

EAT GREEN • LIVE WELL

vegetarian

times

JULY/AUGUST 2013

CELEBRATE SUMMER

31 fresh & healthy recipes

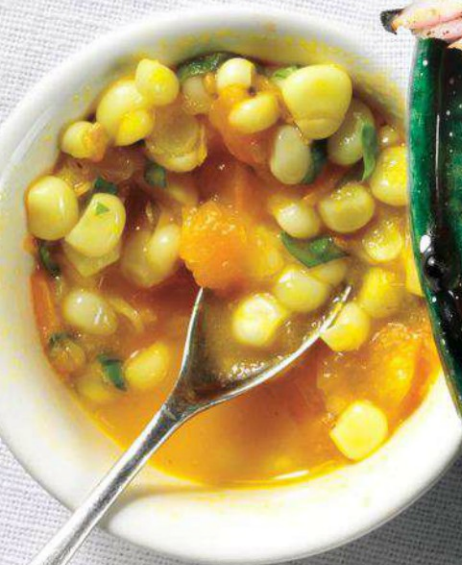
**FAB 5-INGREDIENT
SALAD DRESSINGS**

**EASY
WEEKNIGHT
GRILLING**

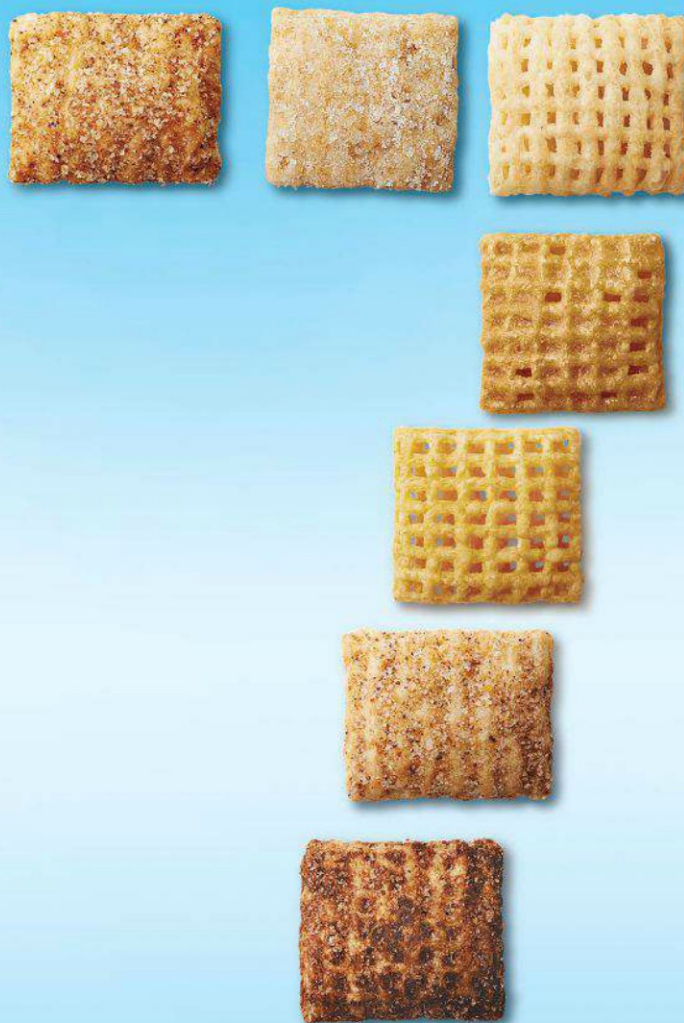
INSPIRED MEALS
FOR BUSY COOKS

NEW WAYS
TO LOVE
EGGPLANT

SUMMER
VEGGIE KEBABS
WITH FRESH CORN
RELISH AND
COUSCOUS,
p. 32



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SURVIVAL GUIDE**



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features

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BY FAYE LEVY

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Bursting with fresh flavors, sorbet is the ideal warm-weather treat.

BY MARY MARGARET CHAPPELL

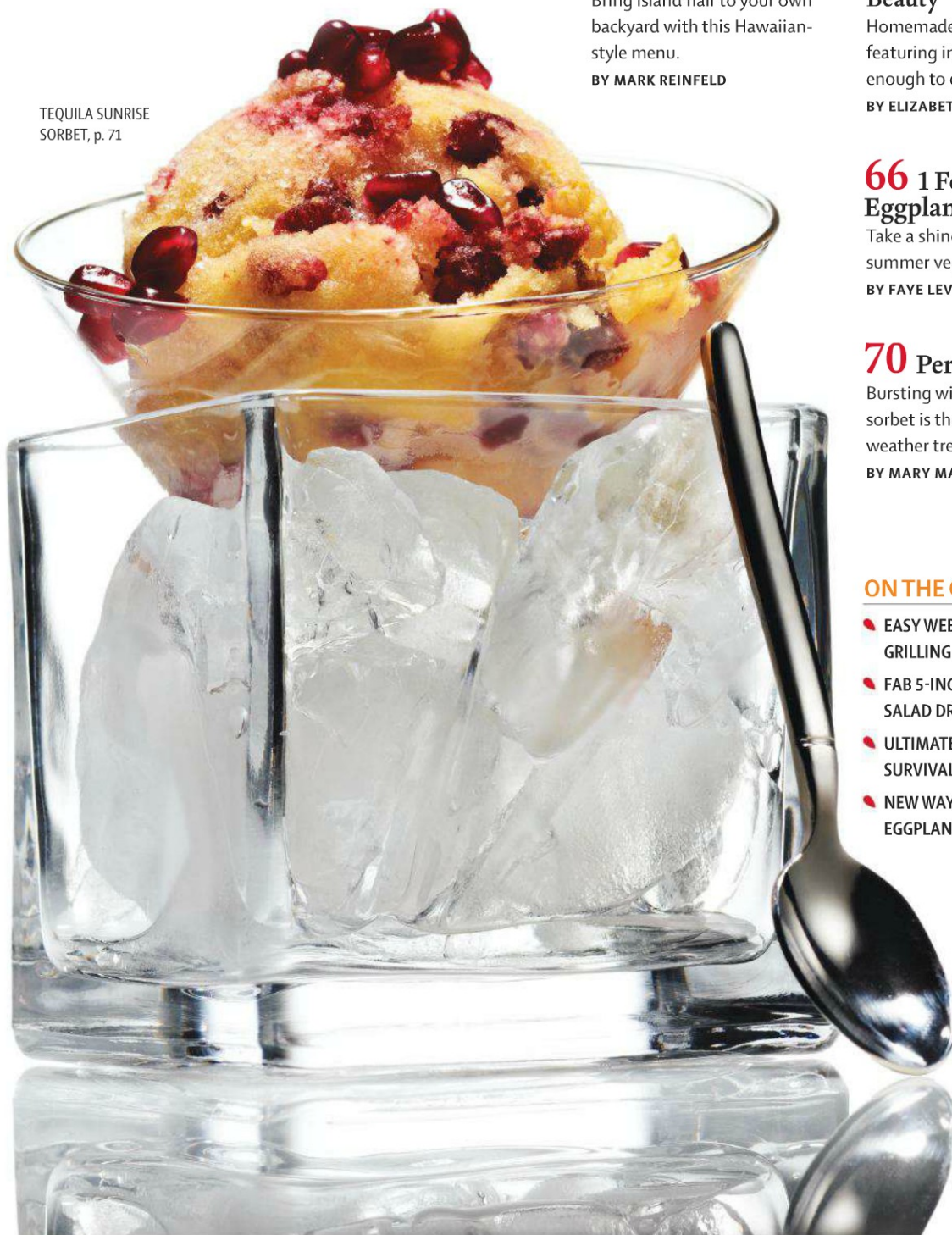
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COVER

Photography by Renee Anjanette
Food styling by Sienna DeGovia
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TEQUILA SUNRISE
SORBET, p. 71





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HEARTY GRILLED SALAD, p. 27



FEED YOUR FACE, p. 60

Issue 404, Vol. 39, No. 7. *Vegetarian Times* (ISSN 0164-8497, USPS 433-170) is published monthly except February, May, and August by Cruz Bay Publishing, Inc., an Active Interest Media company. The known office of publication is at 475 Sansome St., Suite 850, San Francisco, CA 94111. Periodicals postage paid at San Francisco, CA, and at additional mailing offices. POSTMASTER: Send all address changes to *Vegetarian Times*, PO Box 420235, Palm Coast, FL 32142-0235.

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Watermelon and rosemary are Randy Clemens's idea of cool.

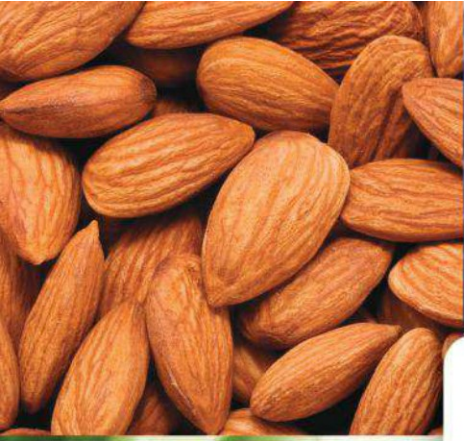
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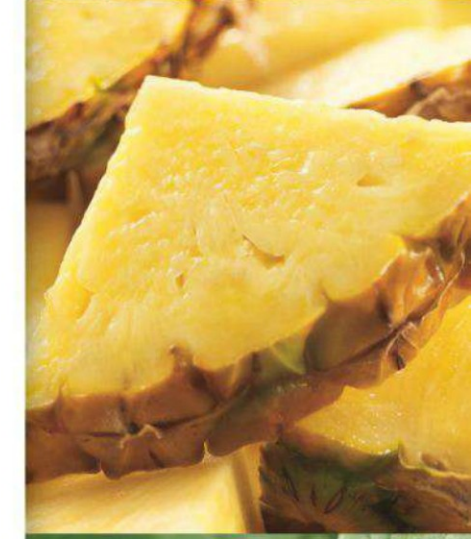
FAB 5

Can't decide what to make tonight?
Here are our five favorite recipes from this issue:

1. Huli Huli Tofu, p. 56
2. Mojito-Cucumber Sorbet, p. 75
3. Eggplant Stir-Fry with Green Beans and Cashews, p. 68
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Add Daisy
to the healthy foods
you already enjoy.

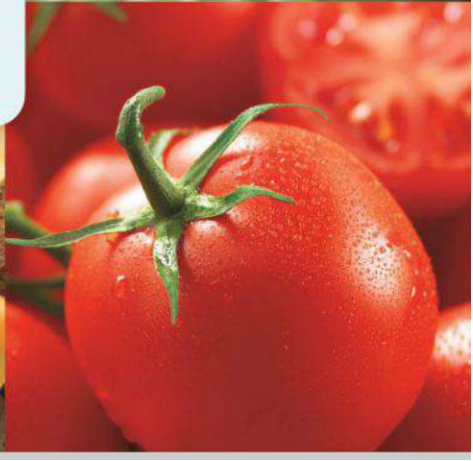
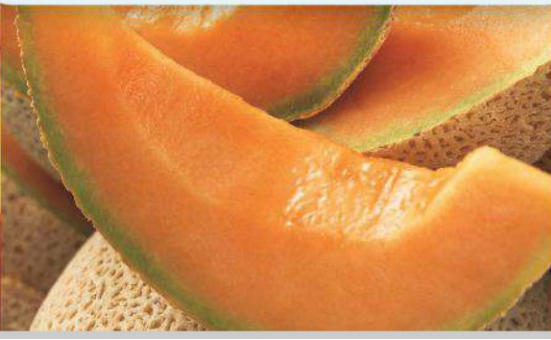
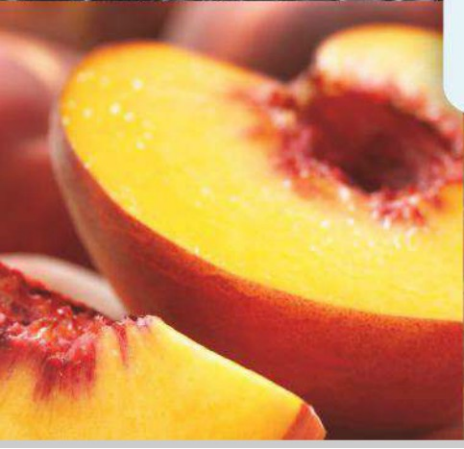
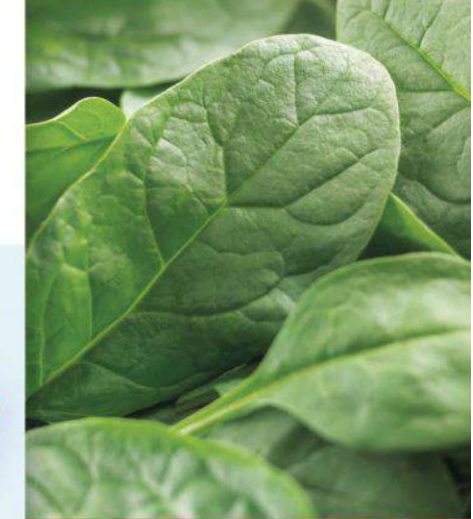


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editor's note



eating on the fly



Every time I pack for a trip, I stuff the same essential items into the front pocket of my carry-on: chargers for my laptop and phone, Kleenex travel tissues, and at least four packets of Trader Joe's Just a Handful of Raw Almonds.

I can't tell you how many times those 1-ounce bags of nuts have helped me through a long flight or a personal hunger crisis at the airport, where healthful food options can be scarce—and vegetarian options even scarcer.

Turns out, *Eat to Live* author Joel Fuhrman, MD, is also a nuts-in-his-suitcase kind of traveler. In "Ultimate Veg Travel Guide" (p. 46), you can read Fuhrman's advice for eating wisely on the road, along with all kinds of travel tips from other vegetarian frequent fliers, including *Skinny Bitch* author Rory Freedman, raw foods chef Ani Phyo, and happycow.net founder Eric Brent.

Here's one more tasty tip for those of you planning to pass through Los Angeles International Airport starting this August. If you find yourself in Terminal 4 (American Airlines, American Eagle, Qantas), look for the brand-new food court. Where once stood a Chili's and Burger King, you'll find a handful of Los Angeles's best-loved local restaurants, including Real Food Daily, owned by veg entrepreneur (and *VT* executive chef) Ann Gentry. This will be the fourth Real Food Daily location in Southern California, and as far as I know, it will be America's very first all-vegetarian airport restaurant.

Elizabeth Turner

Got a hot tip for where to find
a great veg meal at the airport?

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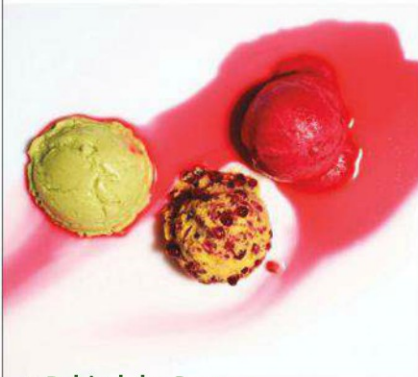


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what's cooking

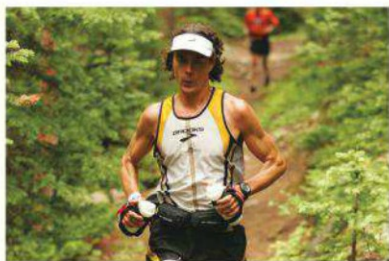
on vegetariantimes.com



⤴ Behind the Scenes: Lights, Camera, Sorbet!

vegetariantimes.com/sorbetshoot

Ever wonder what it's like on the set of a VT photo shoot? Check out the Veg Daily Blog for a glimpse behind the scenes as we got pictures for this month's "Perfect 10" (p. 70).



⤴ Fit on the Fly: Ultramarathoner Scott Jurek's In-Transit Snacks

vegetariantimes.com/jurekssnacks

As a Web extra to the "Ultimate Veg Travel Guide" (p. 46), ultramarathoner and *Eat and Run* author Scott Jurek shares his picks for healthful carry-on snacks.



⤴ 6 Reasons You Should Eat More Ch-Ch-Ch-Chia Seeds

vegetariantimes.com/superseed

Find out what makes this a superseed; plus recipes to try.



Brian Primeaux

Prop Stylist, "Perfect 10," p. 70

What did you discover while on this assignment?

How elegantly sorbets can be presented, and how delicious avocado sorbet tastes!

What's your favorite kitchen tool?

My pizza cutter. It's pretty basic, nothing much to look at, but pulling it out of the drawer means pizza is in the works—and that makes me very happy.

What's your No. 1 pantry staple?

I always keep apple cider vinegar around because of its million uses. I have 2 to 3 teaspoons a day for its cleansing properties. I also use it on bug bites and scrapes. And it's great for your hair. I even mix it into a bio-friendly surface cleanser.

Allyson Reedy

Writer, "One-Night (Farm) Stand," p. 18

What's your favorite piece of cookware?

My blender. Without it I wouldn't be able to make my peanut butter-and-banana smoothies every morning.

What's your most treasured family food tradition?

My favorite food in the world is macaroni salad. Not just any mac salad—it has to be my grandma's. She uses giant elbow macaroni noodles, lots of eggs, and the ideal blend of Miracle Whip and mayo. She's one of my best friends, and even though we live far apart, I can always make her mac salad to feel closer to her.

What's your No. 1 pantry staple?

Really good-quality balsamic vinegar. If I had only that and some French bread, I'd be happy.



Elizabeth Barker

Writer, "Farmers' Market Beauty," p. 60

What's your most treasured family food tradition?

Chinese takeout for dinner the first night I'm home whenever I visit my family in Massachusetts.

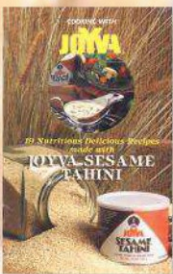
What was your most memorable dining experience?

At the moment, the vegetarian sushi I recently had in Nashville: radish sprouts, sunflower seeds, avocado, cream cheese, red cabbage, and kiwi slices.

What was your best improvisatory moment in the kitchen?

Crumbling leftover chocolate-orange ganache cake from a friend's birthday party into pancake batter for the next morning's breakfast. 🌿

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13. Smooth & Creamy Vanilla Ice Cream in Strawberry Meringue Nests 14. Summer Cymillings 15. Vegetarian Pho 16. Oranges Givrées 17. Roasted Pear Salad with chèvre and Fig Vinaigrette 18. Ricotta-Basil Stuffed Tomatoes

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A TASTE OF TUNISIA

letters

A TASTE OF TUNISIA

When we received the June issue we were instantly drawn to the Roasted Vegetables with Green Olive Vinaigrette and Pistachio Couscous [Easy Entertaining: “A Taste of Tunisia,” p. 43]. We didn’t use the vegetables in the recipe (instead we used mushrooms, bok choy, red onion, and zucchini), but we followed the rest exactly. Don’t wait to make this recipe. It’s amazing. The green olive vinaigrette—so good!

TAN | VIA VEGETARIANTIMES.COM

VEGGING OUT

I loved the “Happy Vegiversary” article in the June issue [p. 13]. I live in the Hartford area and was so excited to see a shout-out to Fire-N-Spice. I also take occasional road trips and would love to see what others contribute as their favorite veg restaurants. I can’t wait to see what suggestions come up!

KELLY BONCZEK | SIMSBURY, CONN.

WASTE NOT

I am sorry to say that I was disappointed in some of the advice given in the “The 7-Ingredient Cleanse” article in the June issue [p. 48]. The “2–3 Days

Before...” section suggests that you “toss” anything that might distract you from the cleanse. I feel very strongly that food waste is a serious issue in this country (and elsewhere), and when considering how to make changes in our lives surrounding food, we should never compartmentalize issues. Making a change for the better in our diet and health shouldn’t distract us from maintaining responsible behavior regarding food and sustainability.

JOHANNA KLOTZ | VIA E-MAIL

SUMMER IN A BOWL

The Rice Noodle Salad with Smoked Tofu and Herbs [30 Minutes: “Vietnamese Made Easy,” March, p. 32] was incredible! It tasted like summer in a bowl, thanks to the cilantro, lime, and fresh mint. It took me more than 30 minutes due to julienning the veggies (and adding snow peas and red pepper), but it was well worth it. The refreshing flavors had me saying “wow” out loud. I will definitely make this for my family again—maybe tomorrow!

LAURA NOVAK | CLEVELAND

Send your letters to:
editor@vegetariantimes.com

SHARE: READER RECIPE

All’s Well That Herbs Well Tomato Salad with Burrata

Serves 8

Chicago-based reader Michael Goldman uses herbs from his balcony garden to whip up this vibrant-tasting summer salad. We especially love his technique of seasoning the tomatoes with herb stems.

HERB VINAIGRETTE

- ¼ cup olive oil
- 2 Tbs. white balsamic vinegar
- 2 tsp. Dijon mustard
- 2 small garlic cloves, crushed
- Leaves from 1 sprig each fresh lemon basil, oregano, and thyme

TOMATO SALAD

- 8 sprigs fresh lemon basil
- 8 sprigs fresh sweet basil
- 6 sprigs fresh chervil
- 6 sprigs fresh parsley
- 6 leaves fresh sorrel
- 4 large tomatoes, halved crosswise, each half cut into 8 wedges
- 1 medium white onion, diced
- 8 oz. chilled burrata cheese
- 2 Tbs. olive oil, for drizzling

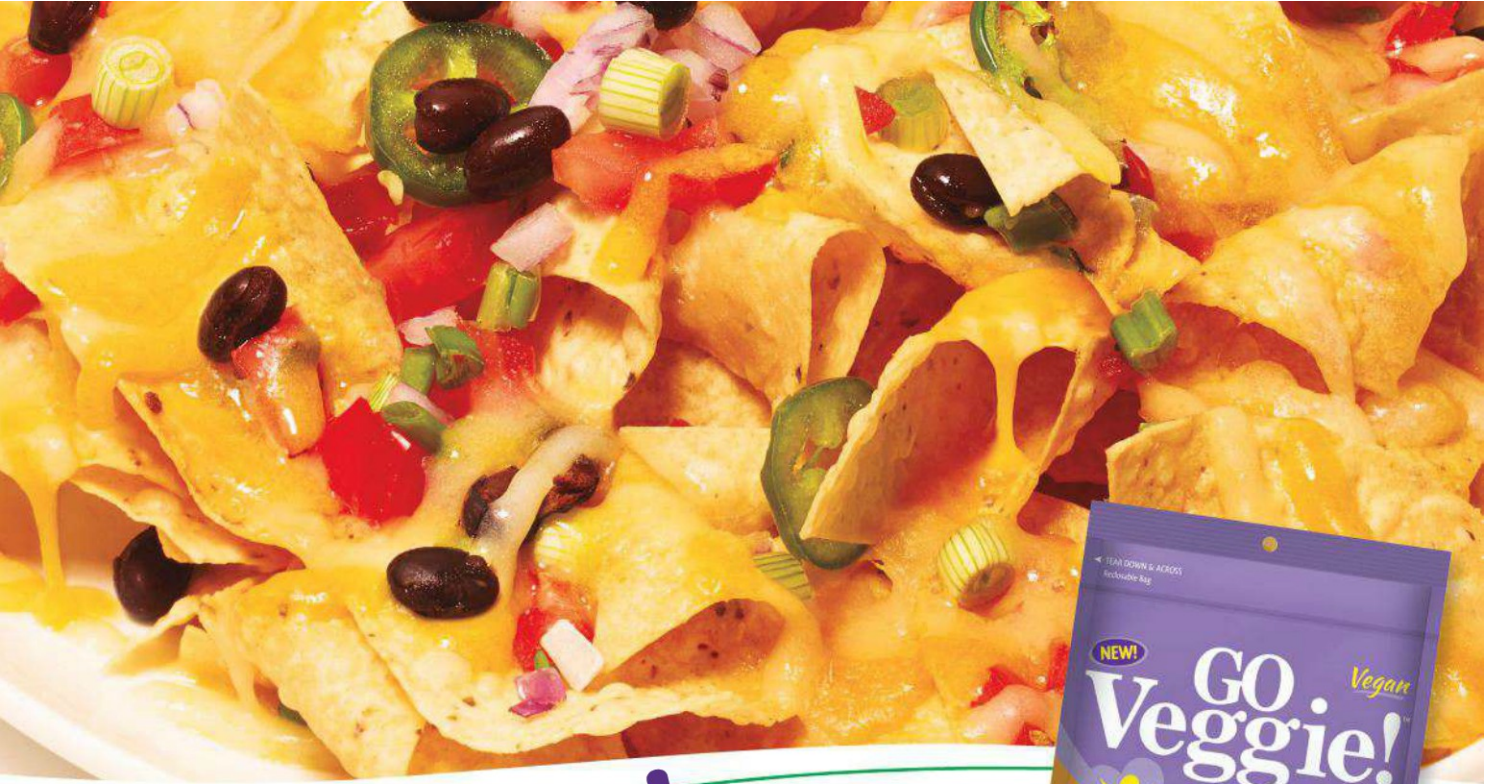
1 | To make Herb Vinaigrette: Whisk together oil, vinegar, mustard, and garlic in small bowl. Add herb leaves and 2 Tbs. water, and whisk until well combined. Season with salt and pepper, if desired.

2 | To make Tomato Salad: Pluck leaves from herb sprigs, and set aside. Combine herb stems and tomatoes in large bowl, and let stand 1 to 1½ hours in cool place. Remove and discard herb stems.

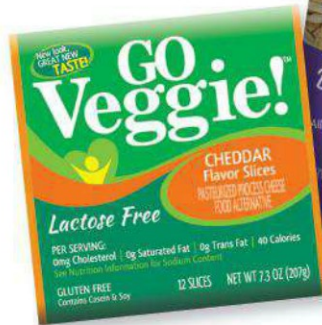
3 | Stack half of basil leaves on cutting board, and roll into tight cylinder. Slice cylinder into thin strands, aka chiffonade; set aside. Roughly chop remaining herb leaves. Add onion and chopped herb leaves to tomatoes, and toss gently with wooden spoon. Mix in 2 Tbs. Herb Vinaigrette.

4 | Place burrata on plate, drizzle with oil, and sprinkle with basil chiffonade. Slice burrata, and serve with tomatoes and remaining Herb Vinaigrette on side.

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GO Veggie!
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TELL VT What are you looking forward to grilling this summer?

Sweet Maui onions from our CSA box! We chop 'em in half, then throw 'em right on the grill. My family looks forward to them every summer!

—CANDACE GREEN

Edamame beans with a touch of smoky sea salt and chili oil.

—HELENA

Baby bok choy! I've discovered that children love the surprisingly sweet and crunchy leaves when they're quickly rubbed with oil and salt. —NOELLE ALBANESE

Rosemary potatoes on the grill. Yummy!

—LINDA FRANCES GABBER,
VIA FACEBOOK

Eggplant "sandwiches" made with two slices of eggplant on the outside, a tomato slice, basil leaf, and slice of mozzarella on the inside.

I season them with just a bit of olive oil, salt, and pepper. So good! —JENN

My go-to favorite is grilled asparagus tossed in a little olive oil, but I just learned that grilled carrots are incredible and I'm excited to try them! —JESS

Tofu marinated in soy sauce and sesame oil, rolled in very fine breadcrumbs, then grilled in aluminum foil—slightly crunchy and super delicious!

—CLAUDIA

Grilled watermelon salsa—it makes summer for us.

—KELLY MCBRIDE, VIA FACEBOOK

Grilled pizza! My favorite combos are caramelized pear, onion, Gorgonzola, and arugula; feta, kalamata olives, and spinach; and spicy roasted veggies with goat cheese!

—AMY JUAREZ, VIA FACEBOOK

I am so excited to grill greens and sweet potatoes! Yum!

—JESSICA SWARTLEY

Pineapple and peaches. I love the way that grilling brings out the natural sugars in the fruit. —KEVIN PATRICK MARTIN

Whole corn on the cob in the husk. The husk gets a little burnt but keeps the corn flavor inside.

—ARTHUR B HOLT, VIA FACEBOOK

BBQ eggplant burgers! Grilled eggplant, red bell pepper, and red onion with BBQ sauce.

—WENDY DECHAMBEAU,
VIA TWITTER

next question: What's your favorite breakfast that keeps you going until lunchtime?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of VT.

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HAPPY vegiversary



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vegetariantimes.com/vegiversary.

Reader Name: Rhea Coral
 Hometown: Lower Saucon Township, Pa.
 Vegan Since: May 2012

What motivated you to go veg?

I wanted a healthier lifestyle for my five boys, husband, and myself. (They are all vegetarian!)

What's your most treasured piece of cookware?

My KitchenAid mixer. I love its versatility, from making vegan baked goods to making vegan sausages.

What's your favorite veg-friendly restaurant, and what do you order there?

True Blue Mediterranean in Bethlehem, Pa. I am a huge fan of their fried cauliflower and baba ghanoush gyros.

What's your best advice for new vegetarians/vegans?

Know that you can do it. I didn't have a lot of support from anyone in the beginning, but now that everyone sees how dedicated we are to being healthier, I've become the go-to person when anyone has a question.



HEALTHY SOUPS & RECIPES BEGIN WITH WILD VEGGIE!

SIMPLE SOUP PURÉE

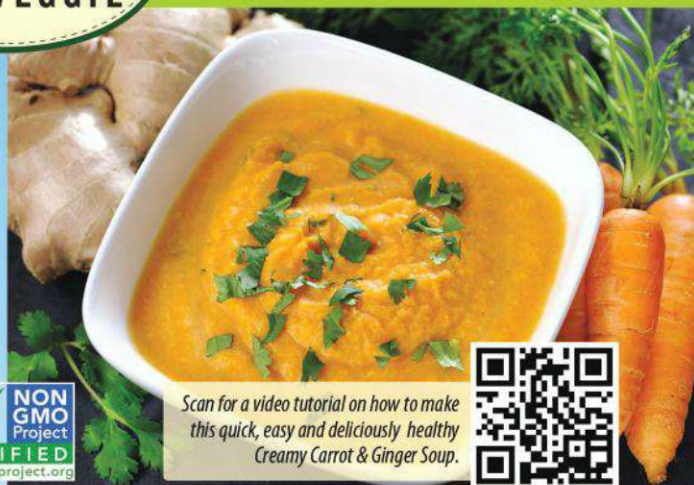


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THE *buzz*

• PEAK SEASON

An aromatic herb most plentiful in the summertime, mint has been cultivated since ancient times. Of the dozens of mint species available, the most commonly found in grocery stores are spearmint and peppermint. But you may be lucky enough to find chocolate mint at your farmers' market. —ELLIOTT PRAG

HOW TO SELECT AND STORE

Avoid mint that is limp, or shows blemishes or holes in the leaves. Rob Maddox of Sun One Organic Farm in Bethlehem, Conn., advises keeping fresh mint moist to avoid wilting; store mint in the refrigerator, wrapped in a damp paper towel or standing in a bouquet in water, where it will last for several days.

PREP TIPS

Stem mint, and swish gently in two or three changes of water to remove any dirt. Dry in a colander or salad spinner, and chop using a sharp chef's knife to avoid bruising the leaves. Mint has a flavor compatible with chocolate, citrus, and vanilla, so the herb is a natural with sweets, while its cooling characteristics complement spicy or earthy-tasting dishes.

TRY THIS

Purée fresh melon, mint leaves, chives, and grape juice for a refreshing summer soup.

Dress white beans Eastern European style with a purée of mint, olive oil, and white wine vinegar.

Purée mint, shallots, lime, red pepper flakes, and olive oil as a marinade for grilled vegetables.

MIKE LORRIG

✦ TRY THE "SUMMER ROLLS WITH MARIGOLDS AND NASTURTIUMS" ON VEGETARIANTIMES.COM.





*As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce the risk of heart disease. A serving of Silk Vanilla Soymilk provides 6.25 grams of soy protein. †Silk refrigerated beverages, excluding organic soymilk and soymilk with DHA, have 45% DV of calcium; typical dairy milk has 30% DV. Dairy data from USDA National Nutrient Database, Release 25.

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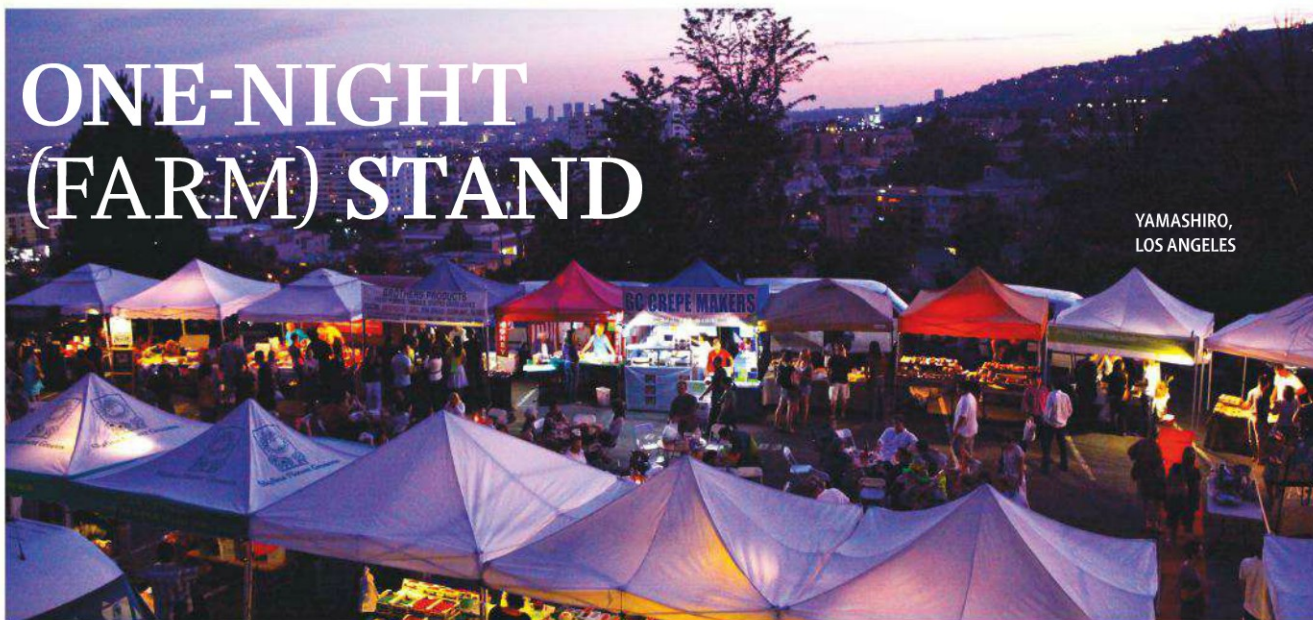
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ONE-NIGHT (FARM) STAND



YAMASHIRO, LOS ANGELES

Think farmers' markets are just for early birds? Think again. Night markets are sprouting up across the country, giving 9-to-5ers fresh options for weeknight dinners. Take advantage of summer's lingering sunlight hours for extra-leisurely shopping at these festive gatherings. —ALLYSON REEDY

YAMASHIRO, LOS ANGELES

Angelenos head to Yamashiro for fresh produce, dinner (the market also serves as a food truck meet-up), and wine. The location—perched high above Hollywood and offering one of the best sunset views in the city—doesn't hurt either.

Ultrafresh Picks Gama Farms cherries; Underwood Family Farms chocolate bell peppers
Go-Native Eats Coolhaus green tea ice cream; Dave's Korean Gourmet BBQ tofu; Heirloom LA veggie lasagna cupcakes

Thursdays, 5–9 p.m.,
April–September;
lacityfarm.com/our-markets/yamashiro

BOULDER FARMERS' MARKET, COLORADO

The ideal spot to geek out on farming practices and share bok choy recipes, the Boulder

market is a delicious learning experience. With the Flatiron mountains in the background and booths packed with colorful produce, it's the prettiest grocery aisle you'll ever see.

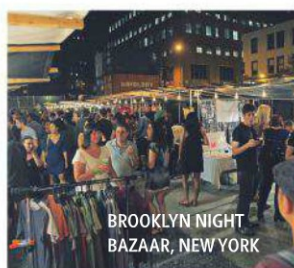
Ultrafresh Picks Cure Organic Farm spicy greens mix; Hazel Dell Mushrooms grab bag

Go-Native Eats Amaizing Corn Tamales cheese tamale; Haystack Mountain Goat Dairy applewood smoked chèvre; Shamane's Bake Shoppe apple pie

Wednesdays, 4–8 p.m.,
May–October; boulderfarmers.org

BROOKLYN NIGHT BAZAAR, NEW YORK

A little bit country and a little bit rock 'n' roll, the Brooklyn Night Bazaar offers a mash-up of food, art, and music. With constantly changing locales, indoor as well as



BROOKLYN NIGHT BAZAAR, NEW YORK

outdoor—think massive warehouses and industrial development sites—the Bazaar has the feel of a pop-up market.

Ultrafresh Picks Greenpoint Trading Company custom seasonings; Next Door Organics beets

Go-Native Eats Pok Pok NY Het Paa Naam Tok (spicy mushroom salad); Roberta's Margherita pizza; Super Foxy Sweet S'more vegan fudge

Fridays and Saturdays,
6 p.m.–midnight,
May 31–September; bkbaazar.com

EAST ATLANTA VILLAGE FARMERS MARKET

Locals entrust their taste buds to this art- and food-focused market with a party vibe. Besides offering a variety of fresh eats, the market partners with local nonprofit WonderRoot to highlight local artists and musicians.

Ultrafresh Picks Love is Love Farm muscadine grapes; Scharko Farms sweet corn

Go-Native Eats Grace's Goodness peach and cucumber gazpacho; King of Pops Arnold Palmer ice pop; Revolution Doughnuts vegan raspberry sprinkle

Thursdays, 4–8 p.m., Mid-April–Mid-December; farmeav.com



EAST ATLANTA VILLAGE FARMERS MARKET

FROM TOP: COURTESY YAMASHIRO; GIGA SHANE; ANDREA DORSEY

SHAKE IT UP

Cutting back on sodium? These VT-approved spice blends perk up popcorn, grilled goodies, and tofu scrambles without adding any salt, so go ahead and sprinkle. —TAMI FERTIG



Bragg Organic Sea Kelp Delight Seasoning

A tasty variation on the classic Bragg Organic Sprinkle, this shake-on-anything blend gets bold, briny flavor from kelp, a sea veggie rich in iodine. \$4.99/2.7 oz., bragg.com

The Spice Hunter Salt Free Spicy Garlic Organic Grinder

Perfect for garlic bread, this fiery favorite satisfies with sizable garlic flakes and mustard seeds that turn extra-aromatic with a few flicks of the wrist. Bonus: you can reuse the grinder. \$7/2 oz., spicehunter.com

Frontier Salt-Free Organic Lemon Pepper Seasoning Blend

Bits of lemon peel deliver refreshing zing to this mildly spicy mix. Try adding it to an omelet or a marinade before basting summer squash and zucchini. \$5.59/2.5 oz., frontiercoop.com

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 Brandon Compagnone • **SEANE CORN** • Tiffany Cruikshank • **KRISHNA DAS** • John Douillard
 Paige Elenson • Claire Este-McDonald • Jules Febre • Brooke Hamblet • Amy Ippoliti
 Alanna Kaivalya • **GARY KRAFTSOW** • Ryan Leier • **TIAS LITTLE** • Jason Magness • Jeanie Manchester
 Timothy McCall • Kinndli McCollum • **ELISE MILLER** • **DHARMA MITTRA** • Kiersten Mooney
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THURSDAY EVENING KEYNOTE BY SEANE CORN

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KEEPING THE BEAT

You might recognize Kimberly Elise from her roles in films with Denzel Washington and Oprah Winfrey. This summer, Elise is featured in VH1's new scripted series *Hit the Floor*, which takes viewers behind the scenes of what she calls the "Mad Hatter world" of pro basketball dance teams. She portrays a former member of a dance team whose daughter signs up for the squad, putting mother and daughter at odds. —LEAH SOTTILE

Q How did you get your head around the world of dance teams?

A I was with a danceline all through high school. A danceline is a group of 15 or so trained dancers who perform intricate dance routines, with kick splits, formations, and precision moves, choreographed to popular music. We danced for school events and competed against other dancelines throughout the state and the country.

Q Your character on the series is vegan. How did that happen?

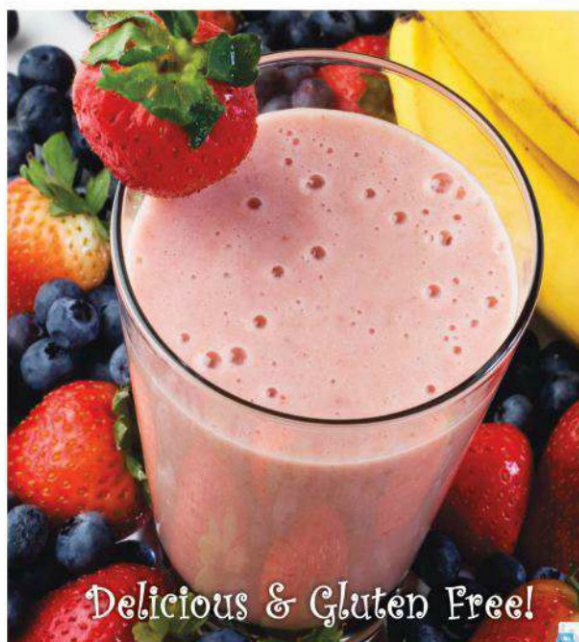
A The producer, director, and I were discussing a dinner scene with the prop person, and knowing I'm vegan they suggested we use veggie burgers since they look like "real hamburgers." I asked, "Why do they have to look like 'real hamburgers'? Why can't they be vegan burgers and we say that?" My producer, James LaRosa, who's not vegan, chimed in, "I agree! Let's make the character vegan." So in one scene it's casually mentioned that my character is vegan. She's not walking around carrying a sign, but I don't have to pretend to eat meat on the show!



Q Any cooking tips?

A One of my big things is kale, but I make it in a way that people who don't like kale love kale. I sauté the kale in onions and garlic and coconut oil, then steam the veggies a bit, add salt and pepper, and that's it.

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When it comes to biting, buzzing, and burgling bugs, there is a cure for the summertime blues. Kindly encourage the six-legged creatures to find a new place to picnic with the aid of these all-natural, cruelty-free solutions.

—RACHEL DOWD



INSECT REPELLENTS

GERANIOL

why Found in floral essential oils such as rose and geranium, geraniol has been shown to keep mosquitoes at bay. In an Israeli study published in 2012, diffusers emitting a gust of geraniol prevented 90 percent of the skeeters from landing, probing, and most important, biting.

how Peter Bongiorno, ND, medical director at Inner Source Health in New York, recommends a diffuser over a candle as a geraniol-dispensing device, due to evidence that a diffuser is twice as effective. Bongiorno also advises staying within the mist area. Just be aware that geraniol may cause allergic reactions; in addition, it can attract honeybees, which naturally produce the fragrance.

kit pick Terminix AllClear Mosquito Mister Lantern, \$59.99; allclearmister.com

VINEGAR

why Wiping down your kitchen counters with a vinegar-water solution can prevent a troop of ants from marching across them. Ants enter your home in search of water or sweet stuff, and when they find it, they lay down a pheromone trail for their anthill buddies. An acidic solution, such as vinegar, will alter the pheromone's chemical structure and shut off the ants' GPS, says Brian Brown, PhD, entomology curator at the Natural History Museum in Los Angeles.

how Mix equal parts vinegar and water in a bottle, and spray the area where you've seen ants. Be sure to wipe down the entire area once or twice a day; ants can be resourceful, and they'll persist in pursuing any fragment of the lost trail.

kit pick Heinz Distilled White Vinegar, \$8.79/16 oz.; amazon.com

LEMON EUCALYPTUS OIL

why For decades, consumers depended on insect repellents containing DEET, a pesticide toxic to the nervous system, to stay safe from hungry mosquitoes. But a study published in 2011 in the *Journal of Medical Entomology* found that repellents containing lemon eucalyptus oil protect just as effectively against mosquito bites. What's more, the botanical oil can provide protection for 5½ hours—2½ times longer than DEET.

how Boston-based naturopathic doctor Cathy Wong says to look for repellents containing oil of lemon eucalyptus or the active ingredient p-menthane-3,8-diol. Apply no more than twice a day, and avoid getting on the lips and in the mouth and eyes, which may cause stinging and irritation. Wash hands thoroughly after use.

kit pick Repel Lemon Eucalyptus Insect Repellent, \$14.99/4 oz.; repel.com

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GO CAMPING!

5 smart tools for cooking and feasting in the great outdoors



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» SUPER SKEWER

Skip the traditional kebab stick—you can load lots more veggies onto the clever **Chef'n Grill'n BBQ Branch Skewer**. \$11; chefsresource.com



» HOT POT

Small but sturdy, the **MSR Alpine 2 Pot Set** saves serious space thanks to a detachable handle and lid that doubles as a plate. \$49.95; cascade-designs.com



» BETTER BREW

Instant coffee, begone! The silicone **GSI Outdoors Collapsible Java Drip** brews smooth, strong joe right into your cup, then folds flat for easy packing. \$12.95; gsioutdoors.com



» GRILLED CHEESE, PLEASE

Kids will love the **Camp Chef Cooking Iron**, which lets you make perfectly crisp-gooey sandwiches right over your campfire. \$18.75; campchef.com

» ALL FIRED UP

No disposable fuel canisters needed for the **BioLite CampStove**, which burns twigs and uses the excess energy to charge your smartphone. \$129.95; biolitestove.com

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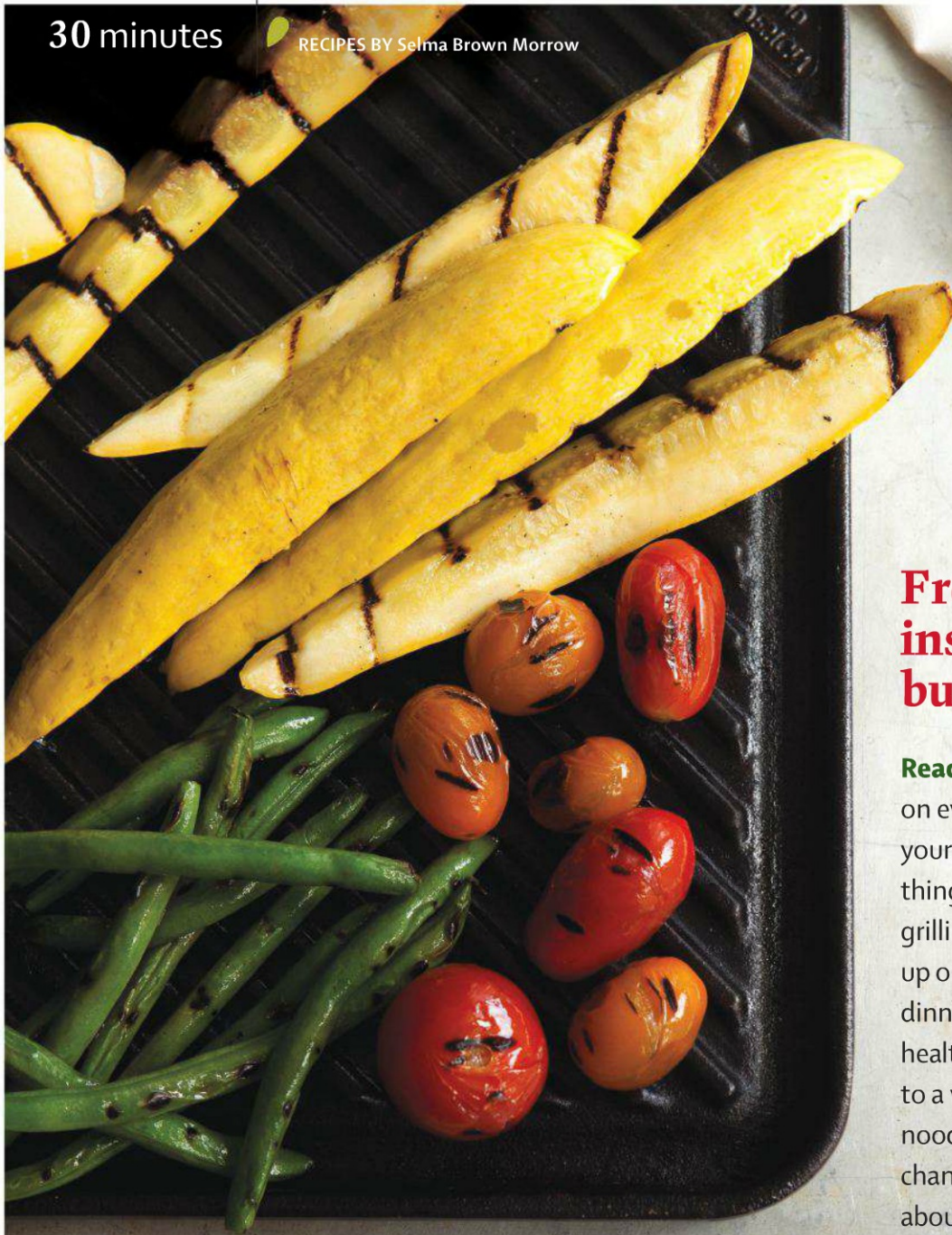
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30 minutes

RECIPES BY Selma Brown Morrow



Fresh dinner inspiration for busy cooks

Ready to raise the bar on everyday meals? Pour yourself a glass of something cold, tie on your grilling apron, and whip up one of these easy dinners. From homey, healthful rice and beans to a veggie-packed satay noodle salad, they'll change the way you think about grilling.

WEEKNIGHT GRILLING

PHOTOGRAPHY Kate Sears FOOD STYLING Paul Grimes PROP STYLING Deborah Williams

Grilled Vegetable Panzanella

Serves 4 | 30 minutes or fewer

Grilled summer vegetables require little seasoning to taste spectacular in this hearty bread salad.

- 4 slices rustic French bread (8 oz.)
- 1 12-oz. pkg. cherry tomatoes
- 16 large green beans (4 oz.)
- 1 large yellow squash, quartered lengthwise
- 2 Tbs. olive oil
- 2 Tbs. white balsamic vinegar
- 1 large clove garlic, minced (1 tsp.)
- 1 small head radicchio, diced
- 1 oz. chilled blue cheese, crumbled or coarsely grated (½ cup)
- 4 hard-boiled eggs, roughly chopped

1 | Coat grill pan or basket with cooking spray, and preheat over medium heat.

2 | Grill bread slices 3 to 4 minutes per side until crisp and lightly charred. Slice into cubes, and transfer to large bowl.

3 | Coat tomatoes, green beans, and squash lightly with cooking spray, and season with salt and pepper, if desired. Arrange in separate groups on prepared grill pan or in grill basket. Grill 8 minutes, or until squash and beans are charred and just tender, and tomatoes are splitting open, turning vegetables occasionally.

4 | Transfer all but 4 tomatoes to medium bowl. Press tomatoes in bowl slightly to release juices. Spoon tomatoes, and then their juices, over toast cubes.

5 | Whisk together oil, vinegar, and garlic in large serving bowl. Add remaining 4 tomatoes, mash coarsely, and season with salt and pepper, if desired. Cut green beans and squash crosswise into ½-inch pieces. Add cut vegetables, radicchio, and blue cheese to bowl with dressing. Toss to coat. Add bread cube mixture, and toss to coat. Sprinkle chopped eggs over top.

PER 2-CUP SERVING 361 cal; 15 g prot; 17 g total fat (4 g sat fat); 39 g carb; 192 mg chol; 533 mg sod; 4 g fiber; 8 g sugars



30 minutes

Hominy Quesadillas with Grilled Tomatillo Salsa

Serves 4 | 30 minutes or fewer

Once you see how easy it is to make your own grilled tomatillo salsa, you'll have a hard time going back to cans or jars.

- 3 large tomatillos, husked and halved
- 1 large poblano chile, halved lengthwise, stemmed, and seeded
- 1 peeled white onion, half chopped ($\frac{3}{4}$ cup), half cut into chunks, divided
- 1 Tbs. fresh lime juice, plus lime wedges for serving (1–2 limes)
- $\frac{3}{4}$ cup chopped cilantro
- 1 cup cooked or canned hominy, rinsed and drained
- 1 cup cooked pinto beans or canned low-sodium pinto beans, rinsed and drained
- 4 8-inch reduced-calorie flour tortillas
- 4 oz. goat cheese, crumbled
- Hot sauce, such as Cholula

1 | Coat grill grate or grill pan with cooking spray, and preheat over medium heat.

2 | Coat tomatillos, poblano, and onion chunks with cooking spray. Grill 10 minutes, or until tender and charred.

3 | Pulse grilled onion chunks and tomatillos to coarse purée in mini food processor. Add poblano and lime juice; blend just until poblano is chopped. Transfer to bowl, and stir in cilantro. Season with salt and pepper, if desired.

4 | Pulse hominy, beans, and remaining $\frac{3}{4}$ cup chopped onion in food processor until just beginning to stick together.

5 | Press one-quarter hominy mixture over half of each tortilla. Sprinkle with cheese, and season with salt and pepper, if desired, and hot sauce. Fold tortillas in half to enclose filling, and lightly coat both sides with cooking spray.

6 | Grill quesadillas 6 minutes, or until filling is heated through and tortilla is charred, turning once. Let stand 2 minutes, then cut each quesadilla into 3 wedges. Serve with tomatillo salsa and lime wedges.

PER QUESADILLA (3 WEDGES) 366 cal; 15 g prot; 11 g total fat (6 g sat fat); 53 g carb; 13 mg chol; 738 mg sod; 8 g fiber; 6 g sugars





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Circle reply #11 on Info Center card

30 minutes

Satay Noodle Salad

Serves 4 | 30 minutes or fewer

Lightly grilled vegetables are paired with fresh pasta and tossed in a creamy peanut sauce for a one-bowl meal that's delicious hot or cold. Feel free to substitute your favorite seasonal vegetables for those in the recipe.

- 3 oz. fresh fettuccine (1/3 9-oz. pkg.)
- 6 oz. stringless sugar snap peas
- 4 bunches baby bok choy, greens chopped, stem ends halved
- 6 radishes, trimmed and halved
- 2 medium Japanese eggplants, sliced diagonally
- 3 Tbs. natural creamy peanut butter
- 3 Tbs. unseasoned rice vinegar
- 3 Tbs. honey
- 1 Tbs. low-sodium soy sauce
- 1 tsp. chile sauce, such as sriracha

1 | Coat grill pan or grill basket with cooking spray, and preheat over medium heat.

2 | Cook noodles in boiling salted water 2 minutes. Add sugar snap peas,

and cook 1 minute more. Drain, rinse with cold water, and drain again. Transfer to bowl.

3 | Arrange bok choy stems, radishes, and eggplant slices on grill pan or in grill basket. Season with salt and pepper, if desired. Cook 6 minutes, turning once.

4 | Meanwhile, whisk together peanut butter, vinegar, honey, soy sauce, and chile sauce in small bowl. Season with salt and pepper, if desired.

5 | Cut eggplant into strips. Slice bok choy stems and radishes. Add

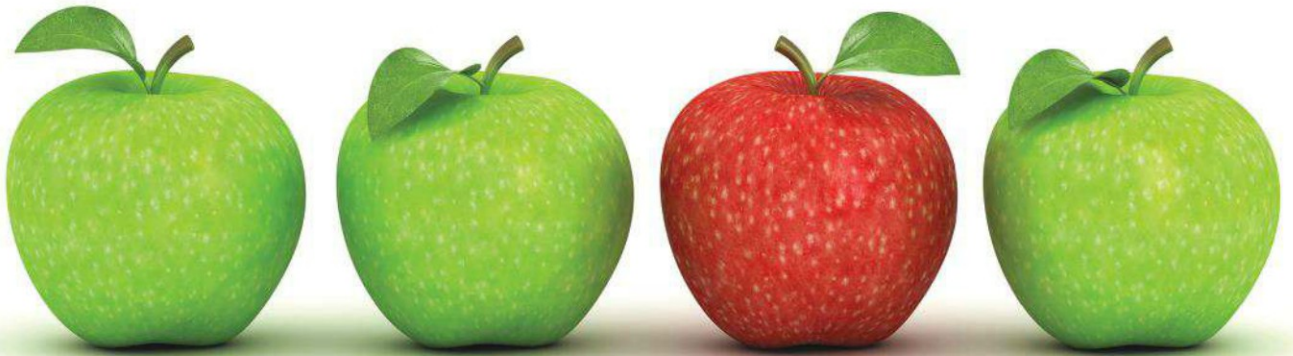
vegetables to noodle mixture, and toss with peanut sauce.

PER 2½-CUP SERVING 256 cal; 10 g prot; 7 g total fat (1 g sat fat); 41 g carb; 17 mg chol; 362 mg sod; 7 g fiber; 21 g sugars

TIP

To keep fresh pasta from clumping together in vegetable-laced dishes like this one, rinse the strands under cold running water, and drain well.





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Summer Veggie Kebabs with Fresh Corn Relish

Serves 4 | 30 minutes or fewer

Easy-to-assemble vegetable kebabs are paired with a lightly sautéed corn relish for a dish that can be served either as an appetizer or as an entrée when placed atop couscous or another quick-cooking grain. To ensure even cooking, make sure all the vegetables are about the same size.

CORN RELISH

- 1 Tbs. olive oil
- 1 medium yellow tomato, diced ($\frac{2}{3}$ cup)
- 1 large ear corn, kernels removed (1½ cups kernels)
- 1½ Tbs. white balsamic or white wine vinegar
- $\frac{3}{4}$ tsp. dry mustard powder
- 2 Tbs. coarsely chopped fresh basil

KEBABS

- $\frac{3}{4}$ cup olive oil
- 2 Tbs. white balsamic or white wine vinegar
- $\frac{3}{4}$ tsp. dry mustard powder, divided
- 1 small yellow bell pepper, halved, seeded, and cut into 12 square pieces
- 1 medium zucchini, halved and cut into 12 slices
- $\frac{3}{4}$ small red onion, cut into 12 chunks
- 12 whole cremini mushrooms
- 12 grape or cherry tomatoes





1 | Coat grill grate or grill pan with cooking spray, and preheat over medium heat.

2 | To make Corn Relish: Heat oil in skillet over medium heat. Add tomato, cover, and cook 4 minutes, or until tomato is breaking down. Add corn kernels, and cook 2 minutes, or until corn is tender. Stir in vinegar and mustard powder, and cook 1 minute more. Remove from heat. Mix in basil; season with salt and pepper, if desired.

3 | To make Kebabs: whisk together oil, vinegar, and mustard powder in small bowl.

4 | Thread each of 12 skewers with 1 bell pepper square, 1 zucchini slice, 1 red onion chunk, 1 mushroom, and 1 tomato. Place skewers on large platter, and brush with vinaigrette mixture. Season with salt and pepper, if desired.

5 | Grill skewers 6 to 8 minutes, turning every 2 minutes, or until vegetables are tender and browned on all sides. Serve with Corn Relish.

PER SERVING (3 KEBABS AND $\frac{1}{2}$ CUP RELISH) 247 cal; 5 g prot; 18 g total fat (3 g sat fat); 20 g carb; 0 mg chol; 30 mg sod; 3 g fiber; 9 g sugars  

Pour on the sweetness.



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Enjoy our organic blue agave nectars straight from the bottle or when making delicious recipes, such as this **flavorful berry syrup**.

Agave Berry Breakfast Syrup

Ingredients

3 cups fresh strawberries (hulled, cleaned and quartered)
2/3 cup Domino® or C&H® Organic Light Agave Nectar

Instructions

Place cut strawberries in large microwave-safe bowl. Cook for 2 minutes, stirring after 1. While the berries are cooking, pour the agave nectar into a small saucepan on low heat. Add strawberries to saucepan and crush, using a potato masher or ladle. Increase heat to medium until mixture begins to boil and foam, approximately 5 to 7 minutes. Reduce heat and simmer for 10 minutes. Strain mixture using a mesh strainer, working with the back of a spoon to remove as much liquid as possible. Serve over pancakes, waffles or French toast and enjoy! Yields 1 cup.

For more information and delicious recipes, visit: dominoagave.com or chagave.com.

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30 minutes

Creole Veggie Rice and Beans

Serves 4 | 30 minutes or fewer

As Creole recipes go, this one is lightly spicy. Feel free to kick it up with extra mustard and Creole seasoning.

- 2/3 cup Arborio rice
- 1 1/2 cups frozen black-eyed peas (6 oz.)
- 1 cup peeled, cubed sweet potato
- 2 small bell peppers (preferably 1 green and 1 red), cut into 1/2-inch strips
- 8 fresh okra pods
- 1 cup coarsely chopped mustard greens, tightly packed, plus 4 large leaves for garnish
- 3 Tbs. olive oil
- 3 Tbs. white wine vinegar
- 1 Tbs. Creole mustard or any coarse-grain mustard
- 1 Tbs. Creole seasoning, optional
- 1 Tbs. light molasses

1 | Coat grill basket or grill pan with cooking spray, and preheat over medium heat.

2 | Place rice in saucepan, and cover with 1 inch water. Bring to a boil. Reduce heat to medium-low, and cook 7 minutes, stirring occasionally. Add black-eyed peas and sweet potato, and cook 8 minutes more. Drain, rinse with cold water, and drain again. Transfer to large bowl.

3 | Meanwhile, arrange bell pepper strips and okra in prepared grill basket or on grill pan. Grill 6 to 8 minutes, or until slightly charred and tender, turning once. Add grilled vegetables and chopped mustard greens to bowl with rice mixture.

4 | Whisk together oil, vinegar, mustard, Creole seasoning (if using), and molasses in small bowl. Season with salt and pepper, if desired, then stir into rice mixture.

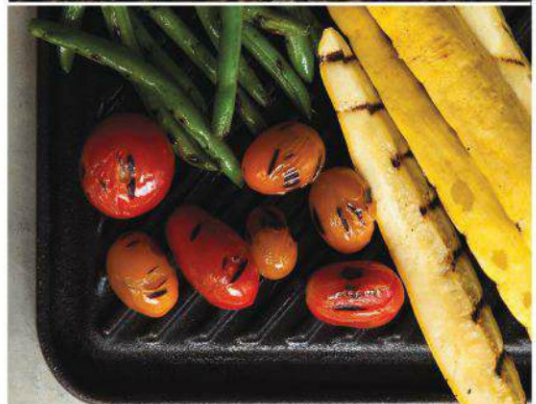
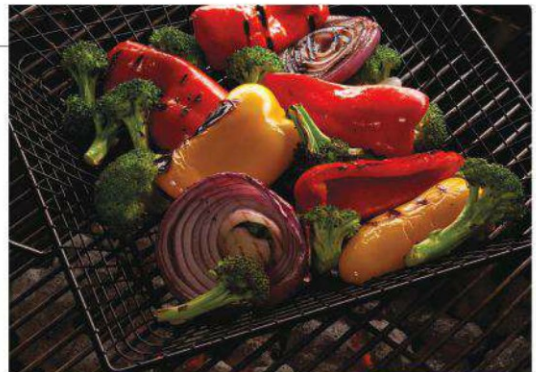
5 | Arrange 1 mustard green leaf on each plate. Top with 1 1/2 cups rice and beans mixture.

PER 1 1/2-CUP SERVING 347 cal; 9 g prot;
11 g total fat (1 g sat fat); 55 g carb; 0 mg chol;
131 mg sod; 7 g fiber; 7 g sugars

Selma Brown Morrow is a Los Angeles-based recipe developer.

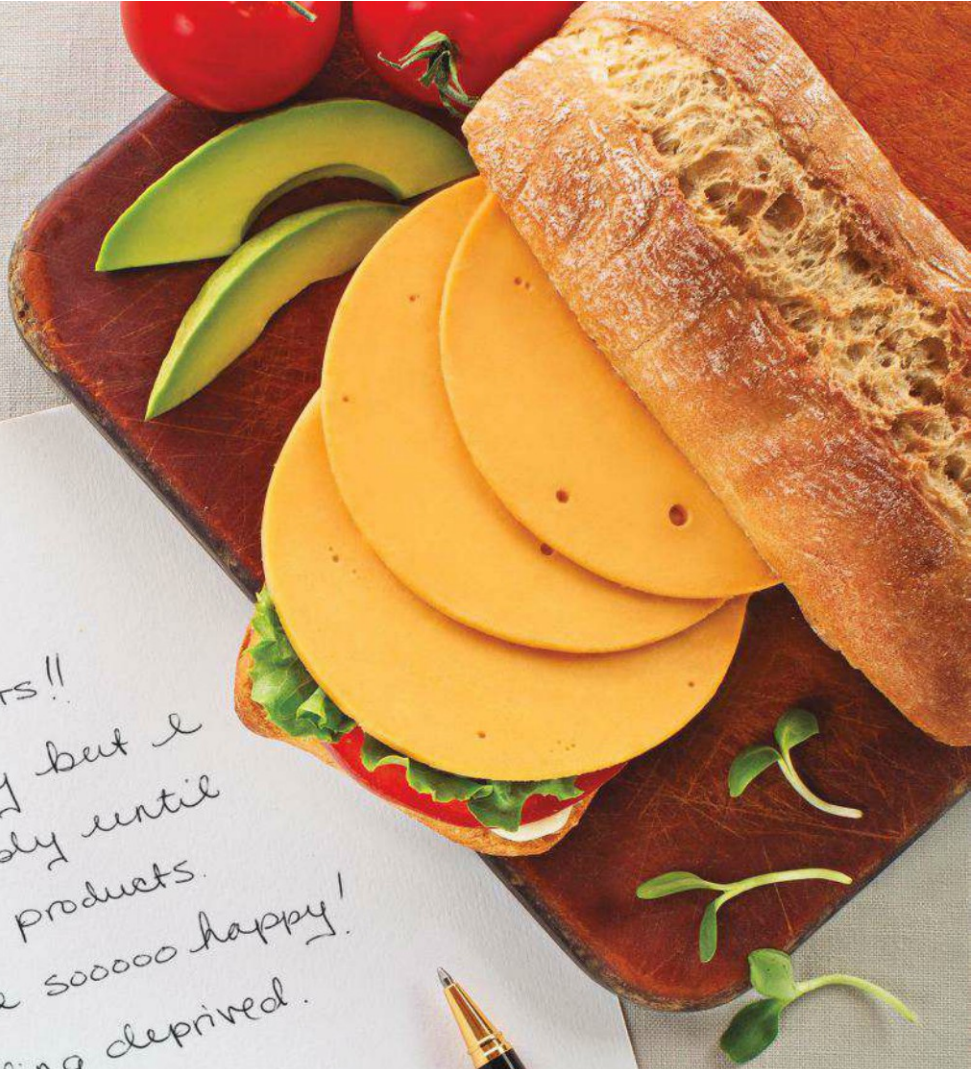
HOT TOOLS

If you enjoy grilling vegetables, invest in a **grill basket** (top, \$15 to \$20) that puts veggies in direct contact with fiery outdoor grill heat without the risk of falling through the grates. Another option: a **cast iron grill pan** (bottom, \$40 to \$50), which can be used on a stove top or an outdoor grill and gives items gorgeous grill marks.



New

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Cortland Manor, NY

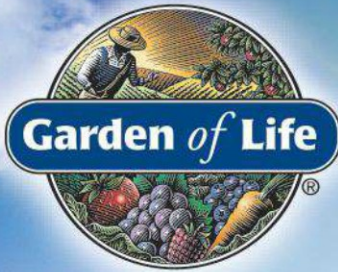


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For many people, the concept of "Going RAW" is daunting. Thankfully, Garden of Life[®] has made it easy for you to transition your way into a RAW Lifestyle. Whether or not you want to take the leap and go completely RAW, you can begin today—right now—by incorporating a few RAW elements into your everyday diet. We can think of no better way to "Shake it Up."

WHERE TO GO RAW

Perhaps the biggest misconception about a RAW lifestyle surrounds protein. Because protein is so prevalent in beef, dairy, eggs and poultry, we tend to think of them as the "only" good sources of protein. But that way of thinking quickly falls apart when you consider the facts. First off, the word "good" shouldn't just mean "has a lot of protein." Good should also refer to other qualities of the source of your protein. Are you eating beef, dairy, eggs and poultry from certified organic, pasture-raised animals? If not, do you really define that protein as "good?"

More importantly, beef, dairy, eggs and poultry are NOT the only sources of protein. Plant-sourced proteins are a viable alternative for anyone looking to add a protein punch to their diet. Protein from plants is easily the preferred way for RAW enthusiasts to stay RAW and get their daily ration of protein.

There is one issue with receiving your protein exclusively from plants, though. Protein is made up of amino acids, several of which

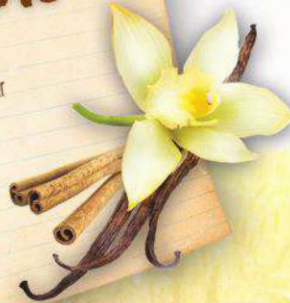
Raw Protein Vanilla Spiced Chai Smoothie

INGREDIENTS:

- 1 scoop of Garden of Life Vanilla Spiced Chai RAW Protein
- 1 Tablespoon of Garden of Life Extra Virgin Coconut Oil
- 2 bananas
- Approximately one cup of water

DIRECTIONS:
Blend all ingredients together and pour into a glass.

So easy! So creamy!
So delicious!



www.GardenofLife.com

What is RAW?

- **Not Heated More Than 115°F** - Preserves Nutrient Integrity of Co-Factors
- **No Binders or Fillers** - They Don't Provide Nutrient Value
- **Whole Foods - Nothing Artificial** - Your Body Recognizes Whole Food - Not Synthetic Chemicals
- **Not Tableted** - Tableting Creates Pressure, and Pressure is Heat!
- **Live Probiotics and Enzymes** - Aids in Digestion

are considered "essential," meaning they must come from your diet because the body cannot make them on its own. Animal sources of protein are generally considered to be "complete," which is another way of saying they have all of the essential amino acids your body requires.

Plant-based proteins are rarely considered a complete source of essential amino acids. Thus, anyone who receives all of their protein from plants needs to be sure to include a wide variety of plants in order to get all of the essential amino acids their body requires. It takes some effort to think and plan properly to make sure you're getting enough complete protein—which is where RAW Protein comes in.

RAW Protein is a protein supplement that takes the guesswork out of going RAW. One serving contains 17 grams of protein, but more importantly, it redefines the meaning of "good" protein. RAW protein is a combination of 13 different plant sources of protein. Each serving contains ALL of the essential amino acids your body needs to thrive. RAW protein is USDA Certified Organic, RAW and vegan, and that's just the start.

The plants used in RAW Protein are all sprouted to facilitate easy digestion.[†] Additionally, to aid digestion, every serving of RAW Protein also contains live probiotics and enzymes.[†] RAW Protein also includes Vitamin Code® RAW vitamins, including the important fat-soluble vitamins A, D (as D₂), E and K, which are sometimes lacking in raw, vegan diets.

RAW Protein makes it easy and convenient to start your RAW journey by eliminating a common concern of those thinking about Going RAW—where to find a great source of plant-based protein.

RAW INTAKE

Going RAW is a great way to make your calories truly count. RAW foods are noted for their amazing nutrient density. You've probably heard the term "empty calories." For example, a small red delicious apple has about the same amount of calories as two teaspoons of refined sugar. But, when you eat the apple, rather than the sugar, you get so much more, including carbohydrates, fibers (soluble and insoluble), vitamins, water for hydration, pigments from the skin for antioxidant value and a host of other living co-factors including enzymes and probiotics. The sugar is, obviously, the "empty" calories—it just doesn't come with all the other "good stuff" that is naturally packed inside the apple.

One of the perceived issues with going RAW is that it will be hard to replace calories, in effect that going RAW means going hungry. Because RAW foods pack so much nutrition in fewer calories, some are concerned with getting enough calories to support their body's normal function.

RAW Meal was designed to combat that issue. As one of the only RAW, USDA certified organic, vegan meal replacements currently available, RAW Meal is the on-the-go answer for anyone looking to include nutrient-dense RAW food to their lifestyle. Containing 26 superfoods from RAW organic grains, sprouts and greens, RAW Meal provides 34 grams of protein, 9-16 grams of fiber and a healthy 2.5 grams of fat (of course, no ugly trans fats), making it an excellent choice for anyone looking to replace empty calories with nutritious ones.

RAW Meal is perfect mixed with water, your favorite RAW juice, almond milk or rice milk, resulting in the simplest way possible to go RAW without worrying about whether or not you're providing your body with the "right" calories. And RAW Meal is now available in delicious, natural flavors.

Raw Meal Pina Colada

INGREDIENTS:

- 1 or 2 scoops Garden of Life RAW Meal Vanilla
- 1 banana
- 1/2 cup pineapple chunks
- 1 cup plain or vanilla almond milk
- Optional: 1/2 teaspoon coconut extract

DIRECTIONS:

Combine all ingredients in blender for about one minute on high and enjoy. Add an umbrella if you're outside—if not—pour it in a shaker cup and go!

THERE'S NEVER BEEN A BETTER TIME TO Shake it Up and Go RAW.



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Get loads of flavor with a lot less sugar and sodium

STIR-FRY SAUCE




Take a look at the label of a store-bought teriyaki sauce and you'll see that the gluten in the soy sauce isn't the only problem ingredient. Sugar, sometimes in the form of high-fructose corn syrup, is usually the second ingredient listed. And sodium levels often range between 400 and 500 milligrams or more for a single tablespoon of sauce. The good news is a boatload of sodium and sugar is not necessary to make a rich, satisfying sauce, as this recipe shows.

Gluten-Free Teriyaki Sauce

Makes 1½ cups | 30 minutes or fewer
Use this all-purpose sauce to marinate tofu, top vegetables, season rice, and flavor stir-fries.

- 1 Tbs. cornstarch
- ¼ cup Bragg Liquid Aminos or gluten-free tamari or soy sauce
- 1 Tbs. toasted sesame oil
- 1 Tbs. finely grated onion
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. grated fresh ginger
- 1 tsp. mirin or rice wine
- 3 Tbs. brown rice syrup
- 1 Tbs. sesame seeds, optional

Place cornstarch in small saucepan, and slowly whisk in Liquid Aminos until no lumps remain. Whisk in ¼ cup water, then sesame oil, onion, garlic, ginger, and mirin. Bring to a boil over medium-low heat, and boil 1 minute, or until thickened, whisking constantly. Remove from heat, and stir in brown rice syrup and sesame seeds (if using).

PER 1-TBS. SERVING 16 cal; <1 g prot; <1 g total fat (<1 g sat fat); 3 g carb; 0 mg chol; 114 mg sod; <1 g fiber; 2 g sugars   



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Great alternative to butter, margarine or vegetable oil





NUTRITIONIST ON CALL

Registered Holistic Nutritionist
Peggy Kotsopoulos is
the author of *Kitchen Cures*,
available in August.

Q What do you think about juice cleanses? Are they worth it?

A That depends on why and how you're doing a juice cleanse. If you need the discipline of a juice cleanse to reset your eating habits, one- to three-day cleanses are the perfect dose.

A cleanse is the process of clearing the accumulated toxins in your body that can come from the additives and chemicals used in processed foods. Freshly pressed juice, consisting primarily of greens, sends a surge of nutrients into your body; it provides an injection of vitamins, minerals, and phytonutrients you might not otherwise be getting. Juice cleansing is a conscious effort to reduce your intake of toxins while increasing your intake of nutrient-rich foods.

Make sure the juice is organic, otherwise the concept of cleansing is out the window. Nonorganic juices can be laced with a plethora of pesticides, typically in concentrated amounts, because you would juice more produce than you would eat in a single sitting.

In addition, your body needs fiber.

Fiber is essential for keeping your digestive system regular and also for cleansing. Fiber binds onto toxins and clears them from your body. Juices don't contain fiber—including the prebiotic fiber essential for healthy gut flora, which enable your body's eliminative organs, such as the liver, kidneys, and colon, to function properly. That's why juice cleansing isn't recommended for longer than three days. Alternatively, you may want to add fiber-rich foods, such as chia or flaxseeds, to your cleanse.

I personally love green juice made with kale, Swiss chard, cucumber, celery, and ginger. It's my liquid chlorophyll drip that I add daily to my overall diet.

Our bodies are working on overdrive to detoxify and neutralize all the stress they undergo on a daily basis. The best way to show them some love is to eliminate harmful substances and add an abundance of nutrients. Eating clean and organic on a regular basis does this.

**Make sure the
juice is organic,
otherwise the
concept of
cleansing is out
the window.**



Q Should I avoid no-stir peanut butter? Is natural-style nut butter that separates more healthful for me?

A Nut butters can be grouped into two camps: the stir kind and the no-stir kind. How can you tell? Check the ingredients label. If you see just one ingredient—peanuts, almonds, sunflower seeds, or whatever type of legume/nut/seed tickles your fancy—that's the most natural kind. As a result, the oil rises to the top.

Falling into the no-stir camp are the smooth, creamy nut butters that many of us grew up with. The no-stir convenience of these butters is due to the hydrogenated or partially hydrogenated oils, or trans fats, you'll find listed on the ingredients label.

Hydrogenated oils are created by heating unsaturated fats, such as vegetable oil, at high temperatures and adding hydrogen gas; this process turns liquid fats solid at room temperature, increasing the shelf life of food products, but also raising the risk of cancer, diabetes, and heart disease.

As a more healthful alternative to hydrogenated oils, a number of natural nut butter manufacturers are adding palm fruit oil, which is semisolid at room temperature. While palm fruit oil contains some saturated fats, which help solidify the nut butter, it's free of harmful trans fats. You will want to look for evidence that the palm fruit oil is organic or sustainably sourced. Many palm oil plantations have razed rain forest and endangered wildlife habitat.

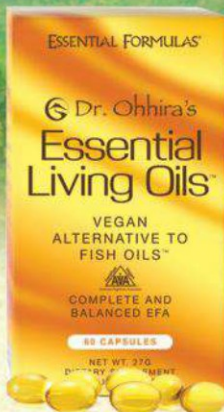
The reality is, even no-stir nut butters with palm fruit oil (or sometimes coconut oil) require some stirring. So if you don't mind keeping stir-required nut butters upside down in the fridge—which is a great tip for preventing the puddle of oil at the top—do it! 🌱

MIKE LORRIG

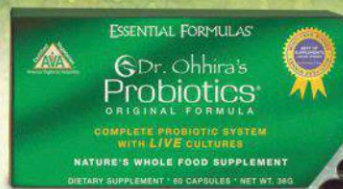
Manufacturers are adding palm fruit oil as a healthier alternative to hydrogenated oils. Look for evidence the palm fruit oil is sustainably sourced.



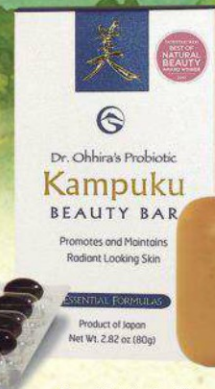
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Four simple salad toppers that are packed with flavor, not fat

lightly dressed

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AVOCADO-CUCUMBER
DRESSING WITH DILL, p. 45



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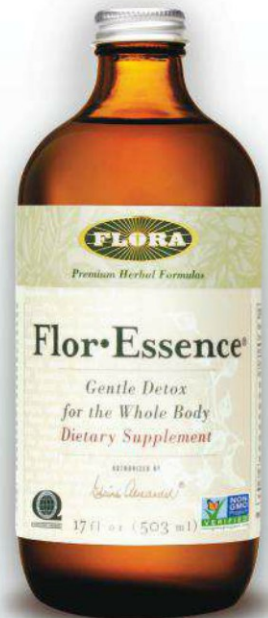
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Yogurt Vinaigrette with Honey and Basil

Makes ½ cup dressing | 30 minutes or fewer

Use this creamy dressing in place of mayonnaise in your favorite potato salad, or try it on a salad of chopped romaine lettuce, sliced radishes, white beans, and toasted sunflower seeds.

- ½ cup nonfat Greek yogurt
- 1 Tbs. warm honey
- 2 tsp. rice vinegar
- 1 cup loosely packed fresh basil leaves

Place all ingredients in mini food processor or chopper, and blend until very smooth, adding 1 to 3 Tbs. water to achieve desired consistency. Season with salt and pepper, if desired.

PER 2-TBS. SERVING 34 cal; 3 g prot; <1 g total fat (0 g sat fat); 6 g carb; 0 mg chol; 11 mg sod; <1 g fiber; 6 g sugars



Raspberry-Cilantro Vinaigrette

Makes ½ cup dressing | 30 minutes or fewer

Blended fresh (or frozen) raspberries give this vinaigrette body so there's no need for oil. Umeboshi vinegar, a Japanese condiment made with umeboshi plums, adds a full-flavored dimension that is sweet, tart, and salty all at once.

- 6 oz. fresh raspberries, washed and picked over (1 cup)
- ½ cup loosely packed cilantro leaves
- 2 tsp. umeboshi vinegar, such as Eden Ume Plum Vinegar
- 1 Tbs. chopped shallot

Place all ingredients in mini food processor or chopper. Add ¼ cup water, and blend until smooth. Season with salt and pepper, if desired.

PER 2-TBS. SERVING 25 cal; <1 g prot; <1 g total fat (<1 g sat fat); 6 g carb; 0 mg chol; 526 mg sod; 3 g fiber; 2 g sugars



Creamy Balsamic Dressing

Makes ½ cup dressing | 30 minutes or fewer

The soft tofu in this dressing whips up creamy when blended in a food processor. Spoon over a chilled wedge of iceberg lettuce or roasted cabbage slices.

- 5 oz. silken tofu, drained (½ cup)
- 1 Tbs. balsamic vinegar
- 1 Tbs. Dijon mustard
- 1 small clove garlic, peeled and smashed
- 1 tsp. warm honey

Place all ingredients in mini food processor or chopper. Add ¼ cup water, and blend until smooth. Season with salt and pepper, if desired.

PER 2-TBS. SERVING 29 cal; 2 g prot; <1 g total fat (0 g sat fat); 4 g carb; 0 mg chol; 91 mg sod; <1 g fiber; 2 g sugars

5 ingredients






Avocado-Cucumber Dressing with Dill

Makes ½ cup dressing
30 minutes or fewer

Avocado and cucumber play off each other when blended in a dressing that's crisply flavored yet rich in texture. Try with arugula, finely chopped kale, and green onions for a green-on-green summer starter.

- ½ large ripe Hass avocado, chopped
- ½ cup chopped peeled and seeded cucumber
- 1 Tbs. minced fresh dill
- 1 Tbs. fresh lemon juice
- 1 tsp. pure maple syrup

Place all ingredients in mini food processor or chopper. Add ¼ cup water, and blend until very smooth. Season with salt and pepper, if desired.

PER 2-TBS. SERVING 40 cal; <1 g prot; 3 g total fat (<1 g sat fat); 4 g carb; 0 mg chol; 2 mg sod; 2 g fiber; 2 g sugars   

Faith Durand is executive editor of the home-cooking Web site *The Kitchn* (thekitchn.com) and author of *Bakeless Sweets*.

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TRIBEST dynab·end[®] Horsepower Plus™ DM-850 High Power Blender

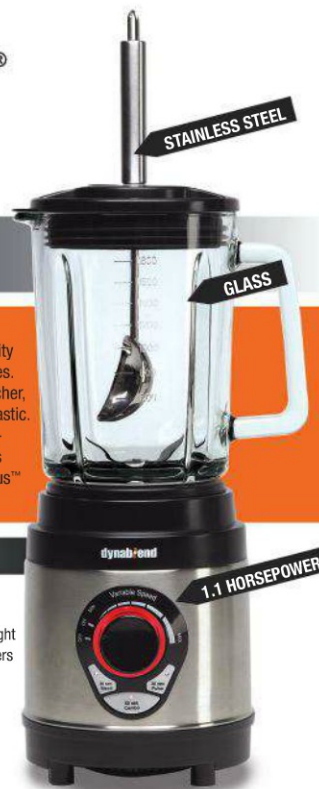
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Yogurt Vinaigrette with Honey and Basil

Makes ½ cup dressing | 30 minutes or fewer

Use this creamy dressing in place of mayonnaise in your favorite potato salad, or try it on a salad of chopped romaine lettuce, sliced radishes, white beans, and toasted sunflower seeds.

- ½ cup nonfat Greek yogurt
- 1 Tbs. warm honey
- 2 tsp. rice vinegar
- 1 cup loosely packed fresh basil leaves

Place all ingredients in mini food processor or chopper, and blend until very smooth, adding 1 to 3 Tbs. water to achieve desired consistency. Season with salt and pepper, if desired.

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Creamy Balsamic Dressing

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- 1 Tbs. Dijon mustard
- 1 small clove garlic, peeled and smashed
- 1 tsp. warm honey

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PER 2-TBS. SERVING 29 cal; 2 g prot; <1 g total fat (0 g sat fat); 4 g carb; 0 mg chol; 91 mg sod; <1 g fiber; 2 g sugars

5 ingredients






Avocado-Cucumber Dressing with Dill

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30 minutes or fewer

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- 1 Tbs. minced fresh dill
- 1 Tbs. fresh lemon juice
- 1 tsp. pure maple syrup

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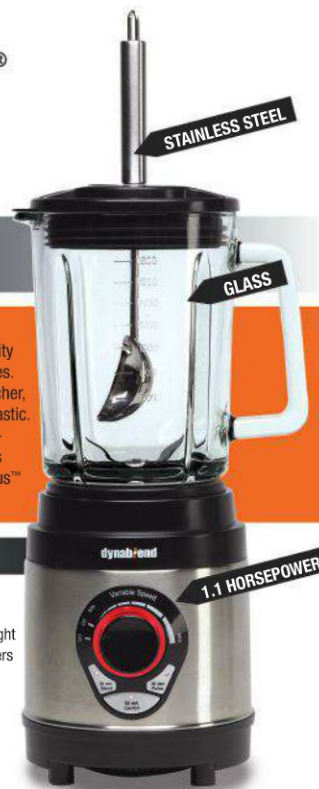
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Paging all passengers! Your summer veg-cation is about to set sail. Whether your plans include a room at the Ritz or a tent with a view, every great escape requires a traveler's checklist, and a veg voyage can be especially tricky to navigate: where to go, what to pack, and what to eat—both in transit and once you've reached your destination.

To guide you on your excursions, we've solicited the sage advice of savvy veg travelers. These pros, who travel for work and for play, know how to maximize the meat-free fun wherever they are in the world, and we want the same for you. So, grab your passport and your sense of adventure. Away we go.



ultimate veg TRAVEL GUIDE ➤

Turn your summer-vacation dreams into fun-filled reality with these tips from veg-travel pros

BY Aurelia d'Andrea



PACK LIKE A PRO

Smart Tips for Eco-Friendly Chicks

by **Rory Freedman**,
author of *Beg* and
Skinny Bitch

"I travel a lot for work and pleasure. While I'm a bit of a minimalist, there are a few special things I like to tote while traveling."

1. A scarf. Not only does it add a degree of fashion chic, but on airplanes, it can be used for warmth, to cover your eyes when trying to sleep, or to block unpleasant smells. A scarf can also be helpful if you're going to a city or sacred temple where head-covering is the norm.

2. A sarong. It might seem redundant when you've already got your scarf, but sarongs are multifunctional. Compared to towels, sarongs are much lighter, take up less space in your bag, and dry faster. And if you stay out late and the night gets chilly, you've got a little wrap for yourself.

3. Refillable water bottle and reusable utensils. I eat a lot of street food and food-on-the-go when traveling. Bringing a reusable bamboo fork for the trip means fewer forks tossed in the trash. And if I'm going to a country where the water is safe to drink (or whenever I travel domestically), I take my trusty water bottle with me.

4. A notebook and pen. I like to have a journal on hand to record the events of the day, so months or years down the road, I can remember where I went, what I experienced, or who I met. Rereading my travel pages can be as satisfying as looking at pictures (or even more so).

LEANNE MAI-LY HILGART PHOTO BY ANTHONY TWOMOONS; VEG OUT PHOTO BY CHANDHEEB RAJAKUMAR; THE CHICAGO DINER AND THE RADICAL REUBEN PHOTOS BY DEL NAKAMURA, THE CHICAGO DINER, INC.

TO-FLY-FOR FOOD

Memorable Meals from Portland to Tokyo

Leanne's love of animals rivals her fondness for vegan food, which she scouts on every vacation. Here, she shares her most lip-smacking travel memories.

1. The Portland Bowl washed down with a Maca & Friends smoothie at **Canteen** (canteenpdx.com) in Portland, Ore.

2. Vegan dim sum and tea at **LockCha Tea Shop** (lockcha.com) in Hong Kong Park, Hong Kong.

3. Tofu Benedict plus Red Velvet Pancakes (go splitsies!) at **Champs** (champsdiner.com) in Brooklyn, N.Y.

4. A bowl of ramen followed by tofu pudding at **T's Tantan** (ts-restaurant.jp) in Tokyo.

5. The Radical Reuben with a side of greens and mocha milkshake at **The Chicago Diner** (veggiediner.com), Chicago.



Chicago's must-try veg comfort food.



by **Leanne Mai-ly Hilgart**, designer and founder of **Vaute Couture**



London, Ont.'s finest "Fish" and Chips.

6. The World Famous "Fish" and Chips at **Veg Out** (vegoutrestaurant.com) in London, Ont.

7. Enchiladas and Mexican chocolate cake at **Gracias Madre** (gracias-madre.com) in San Francisco.

8. Handmade hot wings with tater tots and vegan ranch at the **Palomino** (palominobar.com) in Milwaukee.





PRESCRIPTION FOR Healthy Adventure

by Joel Fuhrman, MD,
family physician and author of
The End of Diabetes
and *Eat to Live*



It's fundamental: eat well and you'll be well. The same applies to eating on the road. Follow Fuhrman's plan for a healthful voyage.

TRAVEL WITH FOOD,

so you're not hungry and tempted to eat poorly during long flights or at the airport. I usually make a sandwich of grilled portobellos with sliced avocado, red onion, tomato, and pesto on whole-grain bread.

PACK NUTS AND SEEDS

(such as walnuts and sunflower seeds), raisins, oatmeal, and apples in your suitcase. You can make hot oatmeal using the electric coffee maker in the room, or just soak the oatmeal and raisins in water overnight to soften.

PUT YOUR FAVORITE

healthful salad dressing in two 3.4-ounce travel containers to take with you. Then you can buy fresh lettuce and tomatoes at any supermarket or pick up a salad with beans at a salad bar.

PICK A HOTEL WITH AMENITIES.

Twenty minutes on the elliptical machine at an in-house gym can help relieve travel-related stress and keep you energized.

TECH SUPPORT

Web sites and apps for herbivores on the move

HappyCow (\$2.99 on iTunes)

You'll never go hungry with this veg and veg-friendly restaurant-finder app covering 100 countries.

GateGuru (free)

Terminal maps and restaurant reviews of the world's busiest airports.

veggie-hotels.com

Accommodations (B&Bs, hotels, guesthouses) on six continents geared specifically to the veg traveler.

healthyvoyager.com

Travel tips, resources, and recommendations from vegan voyager Carolyn Scott-Hamilton.

vegetarian-vacations.com

A directory with information about and links to wilderness expeditions, yoga retreats, and guided getaways around the globe.

WHEEL-Y BIG ADVENTURE

BICYCLE BEANO



Hearty vegetarian meals and dreamy cycling across the gently rolling landscapes of England and Wales have lured outdoor adventure seekers to Bicycle Beano since 1982. Hosts Jane Barnes and Rob Greene offer two tours each year, and all ages, riding levels, and dietary persuasions are welcome. bicycle-beano.co.uk



Bicycle Beano pedalers enjoy the view.

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Mary Walker

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BEAUTY TO GO

Carry-On Essentials for Savvy Jet-Setters

Raw-food goddess

Ani Phyo spills her travel-bag beauty essentials. "I do everything to avoid checking luggage—even when I'm off to Asia for two months. Since I only travel with carry-ons, I keep liquids at 3.4 ounces and make sure they fit into that 1-quart Ziploc bag. These are a few of my faves."

Nutiva Organic Extra Virgin Coconut Oil I use it as an all-over moisturizer, a shine-booster and anti-frizz product for my hair, and to remove makeup.

Juara Turmeric Antioxidant Radiance Mask I apply this soothing mask to my face after landing to help my skin detox after a long flight.

Kiss My Face Face Factor Sunscreen This cruelty-free, vegan sunscreen comes in travel-friendly 2-ounce tubes and is water resistant too.

Voluspa Candle I love all of their fragrances and pack a small candle to light in my room for aromatherapy. It helps ground me in my new location after travel.

Young Living Essential Oil The Peace & Calming scent is both relaxing and rejuvenating—in other words, perfect for travel.

by Ani Phyo,
author, *Ani's
15-Day Fat Blast*

WHAT TO BUY WHERE

A Globetrotting Gourmet's Guide to Shopping

This superstar blogger, cookbook author, and wise travelista shares her favorite market scores from around the globe.



by Dynise Balcavage,
author, *Pies and Tarts with Heart*

1. St. Martin: Kalina Hot Sauce

Island-groove, kick-ass hot sauce with an über-cool label.

2. England: Moo Free Banana Chip Chocolate Bar

A British friend sent me one and now I'm hooked!

3. Barbados: Guava cheese

This fruit "cheese" is vegan!

4. Peru: Aceitunas miraflores

A savory olive spread that's delicious on crackers or bread.

5. Italy: Vin Santo I love to dip vegan biscotti in this famous dessert wine.



6. Brazil: Phebo soaps Find these vegetable-based bars in drugstores throughout Brazil.

FOLLOW THE FUN

Global Festivals for Vegetarians

Some folks come for the speakers and camaraderie, but most show up for the food. Get in on the action!

Vegetarian Summerfest, Johnstown, Pa., July 3-7, 2013
vegetariansummerfest.org

Toronto Vegetarian Food Festival, Toronto, September 6-8, 2013
festival.veg.ca

VeganFest, Bologna, Italy, September 7-10, 2013
veganfest.it

D.C. VegFest, Washington, September 28, 2013
dcvegfest.com



VegFest London, London, October 5-6, 2013
london.vegfest.co.uk

Paris Vegan Day, Paris, October 12, 2013
twitter.com/parisveganday

San Diego Vegetarian Festival, San Diego, October 19, 2013
facebook.com/SanDiegoVegFestival

Boston Vegetarian Food Festival, Boston, October 26-27, 2013
bostonveg.org

Heat-seeking globetrotter Aurelia d'Andrea is based in Paris.

PICK OF THE PLANET

Eric Brent, founder, HappyCow



We asked vegetarian-travel guru Eric Brent what special spot really rocks his boat. "Thailand remains the country I most like to return to, and I've been there around 20 times," says Brent. "The sheer variety of fruits and veggies make it a raw-foodist's dream. Culinary traditions make food there some of the most interesting and flavorful. If you go, seek out May Kaidee's veg and vegan cooking school and restaurants [maykaidee.com], which played a large part in why I started HappyCow. While Thailand's cuisine does present a challenge for vegetarians (namely, fish sauce), once you learn your way around it, Thailand offers a veg adventure to remember."

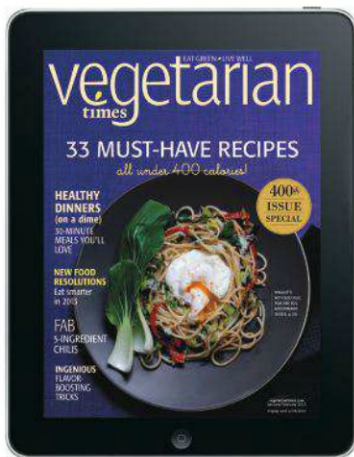
May Kaidee's world-famous buffet dinner.



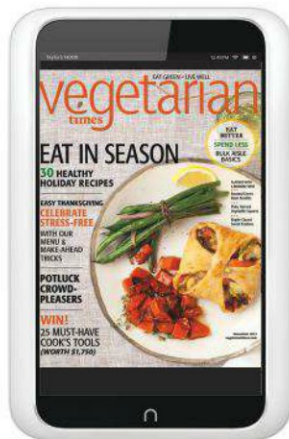
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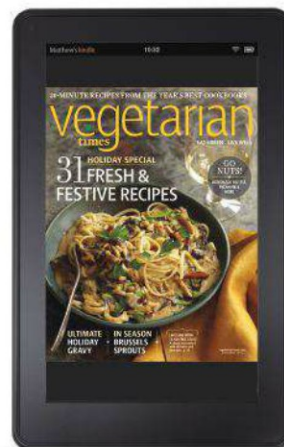
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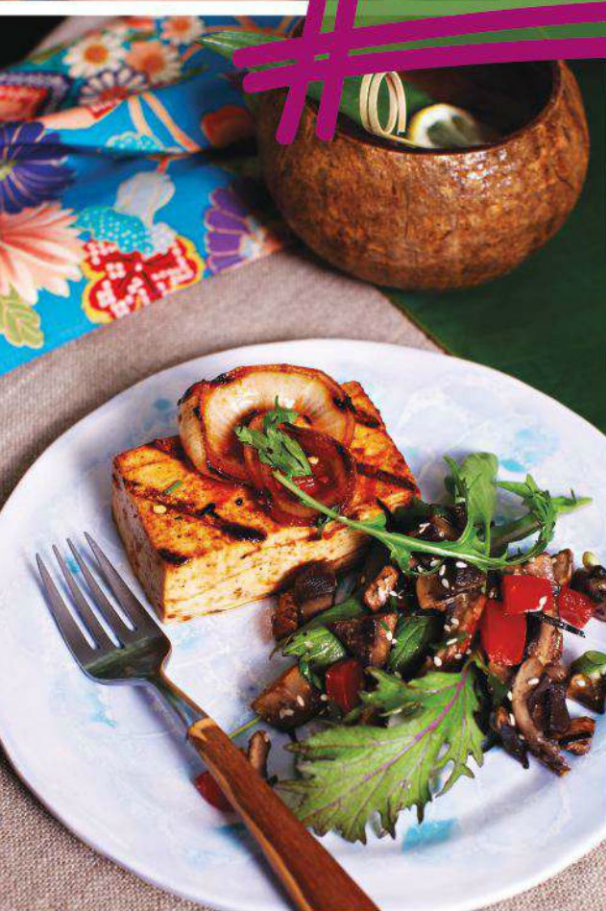
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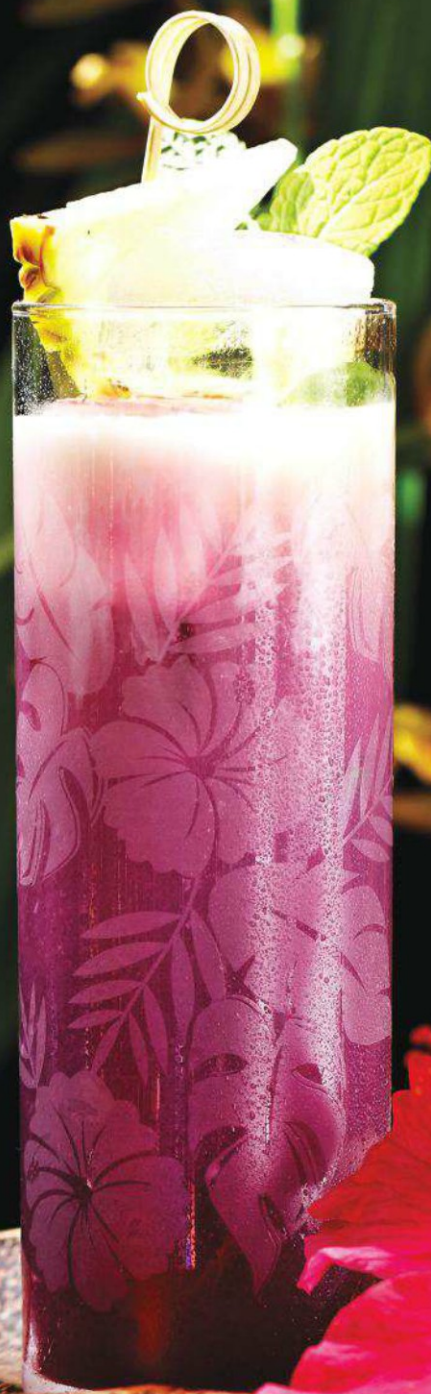
LUAU TIME



THE NEXT TIME you host a cookout, transport your guests to a tropical paradise by creating a veg version of a Hawaiian luau. Luaus are usually huge outdoor buffets held to celebrate significant events, such as weddings, graduations, and special birthdays, and the festive fare makes great, easy-to-prepare party food. So light some tiki torches, download some slack-key guitar music, and invite guests to celebrate summer, Hawaiian-style.

BY Mark Reinfeld PHOTOGRAPHY Mario de Lopez
FOOD STYLING Vivian Lui PROP STYLING Robin Turk

BRING
ISLAND
FLAIR
TO YOUR
OWN
BACKYARD



TROPICAL HIBISCUS COOLER, p. 58

SET THE SCENE

MUSIC Play Hawaiian slack-key guitar artists such as Makana, or favorites such as Israel “Iz” Ka’ano’i Kamakawiwo’ole (“Somewhere Over the Rainbow/What a Wonderful World”).

LIGHTING AND FLOWERS Decorate with tiki torches and tropical flowers, such as birds of paradise, protea, orchids, and hibiscus.

TABLE SETTINGS Top with banana or ti leaves, use grass skirts for table skirts, and set places with bamboo mats and utensils.

PARTY FAVORS Seek out leis, hibiscus flowers for hair, grass skirts, Hawaiian print shirts (shop for them in thrift stores), and fresh coconuts for drinking the water from the shell.





MENU

LAU LAU

HULI HULI TOFU

PORTOBELLO POKE

HAUPIA COCONUT
PUDDING

TROPICAL HIBISCUS
COOLER

LAU LAU

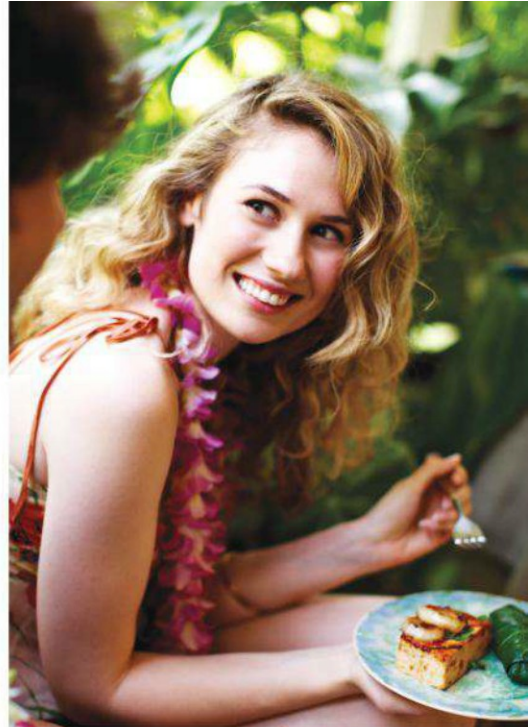
Makes 8 rolls | 30 minutes or fewer
A true luau staple, *lau lau* rolls are traditionally made with pork and fish, rolled in taro or ti leaves, and steamed for hours before serving. This quick-and-easy version uses collard leaves to wrap up a sweet potato filling.

- 8 large whole collard leaves
- 2 medium sweet potatoes or Okinawan purple sweet potatoes, unpeeled and cut into ½-inch cubes (4 cups)
- ½ cup tightly packed chopped fresh spinach
- ½ cup coconut milk

- ¼ cup thinly sliced green onion
- ⅛ tsp. red pepper flakes, or more to taste
- 1 tsp. smoked paprika, or a few drops liquid smoke

1 | Fill large pot with 1 inch water, and bring to a boil. Drop collard leaves in water one at a time, and cook 1 to 2 minutes, or until slightly soft. Transfer to plate to drain. Set aside.

2 | Place steamer basket over boiling water in pot, add sweet potatoes, cover, and steam 8 minutes, or until just tender. Transfer to bowl, and stir in spinach, coconut milk, green onion, red pepper flakes, and paprika. Season with salt





LAU LAU

and pepper, if desired. Keep steamer basket in pot over low heat, adding more water, if necessary, to maintain 1 inch depth.

3 | Lay 1 collard leaf face down on work surface, with stem pointing away from you. Spoon ¼ cup sweet potato filling 2 inches from bottom of collard leaf. Fold bottom edge of collard leaf over filling, fold in sides, and roll away from you, creating as tight a roll as possible.

4 | Increase heat under steamer to high. Transfer rolls to steamer basket, cover pot, and steam 2 to 3 minutes. Transfer to serving platter with tongs.

PER ROLL 91 cal; 2 g prot; 3 g total fat (3 g sat fat); 15 g carb; 0 mg chol; 44 mg sod; 3 g fiber; 3 g sugars  

HULI HULI TOFU

Serves 6

Huli means “turned” and describes a marinade that is commonly used on rotisserie-cooked chicken. This veg-friendly version features tofu.

- ¼ cup plus 1 Tbs. wheat-free low-sodium tamari or low-sodium soy sauce
- ¼ cup tomato paste
- 3 Tbs. dark brown sugar or maple syrup
- 3 Tbs. lemon juice
- 2 Tbs. dry sherry

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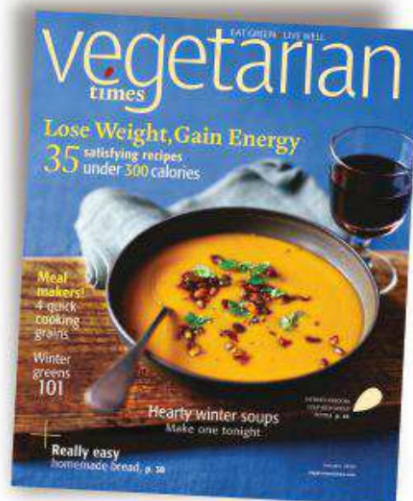
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- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. grated fresh ginger
- 1 pinch red pepper flakes
- 2 14-oz. pkg. extra-firm or super-firm tofu, drained, each block cut into 3 slabs
- 1 small onion, sliced into ½-inch-thick rings
- 3 Tbs. finely chopped parsley

1 | Preheat oven to 375°F. Whisk together tamari, tomato paste, brown sugar, lemon juice, sherry, garlic, ginger, red pepper flakes, and 1 cup water in 13- x 9-inch casserole dish. Add tofu, turning to coat with sauce, and top cutlets with onion rings. Bake 30 minutes, flipping tofu once or twice.

2 | Meanwhile preheat grill or grill pan. Grill tofu cutlets 3 minutes on each side, basting occasionally with sauce.

3 | Transfer cutlets to serving platter, and top with onion rings and remaining sauce. Garnish with parsley.

PER CUTLET 184 cal; 16 g prot; 7 g total fat (<1 g sat fat); 16 g carb; 0 mg chol; 677 mg sod; 3 g fiber; 9 g sugars

PORTOBELLO POKE

Serves 6 | 30 minutes or fewer
 Poke (pronounced po-kee) is typically made with raw fish. This version uses portobello mushrooms seasoned with arame, a dried seaweed, to give it the flavor of the sea. Serve warm or chilled over a small bed of mixed organic greens.

- ¼ cup arame
- 6 large portobello mushrooms
- 2 Tbs. coconut or sesame oil
- 1 pinch ground nutmeg
- ¼ cup dry white wine
- 4 Tbs. lemon juice, divided
- 1 Tbs. miso paste
- 1 tsp. wheat-free tamari sauce or low-sodium soy sauce
- 1 medium tomato, cut into ½-inch dice
- 2 green onions, thinly sliced (¼ cup)
- 1 pinch red pepper flakes
- 3 cups mixed salad greens
- 1 Tbs. white sesame seeds



PORTOBELLO POKE

1 | Place arame in small bowl, and cover with ½ cup hot water. Let stand 5 minutes, or until arame is soft.

2 | Scrape gills from undersides of mushrooms with spoon, and discard. Cut mushrooms into 1-inch pieces.

3 | Heat coconut oil in large skillet over medium-high heat. Add mushrooms and nutmeg; sauté 3 minutes, or until mushrooms begin to soften. Stir in wine and 2 Tbs. lemon juice; cook 5 minutes, or until mushrooms are tender.

4 | Meanwhile, whisk together miso, tamari, and remaining 2 Tbs. lemon juice in large bowl. Stir in tomato, green onions, and red pepper flakes. Add mushrooms, arame, and arame soaking water, and mix well. Season with salt and pepper, if desired. Serve over salad greens, and sprinkle with sesame seeds.

PER SERVING (½ CUP POKE AND ½ CUP GREENS) 101 cal; 5 g prot; 6 g total fat (4 g sat fat); 11 g carb; 0 mg chol; 192 mg sod; 4 g fiber; 6 g sugars



HAUPIA COCONUT PUDDING

Makes 16 small squares

This quintessential luau dessert is sliced into petite squares and served on small pieces of ti or banana leaf. Serve with a large platter of tropical fruits (such as sliced mango, pineapple, and papaya).




- ¾ cup cornstarch
- 2 14-oz. cans light coconut milk
- 1 cup sugar
- 1 tsp. vanilla extract
- 1 pinch sea salt
- ½ cup coconut flakes
- ½ cup finely chopped macadamia nuts (toasting optional)
- Ti, banana, or collard leaves, for serving

- 1 | Preheat oven to 375°F. Coat 8-inch square baking dish with cooking spray.
- 2 | Stir cornstarch into ¾ cup cold water in bowl until dissolved. Set aside.
- 3 | Bring coconut milk, sugar, vanilla, and salt to a boil in saucepan over medium-high heat. Cook 5 minutes, whisking constantly. Add cornstarch mixture, reduce heat to medium-low, and

cook 1 minute, whisking constantly. (Mixture has a tendency to bubble up.) Transfer to prepared baking dish, and chill 1 hour, or until cool enough to slice.

4 | Meanwhile, spread coconut flakes on small baking sheet, and toast 3 minutes, or until just golden. Transfer to bowl. Toast macadamia nuts (if desired) on same baking sheet 5 minutes, or until just golden. Add to bowl with coconut flakes. Sprinkle this mixture on top of haupia while cooling.

5 | Slice cooled haupia into 16 small squares. Serve on pieces of ti leaves.

PER SQUARE 149 cal; <1 g prot; 7 g total fat (4 g sat fat); 21 g carb; 0 mg chol; 37 mg sod; <1 g fiber; 14 g sugars   

Mark Reinfeld is a chef, author, and cofounder of Vegan Fusion (veganfusion.com).



TROPICAL HIBISCUS COOLER



Serves 6

Break out the mini umbrellas for this exotic, rum-optional elixir. For a lighter drink, you can make a spritzer with 2 Tbs. of the hibiscus syrup and ¾ cup seltzer water. Serve with a straw for stirring.

- 3 hibiscus tea bags (such as Red Zinger) or 2 Tbs. dried hibiscus flower
- ½ cup sugar
- 4 cups pineapple juice
- 6 oz. white rum, optional
- ½ cup plus 1 Tbs. light coconut milk
- 6 fresh pineapple slices, for garnish
- Fresh mint sprigs, for garnish

1 | Steep tea bags in 1½ cups boiling water 15 minutes. Strain, and discard tea bags; transfer liquid to saucepan. Stir in sugar, and return liquid to a boil. Reduce heat to medium-low, and boil 15 minutes, or until liquid is reduced by half. Transfer to bowl, and place in freezer 10 minutes, or until mixture is syrupy.

2 | Fill glasses with ice. Pour ¾ cup pineapple juice and 1 oz. rum (if using) into each glass. Add 1½ Tbs. coconut milk, and drizzle 2 Tbs. hibiscus syrup over coconut milk. Garnish with pineapple slices and mint sprigs.

PER 1-CUP SERVING 195 cal; <1 g prot; 2 g total fat (1 g sat fat); 45 g carb; 0 mg chol; 11 mg sod; <1 g fiber; 38 g sugars  



HAUPIA COCONUT PUDDING



FARMERS' MARKET

At-home spa treatments with ingredients fresh enough to eat

BEAUTY



Clarifying Tomato
Juice Hair Rinse, p. 64 

Treat yourself to homemade skin and hair goodies featuring fresh-grown ingredients and you'll access nature's most vibrant beauty boosters—while steering clear of the synthetic chemicals, preservatives, and excess packaging that come with many store-bought personal-care products.

Not only nurturing to your body and the planet, making your own beauty essentials lets you tap into your creative side and fully indulge your senses. "Experiment, have fun, get messy, don't rush," advises Dawn Gallagher, author of *Nature's Beauty Secrets: Recipes for Beauty Treatments from the World's Best Spas*. "Take the time to enjoy the scents and textures of fresh fruits, exotic essences, and pungent herbs, all of them sensory delights in themselves."

Here, natural-beauty mavens share easy recipes for head-to-toe rejuvenation.

PHOTOGRAPHY Anaïs & Dax FOOD STYLING Vivian Lui PROP STYLING Scott Horne



FACE



Celery and Parsley Skin Refresher

Perfect for all skin types, this gentle toner is both calming and revitalizing. Mildly astringent parsley helps clear pores, says *Natural Beauty at Home* author Janice Cox, while celery provides vitamin C to ease inflammation and stimulate skin regeneration.

½ cup chopped fresh parsley

¼ cup chopped celery

Place the parsley and celery in a glass bowl, then pour in 1 cup of boiling water. After 20 to 30 minutes, strain out any solids, and transfer the liquid to a sealable container. (Toner will keep for about two weeks in the fridge.) Using a cotton ball or pad, apply the toner to newly cleansed skin. No need to rinse.



Moisture-Boosting Carrot Mask

Carrots come packed with beta-carotene, an antioxidant that helps clear away blemishes and smooth fine lines. Wheat germ oil and honey replenish moisture in dry or combination skin; adding geranium oil to the mix aids acne-prone complexions, says Gallagher.

- 2 carrots
- 2 tsp. organic honey
- 1 tsp. wheat germ oil
- 2 drops geranium oil (optional)

Chop the carrots, drop them into a pot of boiling water, and cook until soft. Next, mash up the carrots with the remaining ingredients. Once the mixture's lukewarm or cool to touch, slather the mask onto just-cleansed skin; leave on for 20 minutes before scrubbing away.

HAIR



Clarifying Tomato Juice Hair Rinse

The acids in tomato juice help whisk away product residue and leave your hair silky. Especially beneficial for thick hair, this rinse contains apple cider vinegar and rosemary and peppermint essential oils to promote shine, says Leslie Martin, author of *Crunchy Betty's Food on Your Face for Acne and Oily Skin*.

- 1 ripe tomato
- 1 Tbs. apple cider vinegar
- 5 drops rosemary essential oil
- 3 drops peppermint essential oil

Juice your tomato by tossing it into a juicer or by pushing it through a very fine mesh sieve, then combine with remaining ingredients and 2 cups of water, and stir well. Pour the mixture over conditioned hair, leave on for 2 minutes, and rinse with cool water.

Shine-Enhancing Banana Hair Mask

To bring luster back to dull, damaged hair, soak your locks with a blend of naturally conditioning banana and coconut oil. Following the mask with an apple cider vinegar rinse helps remove product buildup and protect against dandruff, says *Gorgeously Green* author Sophie Uliano.

- 1 ripe banana
- 2 tsp. virgin coconut oil
- 1 cup apple cider vinegar

Mash banana, mix with coconut oil, and spread onto clean hair. Tuck hair under a shower cap; let sit 30 minutes. After shampooing the mask from your hair, rinse with apple cider vinegar.



HANDS



Ultra-Softening Avocado Hand Lotion

This lushly scented hand balm taps into the hydrating power of avocado and rose essential oil. Like avocado, olive oil serves up plenty of fatty acids and vitamin E to alleviate skin roughness. What's more, oats offer skin-soothing compounds, notes Martin.

- ½ overripe avocado
- 1 Tbs. olive oil
- 3 tsp. finely ground oats
- 4 drops rose essential oil

Mash the avocado until smooth, quickly whisk in the olive oil, then stir in the oats and rose essential oil. After rubbing the lotion onto your hands in a thick layer, sit back for 5 to 10 minutes; rinse clean.

BODY



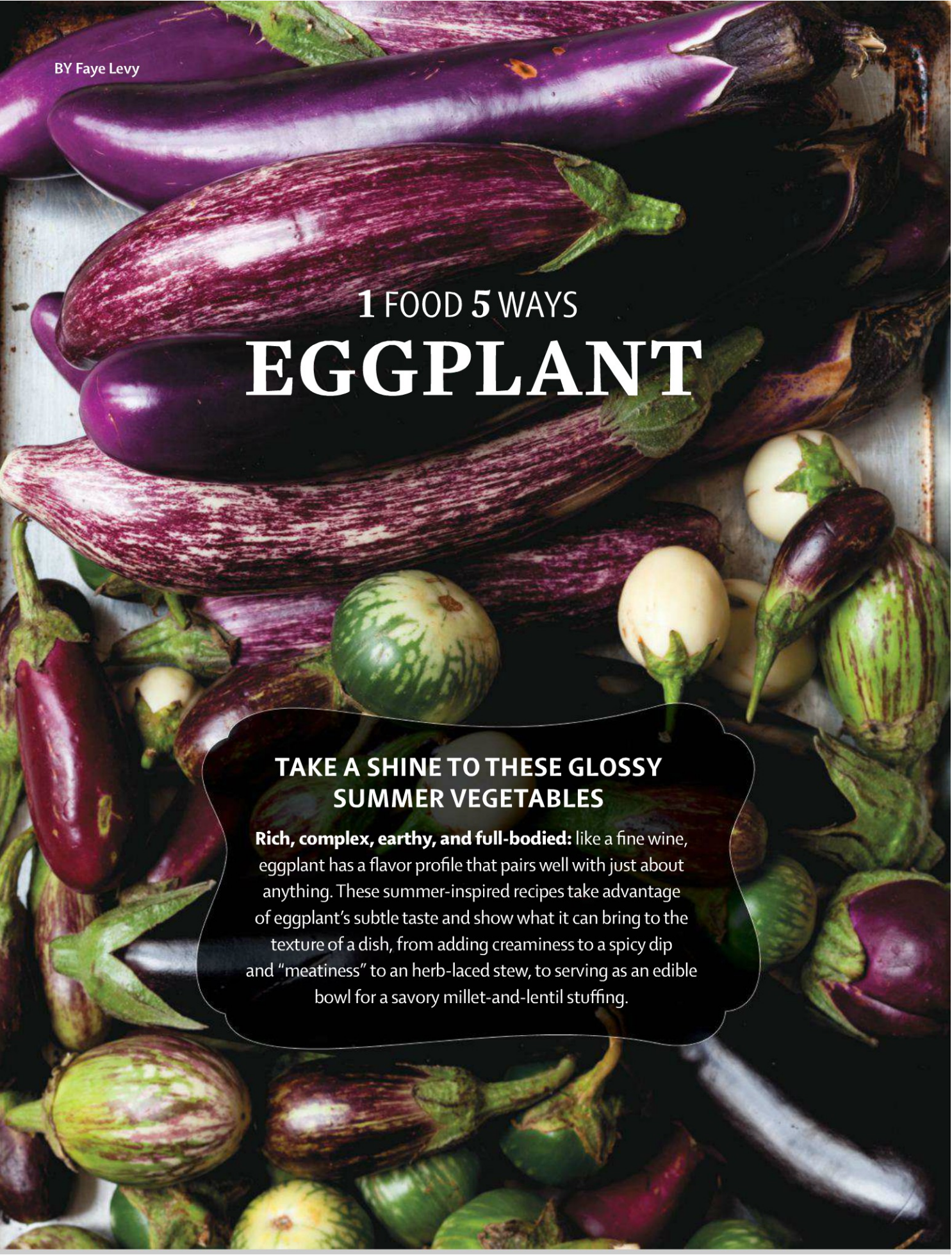
Refreshing Rosemary Sea Salt Body Scrub

A classic skin slougher, sea salt polishes away dead cells while delivering minerals that strengthen skin's protective barrier and, in turn, help seal in moisture. Fatty-acid-rich olive oil amps up the moisture, while rosemary tones and firms skin, says Jessica Timberlake, spa director of Laguna Cliffs Marriott Resort & Spa in California.

- 2 Tbs. sea salt
- 1 Tbs. olive oil
- 1 medium sprig rosemary
- 2-3 drops rosemary essential oil (optional)

Scoop sea salt into a ceramic or stainless steel mixing bowl, then slowly stir in the olive oil to your preferred consistency. Remove rosemary leaves from the sprig, and fold into the mixture, adding rosemary essential oil for a stronger aroma. Massage the scrub into damp skin, rinse off, and follow with a pampering shea butter moisturizer. 🌿





BY Faye Levy

1 FOOD 5 WAYS
EGGPLANT

**TAKE A SHINE TO THESE GLOSSY
SUMMER VEGETABLES**

Rich, complex, earthy, and full-bodied: like a fine wine, eggplant has a flavor profile that pairs well with just about anything. These summer-inspired recipes take advantage of eggplant's subtle taste and show what it can bring to the texture of a dish, from adding creaminess to a spicy dip and "meatiness" to an herb-laced stew, to serving as an edible bowl for a savory millet-and-lentil stuffing.



EGGPLANT STACKS WITH
TOMATO-CHIPOTLE SALSA, p. 76

PICK OF THE CROP

Choose eggplants that are heavy for their size, with glossy skin and no soft spots. Avoid larger, duller-skinned specimens, which tend to be overmature and seedier inside.

PURPLE GLOBE OR AMERICAN EGGPLANTS are glossy and can be oval or pear-shaped. Smaller ones are sometimes called Italian eggplants.

EGG-SHAPED WHITE EGGPLANTS probably gave the veggie its American name. Indian eggplants, also egg-shaped, have red-purple skins. To show off their shape, cook them in halves.

ELONGATED ASIAN EGGPLANTS are slender, thin-skinned, and quick-cooking. They include the dark purple Japanese, the milder light purple Chinese, and the pale-green and purple-tinged Filipino.

ROUND THAI EGGPLANTS, sometimes called apple eggplants, are golf ball-sized and have pale-green skin (often with yellow or white striations). Quarter or halve before cooking.

To stir-fry eggplant without too much oil, cover the pan toward the end of cooking.

Eggplant Stir-Fry with Green Beans and Cashews

Serves 4 | 30 minutes or fewer

They may not get star billing on many restaurant menus, but eggplant stir-fries are Asian favorites. Serve this hearty, saucy dish over steamed rice.

SAUCE

- 1 Tbs. low-sodium soy sauce
- 2 tsp. light brown sugar
- 1½ tsp. black bean sauce with garlic, such as Kikkoman, optional
- 1½ tsp. unseasoned rice vinegar
- 1 tsp. chile-garlic sauce, such as Huy Fong

STIR-FRY

- 8 oz. green beans, cut diagonally in thirds
- 2 green onions, chopped (¾ cup), plus 1 Tbs. more for garnish
- 2 tsp. minced fresh ginger
- 1 clove garlic, minced (1 tsp.)
- 2 Tbs. plus 1 tsp. canola, peanut, or grapeseed oil, divided
- 3 Chinese, Japanese, or Filipino eggplants, unpeeled, cut into ¾-inch pieces (4 cups)
- 1 tsp. dark sesame oil
- ¼ cup toasted cashews

1 | To make Sauce: combine all ingredients in small bowl.

2 | To make Stir-Fry: Blanch green beans in 2½ cups boiling water 4 minutes, or until crisp-tender. Drain, reserving cooking liquid. Rinse with cold water, and drain well.

3 | Combine ¼ cup green onions, ginger, and garlic in bowl. Set aside.

4 | Heat 1 Tbs. canola oil in large skillet or wok over medium-high heat. Add 2 cups eggplant pieces, and stir-fry 6 minutes, or until browned. Transfer to bowl. Add 1 Tbs. canola oil and remaining 2 cups eggplant pieces to pan, and stir-fry 6 minutes.

5 | Return all eggplant pieces to pan. Season with salt, if desired, and stir-fry 3 minutes. Cover pan, reduce heat to medium, and cook 5 minutes, or until tender. Transfer to bowl.

6 | Add remaining 1 tsp. canola oil to pan, and heat over medium heat. Add ginger mixture, and stir-fry 15 seconds, or until fragrant. Add green beans and eggplant pieces, and stir-fry 1 minute. Add ¼ cup green bean cooking liquid and Sauce, and cook until heated through. Drizzle with sesame oil, and garnish with green onions and cashews.

PER ¼-CUP SERVING 183 cal; 4 g prot; 13 g total fat (2 g sat fat); 15 g carb; 0 mg chol; 163 mg sod; 5 g fiber; 6 g sugars



Stuffed Eggplant with Lentils and Millet

Serves 4

Double or triple the recipe for stuffed eggplants and freeze the extras for fast, filling weeknight meals.

EGGPLANT

- 2 medium eggplants, halved lengthwise
- 2 Tbs. plus 1 tsp. olive oil, divided, plus more to coat pan
- 1 small onion, chopped (1 cup)
- 1½ cups chopped button mushrooms
- ½ cup millet
- ⅓ cup green lentils, rinsed and drained
- 3 Tbs. toasted pine nuts
- ½ tsp. ground allspice
- ⅓ tsp. Aleppo pepper or pinch of cayenne pepper
- 2½ Tbs. chopped fresh mint, for garnish

TOMATO SAUCE

- 1 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. tomato paste
- 3 medium tomatoes, peeled, seeded, and chopped (1½ cups)

1 | To make Eggplant: Preheat oven to 450°F. Lightly score cut sides of each eggplant half all around to within ¼ inch of edges. Sprinkle with salt, if desired.

2 | Lightly oil roasting pan, and heat in oven 2 minutes. Place eggplants cut side down in hot roasting pan, and bake 10 minutes. Flip. Spread 1 tsp. oil on each eggplant half. Bake 15 minutes, or until flesh is just tender. Cool 10 minutes.

3 | Heat remaining 1 Tbs. oil in saucepan over medium heat. Add onion, and sauté 7 minutes, or until beginning to brown. Remove ¼ cup onion, and set aside. Add mushrooms to pan, increase heat to medium-high, and sauté 3 minutes, or until tender. Transfer mushrooms to bowl.

4 | Reduce heat to medium, return ¼ cup onion to pan; add millet, and sauté 2 minutes. Add lentils and 2 cups water, cover, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 20 minutes, or until lentils are tender. Remove from heat; let stand, covered, 10 minutes. Transfer to bowl with mushroom mixture.





5 | To make Tomato Sauce: Heat oil in saucepan over medium-low heat. Add garlic, and cook 30 seconds. Stir in tomato paste. Add tomatoes, increase heat to medium-high, and cook 2 minutes. Add ½ cup water, and bring to a boil. Reduce heat to medium, and simmer, partially covered, 10 minutes, or until sauce is slightly thickened.

6 | Reduce oven temperature to 400°F. Scoop out eggplant flesh, leaving ¼-inch-thick edges for shells. Chop eggplant flesh, and add to mushroom-

Lend a cooling tang to this Turkish dish by adding a dollop of minted yogurt.

millet mixture. Add pine nuts, and stir in allspice and Aleppo pepper. Spoon 1 cup filling into each eggplant shell, and bake each with 2 Tbs. Tomato Sauce, and top each with 15 minutes. Serve with remaining Tomato Sauce, and garnish with mint.

PER ½ STUFFED EGGPLANT 371 cal; 11 g prot; 18 g total fat (2 g sat fat); 47 g carb; 0 mg chol; 36 mg sod; 13 g fiber; 9 g sugars  

CONTINUED ON p. 76

BY Mary Margaret Chappell



Perfect 10

**LIGHT, BRIGHT, AND BURSTING WITH FRESH FLAVORS,
SORBET IS THE ULTIMATE WARM-WEATHER TREAT**

PHOTOGRAPHY Dimitri Newman FOOD STYLING Liesl Maggiore PROP STYLING Brian Primeaux

Forget ice cream. Homemade sorbets are the true superstars of summer. Smooth, sweet, cool, and refreshing, sorbets capture peak season flavors in an intense way that no ice cream can match. We've blended cocktail-inspired concoctions; added herbs, spices, herbal tea—even vinegar—to fruity classics; and tried our hand at corn, cucumber, and tomato sorbets for a collection of frosty treats that truly taste of summer.

1

Tequila Sunrise Sorbet



Makes 1 quart

Instead of flavoring this sorbet with grenadine, a pomegranate syrup, we used whole pomegranate seeds. The banana helps make the sorbet creamy.

- 1 banana, broken into pieces
- $\frac{1}{2}$ cup sugar
- $2\frac{1}{2}$ cups freshly squeezed orange juice
- $\frac{1}{4}$ cup tequila
- $1\frac{1}{2}$ cups pomegranate seeds

1 | Purée banana and sugar in food processor until smooth. Add orange juice and tequila, and purée until combined.

2 | Chill mixture in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. When sorbet is thick and creamy, add pomegranate seeds, and churn until incorporated. Transfer to 1-quart container, and freeze.

PER $\frac{1}{2}$ -CUP SERVING 140 cal; 1 g prot; <1 g total fat (<1 g sat fat); 30 g carb; 0 mg chol; 2 mg sod; 2 g fiber; 25 g sugars  



*Tequila
Sunrise
Sorbet*



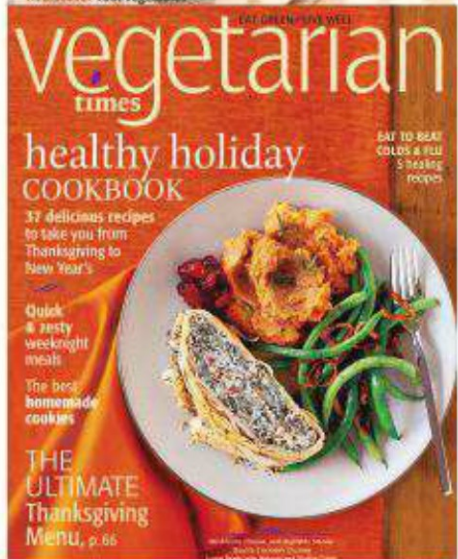
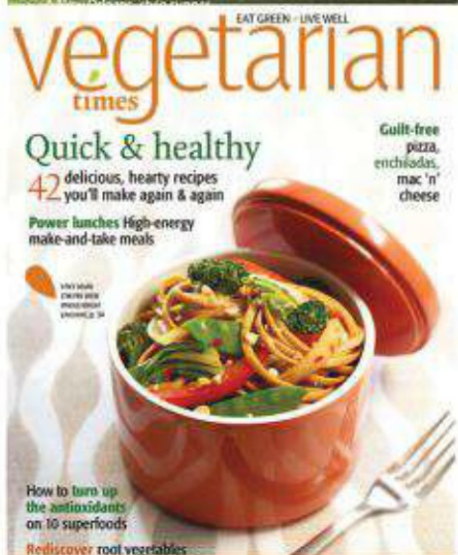
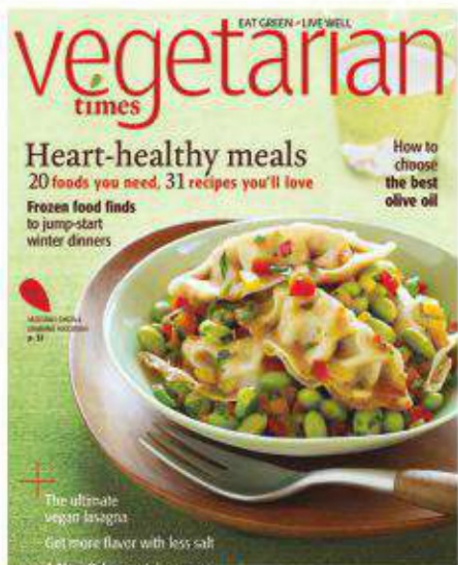
*Raspberry-Lemonade
Sorbet*



*Blackberry-
Hibiscus
Sorbet*



Ginger-Tomato Sorbet



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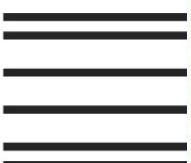
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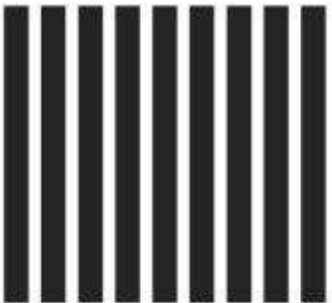
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SPACE SAVER

KitchenAid Ice Cream Maker Attachment If you already have a KitchenAid stand mixer, this freezer bowl attachment is the tool for you. Simply prefreeze it, then hook it onto your stand mixer to make up to 2 quarts of ice cream, frozen yogurt, or sorbet. \$99.99; kitchenaid.com

BIG BATCHES

Hamilton Beach 4-Quart Automatic Ice Cream Maker You add your own ice just like with an old-fashioned ice cream maker, so you don't have to plan ahead and prefreeze a bowl. Its 4-quart capacity makes it great for parties or large groups. \$32.99; amazon.com



2 Raspberry-Lemonade Sorbet

Makes 1 quart



Extra-lemony and not too sweet, this is an easy sorbet to whip up year-round with frozen raspberries. Try the recipe with blueberries, blackberries, or cherries as well.

- 5 cups fresh or frozen raspberries
- 1 cup sugar
- ½ cup lemon juice

1 | Purée raspberries in blender or food processor until no whole fruit remains. Press purée through fine sieve, and discard seeds. (You should have 2 cups.)

2 | Stir ½ cup water into sugar in saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat, and stir in lemon juice. Stir sugar mixture into raspberry purée.

3 | Chill mixture in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 141 cal; <1 g prot; <1 g total fat (<1 g sat fat); 35 g carb; 0 mg chol; 1 mg sod; 2 g fiber; 29 g sugars  

3

Ginger-Tomato Sorbet

Makes 1 quart

Fresh ginger and simple syrup bring tomato sorbet over to the sweet side.



- 1 cup sugar
- ¼ cup grated fresh ginger
- 2 lb. ripe tomatoes or cherry tomatoes, quartered or halved

1 | Bring sugar and 1 cup water to a boil in saucepan. Boil 1 minute. Add ginger, and remove from heat.

2 | Purée tomatoes in food processor until liquefied. Stir into ginger syrup; chill.

3 | Strain tomato mixture through fine-meshed sieve to remove seeds and skins. (You should have about 4 cups.)

4 | Churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 117 cal; <1 g prot; <1 g total fat (<1 g sat fat); 29 g carb; 0 mg chol; 6 mg sod; 1 g fiber; 28 g sugars  

4

Blackberry-Hibiscus Sorbet

Makes 1 quart



If using fresh blackberries, freeze and thaw them before adding to help draw out juices.

- ½ cup sugar
- 2 Tbs. dried hibiscus flowers or 2 Red Zinger tea bags
- 6 cups frozen blackberries, thawed
- 1 Tbs. lemon juice

1 | Place sugar and hibiscus flowers in heat-proof bowl, and cover with 1¼ cups boiling water. Stir to dissolve sugar, and cool. Strain, and discard solids.

2 | Pulse blackberries in food processor until just puréed, without chopping seeds. Strain through sieve, and discard seeds and solids (you should have 3 cups purée). Stir in hibiscus syrup and lemon juice.

3 | Chill in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 109 cal; <1 g prot; <1 g total fat (0 g sat fat); 29 g carb; 0 mg chol; <1 mg sod; 2 g fiber; 24 g sugars  

Cantaloupe-Black Pepper Sorbet

Avocado Sorbet



5

Avocado Sorbet

Makes 1 quart

Desserts made by blending avocados with sugar and lime juice are common in Latin America. Here, we've rounded out the flavors with vanilla.

- 1 cup sugar
- 1 pinch salt
- 1 vanilla bean, split

- 4 ripe Hass avocados
- $\frac{1}{2}$ cup lime juice

1 | Bring sugar, 1 cup water, and salt to a boil in saucepan; cook 1 minute, or until sugar dissolves. Remove from heat, and scrape seeds from vanilla bean into syrup (don't worry if they stick together), then add vanilla bean to syrup. Cool; remove vanilla bean from syrup, and reserve for another use.

2 | Blend avocados 3 minutes in blender or food processor until very smooth. Add half of lime juice, and blend until combined. Add remaining lime juice, and then vanilla syrup; blend until smooth.

3 | Chill, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER $\frac{1}{2}$ -CUP SERVING 262 cal; 2 g prot; 15 g total fat (2 g sat fat); 35 g carb; 0 mg chol; 25 mg sod; 7 g fiber; 26 g sugars  

6 Rosemary-Apricot Sorbet

Makes 1 quart



No need to peel the apricots for this fragrant sorbet—the skin adds lovely flecks of color to the final product.

- ½ cup honey
- 3 sprigs fresh rosemary
- 4 cups fresh, pitted apricot halves
- 2 Tbs. lemon juice

1 | Stir together honey and 1 cup water in saucepan. Bring to a boil, stirring to dissolve honey. Remove from heat, and add rosemary sprigs. Cover, and cool.

2 | Purée apricot halves in food processor until very smooth. (You should have 2½ cups.) Transfer to bowl, and stir in honey mixture and lemon juice. Remove rosemary sprigs, and discard.

3 | Chill in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 102 cal; 1 g prot; <1 g total fat (<1 g sat fat); 26 g carb; 0 mg chol; 2 mg sod; 2 g fiber; 24 g sugars  



8 Strawberry-Balsamic Sorbet

Makes 1 quart



The balsamic flavor in this sorbet is subtle; just enough balsamic vinegar is added to heighten the flavor of summer-ripe strawberries. Feel free to add up to 1 tsp. more vinegar, if you prefer.

- 8 cups halved fresh strawberries
- ¾ cup sugar, divided
- 2 tsp. lemon juice
- 2½ tsp. balsamic vinegar
- ¼ tsp. salt

1 | Toss together strawberries, ¾ cup sugar, and lemon juice in large bowl. Let stand 30 minutes, or until berries have released their juices.

2 | Purée strawberries in 2 batches in food processor until smooth. Strain purée, and discard seeds. Return to bowl, and stir in remaining ¾ cup sugar, vinegar, and salt.

3 | Chill in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 124 cal; 1 g prot; <1 g total fat (<1 g sat fat); 31 g carb; 0 mg chol; 38 mg sod; 1 g fiber; 27 g sugars  



9 Summer Corn Sorbet

Makes 1 quart

If the idea of a corn sorbet sounds a little exotic for your taste, try pairing it with a berry sorbet (or fresh berries) to add a familiar sweet-tart flavor.

- 6 ears fresh corn, shucked and broken in half
- ½ cup agave nectar
- ¼ tsp. salt



1 | Drag tines of fork through kernels on corn ears to break up. Place corn ears in large saucepan, and cover with 8 cups

water. Bring to a boil, reduce heat to medium, and boil, covered, 5 minutes. Let corn cool in cooking water.

2 | Slice kernels from corn ears, and discard cobs. Reserve cooking water.

3 | Place corn kernels in bowl of food processor with 2 cups cooking water, and purée 2 to 3 minutes, or until kernels are finely chopped. Transfer in batches to sieve over large bowl, and strain out corn liquid, pressing on solids to release juices. Strain liquid again to remove any bits of corn, and discard solids. Add enough cooking liquid to make 3½ cups, then stir in agave nectar and salt.

4 | Chill in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 126 cal; 3 g prot; 1 g total fat (<1 g sat fat); 30 g carb; 0 mg chol; 84 mg sod; 0 g fiber; 21 g sugars  



10 Cantaloupe-Black Pepper Sorbet

Makes 1 quart




This combination was a hit with the VT staff. A tablespoon of olive oil enhances the spicy-sweet flavor, but leave it out if you prefer a fat-free sorbet.

- ¾ cup sugar
- 4 cups cantaloupe cubes (1 medium cantaloupe)
- 1 Tbs. olive oil
- ¼ tsp. salt
- ¼ tsp. cracked black pepper

1 | Stir together sugar and ¾ cup water in saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat, and cool.

2 | Purée cantaloupe cubes in food processor until smooth and no small pieces remain. Add sugar syrup, oil, salt, and pepper; pulse until combined.

3 | Chill in refrigerator until cold, then churn in ice cream maker according to manufacturer's directions. Transfer to 1-quart container, and freeze.

PER ½-CUP SERVING 115 cal; <1 g prot; 2 g total fat (<1 g sat fat); 26 g carb; 0 mg chol; 86 mg sod; <1 g fiber; 25 g sugars   

7 Mojito-Cucumber Sorbet

Makes 1 quart

Refresh your palate with this tropical-drink-inspired treat. For a fun serving idea, scoop the sorbet into hollowed-out lime halves and garnish with mint sprigs.

- 1 cup sugar
- 1½ cups mint leaves
- 3 cucumbers or 2 English cucumbers, peeled, seeded, and cut into chunks
- ¼ cup lime juice
- 2 oz. rum, optional

1 | Bring sugar and ½ cup water to a boil in medium saucepan over medium heat. Boil 1 minute, or until sugar is dissolved. Remove from heat, and add mint leaves. Cover, and cool.

2 | Transfer mint syrup to blender or food processor, and blend until mint leaves are finely chopped. Add cucumber chunks, and blend until very smooth. Chill in refrigerator until cold. Stir lime juice and rum (if using) into chilled mixture.

1 FOOD 5 WAYS: EGGPLANT

CONTINUED FROM p. 69

Eggplant Stacks with Tomato-Chipotle Salsa

Makes 12 stacks

Choose cylindrical eggplants for this recipe so they are easy to cut into uniform slices.

- 1 medium white onion, sliced (1½ cups)
- 3 cloves garlic, peeled
- 1½ lb. plum tomatoes
- 5 Tbs. olive oil, divided
- 2 globe eggplants, unpeeled, cut into 24 ½-inch-thick slices
- 2 canned chipotle chiles in adobo sauce, drained
- 4 Tbs. finely chopped cilantro, divided
- 1½ cups crumbled queso fresco


1 | Preheat broiler. Spread onion slices and garlic cloves on broiler pan, and broil 90 seconds, or until garlic is slightly charred. Transfer garlic to bowl, and broil onion 2 minutes more. Transfer onion to bowl with garlic.

2 | Put tomatoes on broiler pan. Broil 3 minutes, or until charred on top. Flip, and broil 2 minutes more, or until charred.

3 | Reduce oven heat to 450°F. Brush 2 baking sheets with 1 Tbs. oil each. Place eggplant slices on baking sheets in single layer, and brush with remaining 3 Tbs. oil. Bake 10 minutes, flip, then bake 5 minutes more, or until tender.

4 | Pulse broiled onion and garlic in food processor. Halve tomatoes, add to food processor with chipotle chiles, and purée until smooth. Transfer to bowl, and stir in 2 Tbs. cilantro.

5 | Reduce oven temperature to 350°F. Spread 12 eggplant slices with 1 Tbs. salsa each. Press 1 Tbs. queso fresco atop salsa. Top with remaining eggplant slices and 1 Tbs. salsa per stack. Bake 5 minutes. Top each stack with 1 Tbs. cheese, and sprinkle with remaining cilantro. Serve remaining salsa on side.

PER STACK 132 cal; 5 g prot; 9 g total fat (2 g sat fat); 10 g carb; 10 mg chol; 75 mg sod; 4 g fiber; 4 g sugars 

Roasted Eggplant with Bell Peppers, Tomatoes, and Herbs



Serves 4

This is a good recipe for showing off the curvaceous shapes of white or Thai eggplants. Globe or Asian eggplants will also work.

- 1½ lb. eggplants, halved, quartered, or cut into large cubes (8 cups)
- 1 large onion, quartered and thinly sliced (2 cups)
- 2 yellow, orange, or red bell peppers, cut into ½-inch-wide strips (3 cups)
- 2 Anaheim chiles, cut into ¼-inch-wide strips (1½ cups)
- 2 Tbs. olive oil
- 6 cloves garlic, minced (2 Tbs.)
- 4 plum tomatoes, diced
- 2 Tbs. chopped Italian parsley
- 2 tsp. chopped fresh thyme
- 2 tsp. chopped fresh tarragon

1 | Preheat oven to 400°F.

2 | Toss together eggplants, onion, bell peppers, chiles, and oil in roasting pan. Season with salt and pepper, if desired, and roast 35 minutes. Stir in garlic, and roast 5 minutes more. Stir in tomatoes, and roast 15 to 20 minutes more, stirring every 10 minutes, or until eggplants are very tender. Stir in parsley, thyme, and tarragon.

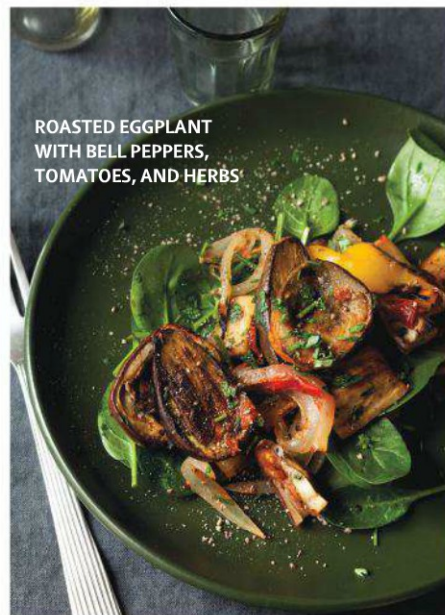
PER ½-CUP SERVING 189 cal; 5 g prot; 8 g total fat (1 g sat fat); 30 g carb; 0 mg chol; 17 mg sod; 9 g fiber; 11 g sugars  

Balkan Grilled Eggplant and Red Pepper Dip

Serves 8

Scads of grilled red peppers give this dip, also known as ajvar (pronounced *eye-var*), a bright, reddish-orange hue.

- 4 globe or Asian eggplants (2 lb.)
- 5 red bell peppers (2 lb.)
- 2 red Fresno or red jalapeño chiles, optional
- 1 red wine vinegar or lemon juice
- 1 Tbs. olive oil, plus more for drizzling
- 2 cloves garlic, minced, divided (2 tsp.)
- Chopped Italian parsley, for garnish
- Black cured olives, for garnish, optional



ROASTED EGGPLANT WITH BELL PEPPERS, TOMATOES, AND HERBS

1 | Prepare grill with medium-hot coals, or preheat broiler. Prick each eggplant 6 times with fork. Grill eggplants 40 minutes or broil 30 minutes, or until skins blacken and eggplants look collapsed. Cool 10 minutes.




2 | Grill or broil bell peppers 15 minutes, or until skins are blackened and blistered all over, turning every 5 minutes. Transfer to bowl, and cover tightly.

3 | Grill or broil chiles (if using) 3 minutes, or until most of skins blacken. Transfer to bowl, and cover tightly.

4 | Halve eggplants, and scoop out flesh, removing and discarding caps, seeds, and skins. Chop remaining eggplant flesh. (You should have about 2 cups.)

5 | Peel, halve, and chop bell peppers and chiles, discarding caps and seeds.

6 | Stir together chopped eggplant flesh, bell peppers, and 2 tsp. chiles in bowl. Add vinegar, oil, and garlic. Season with salt and pepper, if desired. Let stand 1 hour for flavors to meld. Serve drizzled with oil and garnished with chopped parsley and olives (if using).

PER ½-CUP SERVING 86 cal; 2 g prot; 5 g total fat (<1 g sat fat); 12 g carb; 0 mg chol; 4 mg sod; 4 g fiber; 6 g sugars   

Faye Levy is the author of *Feast from the Mideast and the James Beard Award-winning Faye Levy's International Vegetable Cookbook*.

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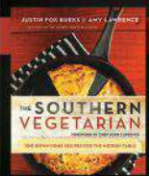
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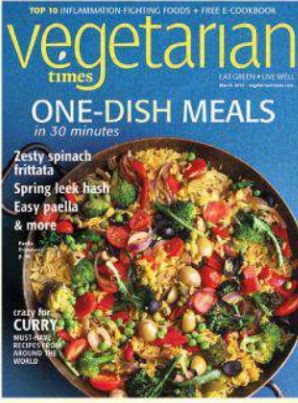


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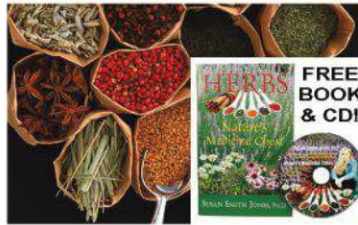


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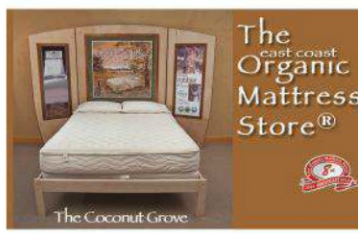


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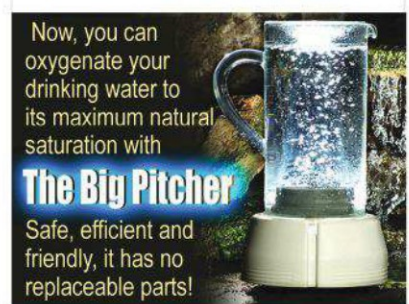


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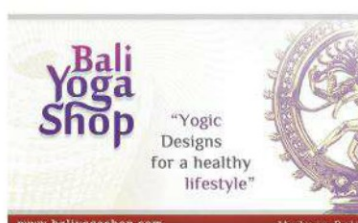


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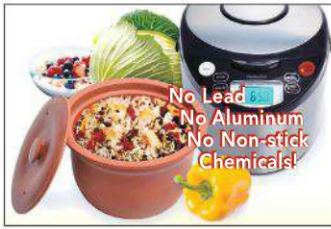


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What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.



RANDY CLEMENS

is associate editor of *Los Angeles* magazine's Digest blog, and author of the newly published *The Veggie-Lover's Sriracha Cookbook: 50 Vegan "Rooster Sauce" Recipes That Pack a Punch*

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One of my favorite pairings for watermelon is fresh rosemary, an unexpected combination I stumbled on while making ice pops. With a glut of rosemary in the garden, I wondered if the earthy, piney resins of the herb would work well with the fragrant, sweet summer melon. One taste and I was hooked.

For a refreshing salad, I toss cubed watermelon and feta with a few thin slices of red onion, a splash of white wine vinegar, a drizzle of extra virgin olive oil, a sprinkling of minced fresh rosemary, and salt and pepper to taste. I also love to serve this as an appetizer, with the marinated fruit and feta cubes threaded onto bamboo skewers for kebabs.

Another favorite is a nice glass of lemonade or white wine sangria mixed with puréed watermelon; stick a few sprigs of rosemary into the pitcher, and let them sit for half an hour or more to infuse their flavor. It's perfect on a hot summer day ... or after a spicy lunch. 🍉

ILLUSTRATION: SAM WASHBURN; PORTRAIT: TYLER GRAHAM

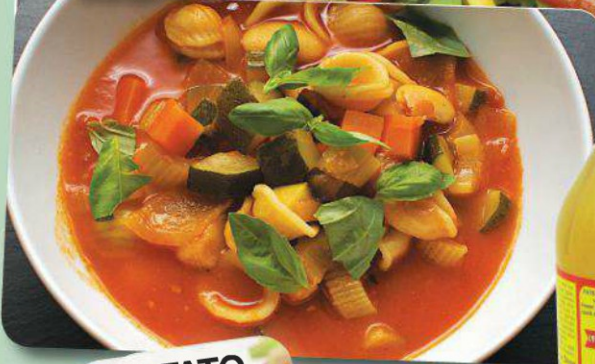
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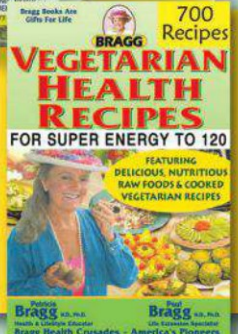
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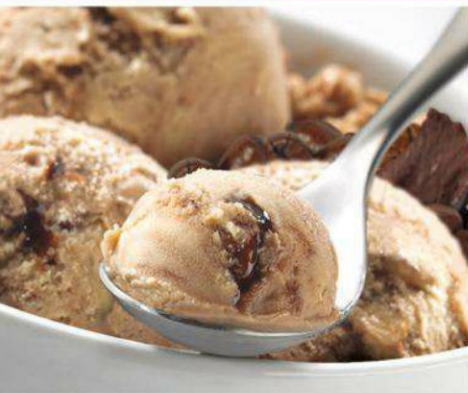
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