to pan; grill 1 minute or until toasted.
3. Combine mayonnaise and Sriracha in a small bowl, stirring with a whisk. Spread 1 tablespoon mayonnaise mixture on bottom half of each bun; top each with 1 patty. Divide cilantro sprigs evenly among servings; top with top halves of buns.

SERVES 4 *(serving size: 1 burger)*
CALORIES 329; **FAT** 14.1g (sat 4.2g, mono 6.2g, poly 2.1g); **PROTEIN** 26g; **CARB** 22g; **FIBER** 1g; **CHOL** 69mg; **IRON** 4mg; **SODIUM** 543mg; **CALC** 85mg



Roasted Orange-Fennel Striped Bass

Hands-on: 15 min. Total: 45 min.
Roasting the fish whole keeps it tender and succulent. If you can't find striped bass, you can substitute whole white fish or yellowtail snapper, which are both sustainable options.

- 1 large fennel bulb with stalks
- 2 tablespoons extra-virgin olive oil, divided
- 6 garlic cloves, minced
- ¾ teaspoon kosher salt, divided
- 2 (1¾-pound) whole cleaned striped bass (heads and tails intact)
- 3 tablespoons fresh lemon juice
- ¼ teaspoon freshly ground black pepper
- Cooking spray
- 1 orange, cut into 8 slices

1. Preheat oven to 400°.
2. Remove fronds from fennel bulb; finely chop fronds to measure 1 tablespoon. Remove and discard stalks. Thinly slice fennel bulb. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil; swirl to coat. Add sliced fennel and garlic to pan; sauté 6 minutes or until lightly browned, stirring frequently. Stir in ¼ teaspoon salt. Remove pan from heat; cool 5 minutes.
3. Score skin of each fish with 3 diagonal cuts. Combine remaining 1 tablespoon oil and lemon juice, stirring with a whisk. Rub inside flesh of each fish with half of lemon juice mixture; drizzle outside of each fish with remaining half of lemon juice mixture. Sprinkle inside flesh evenly with remaining ½ teaspoon salt and pepper. Place both fish on a parchment-lined jelly-roll pan coated with cooking spray. Place half of fennel mixture and 4 orange slices inside each fish.
4. Roast at 400° for 30 minutes or until fish flakes easily when tested with a fork; let stand 5 minutes. Sprinkle reserved fennel fronds over fish.

SERVES 4 *(serving size: 6 ounces fish and ⅔ cup fennel mixture)*
CALORIES 271; **FAT** 10.5g (sat 1.8g, mono 5.7g, poly 2g); **PROTEIN** 33g; **CARB** 11g; **FIBER** 3g; **CHOL** 70mg; **IRON** 1mg; **SODIUM** 507mg; **CALC** 70mg



TABLET EXCLUSIVE
More 5-Ingredient Favorites



BLT Pasta

Hands-on: 24 min. Total: 24 min.
We love the look of mezze penne, a smaller version of regular penne, but you can use any short pasta you like. The "lettuce" in this BLT is actually tender baby spinach. You could also substitute peppery arugula or even baby kale.

- 8 ounces uncooked mezze penne pasta
- 6 center-cut bacon slices
- 2 cups grape tomatoes, halved
- ¼ teaspoon kosher salt
- 1 (6-ounce) package baby spinach
- ½ teaspoon freshly ground black pepper
- 1 ounce fresh Romano cheese, finely grated (about ¼ cup)

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. Heat a large nonstick skillet over medium-high heat. Add bacon; cook 6 minutes or until crisp. Remove bacon from pan; crumble. Add tomatoes and salt to drippings in pan; cook 3 minutes or until tomatoes are tender, stirring occasionally. Add spinach and pasta to pan; cook 1 minute or just until spinach begins to wilt, stirring occasionally. Sprinkle pasta with bacon, pepper, and cheese.

SERVES 4 *(serving size: about 1⅔ cups)*
CALORIES 302; **FAT** 5.7g (sat 3.1g, mono 1.9g, poly 0.4g); **PROTEIN** 14g; **CARB** 50g; **FIBER** 5g; **CHOL** 16mg; **IRON** 3mg; **SODIUM** 512mg; **CALC** 137mg

FOOD STYLING: SIMON ANDREWS; PROP STYLING: KAITLYN DU ROSS



Cherry-Port Glazed Pork Loin Roast

Hands-on: 15 min. Total: 45 min.

Port reduces to an intensely fruity, syrupy glaze for the pork loin. You can also omit the port and stir 2 tablespoons unsalted chicken stock into the cherry preserves. Fresh sage or rosemary would work in place of the thyme.

- ¾ cup ruby port
- ½ cup cherry preserves
- 1 teaspoon chopped fresh thyme
- 1 teaspoon garlic powder
- 1¼ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 1 (3-pound) boneless pork loin, trimmed
- 1 tablespoon olive oil
- Cooking spray
- Thyme sprigs (optional)

1. Preheat oven to 425°.
2. Bring port to a boil in a small saucepan over medium-high heat; cook 10 minutes or until reduced to 2 tablespoons. Stir in cherry preserves; cook 45 seconds. Remove pan from heat; stir in chopped thyme.
3. Combine garlic powder, salt, and pepper in a small bowl. Rub spice mixture evenly over pork. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add pork to pan; cook 8 minutes, turning to brown on all sides.
4. Place pork on a jelly-roll pan coated with cooking spray. Roast at 425° for 20 minutes. Brush pork with half of port mixture; roast at 425° for 5 minutes or until a thermometer registers 135°. Remove pork from oven; brush with remaining half of port mixture. Let stand 10 minutes before cutting into slices. Top with thyme sprigs, if desired.

SERVES 12 *(serving size: 3 ounces pork)*
CALORIES 191; **FAT** 7g (sat 1.9g, mono 2.9g, poly 0.8g); **PROTEIN** 21g; **CARB** 9g; **FIBER** 0g; **CHOL** 66mg; **IRON** 1mg; **SODIUM** 245mg; **CALC** 20mg



Asparagus, Ricotta, and Egg Pizza

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

STAFF FAVE *Arranging the dough on a hot pizza stone or skillet will get the crust nice and crisp. Keep an eye on the pizza after you add the eggs so they don't overcook.*

- 12 ounces refrigerated fresh pizza dough
- ⅔ cup part-skim ricotta cheese
- ⅛ teaspoon kosher salt
- 1½ cups asparagus, trimmed and cut into 1-inch pieces
- 2 teaspoons extra-virgin olive oil
- 4 large eggs
- ¼ teaspoon freshly ground black pepper
- 1 ounce Parmesan cheese, grated (about ¼ cup)

1. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500° (keep pizza stone or baking sheet in oven as it preheats).
2. Let dough stand at room temperature for 30 minutes.
3. Combine ricotta and salt in a small bowl.
4. Roll dough into an 11-inch circle on a floured surface. Carefully remove pizza stone from oven. Arrange dough on pizza stone. Spread ricotta mixture over dough, leaving a ½-inch border. Combine asparagus and oil in a bowl. Top ricotta mixture with asparagus mixture, gently pressing asparagus into ricotta. Bake at 500° for 5 minutes.
5. Crack eggs over top of pizza (do not remove pizza from oven). Bake 4 minutes or until whites are set. Sprinkle with pepper and Parmesan. Cut into 8 slices.

SERVES 4 *(serving size: 2 slices)*
CALORIES 402; **FAT** 13.9g (sat 5.2g, mono 5.9g, poly 1.8g); **PROTEIN** 22g; **CARB** 44g; **FIBER** 7g; **CHOL** 205mg; **IRON** 3mg; **SODIUM** 657mg; **CALC** 232mg



Mesquite-Smoked Beer Can Chicken

Hands-on: 45 min.
Total: 2 hr. 30 min.

If using a charcoal grill, heap lit coals to the right side of the grill and add chips directly to the coals. Place chicken on left side of grill rack. Add additional charcoal to the fire as needed during grilling.

- 2 cups mesquite wood chips
- 1 (4-pound) whole chicken
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 2 teaspoons brown sugar
- 1 teaspoon ground cumin
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 (12-ounce) can beer

1. Soak wood chips in water for 30 minutes; drain well.
2. Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on). Pierce the bottom of an aluminum foil pan liberally with the tip of a knife. Place pan on heat element on heated side of grill; add wood chips to pan.
3. Remove giblets and neck from chicken, and discard. Starting at the neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
4. Combine oil and next 5 ingredients (through black pepper) in a bowl. Rub spice mixture under loosened skin and over drumsticks and breasts; let stand 20 minutes.
5. Discard 6 ounces beer from can. Holding chicken upright with the body cavity facing down, insert beer can into cavity. Place chicken, upright, on grill rack covering left burner, spreading legs out to form a tripod. Cover and grill 1½ hours or until a thermometer inserted in thigh registers 165°. Place chicken and can on cutting board; let stand 10 minutes. Discard can and skin.

SERVES 4 *(serving size: 5 ounces chicken)*
CALORIES 375; **FAT** 16.6g (sat 4.1g, mono 7.1g, poly 3.4g); **PROTEIN** 51g; **CARB** 3g; **FIBER** 1g; **CHOL** 155mg; **IRON** 3mg; **SODIUM** 533mg; **CALC** 37mg

—Additional recipe by Deb Wise

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



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fast

Spicy Flank Steak Tacos with Watermelon Salsa: *Make taco night quicker and more delicious all at once.* *Recipe p. 130*

super simple

GRILLING

The grill is the healthy cook's tool of choice for low-fat, high-flavor food. These delightful dishes come together in a snap, and a little smoke and char make them shine.

PHOTOGRAPHY BY **HECTOR SANCHEZ** / RECIPES BY **THE *CL* STAFF**



easy

Jerk Chicken with Grilled Pineapple Salsa: *Boldly flavored meat in a fraction of the time it takes traditional recipes by skipping the daylong marinade. Grilled fruit salsa is the ideal cool complement.* *Recipe p. 130*



complete

Grilled Shrimp and Summer Vegetables with Buttermilk Dressing: *A full meal from the grill in half an hour. Recipe p. 128*

foolproof

Cedar Plank Salmon with Tomato Salsa: *Plank-grilling cooks the season's biggest-flavored wild catch to perfection. Recipe p. 128*



SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!

SEE PAGE 6



HERBACEOUS GRILLED PORK TENDERLOIN

Hands-on: 15 min. Total: 45 min.

Serve with grilled zucchini ribbons, cherry tomatoes, and baguette slices.

- 3 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh thyme
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon black pepper
- 1 (1-pound) pork tenderloin, trimmed
- ½ teaspoon kosher salt
- Cooking spray

1. Preheat grill to medium-high heat.
2. Combine first 6 ingredients in a large zip-top plastic bag. Add pork to bag, turning to coat well. Let stand at room temperature for 20 minutes.
3. Remove pork from bag, and discard marinade. Sprinkle pork evenly with kosher salt. Place pork on grill rack coated with cooking spray, and grill 20 minutes or until a thermometer registers 140°. Remove pork from grill; let stand 5 minutes. Thinly slice.

SERVES 4 *(serving size: about 3 ounces pork)*
CALORIES 144; **FAT** 4.6g (sat 1g, mono 2.1g, poly 0.6g); **PROTEIN** 24g; **CARB** 0g; **FIBER** 0g; **CHOL** 74mg; **IRON** 1mg; **SODIUM** 300mg; **CALC** 8mg



CEDAR PLANK SALMON WITH TOMATO SALSA

Hands-on: 30 min. Total: 40 min.

Serve on a bed of couscous.

- 1 (18-inch) cedar plank
- 1 poblano chile, seeded and halved
- 1 jalapeño pepper, seeded and halved
- 1 small red onion, cut into (½-inch-thick) slices
- Cooking spray
- 2 cups chopped seeded heirloom tomato
- 3 tablespoons chopped fresh cilantro
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 diced peeled avocado
- 1 lime, divided
- 4 (6-ounce) sustainable skinless salmon fillets

1. Soak plank in water for 25 minutes.
2. Preheat grill to medium-high heat.
3. Place poblano, jalapeño, and onion on grill rack coated with cooking spray; grill 10 minutes, turning occasionally. Remove from grill; cool. Coarsely chop poblano and onion; finely chop jalapeño. Combine peppers, onion, tomato, cilantro, ¼ teaspoon salt, ¼ teaspoon pepper, avocado, and juice from half of lime.
4. Sprinkle salmon with remaining ¼ teaspoon salt and remaining ¼ teaspoon black pepper. Place plank on grill rack; grill 3 minutes or until lightly charred. Turn plank over; place fish on charred side. Cover; grill 8 minutes or until desired degree of doneness. Cut remaining lime half into 4 wedges. Top each fillet with ½ cup tomato salsa. Serve with lime wedges.

SERVES 4
CALORIES 386; **FAT** 20.7g (sat 4.2g, mono 10.6g, poly 4.2g); **PROTEIN** 38g; **CARB** 12g; **FIBER** 6g; **CHOL** 87mg; **IRON** 1mg; **SODIUM** 330mg; **CALC** 48mg



GRILLED SHRIMP AND SUMMER VEGETABLES WITH BUTTERMILK DRESSING

Hands-on: 32 min. Total: 32 min.

- 3 tablespoons buttermilk
- 2 tablespoons canola mayonnaise
- 7 teaspoons extra-virgin olive oil, divided
- 3 tablespoons minced fresh chives, divided
- 1 tablespoon chopped fresh dill
- 1 teaspoon cider vinegar
- 1 teaspoon freshly ground black pepper, divided
- ¾ teaspoon kosher salt, divided
- 1 teaspoon honey
- 16 large shrimp, peeled and deveined (about 1 pound)
- 20 large okra pods
- 2 ears corn, shucked
- Cooking spray
- 12 slices medium heirloom tomato

1. Preheat grill to high heat.
2. Combine buttermilk, mayonnaise, 2 tablespoons oil, 2 tablespoons chives, dill, vinegar, ½ teaspoon pepper, and ¼ teaspoon salt in a bowl, stirring with a whisk.
3. Combine remaining 1 teaspoon oil, honey, and shrimp in a small bowl; toss to coat. Thread shrimp onto 4 (6-inch) skewers. Thread okra pods onto 4 (6-inch) skewers. Lightly coat shrimp, okra, and corn with cooking spray. Place shrimp, okra, and corn on grill rack coated with cooking spray. Grill corn 14 minutes, turning occasionally. Grill okra 4 minutes on each side. Grill shrimp 3 minutes on each side or until done. Cut corn crosswise into 8 pieces.
4. Place tomatoes on a large platter; sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Arrange shrimp, okra, and corn over tomatoes. Drizzle with dressing; sprinkle with remaining chives, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper.

SERVES 4 *(serving size: 4 shrimp, 5 okra pods, 3 tomato slices, 2 corn pieces, and about 2 tablespoons dressing)*
CALORIES 262; **FAT** 12.7g (sat 3g, mono 7.5g, poly 2.1g); **PROTEIN** 19g; **CARB** 20g; **FIBER** 4g; **CHOL** 144mg; **IRON** 1mg; **SODIUM** 609mg; **CALC** 135mg

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: GINNY BRANCH

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SPICY FLANK STEAK TACOS WITH WATERMELON SALSA

Hands-on: 28 min. Total: 38 min.

The three-pepper spice rub gives the steak wonderful complexity.

- 5/8 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon ground red pepper
- 1 (1-pound) flank steak, trimmed and halved lengthwise
- Cooking spray
- 8 green onions, roots trimmed
- 2 cups finely chopped fresh watermelon
- 2 tablespoons chopped fresh mint
- 2 tablespoons fresh lime juice
- 2 teaspoons olive oil
- 1 serrano chile, seeded and chopped
- 8 (6-inch) corn tortillas
- 2 ounces feta cheese, crumbled (about 1/2 cup)

1. Preheat grill to medium-high heat.

2. Combine 1/2 teaspoon salt, black pepper, white pepper, and red pepper in a small bowl. Score steak with a sharp knife in a diamond pattern on both sides (1/4 inch deep). Lightly coat steak with cooking spray; sprinkle steak evenly with pepper mixture. Arrange steak on a grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Let stand 5 minutes; cut steak across the grain into thin slices.

3. Arrange green onions on grill rack coated with cooking spray; grill 3 minutes or until slightly charred and tender.

4. Combine watermelon, mint, juice, oil, chile, and remaining 1/8 teaspoon salt in a medium bowl.

5. Place tortillas on grill rack coated with cooking spray; grill 1 minute on each side or until lightly charred. Arrange onions down the center of each tortilla; divide steak, salsa, and cheese evenly among tortillas.

SERVES 4 *(serving size: 2 tacos)*
CALORIES 335; **FAT** 12.8g (sat 4.8g, mono 4.6g, poly 1.1g); **PROTEIN** 30g; **CARB** 28g; **FIBER** 3g; **CHOL** 83mg; **IRON** 3mg; **SODIUM** 537mg; **CALC** 152mg

TOOL TIP



The iGrill² Bluetooth Smart meat thermometer lets you check temps via your smartphone from 150 feet away. It may be the best grill tool innovation since extra-long tongs. *$100,* **idevicesinc.com**

Jamaican spice rub with balance: warm spices, fragrant herbs, addictively fiery heat



JERK CHICKEN WITH GRILLED PINEAPPLE SALSA

Hands-on: 37 min.
Total: 1 hr. 57 min.

Traditional jerk recipes have you marinate the meat for a day or more. This dish lends huge flavor to the chicken with just an hour-long marinade.

- 1 1/3 cups sliced green onions, divided
- 3 tablespoons fresh lime juice, divided
- 2 1/2 tablespoons olive oil, divided
- 2 tablespoons dark brown sugar
- 1 tablespoon fresh thyme leaves
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon minced peeled fresh ginger
- 1 1/4 teaspoons ground allspice
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, crushed
- 2 bay leaves, finely crumbled
- 1 small habanero pepper, chopped
- 4 (6-ounce) skinless, boneless chicken breast halves
- 2 (1-inch) slices fresh pineapple
- Cooking spray
- 1/2 cup diced red bell pepper
- 3/4 teaspoon kosher salt, divided

1. Place 1 cup sliced onions, 2 tablespoons lime juice, 2 tablespoons olive oil, sugar, and next 8 ingredients (through habanero pepper) in a mini food processor; process until almost smooth. Pour mixture into a large zip-top plastic bag. Add chicken to bag; seal bag. Marinate in refrigerator 1 hour, turning occasionally.

2. Preheat grill to medium-high heat.

3. Remove chicken from bag; discard marinade. Let chicken stand at room temperature 20 minutes.

4. Place pineapple on grill rack coated with cooking spray; grill pineapple 6 minutes, turning once. Cool 5 minutes. Chop pineapple; place in a medium bowl. Add remaining 1/3 cup onions, remaining 1 tablespoon lime juice, remaining 1 1/2 teaspoons oil, bell pepper, and 1/4 teaspoon salt; toss to combine.

5. Sprinkle chicken with remaining 1/2 teaspoon salt. Place chicken on grill rack; grill chicken 5 minutes on each side or until done. Remove chicken from grill; let stand 5 minutes. Cut chicken into slices. Serve with pineapple salsa.

SERVES 4 *(serving size: 1 breast half and about 1/4 cup salsa)*
CALORIES 268; **FAT** 8.1g (sat 1.5g, mono 3.8g, poly 1.1g); **PROTEIN** 37g; **CARB** 11g; **FIBER** 2g; **CHOL** 109mg; **IRON** 1mg; **SODIUM** 595mg; **CALC** 33mg

PHOTOGRAPHY: (THERMOMETER) RANDY MAYOR. IPHONE IS A TRADEMARK OF APPLE INC., REGISTERED IN THE U.S. AND OTHER COUNTRIES.



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Secrets, Tips, and Recipes from America's Healthy-Cooking Experts

FRESH RIGHT NOW



Yellow Wax Beans

These pale pole beans have a character all their own.

BY CHERYL SLOCUM

Some may tell you yellow wax beans taste just like green beans—heresy! Their unique grassy flavor is one of summer's distinct delights. Plus, these translucent, supersmooth pods need no stringing. In our salad (next page), their flavor is mild but doesn't disappear against peppery radishes, pungent blue cheese, salty bacon, or tangy buttermilk dressing.

These beans are at their peak from midsummer through early September. Choose firm, uniformly yellow pods with small beans inside—bulging beans are too mature and will be tough.

TURN THE PAGE FOR RECIPE

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: LINDSEY LOWER

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fresh right now

Dunk blanched beans in cold water so they don't overcook. But no soaking: They'll get soggy.



SIP THIS

Prairie's refreshing cucumber vodka tastes great over ice. Try adding a splash to salad dressing, too.



GO VEG

Ditch the bacon and crumble in smoked blue cheese in place of regular. You'll get meat-free smoked flavor.

WAX BEAN AND RADISH SALAD WITH CREAMY PARSLEY DRESSING

Hands-on: 18 min.
Total: 18 min.

Here is a salad that will hold, creamy buttermilk dressing and all, for several hours, so it's a great make-ahead or take-to-picnic dish. Just sprinkle the blue cheese and bacon on right before serving.

- ¼ cup low-fat buttermilk
- ¼ cup plain 2% reduced-fat Greek yogurt
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1½ tablespoons fresh lemon juice
- 1 tablespoon finely chopped shallots
- 1½ teaspoons Dijon mustard
- ¼ teaspoon kosher salt
- 8 cups water
- 1 pound fresh yellow wax beans
- 1 cup thinly sliced radishes
- 1 tablespoon extra-virgin olive oil
- 1 ounce crumbled blue cheese (about ¼ cup)
- ¼ teaspoon freshly ground black pepper
- 3 center-cut bacon slices, cooked, drained, and crumbled

1. Combine first 7 ingredients in a small bowl.

2. Bring 8 cups water to a boil in a large saucepan. Add wax beans; cook 5 minutes or until crisp-tender. Drain and plunge into ice water; drain. Combine beans, radishes, and oil in a large bowl; toss to coat. Place bean mixture on a serving platter; drizzle with buttermilk dressing. Top with cheese, pepper, and bacon.

SERVES 6 *(serving size: about 1 cup bean mixture and 1½ tablespoons dressing)*
CALORIES 89; **FAT** 4.9g (sat 1.6g, mono 2g, poly 0.3g); **PROTEIN** 5g; **CARB** 8g; **FIBER** 3g; **CHOL** 8mg; **IRON** 1mg; **SODIUM** 244mg; **CALC** 76mg

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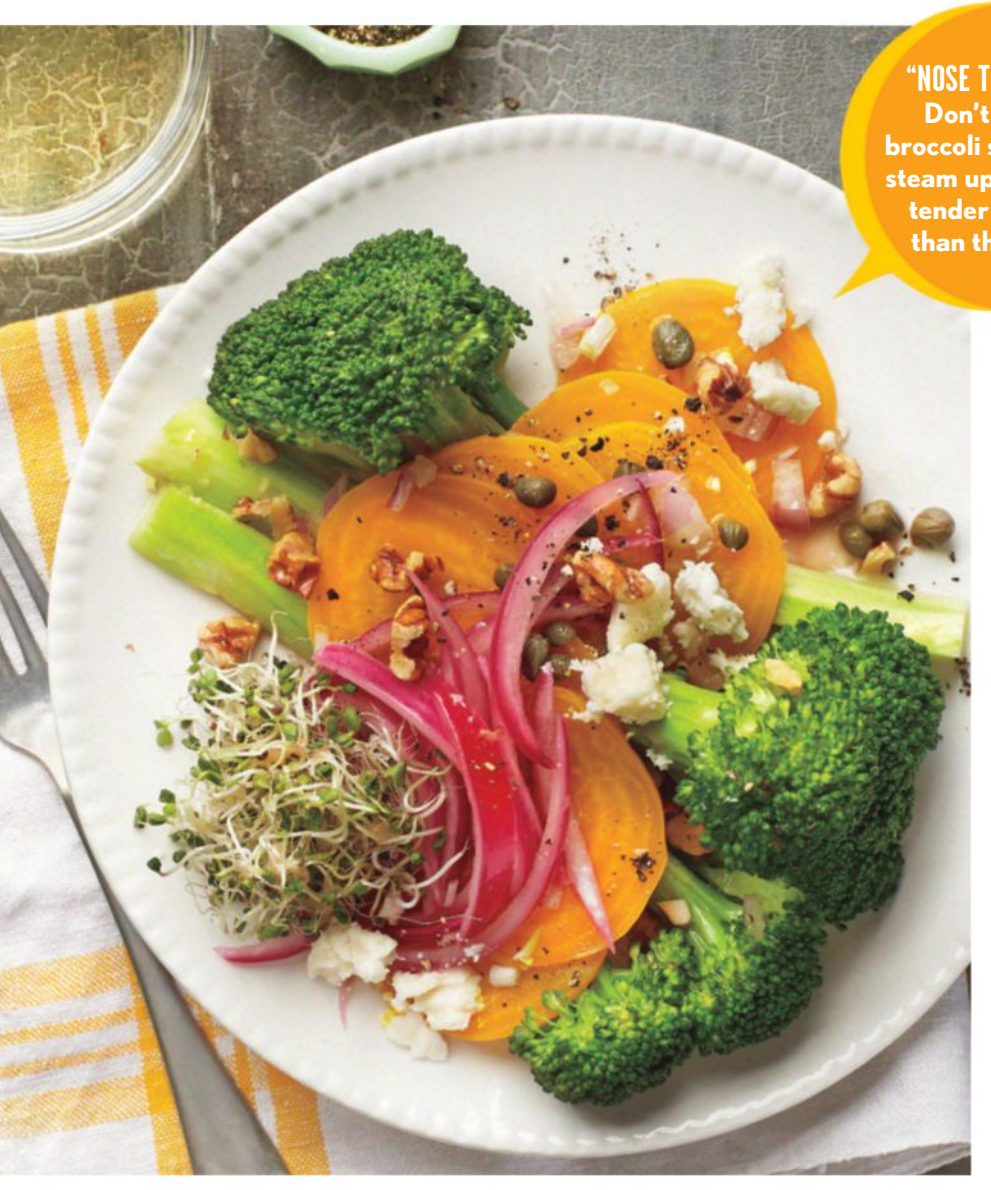
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meatless mondays

Creamy, Crunchy, Juicy, Crisp

Pickled onions, feta, and capers add bright, briny pop to an earthy beet and broccoli salad.



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Don't toss the broccoli stalks. They steam up even more tender and juicy than the florets.

BROCCOLI, BEET, AND PICKLED ONION SALAD

Hands-on: 30 min. Total: 40 min.
Steam the broccoli while you are cooling and peeling the beets. Look for beets that are about 2 inches in diameter to match our steaming cook time.

Vinaigrette:
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon diced shallots
- 1 teaspoon Dijon mustard
- 1/8 teaspoon kosher salt

Salad:
- 1 cup thinly vertically sliced red onion
- 1/2 cup cider vinegar
- 1/4 teaspoon kosher salt, divided
- 4 golden beets, trimmed (about 1 pound)
- 1 pound broccoli with stalks
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped walnuts, toasted
- 1/4 cup broccoli sprouts
- 1 tablespoon capers, rinsed and drained
- 2 ounces feta cheese, crumbled (about 1/2 cup)

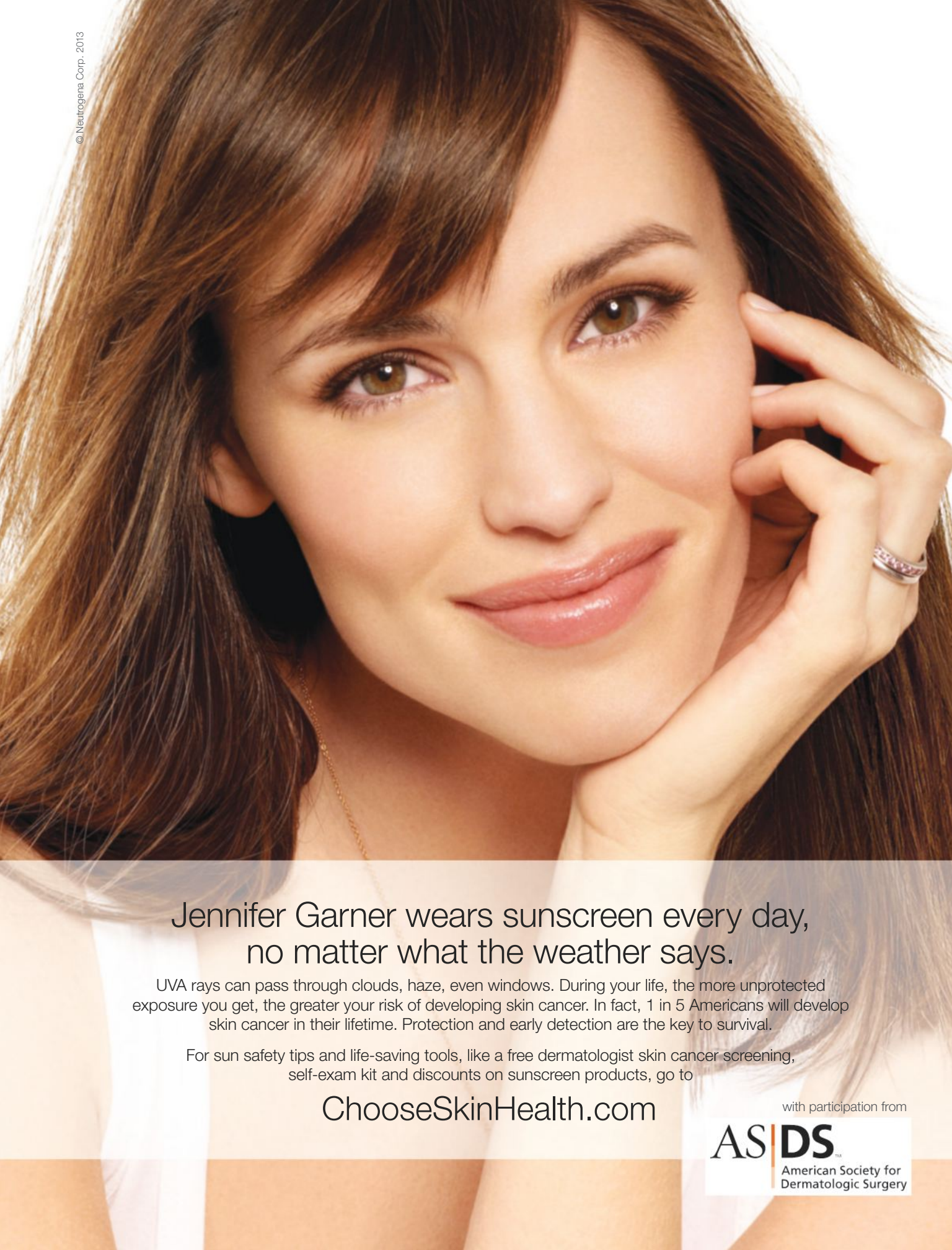
1. To prepare vinaigrette, combine first 5 ingredients in a small bowl, stirring well with a whisk.
2. To prepare salad, combine onion, cider vinegar, and 1/8 teaspoon salt in a zip-top plastic bag. Let stand 30 minutes. Drain.
3. Steam beets, covered, 35 minutes or until tender. Rinse under cold water. Drain; peel and cut into 1/4-inch-thick slices. Combine 2 tablespoons vinaigrette and beets, tossing to coat.
4. Peel broccoli stalks; cut into quarters lengthwise. Steam broccoli, covered, 8 minutes or until crisp-tender. Combine remaining vinaigrette, broccoli, remaining 1/8 teaspoon salt, and pepper in a bowl; toss to coat.
5. Divide broccoli evenly among 4 plates. Top evenly with beets and onions. Sprinkle with walnuts, sprouts, capers, and cheese.

SERVES 4 *(serving size: about 1 beet, 3 pieces broccoli, 3 tablespoons onion, 1/2 teaspoon capers, 2 tablespoons cheese, 1 tablespoon nuts, and 1 tablespoon sprouts)*
CALORIES 251; **FAT** 15.3g (sat 3.6g, mono 6.3g, poly 4.4g); **PROTEIN** 9g; **CARB** 24g; **FIBER** 7g; **CHOL** 13mg; **IRON** 2mg; **SODIUM** 531mg; **CALC** 159mg

—Recipe by Deborah Madison

PHOTOGRAPHY: RYAN DAUSCH; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

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budget cooking

Feed 4 for Less Than $10

Sweet caramelized onions form a creamy pizza "sauce." Intense spices make chicken kickin'.



CARAMELIZED ONION AND OLIVE PIZZA WITH GOAT CHEESE

Hands-on: 35 min. Total: 59 min.

Peppery arugula dressed with lemon vinaigrette complements this rich pizza. Toss 4 cups arugula, 1 cup rinsed and drained unsalted canned chickpeas, and 1 shaved carrot with 1 tablespoon extra-virgin olive oil, 1½ tablespoons lemon juice, and ⅛ teaspoon each of salt and pepper.

- 12 ounces refrigerated fresh pizza dough
- 4 teaspoons olive oil, divided
- 2 cups vertically sliced yellow onion
- 1 cup vertically sliced red onion
- 1 cup vertically sliced white onion
- 2 tablespoons thinly sliced garlic
- ¾ teaspoon dried thyme
- 1 tablespoon white wine vinegar
- 1½ ounces Castelvetrano olives, chopped
- 1½ ounces goat cheese, crumbled
- ½ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt

1. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450° (keep pizza stone or baking sheet in oven as it preheats).

2. Let dough stand at room temperature for 30 minutes.

3. Heat a large nonstick skillet over medium-low heat. Add 2 teaspoons oil; swirl to coat. Add onions, garlic, and thyme; cook 25 minutes or until onions are very soft and browned, stirring occasionally. Stir in vinegar.

4. Place dough on a floured surface; roll into a 14-inch circle. Pierce entire surface liberally with a fork. Remove pizza stone from oven. Place dough on pizza stone. Spread remaining 2 teaspoons oil over dough. Spread onion mixture and olives evenly over dough. Sprinkle with cheese, pepper, and salt. Bake at 450° for 15 minutes or until crust is browned. Cut into 8 slices.

SERVES 4 *(serving size: 2 slices)*
CALORIES 363; **FAT** 11.1g (sat 2.9g, mono 4.9g, poly 1g); **PROTEIN** 11g; **CARB** 52g; **FIBER** 8g; **CHOL** 8mg; **IRON** 2mg; **SODIUM** 697mg; **CALC** 71mg

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES

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A Settlement of two class actions has been reached with Dakota Growers, the maker of Dreamfields Pasta. The lawsuits claim advertisements and packaging for Dreamfields Pasta are misleading. Dakota Growers denies these claims.

Who's included?

Generally, the Settlement includes anyone who purchased Dreamfields Pasta with a label that referred to "glycemic index" or "digestible carbs," in the United States between February 2004 and July 1, 2014.

What does the Settlement provide?

The $5,000,000 cash Settlement will cover:

Online Purchases: Receive an automatic payment for online Dreamfields Pasta purchases, of $1.99 per box, if you received a settlement notice by email. There is no limit on the number of boxes.

Purchases Made in the Store: File a claim to receive $1.99 for each box of Dreamfields Pasta you purchased in a store (up to 15 boxes per household).

Other Costs: Payment of notice and administration costs.

Any money remaining in the Settlement after payment of claims and costs will be donated to the American Diabetes Association.

Changes to Packaging: Dakota Growers agrees to remove statements referring to "glycemic index" or "digestible carbs" from the packaging of Dreamfields Pasta for one year.

How can I get a payment?

File a claim online at www.Dreamfields Settlement.com or by mail by **September 1, 2014**.

What are my rights?

Even if you do nothing you will be bound by the Court's decisions. If you want to keep your right to sue Dakota Growers yourself, you must exclude yourself from the Class by **September 1, 2014**. If you stay in the Class, you may object to the Settlement by **September 1, 2014**. For instructions on how to exclude yourself from the Class or object to the Settlement, please see www.DreamfieldsSettlement.com or call 1-866-430-6382.

The Court will hold a hearing on **September 24, 2014** to consider whether to approve the Settlement, and a request for attorneys' fees and expenses up to $2,920,000, which would include an incentive award for the five plaintiffs named in the lawsuits in an amount not to exceed $20,000 in total. The attorneys' fees, expenses, and incentive award will be paid separately by Dakota Growers and will not reduce payments to Class Members. You or your own lawyer may appear at the hearing at your own expense.

For more information or a Claim Form:
www.DreamfieldsSettlement.com
or 1-866-430-6382

TEST KITCHEN CONFIDENTIAL

budget cooking

Boldly spiced, so it tastes great cold, too.

SPICED CHICKEN THIGHS AND PARSLEY COUSCOUS

Hands-on: 30 min.
Total: 55 min.

Sip on a cool glass of ginger lemonade for just 32 cents per serving: Bring 4 cups water and 1/3 cup sliced fresh ginger to a boil in a medium saucepan; remove from heat. Steep 30 minutes. Strain; discard solids. Mix the liquid with the juice of 2 large lemons and 3 tablespoons honey. Serve over ice.

- 2 teaspoons ground cumin
- 2 teaspoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon ground ginger
- ¾ teaspoon kosher salt, divided
- ½ teaspoon crushed red pepper
- ½ teaspoon grated lemon rind
- ¼ teaspoon freshly ground black pepper
- 8 bone-in chicken thighs, trimmed and skinned (about 2½ pounds)
- 1½ tablespoons canola oil, divided
- ⅔ cup uncooked couscous
- 2 teaspoons minced garlic
- ¾ cup unsalted chicken stock
- ¼ cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh lemon juice

1. Preheat oven to 425°.

2. Combine cumin, sugar, chili powder, ginger, ½ teaspoon salt, red pepper, lemon rind, and black pepper in a small bowl; rub spice mixture over both sides of chicken. Heat a large ovenproof skillet or cast-iron pan over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan, placing it skin side down; cook 5 minutes on each side or until chicken is browned. (If necessary, work in batches to avoid overcrowding the pan.) Transfer pan to oven. Bake chicken at 425° for 14 minutes or until done. Remove chicken from pan; let stand 10 minutes before serving.

3. While chicken rests, heat a small saucepan over medium-high heat. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add couscous and garlic to pan; cook 2 minutes or until toasted and fragrant, stirring frequently. Carefully stir in remaining ¼ teaspoon salt and chicken stock. Bring liquid to a boil. Remove from heat; cover and let stand 4 minutes (avoid opening the lid). Fluff couscous with a fork, and stir in parsley and lemon juice.

SERVES 4 *(serving size: 2 thighs and about 1/2 cup couscous)*
CALORIES 468; **FAT** 19.3g (sat 4.2g, mono 8.9g, poly 4.3g); **PROTEIN** 44g; **CARB** 27g; **FIBER** 2g; **CHOL** 219mg; **IRON** 3mg; **SODIUM** 544mg; **CALC** 48mg

—Recipes by David Bonom and Emily Hall



$2.49 PER SERVING

WHAT IS BUDGET COOKING?

Prices are derived from midsized-city supermarkets. Side dishes mentioned in recipe notes are included in the cost of the meal. For specialty or highly perishable ingredients, like some Asian sauces or fresh herbs, we account for the entire cost of the ingredient. For staples and other ingredients, we include the cost for only the amount used. Salt, pepper, and cooking spray are freebies.

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– Rachel

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TEST KITCHEN CONFIDENTIAL

kid *in the* kitchen

Crispy Fish Sticks

A fun twist on a top kid fave gets raves from Matisse and friends.



MATISSE REID IS A KID WHO COOKS FOR FRIENDS AND FAMILY
AGE: 13



Once the outer crust is golden, the fish will be nicely done inside.

CRUNCH!

"Today I made crispy fish sticks. These are in no way similar to the boring store-bought kind. The fish is coated in cornflakes for extra crunch, which you don't usually get from regular breadcrumbs. We used tilapia for this recipe, but you could probably use any kind of firm white fish—just make sure to buy it the day you plan to cook so it's really fresh. I cut mine into bite-sized nuggets, but you can also use whole fillets or strips. The ketchup was a nice change from the tartar sauce I would normally have with fish. We used it on barbecue chicken a few days later. I also think it would go well on a burger. This was a hit with my friends and family, and I hope it is with yours, too!"

TURN THE PAGE FOR RECIPE

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: LINDSEY LOWER. PORTRAIT: ANDREW KAHL

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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TEST KITCHEN CONFIDENTIAL

kid *in the* kitchen

> Any ketchup-loving kid will enjoy the tangy addition of pineapple in the sauce.

HOT TIP

As they age, jalapeños get hotter and develop scars. Pick those for more fire.



CRISPY FISH STICKS WITH PINEAPPLE KETCHUP

Hands-on: 10 min. Total: 25 min.

If you don't have a baking rack, line a baking sheet with foil and coat with cooking spray. Increase baking time by 2 minutes, and turn the fillets after 7 minutes.

- Cooking spray
- 2 cups cornflakes
- 1 teaspoon grated lemon rind
- 1 teaspoon freshly ground black pepper, divided
- 1 tablespoon fresh lemon juice
- 1 large egg
- 1 pound tilapia fillets, cut into 4 x 1–inch pieces (about 12 pieces)
- ¼ teaspoon kosher salt
- ½ cup cubed fresh pineapple
- ⅓ cup reduced-sugar ketchup (such as Heinz)
- 1 teaspoon lower-sodium soy sauce

1. Preheat oven to 425°.

2. Place a wire rack on a large baking sheet. Coat rack with cooking spray. Place cereal in a large zip-top bag; roll with a rolling pin until crushed. Place crushed cereal, rind, and ¼ teaspoon pepper in a shallow dish. Combine juice and egg in a shallow dish, stirring with a whisk.

3. Sprinkle fish evenly with ¼ teaspoon pepper and salt. Dip fish in egg mixture; dredge in cereal mixture. Arrange fish on prepared rack; bake at 425° for 12 minutes or until fish flakes easily when tested with a fork.

4. Combine remaining ½ teaspoon pepper, pineapple, ketchup, and soy sauce in the bowl of a mini food processor; process until smooth. Serve ketchup mixture with fish sticks.

SERVES 4 *(serving size: about 3 fish sticks and 2 tablespoons ketchup mixture)*
CALORIES 204; **FAT** 3.3g (sat 1.1g, mono 1g, poly 0.7g); **PROTEIN** 26g; **CARB** 18g; **FIBER** 2g; **CHOL** 103mg; **IRON** 1mg; **SODIUM** 533mg; **CALC** 24mg

–Recipe by Christine Burns Rudalevige

THE VERDICT

BETHANY (AGE 13)
She loves pineapple and thought the ketchup was a great addition.
★★★★★★★★★★

MANDY (AGE 12)
She said, "The cornflake crust was really good!"
★★★★★★★★★★

MATISSE (AGE 13)
The fish was amazing. I enjoyed the crunch of the cornflakes and the hit of lemon from the rind.
★★★★★★★★★★

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

THE DISH

sites, bites & more!

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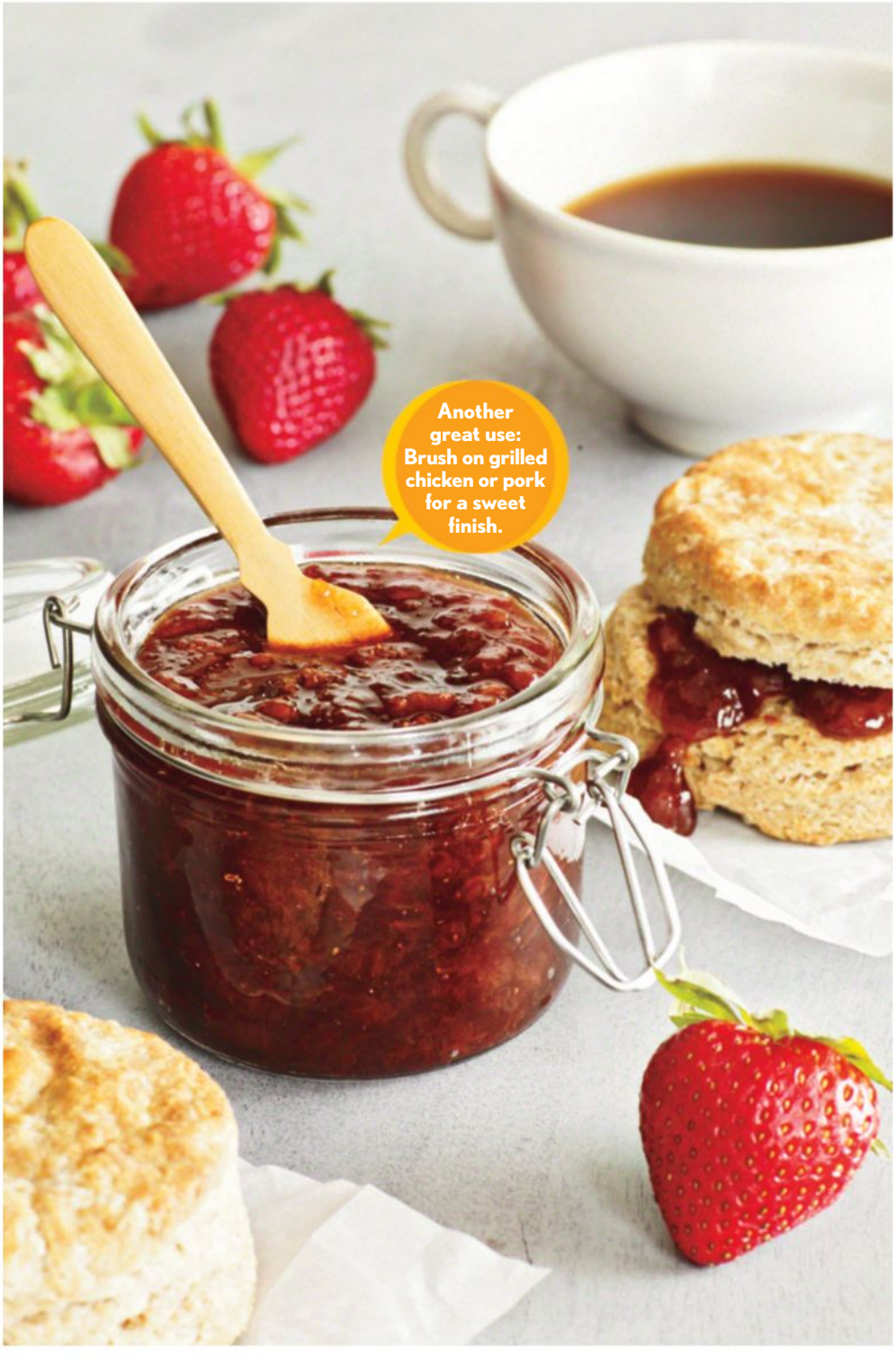
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TEST KITCHEN CONFIDENTIAL

slow cooker

Hands-Free Jam

Make peak-of-the-season preserves without even stirring. A slow cooker makes it possible.



STRAWBERRY-RIESLING JAM

Hands-on: 20 min.
Total: 21 hr. 20 min.

- 2 pounds very ripe hulled strawberries
- 1 cup sugar
- ½ cup riesling wine
- 1 medium peeled Macintosh apple, grated
- 1 (1.75-ounce) box Sure-Jell fruit pectin for less- or no-sugar recipes*
- 1 rosemary sprig

1. Combine first 5 ingredients in a 6-quart electric slow cooker. Cover and cook on LOW for 8 hours. **2.** Mash the fruit to a chunky puree with a potato masher. Increase heat to HIGH; cook, uncovered, 4 hours. Turn off heat, and nestle rosemary sprig into fruit mixture; let stand 1 hour. Remove and discard rosemary sprig and any loose needles. Place jam in a bowl; cover and chill 8 hours. Store, refrigerated, for up to 3 weeks.

SERVES 26 *(serving size: 2 tablespoons)*
CALORIES 53; **FAT** 0.1g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 0g; **CARB** 13g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 4mg; **CALC** 6mg

—Recipe by Cheryl Slocum

** A number of manufacturers make pectin for low-sugar recipes; depending on the brand, you may need to use more or less than we call for. Read the instructions on the package, and use the recommended amount for the quantity of fruit being used.*

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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TEST KITCHEN CONFIDENTIAL

quick tricks

6 Snazzy Salsas

Not just for chips, these salsas dress up fish or chicken and give rice and grains pizzazz.



1 SMOKY BLACK BEAN AND MANGO

Combine 1 (15-ounce) can unsalted black beans, rinsed and drained; 3/4 cup chopped mango; 1/2 cup chopped seeded tomato; 1/4 cup chopped red bell pepper; 1/4 cup finely chopped red onion; 3 tablespoons chopped cilantro; 2 tablespoons lime juice; 1 tablespoon olive oil; 1 teaspoon minced chipotle chile in adobo sauce; 1 teaspoon adobo sauce; and 1/4 teaspoon kosher salt.

SERVES 10 *(serving size: 1/4 cup)*
CALORIES 45; **FAT** 1.5g (sat 0.2g); **SODIUM** 63mg

2 SALSA VERDE

Combine 2 1/2 cups chopped tomatillos, 1/3 cup chopped white onion, 1/4 cup chopped cilantro, 2 tablespoons lime juice, 1 tablespoon olive oil, 1/4 teaspoon kosher salt, 2 garlic cloves, and 1 chopped seeded serrano chile in a food processor; **pulse** to finely chop.

SERVES 8 *(serving size: 1/4 cup)*
CALORIES 75; **FAT** 3.5g (sat 0.5g); **SODIUM** 62mg

3 CHUNKY STRAWBERRY-AVOCADO

Combine 1 1/2 cups quartered ripe strawberries, 2/3 cup chopped radish, 1/2 cup chopped green onions, 1 tablespoon white balsamic vinegar, 1/4 teaspoon kosher salt, and 1 diced ripe avocado.

SERVES 12 *(serving size: 1/4 cup)*
CALORIES 37; **FAT** 2.5g (sat 0.4g); **SODIUM** 44mg

4 GOLDEN PICO DE GALLO

Combine 2 cups chopped seeded yellow tomato, 1 cup chopped orange bell pepper, 3/4 cup chopped peeled cucumber, 1/2 cup minced onion, 3 tablespoons chopped hot pickled banana pepper, 2 tablespoons chopped cilantro, 1/4 teaspoon kosher salt, 1/4 teaspoon black pepper, and juice of 1/2 lime.

SERVES 12 *(serving size: 1/4 cup)*
CALORIES 14; **FAT** 0.1g (sat 0g); **SODIUM** 129mg

5 SUMMER SQUASH AND ZUCCHINI

Sauté 1 1/2 cups diced zucchini, 1 1/2 cups diced yellow squash, 2 tablespoons minced shallots, and 1 tablespoon olive oil in a skillet over medium-high heat 2 minutes. **Combine** squash mixture, 1/2 cup chopped green onions, 1/4 cup chopped walnuts, 1 teaspoon grated lemon rind, 2 tablespoons lemon juice, 1 teaspoon chopped tarragon, and 1/4 teaspoon kosher salt. **Cool** slightly.

SERVES 12 *(serving size: 1/4 cup)*
CALORIES 38; **FAT** 2.8g (sat 0.3g); **SODIUM** 44mg

6 RED ONION, OLIVE & FETA

Preheat broiler. **Cut** 2 large red onions crosswise into 1/4-inch-thick slices; **arrange** in a single layer on a baking sheet coated with cooking spray. **Coat** onions lightly with cooking spray. **Broil** 4 minutes on each side or until onions begin to brown; **cool** to room temperature. **Chop** onions; **combine** with 1/4 cup chopped parsley, 1/4 cup sliced pitted kalamata olives, 2 tablespoons red wine vinegar, 1 teaspoon chopped fresh oregano, and 1/4 teaspoon kosher salt. **Stir in** 1/4 cup crumbled feta cheese.

SERVES 6 *(serving size: 1/4 cup)*
CALORIES 45; **FAT** 2.1g (sat 1g); **SODIUM** 234mg

—Recipes by Cheryl Slocum

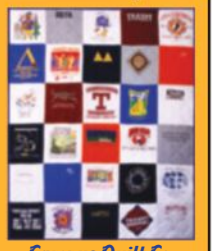
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TEST KITCHEN CONFIDENTIAL

taste test

Almond Milk

The skinny on the trendy new milk replacement

We tasted almond milks in three flavor categories. We tried all of them plain. Any milks with more than 14g of sugar per cup were eliminated. –Kimberly Holland



Our Favorite Sweetened Almond Milk

365 Everyday Value Organic Original Almondmilk

$3.39 (64 fluid ounces)

This milk's great flavor is what you should expect from good almond milk—a warm, tangy nuttiness that's balanced by a just-right sweetness level. First-time almond milk drinkers likely won't have much to object to in this milk. It's neutral enough for your cereal or oatmeal.

60 calories, 2.5g fat per cup



Our Favorite Sweetened Vanilla Almond Milk

Blue Diamond Almond Breeze Vanilla Almondmilk

$3.49 (64 fluid ounces)

Some vanilla almond milks we tried were overwhelmingly floral, but not this one. It was the most flavorful yet still balanced. Hints of warm vanilla blunted the milk's toasty almond notes. Add it to smoothies and milk shakes, or drink it alone as a decadent lower-calorie treat.

80 calories, 2.5g fat per cup



Our Favorite Unsweetened Almond Milk

Silk Unsweetened Original Almondmilk

$3.29 (64 fluid ounces)

The flavor of raw almonds is prominent in this unsweetened variety. The mouthfeel is luxurious—thick and creamy, like high-fat milk. It's neutral enough to complement tea or coffee but is deliciously drinkable, so it could stand in as your morning glass of milk.

30 calories, 2.5g fat per cup

Milk vs. Almond Milk: The Numbers

They're interchangeable as a white liquid for cereal, but in terms of nutrition, they're quite different. Almond milk has very little protein and no calcium naturally. Dairy milk is often higher in calories.

8 ounces of 2% reduced-fat milk	8 ounces of 1% low-fat milk	8 ounces of fat-free milk	8 ounces of sweetened original almond milk	8 ounces of unsweetened original almond milk
122 calories, 4.8g fat, 8g protein	**102 calories, 2.4g fat, 8g protein**	**83 calories, 0.2g fat, 8g protein**	**60 calories, 2.5g fat, 1g protein**	**30 calories, 2.5g fat, 2g protein**

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

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With whole grain wheat on one side and a touch of sweetness on the other, Frosted Mini-Wheats give you nutrition you want with the taste you love.

sunday strategist

Every Sunday, we publish a week of *Cooking Light* dinner plans—new recipes from this issue matched with previously published favorites. Each meal is designed to be ready and on the table in 45 minutes or less. Here's one week. Get the rest each Sunday at *CookingLight.com/SundayStrategist.*



PHOTOGRAPHY: (LEFT TO RIGHT) JASON WALLIS, IAIN BAGWELL, JOHNNY AUTRY, DANA GALLAGHER, AND KENJI TOMA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Black Bean Burgers with Sriracha Aioli + Greek Cucumber Salad	Sweet and Sour Chicken + Broccoli with Red Pepper Flakes and Toasted Garlic	Ancho Pork Medallions + Tomato Stack Salad with Corn and Avocado	Sautéed Black Grouper with Peach Relish (THIS ISSUE, PAGE 103) + Spinach with Garlic Vinaigrette	Grilled Steak Panzanella with Pickled Vegetables **Happy Hour Bonus:** Bourbon-Peach Limeade (THIS ISSUE, PAGE 98)

Get these recipes at CookingLight.com/SundayStrategist.

NUTRITION NUMBERS

Cooking Light recipe guidelines are calculated based on healthy daily requirements for three meals plus snacks. Find out how the numbers work for you @ CookingLight.com/NutritionGuidelines.

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august recipe index

KEY

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

*Read labels carefully; gluten hides in unexpected places.

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STAFF RAVE

Our Highest-Rated Recipe from This Issue

ROASTED ORANGE-FENNEL STRIPED BASS p. 123

"Wild, fresh fish at its seasonal best, paired with classic flavorings: simple and perfect."

–TIM CEBULA
SENIOR FOOD EDITOR

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wow! You've got to try this

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Grown-Up Jellied Desserts

If you're looking to impress at your next dinner party but bristle at the idea of jumping through difficult culinary hoops, this month's idea is perfect. Our layered desserts are beautiful—and the fact that they're made with goodies from the liquor cabinet gives them a decidedly grown-up edge and rather sophisticated flavor profiles. The contrast of creamy, rich pudding against light, bright gelatin is a delicious pairing of opposites. Our favorites, shown here, pair silky vanilla pudding with Aperol, tangy citrus pudding with tequila, rich butterscotch pudding with aged rum, and bittersweet chocolate pudding with red wine. *Full recipes and video at CookingLight.com/Wow.*

–IDEA BY ANN TAYLOR PITTMAN

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