

EAT GREEN • LIVE WELL

vegetarian times

January/February 2013 vegetariantimes.com

33 MUST-HAVE RECIPES

all under 400 calories!

HEALTHY DINNERS (on a dime)

30-MINUTE
MEALS YOU'LL
LOVE

NEW FOOD RESOLUTIONS

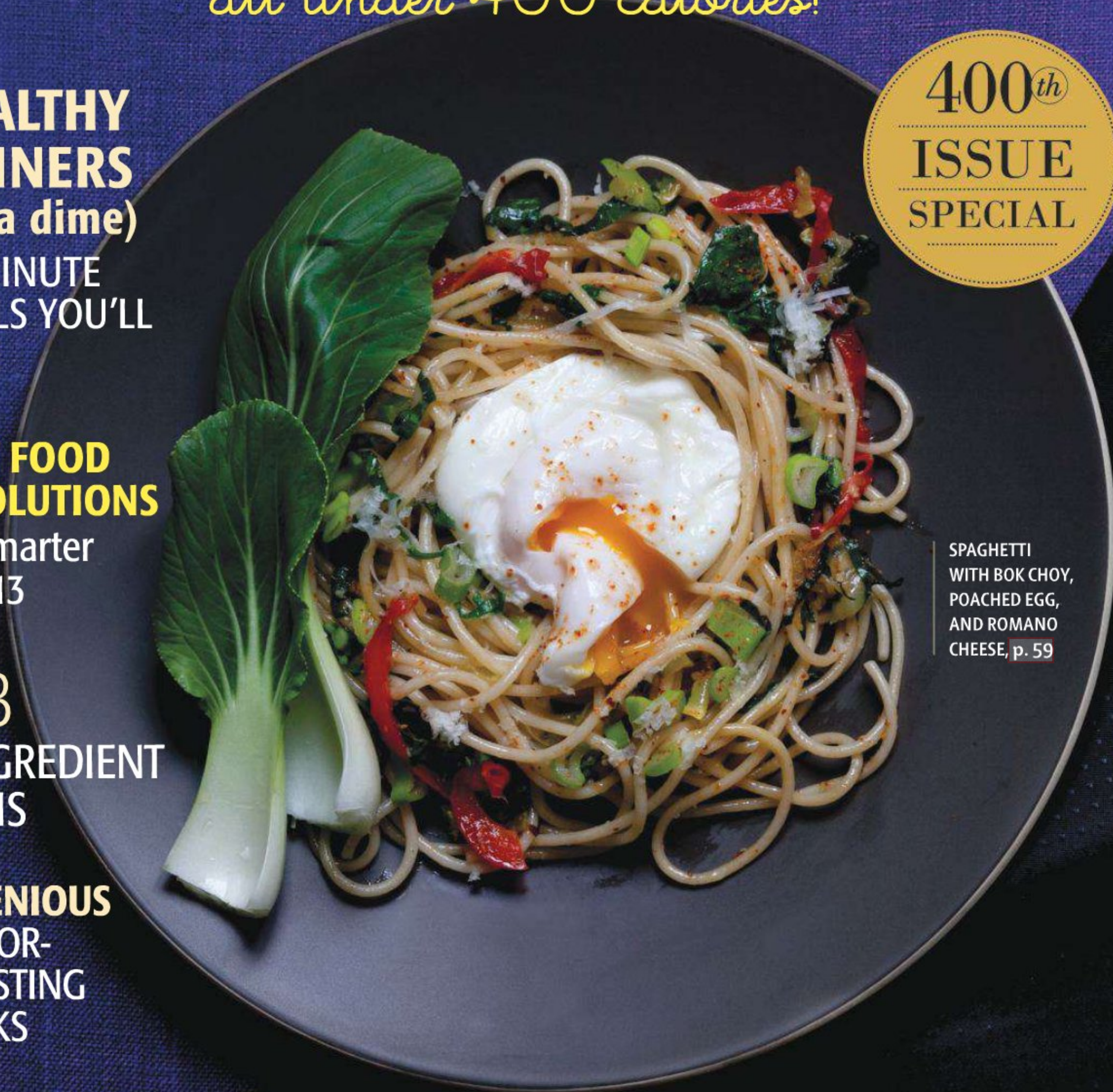
Eat smarter
in 2013

FAB 5-INGREDIENT CHILIS

INGENIOUS FLAVOR- BOOSTING TRICKS

400th
ISSUE
SPECIAL

SPAGHETTI
WITH BOK CHOY,
POACHED EGG,
AND ROMANO
CHEESE, p. 59



SIMPLE TIPS FOR EATING WELL.

Nearly half of Americans say they want to eat less meat, but don't know how to start. Making small, simple changes to your diet can help make a difference. Here are some simple, helpful tips:

Eat a salad every day. Make your lunch a large hearty salad loaded with healthy delicious greens and chock full of colorful veggies, avocado, nuts and seeds.

Go meatless one day a week. Find your meatless inspiration by testing a new recipe each week. Sauté, steam, grill, stew or bake your vegetables and taste the difference.

Experiment with flavorful herbs and spices. You'll be surprised how delicious and filling a Portobello mushroom can be, just by adding olive oil, sea salt and pepper, or how adding ginger gives your carrots a kick. Try cumin, coriander, chili, dill and oregano to enhance your meals.

A rainbow of veggies. Try to eat as many colors of the rainbow as you can. Nature has a seasonal array just waiting for you to explore.

Fuel up with plant-based protein. Lightlife® offers a full menu of vegetarian options for those who want to go meatless but still get their daily protein. They've recently added veggie burgers and vegetarian entrées that are wonderfully satisfying with whole grains, large cuts of veggies and plant-based protein.



Mandy Ingber is a fitness and wellness expert, popular celebrity yoga instructor, speaker, producer, creator of *Yogalosophy* and author. Her book, *Yogalosophy: 28-Day Mind Body Makeover* and her *Yogalosophy* fitness DVD are top sellers.

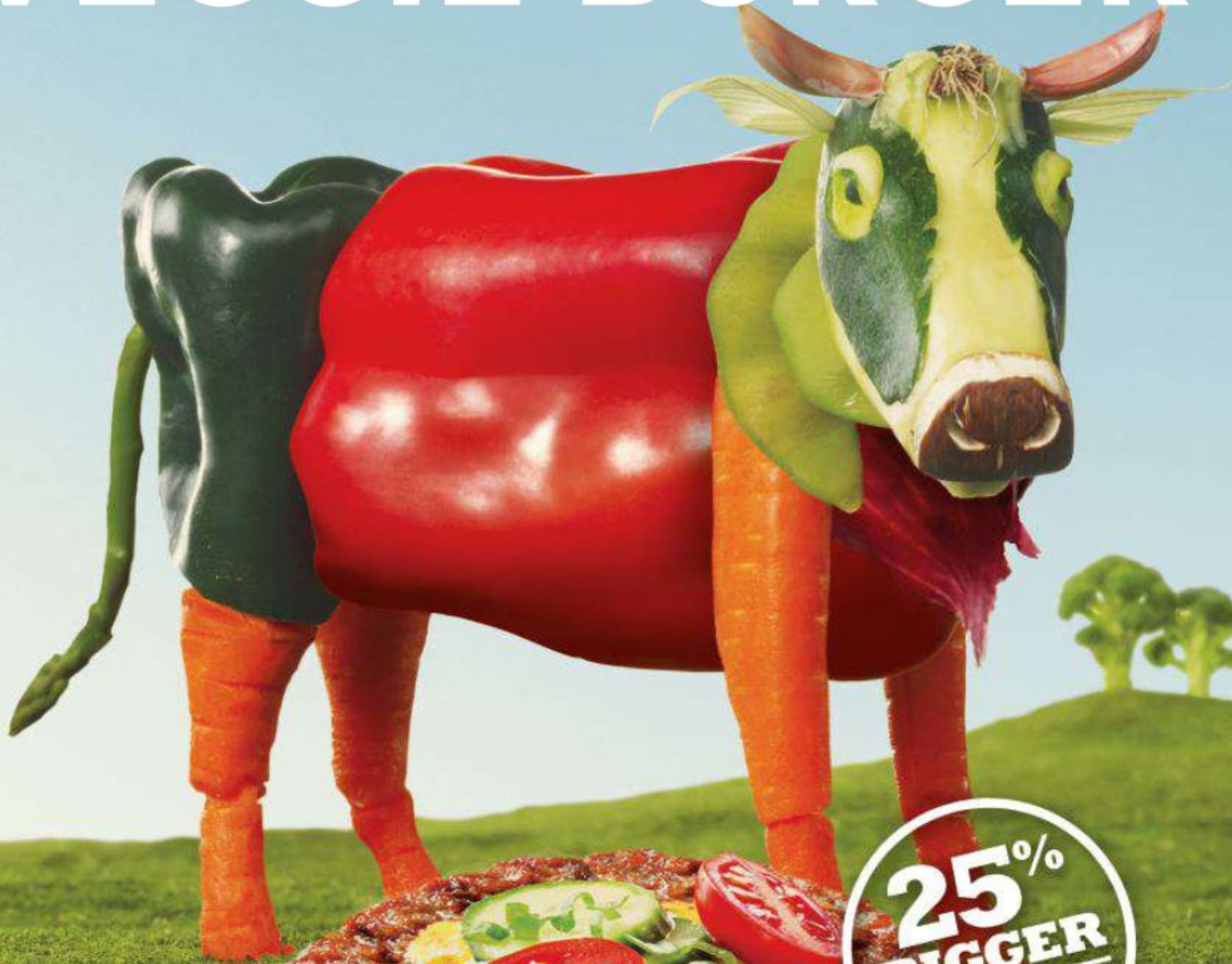
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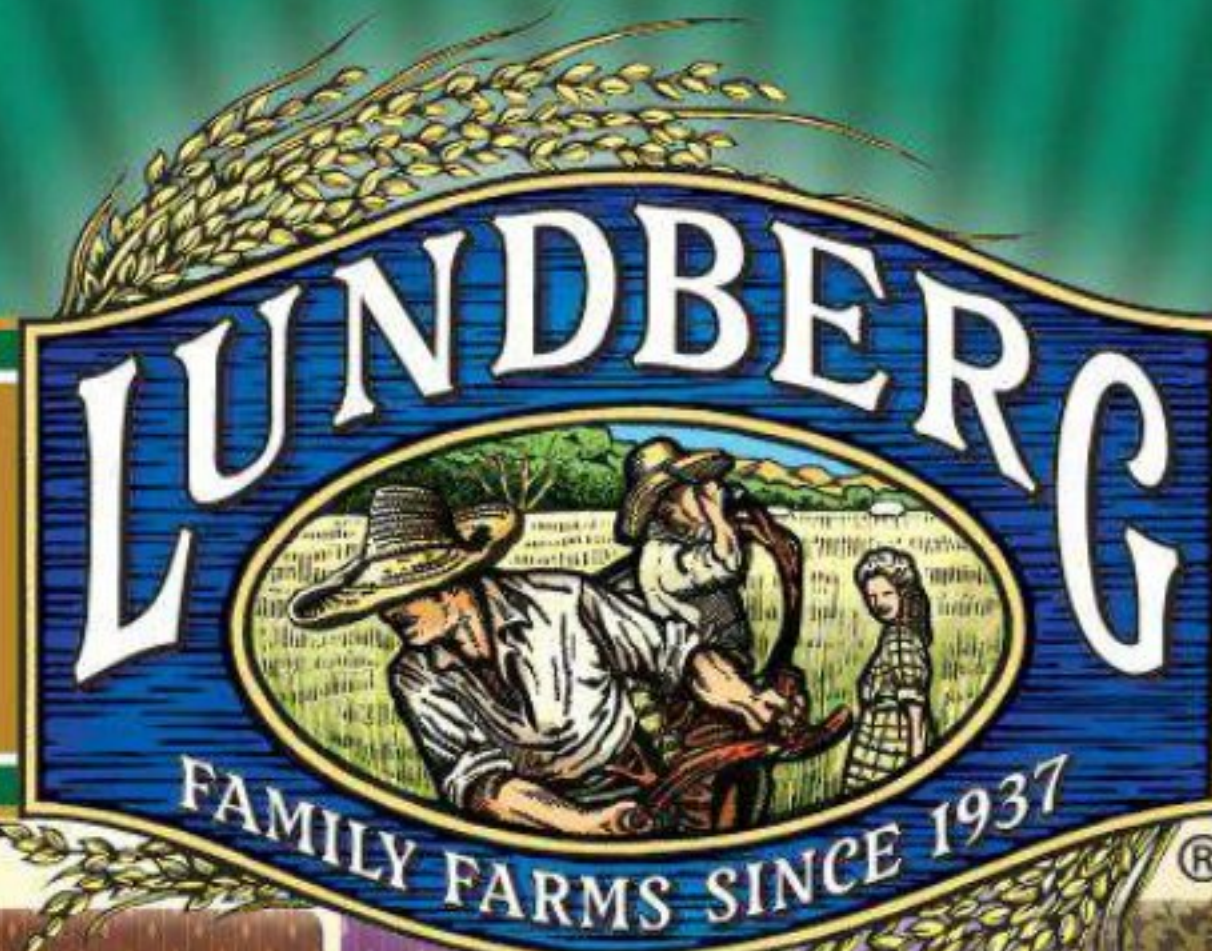
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features

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Get your greens on with this easy-to-use Asian veggie.

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BY MARY MARGARET CHAPPELL

74 New Food Resolutions 2013

Keep the doctor (and unwanted pounds) away with 10 healthful tips from top nutrition experts.

BY MARSHA MCCULLOCH, MS, RD

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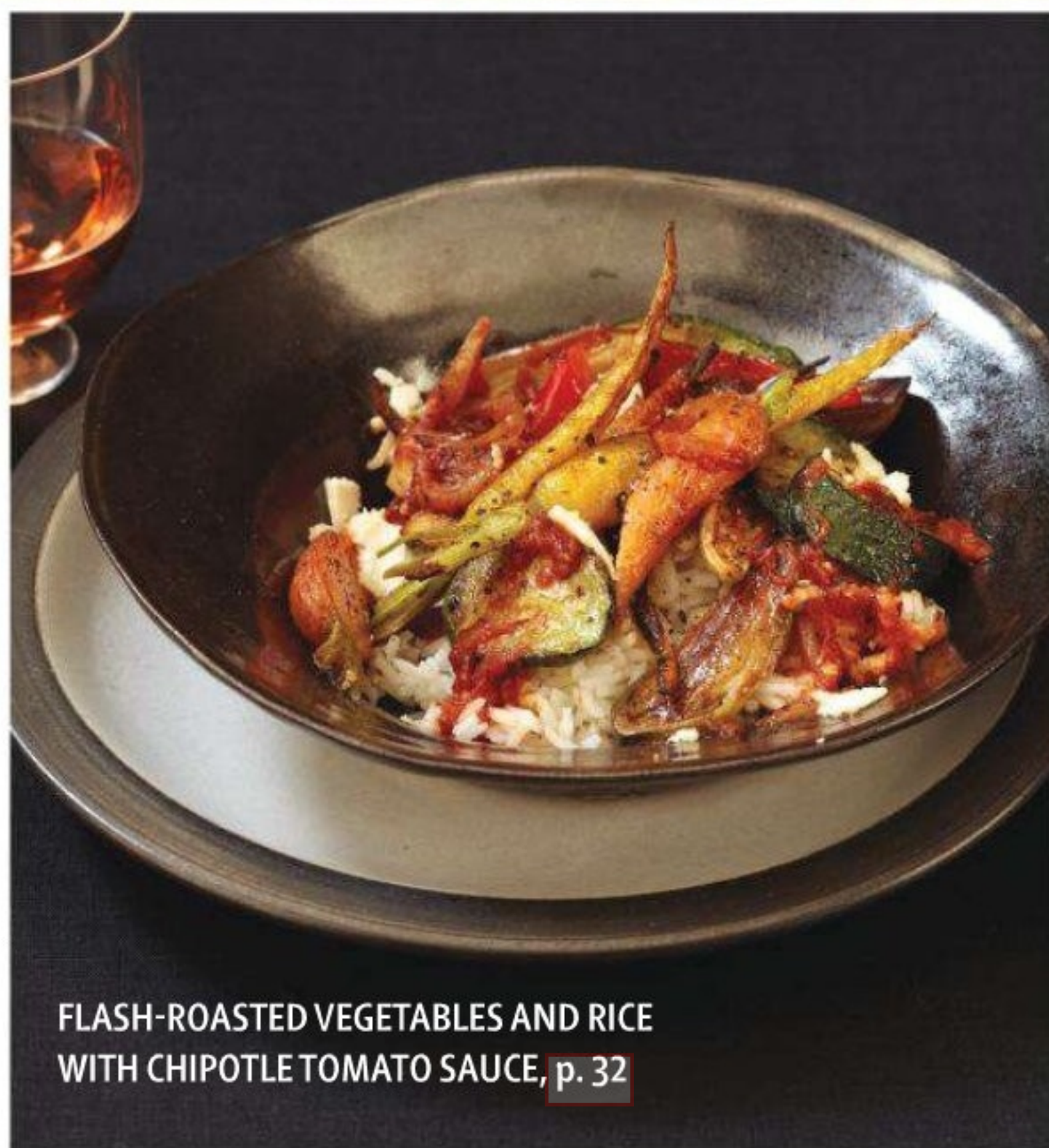
COVER

Photography by Beatriz Da Costa

Styling by Virginie Martin



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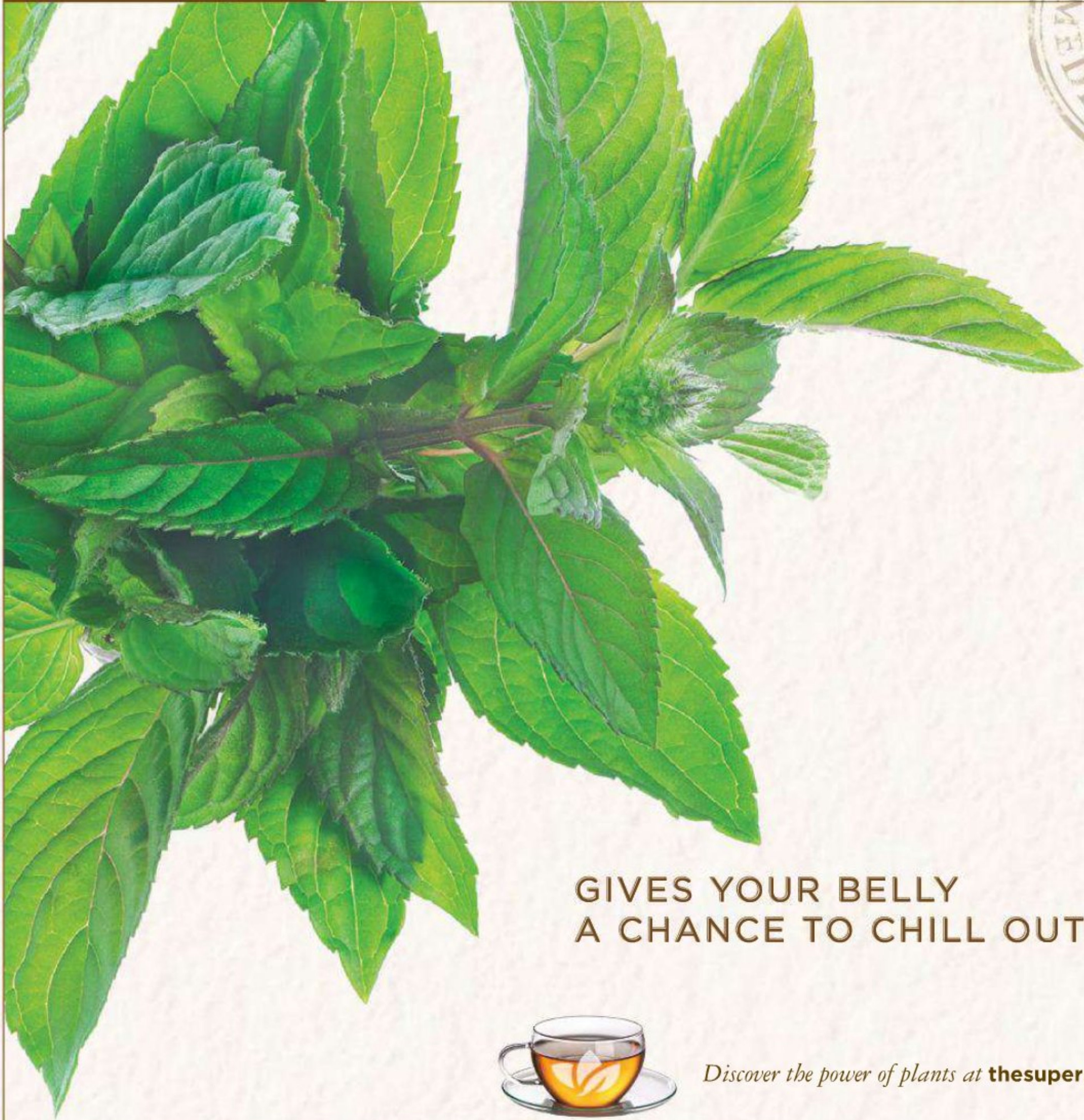
84 taste buds

VT Executive Chef Ann Gentry offers a favorite culinary pairing.

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(No. 3 of 8)

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Drink your plants.



the 400th issue

When Paul Obis cooked up the very first issue of *Vegetarian Times* in his Chicago apartment in 1974, he was a vegetarian newbie looking to connect with like-minded folks. I doubt he imagined that 38 years later, his four-page newsletter would be thriving as *the* national magazine for veg home cooks.

As *VT* has evolved, so has the public perception of plant-based eating. Once dismissed as a fringe movement, it is now widely endorsed as one of the smartest lifestyle choices you can make. President Bill Clinton is mostly vegan and flaunting it. *New York Times* food columnist Mark Bittman regularly advocates his vegan-before-dinnertime strategy in America's newspaper of record. Major U.S. cities have officially declared Mondays "meatless," and restaurants nationwide are catering to diners who demand more veg options.

In recognition of this cultural shift (and a brand-new year), our 400th issue is full of new ways to think about food. For a tasty Valentine's Day menu ("Made with Love," p. 62), we turned to Dan and Annie Shannon, a husband-and-wife team who veganized their way through the entire *Betty Crocker Cookbook*, and wrote a book about it. In "The Mod Squad" (p. 66), the modernist culinary geniuses at The Cooking Lab apply their cutting-edge cooking tricks to vegetarian recipes. And in "New Food Resolutions 2013" (p. 74), nutrition experts offer a host of tips that anyone can employ to eat more healthfully and thrive in the year ahead.

Elizabeth Turner

PORTRAIT PHOTOGRAPHY: LISA ROMEREIN; HAIR AND MAKEUP: DORIT GENAZANI

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31 New Food Resolutions for 2013

vegetariantimes.com/newfoodresolutions

Ring in the New Year and a new you with healthful eating habits to last you through 2013—and beyond. Check out the 10 resolutions starting on p. 74, then sign up to receive 21 more via daily e-newsletters beginning January 14.

Cover Gallery on Pinterest »

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Did you know that Michael Jackson and Mister Rogers once graced the cover of *VT*? For a glimpse of some of our all-time favorite covers, check out our Magazine Cover Gallery on Pinterest.



« Share Your VEG-iversary

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In honor of our 400th issue, tell us about your VEG-iversary, the anniversary of when you went veg. Share your story and you could be featured in the pages of the magazine.

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Dan and Annie Shannon
 Recipe Developers and Cookbook Authors, "Made with Love," p. 62

What's your favorite piece of cookware?

Annie: Our Le Creuset Dutch oven. It's beautiful, blue, and versatile.

Dan: My French press. I couldn't make it through the day without it.

What's your most treasured family food tradition?

Annie: When we lived in Virginia, Dan and I had a standing Friday night date that involved Mexican food, good beer, and video games. Now that we live in Brooklyn, we get Thai take-out with lots of tofu, vegetables, spring rolls, and coconut soup. It's my favorite night of the week.

What was your most memorable dining experience?

Dan: The first time Annie made me her vegan chicken pot pie. We were "just friends" at the time, but it didn't take long after tasting that pie for that to change.



Cheryl D. Lee
 Recipe Developer, "Enlightened Soul," p. 42

Who or what inspires you most?

My 5-year-old daughter. Looking at the world again through her new and innocent eyes makes the cynic in me disappear.

What did you discover while on this assignment?

The old-school soul food classics my family always eats can be even better with a vegetarian twist!

What's your No. 1 pantry staple?

Canned beans of all sorts. If you have canned beans you can make chili, soup, salad, dips and spreads, almost anything—even dessert!



Marsha McCulloch, MS, RD
 Writer, "New Food Resolutions 2013," p. 74

Who or what inspires you most?

Health professional mavericks who aren't afraid to speak outside the box of conventional therapies.

What's your No. 1 grocery splurge?

Organic raw hazelnuts, which take on amazing flavor when roasted about 10 minutes in a 350°F oven.

What's your most treasured family food tradition?

Potato dumplings with sauerkraut. They're part of my Czech heritage. When I was a kid, my mom would let me sneak a bite of sauerkraut straight from the can. Little did I know back then that this fermented veggie supplies gut-loving probiotics.



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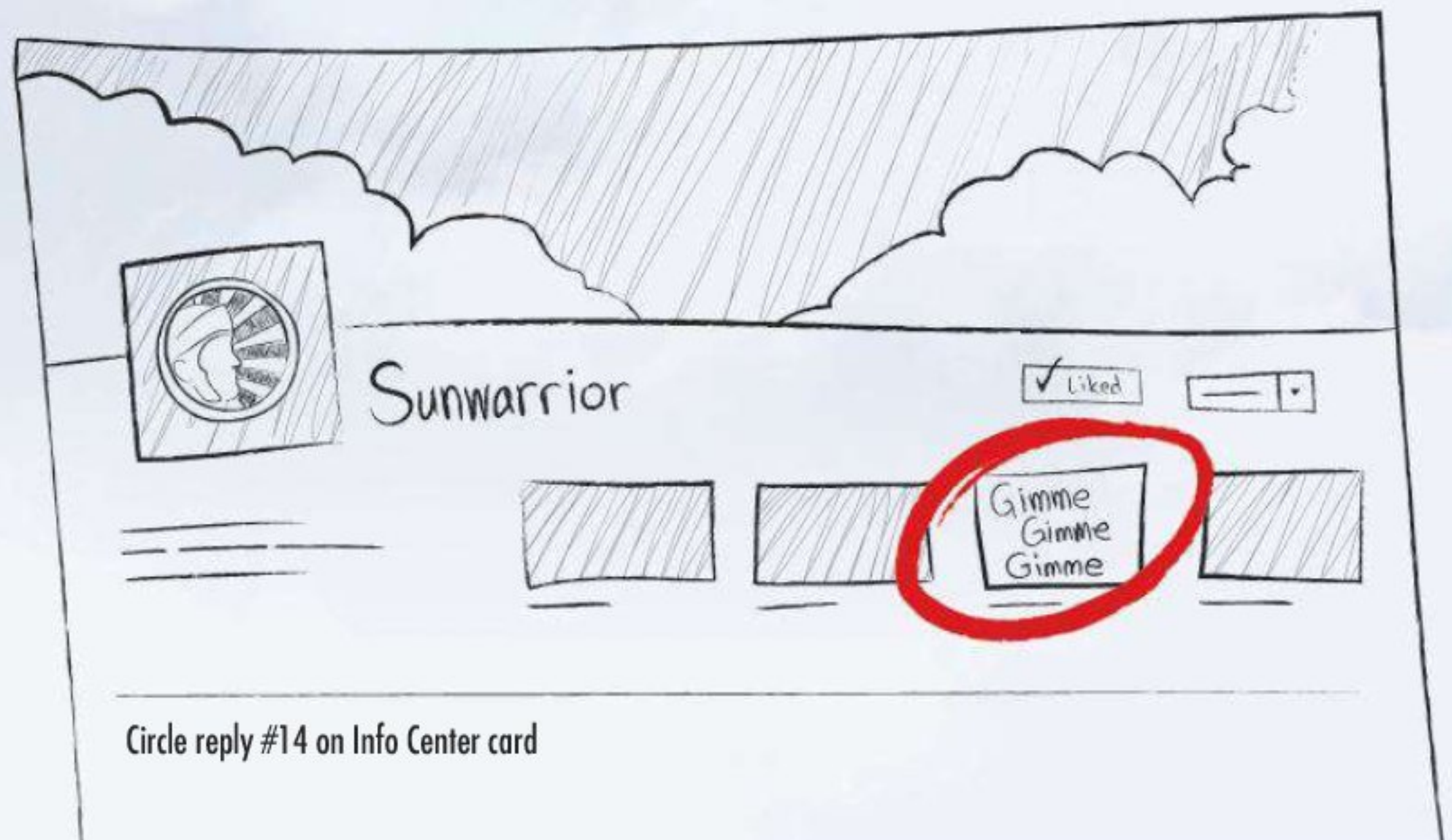
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Raspberry-Granola Pancakes

Find Once Again products at your local co-op or natural products store.

- 1 cup flour
 - 2 tbsp granulated sugar
 - 1½ tsp baking powder
 - ½ tsp salt
 - 1 cup milk
 - 1 large egg
 - ¾ cup Once Again Organic Sunflower Seed Butter
 - 2 tbsp butter, melted
 - 1 tsp vanilla extract
 - ½ pint fresh raspberries, chopped
 - 1 cup vanilla granola, without dried fruit or nuts
- Pan spray

Vegetarian

Whisk together the flour, sugar, baking powder, and salt in a bowl. Whisk together the milk, egg, sunflower seed butter, butter, and vanilla in a separate bowl. Add the wet ingredients to the dry ingredients, stirring just enough to combine. Gently fold in the raspberries and granola. Break up any large pieces of granola before adding. The batter will be thick. Heat a nonstick pan or griddle over medium-low heat. The pan should not be very hot or the fruit will burn before the pancakes are cooked. Spray the pan with pan spray. Add scant ¼ cups of batter to the warm pan, spreading the batter slightly with the back of a spoon. Cook slowly until the edges are dry and the bottom is deep golden brown. Flip, flatten gently with a spatula, and continue cooking until the other side is deep golden brown. Serve immediately with maple syrup. Enjoy!

NUTRIENTS PER SERVING (12 servings): **CALORIES:** 153, **TOTAL FAT:** 6.1g, **SAT. FAT:** 1.8g, **CHOLESTEROL:** 21.0mg, **SODIUM:** 337mg, **CARBS:** 21g, **FIBER:** 2.4g, **SUGARS:** 5.3g, **PROTEIN:** 4.5g.

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At Once Again, we love what we do, and we think you'll love this pancake recipe! To learn more about us, visit our site and check us out on your favorite social media site.

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vegetarian times

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letters

MAKE-AHEAD PIE

The Cranberry-Pecan Pie ["Nutcracker Sweets," December 2012, p. 65] was *wonderful!* I even made it ahead of time and froze it, thawing it overnight in the fridge, then pulling it out in the morning. You'd never have known it spent a few days in the freezer.

MEGAN LAPARI RASMUSSEN | VIA FACEBOOK

GOOD GRAVY!

I was a little dubious about the Parsley, Sage, Rosemary, and Thyme Gravy [Gluten-Free Redo: "Gravy," December 2012, p. 36], particularly when I tasted it partway through the cooking process before everything had come together. However, by the end of it, I was astounded by this gravy. Thank you for an amazingly full-flavored, satisfying gravy that is truly lump-free. Terrific!

DAWN SAGAR | PORT TOWNSEND, WASH.

POMEGRANATE TRICK

I just received the December 2012 issue and immediately started devouring it. Then I got to The Buzz article on pomegranate [Peak Season: "Pomegranate," p. 12] and read the prep tips. Way

too much work. Here's a much easier method to get the seeds out of a pomegranate: Cut the pomegranate in half around the "waist," hold it cut-side down in your hand, and spank the skin with a spoon or the handle of a dull knife. At least 95 percent of the seeds fall out without mess or fuss.

LORINDA WAGNER | PEMBROKE, ONTARIO

GOT HEARTBURN?

I was interested to read the article "Heartburn Soothers" [The Buzz, November 2012, p. 18]. As a sufferer of frequent heartburn myself, I thought other readers might want to know that eating a couple of sticks of raw celery can give some relief when heartburn strikes. It's healthy too!

PAM NAKASHIMA | VIA E-MAIL

For the Record: Several readers alerted us to the potential dangers of home-canning Caramelized Pumpkin Butter (1 Food 5 Ways: "Pumpkin," October 2012, p. 70). Truth be told, we were unaware that both the USDA and the National Center for Home Food Preservation advise against home-canning pumpkin products for fear of botulism. VT food editor Mary Margaret Chappell lives in France, where she's been making this pumpkin butter for more than 10 years (ever since tweaking a similar recipe from *Mes Confitures*, by French jam expert Christine Ferber). Chappell's never had a problem, but we still recommend playing it safe: refrigerate or freeze your pumpkin butter after putting it into jars to avoid any risk of contamination.

SHARE: READER RECIPE Vegful Vietnamese Sandwich

Serves 6 | 30 minutes or fewer

Recent college grad Natalie Padilla gets an A+ for this hearty veg version of a Vietnamese *banh mi*, which she whipped up after eating a less-than-thrilling tofu sandwich in Boston's Chinatown.

- ½ cup shredded carrots
- 1 lime, juiced
- ¼ cup vegan mayonnaise, such as Follow Your Heart Veganaise
- 1½ Tbs. sriracha sauce
- 1 7-oz. pkg. Gardein Chick'n Strips
- 1 French baguette
- ¼ cup chopped cilantro


1 | Combine carrots and lime juice in small bowl, and let stand 15 to 30 minutes.

2 | Whisk together mayonnaise and sriracha in separate bowl, and set aside.

3 | Cook Chick'n Strips according to package directions.

4 | Cut baguette into 6 pieces, and halve each piece lengthwise. Toast baguette pieces open-faced under broiler 2 to 3 minutes, or until lightly browned but still soft.

5 | Spread mayonnaise mixture atop baguette pieces. Place marinated carrots on baguette bottoms, then add cilantro and Chick'n Strips. Drizzle with remaining marinating liquid.

PER SERVING 301 cal; 17 g prot; 7 g total fat (<1 g sat fat); 43 g carb; 0 mg chol; 696 mg sod; 3 g fiber; 2 g sugars 

YUNHEE KIM

FAB 5 Can't decide what to make tonight?

Here are our five favorite recipes from this issue:

1. Black Bean Chili with Fire-Roasted Corn, [p. 34](#)
2. Winter Bok Choy Slaw, [p. 60](#)
3. Intensely Dark Chocolate-Dipped Strawberries, [p. 54](#)
4. Winter Salad, [p. 69](#)
5. Spaghetti with Bok Choy, Poached Egg, and Romano Cheese, [p. 59](#)

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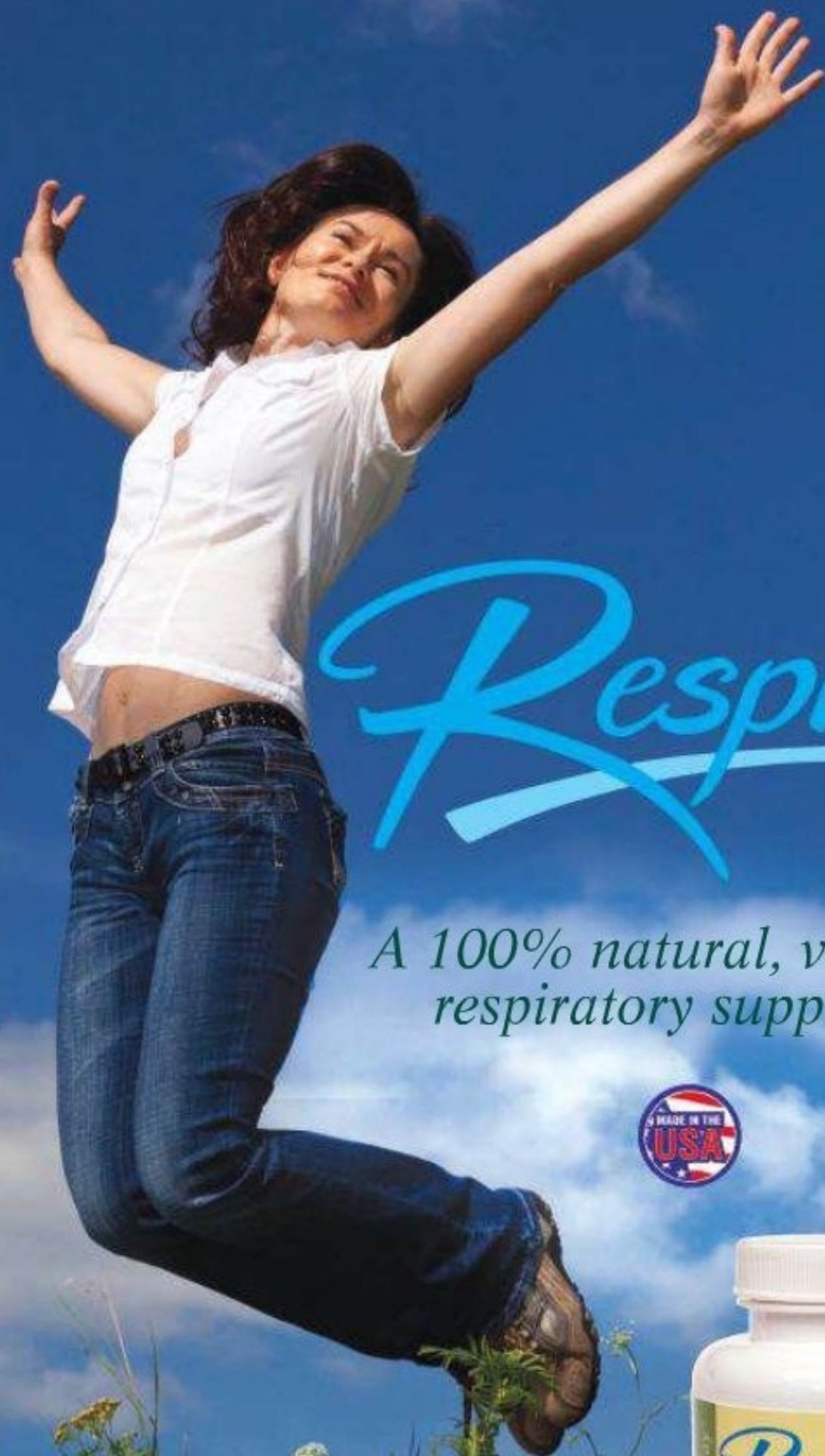
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community

TELL VT How do you get picky kids to eat veggies?

I make burritos. My 3-year-old son (and husband) will eat anything wrapped in a tortilla! —CARLY SARBAK

We sneak veggies into fruit smoothies or bake them into desserts.

—IVY SHARIFPOUR, VIA FACEBOOK

Bring them to the farm to pick 'em themselves! Adding a little fun goes a long way. —SHIRA BROWN

My kids each have a special homemade salad dressing that we create together. They gobble up veggies served with their own recipes. —RHONDA SIPCHEN

We have "snack dinner" at least once a week. It consists of a large platter of raw veggies, fruit, nut butters, and hummus. I throw in a few whole-grain crackers, and we sit together on the living room floor and have a picnic. My 5-year-old son devours huge portions of vegetables whenever we have snack dinner. —ERIKA

One word: presentation. Any food cut up bite-size and speared with toothpicks is fun for kids. —NANCY

I have them help me prep and cook the veggies, then look up those veggies on the computer to see how they help our bodies. —AMY ROSE-LUNSTEDT, VIA FACEBOOK

Our meal motto: you don't have to eat all of it, just some of it. Knowing they don't have to eat a huge pile of any food encourages my children, ages 2 and 4, to sample the food on their plates. —RACHEL GARLINGHOUSE

next question:

What family-favorite recipe have you veganized?

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THE *buzz*

● PEAK SEASON

Pink grapefruit

The striking color of its flesh sets pink grapefruit apart from the more common white variety. Use the zest of this tart-sweet citrus fruit for seasoning, its sections for salads and compotes, and its juice for reductions, dressings, smoothies, and sauces. —ELLIOTT PRAG

HOW TO SELECT AND STORE

Choose pink grapefruit with a deep blush to its skin to ensure ripeness, suggests Gary Leavitt of Inland Empire CSA in Temecula, Calif. Leavitt also advises checking that the skin is smooth and the fruit firm to the touch. Store pink grapefruit from the supermarket in the refrigerator, but, if recently picked, the fruit can be left at room temperature for up to a week.

PREP TIPS

Halve pink grapefruits with a chef's knife, and loosen sections using a sharp paring knife or serrated grapefruit knife. Section whole, membrane-free grapefruit segments, known as supremes, by first cutting away enough of the top and bottom of the fruit with a chef's knife to cleanly expose the flesh; next slice away the skin and pith from top to bottom, and finally carve each segment from its membrane. Juice pink grapefruits using a citrus reamer or electric citrus juicer. For zesting, choose either a Microplane or citrus zester.

TRY THIS!

Stew pink grapefruit slices and zest with cranberries, raspberries, maple syrup, and vanilla for a dessert compote.

Combine freshly squeezed pink grapefruit juice with agave or maple syrup, vanilla, freshly chopped mint, and a splash of vodka in an ice cream maker for a palate-cleansing sorbet.

For a tangy salad dressing, combine 2 parts olive oil to 1 part freshly squeezed pink grapefruit juice in a blender with fresh rosemary, mustard, and honey to taste.

2013 *Reader*

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RECIPE CONTEST

BEST of the BRUNCH



Breakfast may be considered the most important meal of the day, but brunch—breakfast’s relaxed, fun-loving cousin—is in a category all its own. Whether it’s hot off the griddle, fresh from the oven, or poured out of a blender, send us the recipes for your best original brunch dishes that are worth getting up for on a leisurely weekend morning.

To enter VT’s Best of the Brunch Reader Recipe Contest, send us your vegetarian or vegan brunch recipes that call for no more than eight ingredients (salt, pepper, cooking spray, and water are freebies) by March 31, 2013. Be sure to include at least one product from the sponsors listed below.

Recipes will be judged on originality, taste, ease of preparation, and presentation. The winning recipes and the readers that create them will be featured in the September 2013 issue of *Vegetarian Times*.

FIRST PRIZE

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Go to vegetariantimes.com/recipecontest for entry form and contest rules.



MONKEY BUSINESS

Looking to get active in the New Year? At the fast-growing Monkey Bar Gymnasium chain, here's the recipe for a fit body: play hard, do yoga, eat plants. All while barefoot.

—STACY WHITMAN

WELCOME TO THE JUNGLE

Like kids on a playground, MBG members shimmy up ropes, scale walls, jump, and sprint. "If exercise feels like a chore, then most people aren't going to do it," explains MBG founder Jon Hinds, who's trained Hollywood heavy hitters such as Woody Harrelson using his play-based technique. "We try to make it something they want to do. It's also a better way to train and get results." The point, he says, is to work muscle groups in tandem rather than in isolation. This type of whole-body training builds strength and stability that can benefit you day-to-day, whether you're lifting a toddler or crossing a slippery patch of ice.

OM SWEET OM

Also on MBG's fitness menu: Eischens yoga. The practice incorporates a series of poses and breathing exercises that focus on partner feedback to identify weaknesses in the body; the aim is to improve alignment and correct strength imbalances that can lead to pain and injury.

PLANT POWER

MBG trainers laud the benefits of loading up on dark leafy greens, legumes, and grains to build lean muscle and speed recovery. When you sign up at the gym, you'll receive a lesson in nutrition, plus a personalized eating plan. Members are typically encouraged to start at 80 to 90 percent plant-based, and work their way up to 100 percent—no pressure!

BAREFOOTIN'

At MBG, footwear is not only optional, it's discouraged. "It's like trying to type with gloves on," says Hinds. "If you can't feel the ground, your feet aren't going to wake up and be active." Besides, have you ever seen a monkey wearing shoes?

DONNA GRETHEN

FIND! With 14 locations worldwide, Monkey Bar Gym is gearing up to expand. The chain caters to all levels, from total newbie to Olympic-level athlete. For details, visit monkeybargym.com.

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THE *buzz* IN PERSON

If you've laughed, and maybe cringed, watching TV's *Freaks and Geeks* or the film *School of Rock*, you're familiar with the mix of hilarity and melancholy typical of a script by writer-actor-director Mike White. HBO's dramedy *Enlightened*, which White created with actor Laura Dern, starts its second season in January. The show stars Dern as Amy Jellicoe, an executive stumbling toward living a more conscious life after a meltdown at the office. —MICHAEL KAMINER



PHOTO COURTESY PRASHANT GUPTA/HBO

“ENLIGHTENED” PERSPECTIVE

Q Who inspired Amy Jellicoe? Is she a composite of people you've met, or is she you?

A The vegan part of me is where Amy Jellicoe lives. Making ethical decisions ultimately puts you in opposition to society's norms. There's so much in our society that values comfort and convenience. It's annoying when someone asks, "Is this really the right way to live? Is this the right thing to do?" I see myself in Amy, even in irritating ways. But I also find her sympathetic.

Q You've talked about how the lead character in your film *Year of the Dog* projects onto animals. What do you mean?

A When her behavior gets a little more out there, she overidentifies with abandoned animals. She sees herself in them. I do that myself when people put abandoned furniture out on the lawn. You can project onto anything. But I also find something very moving about loving outside of a romantic relationship.

Q Is there a common thread that runs through your work?

A I like taking a character who's usually the running joke of a movie and putting them front and center—taking them seriously, finding their voice, getting them accepted.

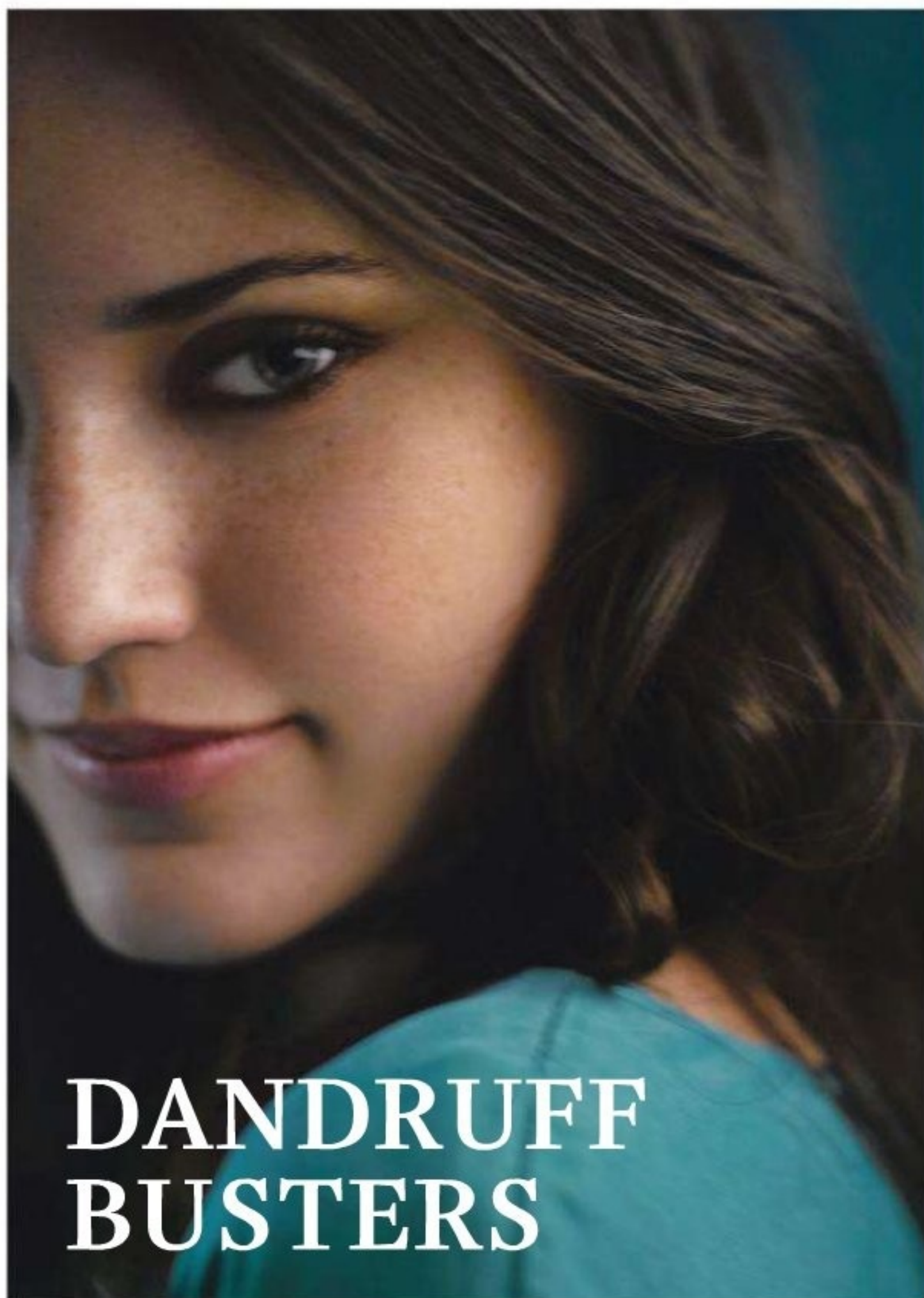
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Circle reply #2 on Info Center card



DANDRUFF BUSTERS

Will 2013 be the year you finally shake off dandruff? Blame excess shedding of the scalp's top layer of skin cells for the flurry of white flakes. While the jury is out on what causes dandruff, likely suspects include a yeast fungus. To keep the flaking in check, enlist these nature-approved aids. —RACHEL DOWD

SULFUR

WHY Sulfur has antifungal and keratolytic (aka exfoliating) properties, says Texas-based dermatologist Nicole Mathis, MD. That means sulfur wipes out the yeast believed to lead to dandruff and helps unclog hair follicles. A study in *Cutis* showed that a shampoo containing 2 percent sulfur in combination with 2 percent salicylic acid significantly relieved dandruff symptoms.

HOW Wash your hair three times a week with a shampoo containing 2 percent sulfur, ideally partnered with 2 percent salicylic acid; leave on for five minutes before rinsing. Look for a shampoo with natural fragrance to dispel sulfur's rotten-egg smell.

KIT PICKS

Jason Dandruff Relief Treatment Shampoo, \$10.87/12 oz.; jason-natural.com

Bragg Organic Apple Cider Vinegar, \$3.49/16 oz.; bragg.com

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TEA TREE OIL

WHY A tough antibacterial and antifungal agent, this astringent essential oil has been shown to combat dandruff: a study in the *Journal of the American Academy of Dermatology* found improvement in dandruff sufferers who shampooed daily with a formula containing 5 percent tea tree oil.

HOW A 5 percent tea tree oil shampoo may be a rarity in stores, but you can easily make your own. Peter Bongiorno, ND, medical director at Inner Source Health in New York, suggests adding 15 drops of tea tree oil to ½ ounce of a mild shampoo. Gently massage the shampoo into your scalp, letting it sit for up to five minutes before rinsing.

APPLE CIDER VINEGAR

WHY The naturally occurring acetic acid in this home-remedy staple is key to its dandruff-fighting power. Theoretically, the acidity of the vinegar alters the pH of the skin, which stymies the growth of the yeast suspected of triggering dandruff, says Hawaii-based naturopath Laurie Steelsmith.

HOW Steelsmith recommends diluting apple cider vinegar in equal parts water, and applying liberally to your scalp. Leave on for five to 10 minutes, and rinse, then shampoo and condition your hair using gentle products. Because apple cider vinegar can dry out hair strands, resist drenching your locks. Like any acidic substance, vinegar can burn (tingling is OK). Spot test an area first to ensure against excessive irritation, and avoid open lesions.





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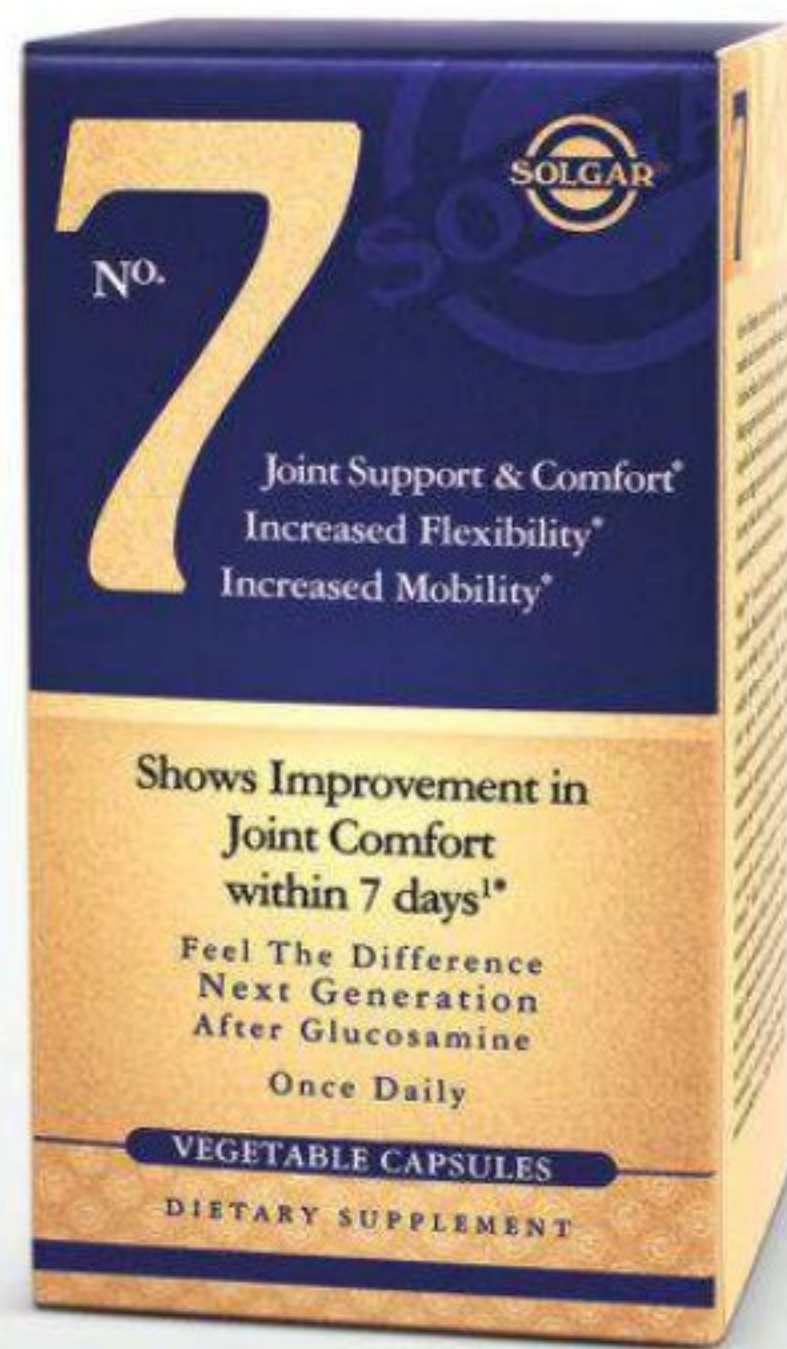
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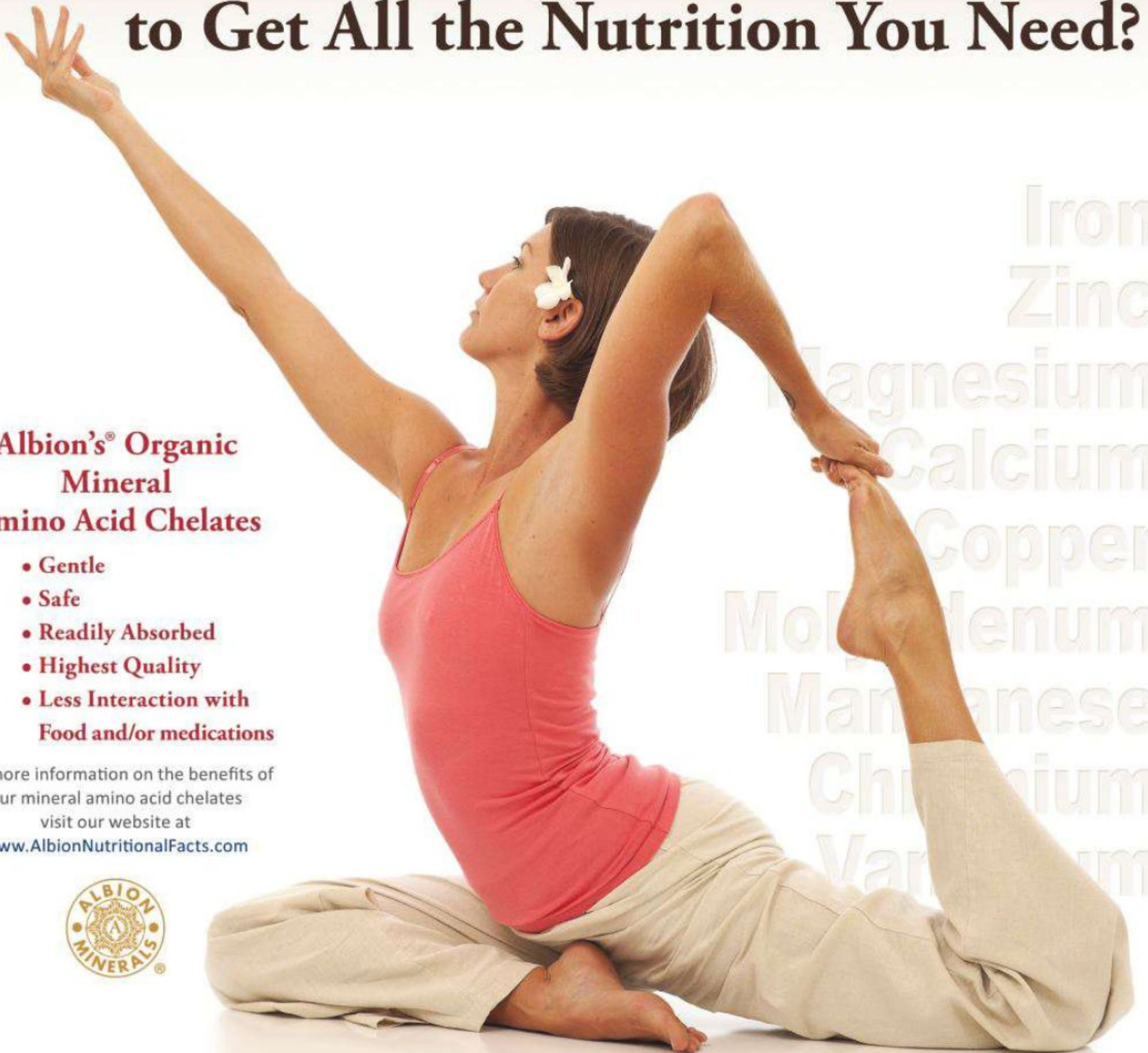
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Circle reply #8 on Info Center card



CRUNCH TIME

In need of a midday energy boost? Pack these VT-tested nut and seed clusters in your backpack or briefcase for satisfying snacking on the go. —TAMI FERTIG



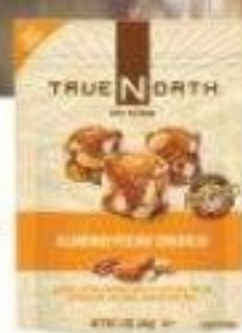
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2. Sloughing cane juice meets coconut, pomegranate, and lots more fruits in the super-softening and brightening 100% Pure Coconut Body Scrub. \$25/16 oz.; 100percentpure.com

3. Polish and protect delicate facial skin with MyChelle Tropical Skin Smoother, a coconut-rich exfoliator also packed with pineapple and açai. \$31.79/1.2 oz.; mychelle.com

4. The shea butter and coconut oil in Aromafloria Sensory Fusion Kiwi Coconut Whipped Body Butter intensely moisturize, while kiwi lends a fresh, fruity scent. \$30/8 oz.; fragrancenet.com

5. Coconut-infused Camille Rose Naturals Curlaide Moisture Butter helps bring the bounce back to frizzed-out locks. \$16/8 oz.; mynaturalhairstore.com

WINTER PICK-ME-UP
For a revitalizing homemade body oil, mix 4 ounces of coconut oil with 20 drops each of tangerine and bergamot essential oils, says holistic herbalist Vered Back.

PHOTOGRAPHY: DIMITRI NEWMAN; STYLING: BRIAN PRIMEAUX



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30 minutes

RECIPES BY Selma Brown Morrow

At \$2 a serving, these delicious one-dish dinners give takeout a run for its money

Come January, when everyone is feeling the post-holiday crunch, fast-food joints and restaurant chains start promoting bargain meals in earnest. This year, we're making it our mission to tempt you away from take-out. The following pages feature tasty one-dish dinners that cost about \$2 per serving. They call for wholesome ingredients, take only 30 minutes to prepare, and clock in under 400 calories per serving. There isn't a value menu out there to top that.

LINGUINE PEPERONATA
WITH TOASTED ROSEMARY
BREADCRUMBS, p. 82

weeknight wonders

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30 minutes



This homey shepherd's pie has a not-too-spicy chili-like filling that kids will love. Adults can add a dash of hot sauce at the table.

Cornbread and Pinto Bean Shepherd's Pie

Serves 4 | 30 minutes or fewer
Serve this dish with taco toppings (such as salsa, chile and bell peppers, radishes, and shredded lettuce) that can be sprinkled over each serving.

- 2 14.5-oz. cans pinto beans, drained, 1½ cups bean liquid reserved
- 3 Tbs. tomato paste
- 1 Tbs. olive oil
- 1 large red onion, cut into ¼-inch dice (2½ cups), divided
- 2½ Tbs. chili powder
- 3 medium plum tomatoes, seeded and chopped (1½ cups), divided
- 6 Tbs. whole-grain cornbread and muffin mix, such as Arrowhead Mills
- 1½ cups plain nonfat Greek yogurt, divided
- 1 large egg
- 1½ Tbs. sugar

1 | Place oven rack in top position, and preheat oven to 425°F. Coat 9-inch pie dish with cooking spray. Whisk reserved bean liquid with tomato paste in bowl.

2 | Heat oil in large skillet over medium-high heat. Add 2 cups onion. Cover, and cook 4 minutes, or until onion begins to soften, stirring occasionally. Add chili powder, and stir 10 seconds to coat onions. Stir in tomato paste mixture, 1 cup tomatoes, and then beans. Bring to simmer, stirring occasionally. Reduce heat to low, and simmer uncovered, 6 minutes, or until flavors blend and chili liquids thicken. Season with salt and pepper, if desired.

3 | Meanwhile, combine cornbread mix, ½ cup yogurt, egg, sugar, and 1 Tbs. water in medium bowl.

4 | Spread chili beans in prepared pie dish. Pour cornbread batter over beans, spreading with back of spoon. Bake 10 minutes, or until cornbread is set and golden.

5 | Meanwhile, finely chop remaining ½ cup onion. Place in small bowl; mix in remaining ½ cup tomatoes, and season with salt and pepper, if desired.

6 | Divide shepherd's pie among shallow bowls. Serve with tomato salsa and remaining 1 cup yogurt.

PER 1-CUP SERVING 380 cal; 22 g prot; 6 g total fat (1 g sat fat); 63 g carb; 47 mg chol; 556 mg sod; 16 g fiber; 20 g sugars

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Circle reply #19 on Info Center card

30 minutes

Flash-Roasted Vegetables and Rice with Chipotle Tomato Sauce

Serves 4 | 30 minutes or fewer

A 10-minute Southwestern-style tomato sauce turns rice and roasted vegetables into a special meal.

VEGETABLES AND RICE

- 1 cup white rice
 - 2 medium Japanese eggplant, cut into ¼-inch-thick slices (1 lb.)
 - 2 small zucchini, cut on bias into ¼-inch-thick slices
 - 2 small red bell peppers, seeded and cut into ¼-inch-thick rings
 - 2 Tbs. olive oil
 - 1 tsp. chili powder
 - 4 oz. crumbled queso fresco, optional
- CHIPOTLE TOMATO SAUCE**
- 2 chipotle chiles in adobo sauce
 - 2 cloves garlic, minced (2 tsp.)
 - 1 14.5-oz. can fire-roasted diced tomatoes
 - 1 Tbs. olive oil
 - 1 large white onion, halved and sliced ¼-inch thick

1 | To make Vegetables and Rice: Preheat oven to 475°F. Coat 2 large baking sheets with cooking spray.

2 | Place rice and 2 cups cold water in medium saucepan, and season with salt, if desired. Bring to a boil. Reduce heat to medium-low, cover, and simmer 12 to 15 minutes, or until all liquid is absorbed and rice is tender.

3 | Meanwhile, toss together eggplant, zucchini, and bell peppers with oil and chili powder in large bowl. Season with salt and pepper, if desired. Spread on prepared baking sheets, and roast 20 to 25 minutes, or until tender and beginning to brown, turning occasionally.

4 | To make Chipotle Tomato Sauce: Blend chipotles and garlic in blender until smooth. Add tomatoes, and pulse until almost smooth but with some texture.

5 | Heat oil in skillet over medium-high heat. Add onion, and cook 5 to 7 minutes, or until browned and softened. Stir in tomato mixture, reduce heat to medium, and simmer 5 minutes, or until thickened.



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6 | To serve: Spread rice in bottom of casserole dish. Top with vegetables, then Chipotle Tomato Sauce. Sprinkle with queso fresco (if using).

PER SERVING (1½ CUPS VEGETABLES WITH ½ CUP RICE AND ¼ CUP SAUCE) 369 cal; 8 g prot; 11 g total fat (2 g sat fat); 60 g carb; 0 mg chol; 268 mg sod; 6 g fiber; 12 g sugars 

Moroccan Potato, Carrot, and Chickpea Stew



Serve 4 | 30 minutes or fewer

This easy recipe uses baby carrots, ready-to-eat spinach, and canned beans.

- 2 Tbs. olive oil
- 1 large russet potato (12 oz.), peeled and cut into ¾-inch cubes
- 8 oz. peeled baby carrots (1¾ cups)
- 2 large shallots, diced (1 cup)
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 15.5-oz. can low-sodium chickpeas, drained with liquid reserved, divided
- ⅓ cup dark raisins
- 1¼ tsp. ground cumin
- ½ tsp. pumpkin pie spice
- 2 Tbs. lemon juice, plus lemon wedges for garnish
- 4 oz. fresh spinach leaves (2 cups)

1 | Heat oil in large nonstick skillet over medium-high heat. Add potato, carrots, shallots, salt, and pepper; sauté 3 minutes. Add chickpea liquid, raisins, cumin, and pumpkin pie spice. Toss to blend, and bring to a simmer. Cover; simmer over medium-low heat 8 minutes. Mix in 1 cup chickpeas. Cover, and simmer 2 to 4 minutes more, or until potato and carrots are just tender.

2 | Place remaining chickpeas on plate, and mash coarsely with fork. Mix crushed chickpeas and lemon juice into stew. Mound spinach on top. Toss gently 1 to 2 minutes, or until spinach is reduced in volume, adding more water, salt, and pepper, if desired. Divide stew among shallow bowls. Serve with lemon wedges.

PER 1-CUP SERVING 343 cal; 11 g prot; 8 g total fat (1 g sat fat); 60 g carb; 0 mg chol; 381 mg sod; 8 g fiber; 15 g sugars  

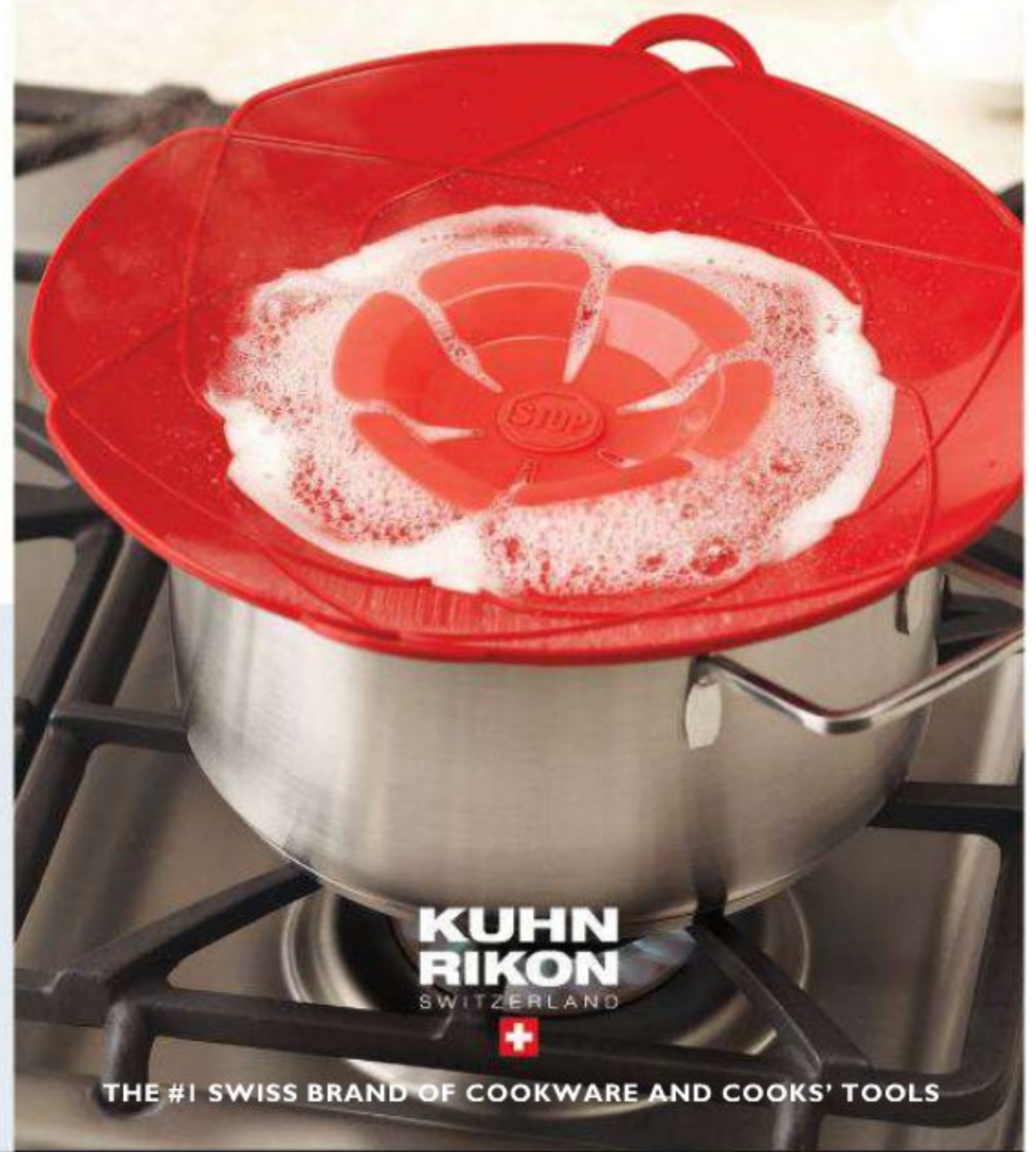
Continued on [p. 82](#).



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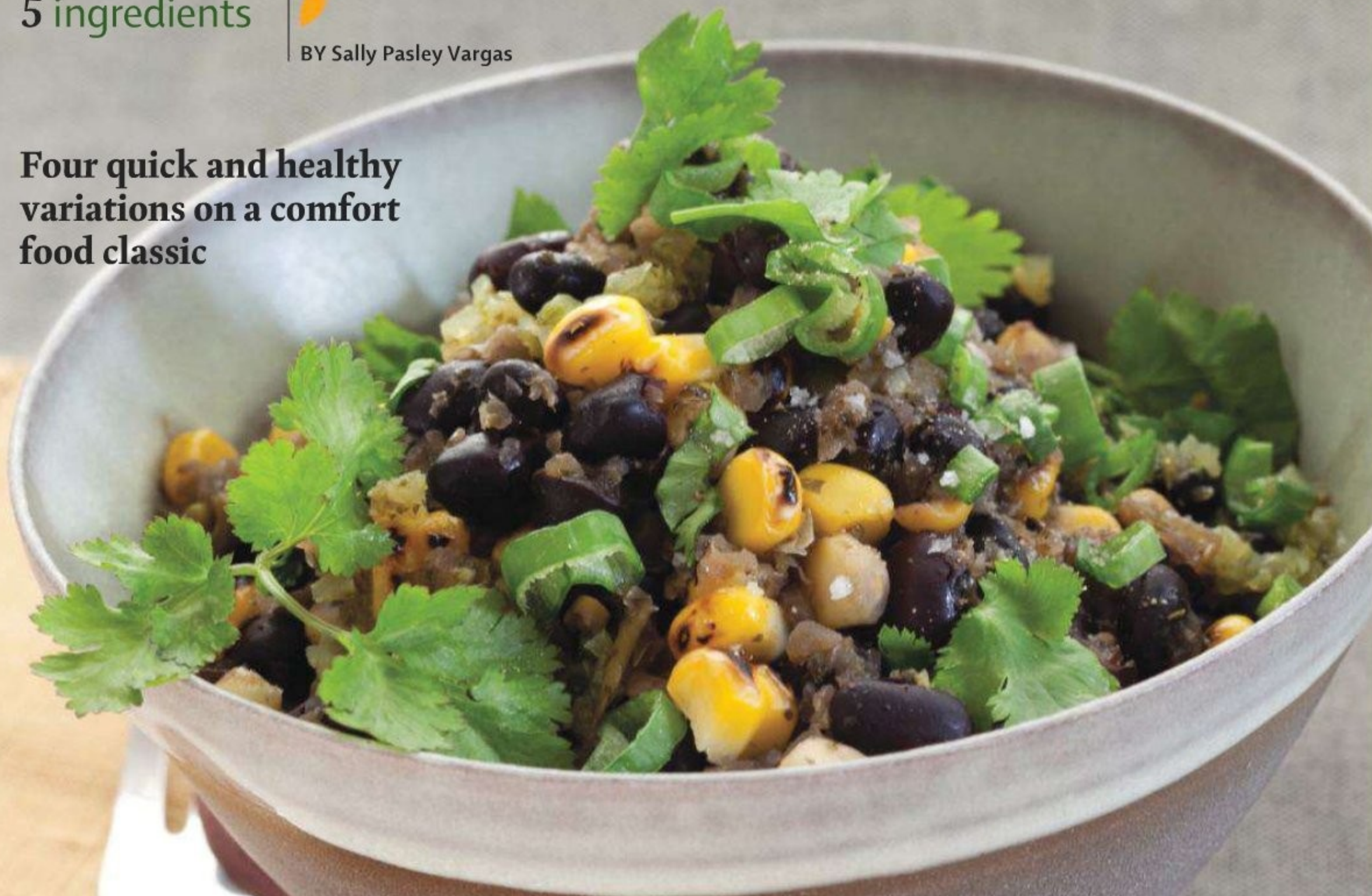
Circle reply #20 on Info Center card

5 ingredients



BY Sally Pasley Vargas

Four quick and healthy variations on a comfort food classic



chili made easy

You've heard of five-alarm chili ... now meet five-ingredient chili. These simple, speedy recipes keep your shopping list brief by using flavor-packed ingredients such as seasoned canned tomatoes and prepared barbecue sauce and salsa.

PHOTOGRAPHY: BEATRIZ DA COSTA; STYLING: VIRGINIE MARTIN



green onions



salsa verde



black beans



fire-roasted corn



fresh cilantro

Black Bean Chili with Fire-Roasted Corn

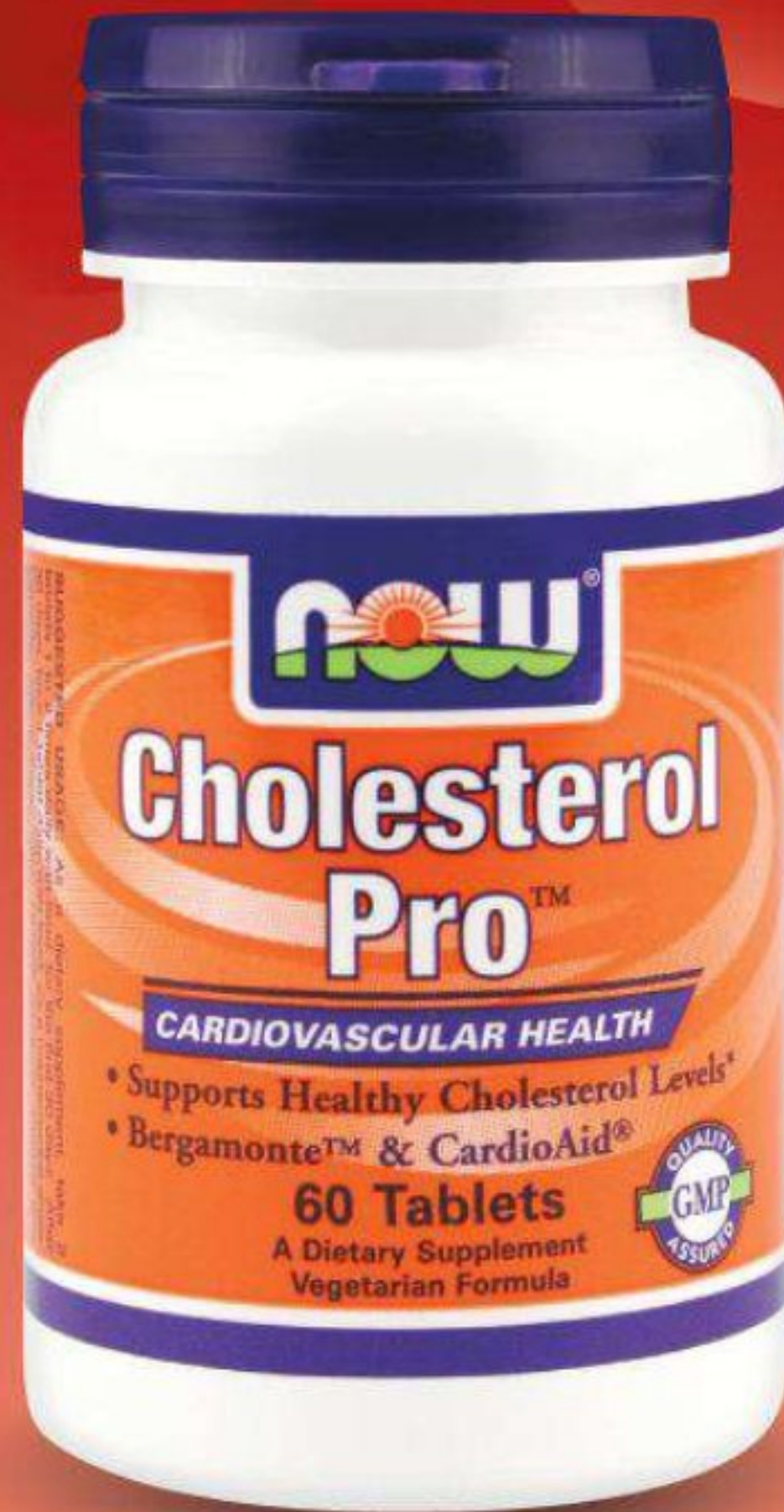
Serves 4 | 30 minutes or fewer

Corn kernels and a tomatillo-based salsa verde keep this chili fresh-flavored. The recipe also makes a great filling for enchiladas or burritos.

- 1 cup thinly sliced green onions, divided
- 1 16-oz. jar salsa verde
- 2 15-oz. cans low-sodium black beans, rinsed and drained
- 1 cup frozen fire-roasted corn kernels
- 4 Tbs. chopped fresh cilantro

- 1 | Spray large saucepan with olive oil cooking spray, and heat over medium heat.
- 2 | Add $\frac{3}{4}$ cup green onions, and sauté 3 minutes, or until softened.
- 3 | Add salsa, beans, corn, and $\frac{1}{2}$ cup water, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes. Season with salt and pepper, if desired.
- 4 | Garnish each serving with 1 Tbs. green onions and 1 Tbs. cilantro.

PER 1-CUP SERVING 293 cal; 14 g prot; 2 g total fat (0 g sat fat); 52 g carb; 0 mg chol; 573 mg sod; 12 g fiber; 8 g sugars



heart's content

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Circle reply #13 on Info Center card

5 ingredients



Smoky Chipotle-Kidney Bean Chili

Serves 4 | 30 minutes or fewer

The great thing about this classic chili recipe is that you can have all the ingredients on hand in the cupboard, fridge, and freezer and whip it up at a moment's notice.

- 2 cups (7 oz.) Southwestern frozen vegetable blend, such as 365 Everyday
- 2 tsp. ground cumin
- 2 15-oz. cans low-sodium kidney beans, rinsed and drained
- 1 14.5-oz. can fire-roasted diced tomatoes with chipotle
- 1 cup grated reduced-fat sharp Cheddar cheese

Spray large saucepan with olive oil cooking spray, and heat over medium heat. Add frozen vegetables and cumin, and sauté 4 minutes, or until softened, stirring occasionally. Add beans, tomatoes, and 1 cup water, and bring to a boil. Reduce heat to medium-low, and simmer 25 minutes. Serve topped with grated Cheddar.

PER 1¼-CUP SERVING 348 cal; 26 g prot; 7 g total fat (4 g sat fat); 49 g carb; 20 mg chol; 375 mg sod; 23 g fiber; 7 g sugars



Barbecue Chili with Tempeh

Serves 6 | 30 minutes or fewer

The heat of this chili will depend on the brand of barbecue sauce you use. When choosing a prepared barbecue sauce, read the label carefully to choose one that's low in sugar.

- 2 cups shredded coleslaw mix (cabbage and carrots)
- 4 tsp. seasoned rice vinegar
- 2 8-oz. pkg. tempeh, finely crumbled
- 1½ cups prepared barbecue sauce, such as Stubb's Original or Spicy Bar-B-Q Sauce
- 2 15-oz. cans low-sodium pinto beans, rinsed and drained

1 | Toss coleslaw mix with vinegar in bowl; season with salt and pepper, if desired. Let stand 20 minutes.

2 | Meanwhile, combine tempeh and barbecue sauce in large saucepan, and bring to a simmer over medium-low heat, stirring constantly. Add beans and 1½ cups water, and simmer 20 minutes. Serve chili topped with coleslaw mix.

PER 1-CUP SERVING 316 cal; 25 g prot; 7 g total fat (<1 g sat fat); 43 g carb; 0 mg chol; 485 mg sod; 13 g fiber; 11 g sugars



Greek-Style Chili

Serves 4 | 30 minutes or fewer

Try this Mediterranean-flavored chili over spaghetti, linguine, or rice.

- 2 15-oz. cans low-sodium chickpeas, rinsed and drained
- 2 14.5-oz. cans diced tomatoes with garlic and onions
- ¾ tsp. cayenne pepper, plus more to taste, optional
- 5 oz. fresh spinach leaves (8 cups)
- ½ cup crumbled feta cheese

1 | Combine chickpeas, tomatoes, and cayenne in large saucepan, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes.

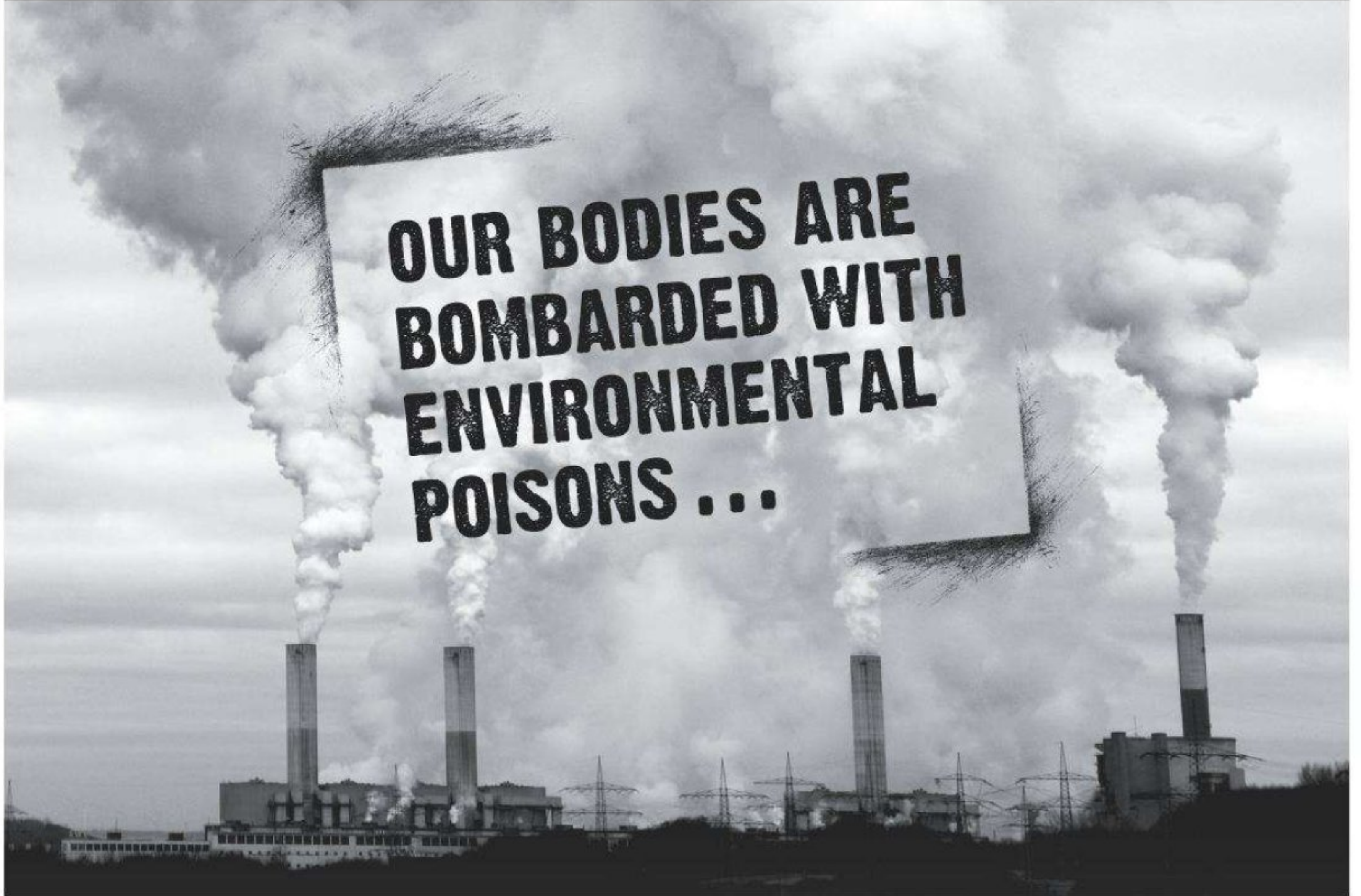
2 | Add spinach, and cook over medium heat 1 minute, or until spinach is wilted. Season with salt and pepper, if desired, and add more cayenne, if using. Serve garnished with feta cheese.

PER 1¼-CUP SERVING 333 cal; 18 g prot; 6 g total fat (3 g sat fat); 52 g carb; 17 mg chol; 638 mg sod; 15 g fiber; 9 g sugars

Sally Pasley Vargas is a cookbook author, cooking teacher, and freelance writer based in Watertown, Mass.

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gnocchi

A couple of tweaks make an Italian classic even easier to do at home

Like pasta, gnocchi is one of those Italian creations that turns a few simple ingredients into something sublime. We've taken two liberties with the classic recipe: using baked potatoes instead of boiled; and substituting potato starch for flour. The switches make the dough easier to work with, and the reduced moisture content in baked potatoes keeps the gnocchi from getting too dense. Best of all, no flour means no risk of rubbery dumplings, which can result from an overworking of the gluten in the dough.

Potato Gnocchi

Serves 6 (makes about 100 gnocchi)

The secret to fluffy, tender gnocchi is to make the dough while the mashed potatoes are hot, add just enough liquid to hold it together, and work it as little as possible.

To freeze: place uncooked gnocchi on a baking sheet in the freezer, freeze until gnocchi are hard, and transfer to resealable plastic bags. To cook: add frozen gnocchi to boiling water—cooking may take 1 to 2 minutes longer. Serve with your favorite pasta sauce and cheese.

- 2½ lb. russet or Idaho potatoes
- ½ tsp. salt
- 1 large egg, lightly beaten
- ¾ cup potato starch



1 | Preheat oven to 350°F. Prick potatoes all over with fork, and bake 45 minutes to 1 hour, or until soft to touch. Slice open, and let cool 10 minutes.

2 | Scoop out potato flesh (it will still be hot); reserve skins for another use. Mash

potato flesh in bowl or put through potato ricer. Stir in salt, then egg with fork. Stir in potato starch until dough comes together and no longer sticks to fork or your hands.

3 | Scoop out ½ cup dough, and roll into ¾-inch-thick rope on work surface dusted with potato starch. Cut rope into ¾-inch pieces. Set back of fork atop 1 gnocchi, and use fork to roll gnocchi toward you, making light indentations with fork tines. Transfer to parchment-lined baking sheet.

4 | Bring pot of salted water to a boil. Add gnocchi, and cook 2 minutes, or until gnocchi float to top. Drain, and serve.

PER SERVING (ABOUT 16 GNOCCHI) 207 cal; 4 g prot; <1 g total fat (<1 g sat fat); 47 g carb; 31 mg chol; 213 mg sod; 2 g fiber; 3 g sugars  



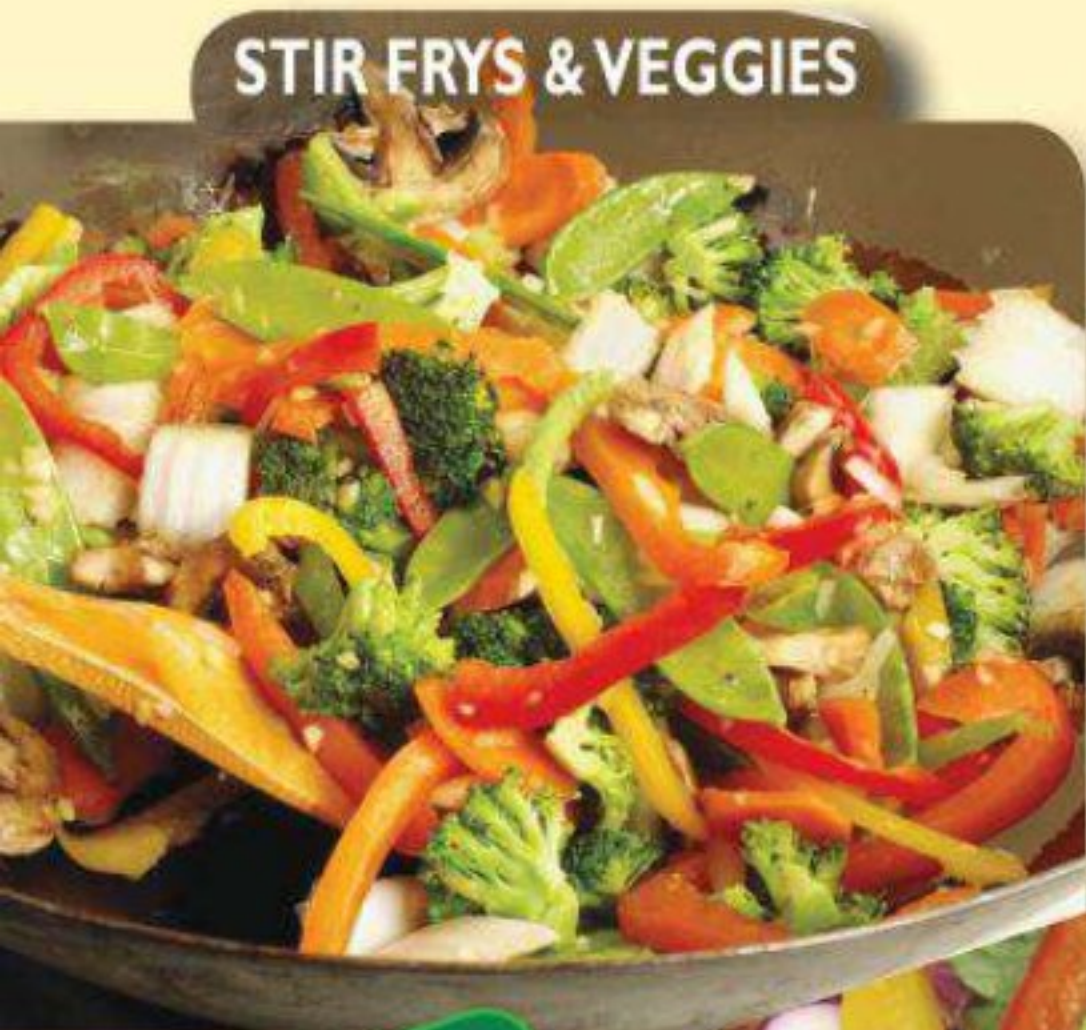
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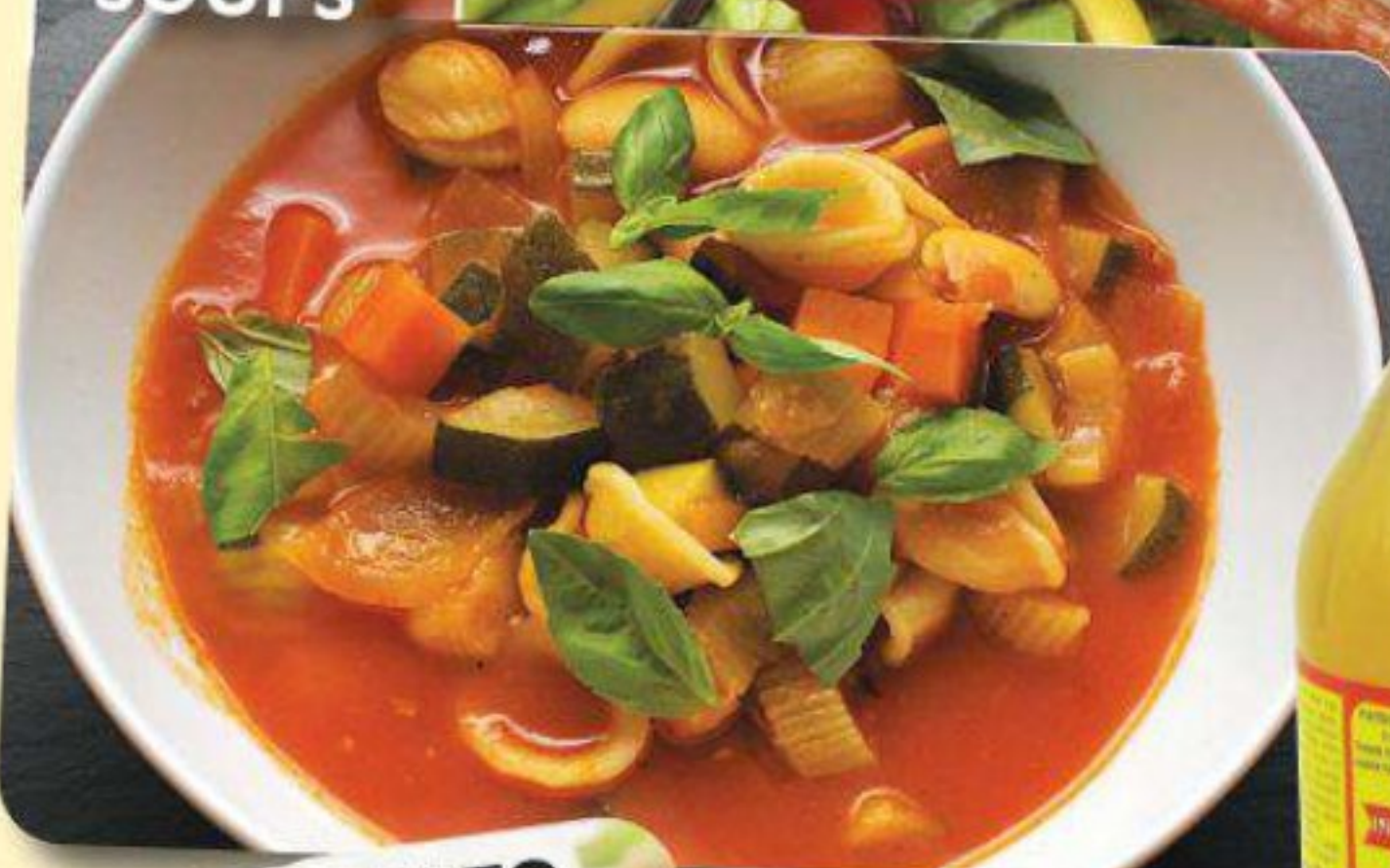
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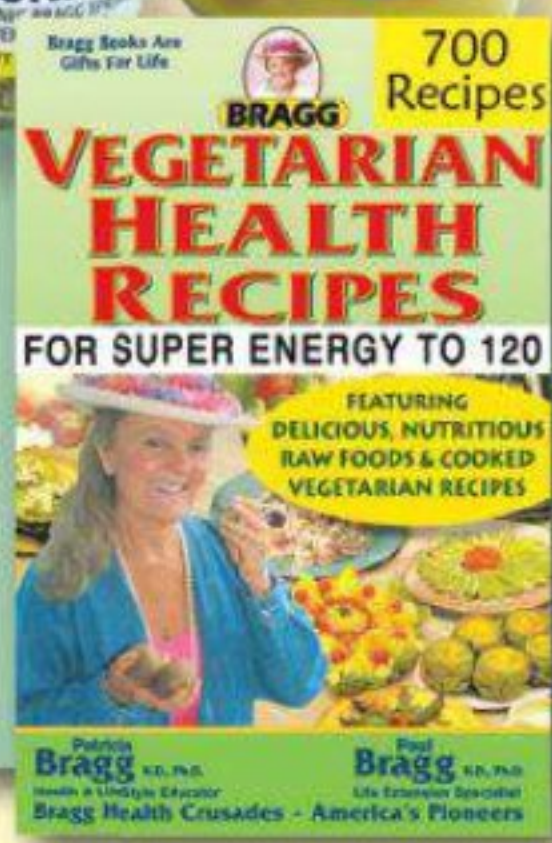
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Pioneer Health Crusader
Health Educator, Author



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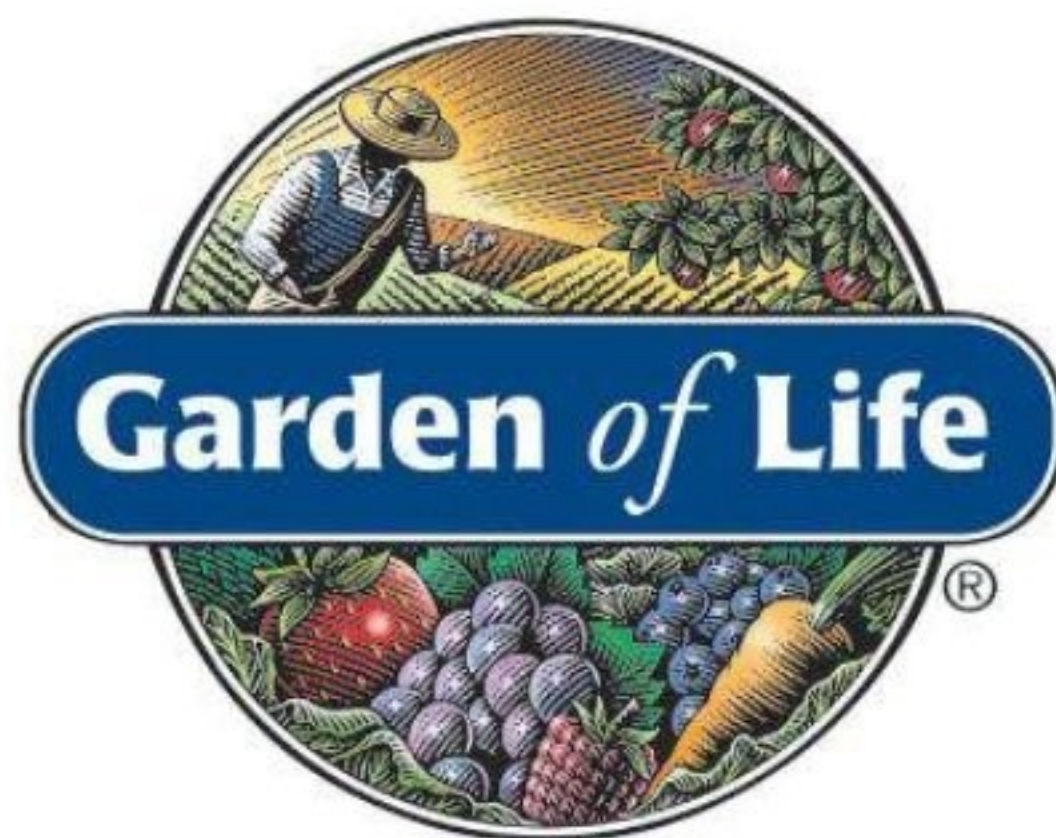
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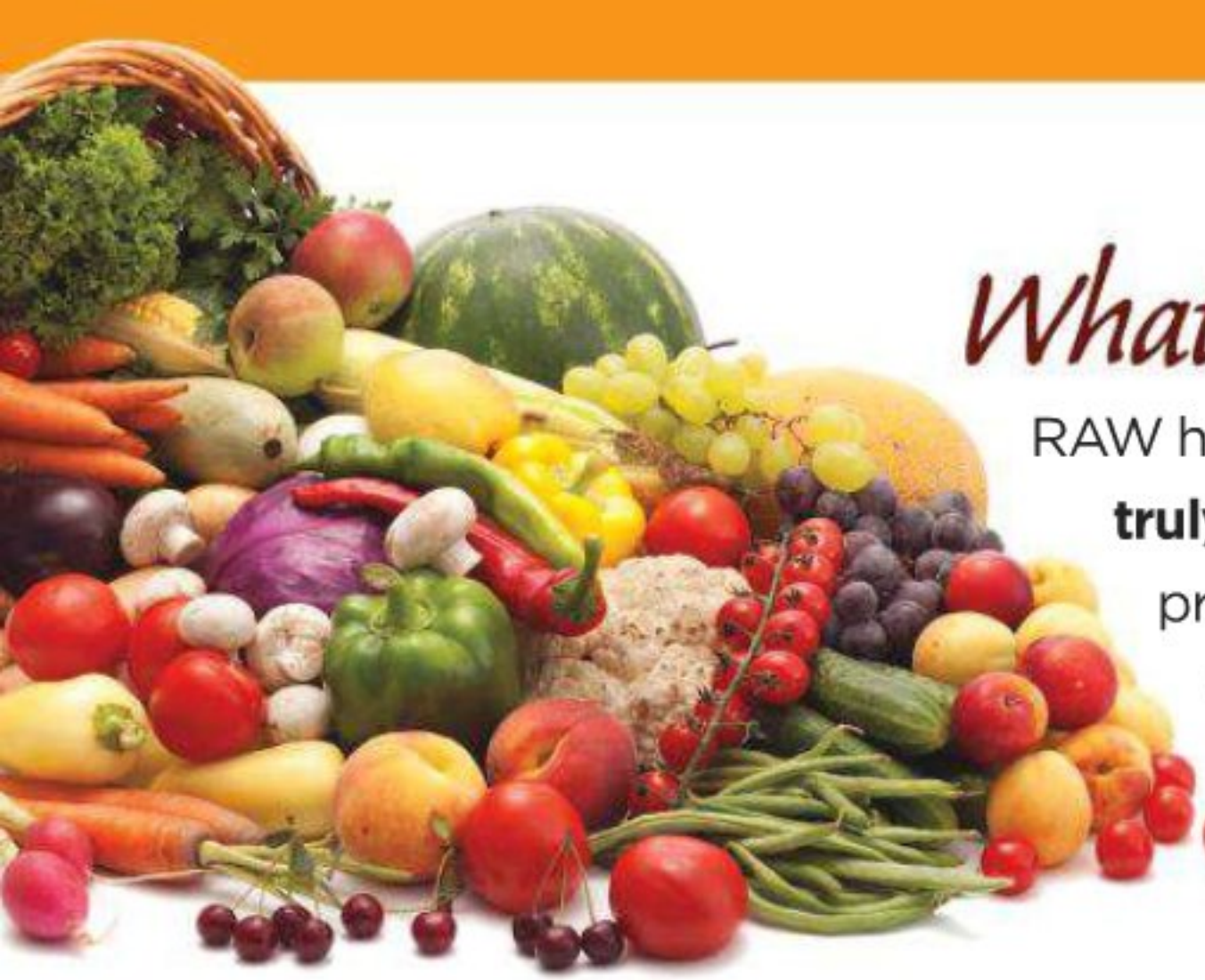
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Here’s the RAW™ difference:

1. RAW™ WHOLE FOOD SUPPLEMENTS ARE NEVER SUBJECTED TO TEMPERATURES ABOVE 115° F.

Traditional fermentation, including soy-based fermentation, requires heat during the early stages of the process. Other similar processes use novel heat applications such as superheated convection air. But heating foods above 115° F diminishes their nutritive value, particularly the protein and enzyme co-factors naturally present in RAW Organic fruits and vegetables.



2. RAW™ WHOLE FOOD SUPPLEMENTS CANNOT BE TABLETED.

Have you ever seen what happens when something fragile, such as a tin can, is placed in a vice, or precious metal is pressed into a mold? The extraordinary pressure produces friction or heat that actually changes the physical composition of whatever is being crushed. This is why we never tablet Vitamin Code formulas. The Vitamin Code RAW, whole food nutrients are always gently encapsulated in Non-GMO, Vegetarian Capsules.



3. RAW™ WHOLE FOOD SUPPLEMENTS CANNOT CONTAIN BINDERS AND FILLERS.

Once it’s pressed into the mold, a host of chemicals are used to bind the tablet and to make the ingredients flow on automated high-speed tablet machines. Look at the “Other Ingredients” listed on the label of your multivitamin for names such as *carnauba wax, gum acacia, vegetable lubricants, corn (maize) starch, magnesium (or vegetable) stearate* and soy.



4. RAW™ WHOLE FOOD SUPPLEMENTS CONTAIN LIVE PROBIOTICS AND ENZYMES.

This is really at the heart of why RAW matters. A fresh-picked strawberry is sweeter, juicier, *better*—it’s more alive. Probiotic bacteria, derived from the plant’s ecosystem, and a diverse group of enzymes are naturally present—aiding in digestion. These are the fragile, necessary parts of life that are killed by heat and pressure.



Why choose a RAW™ whole food multivitamin?

When it comes to choosing a multivitamin, there are literally hundreds of brands to choose from, but there is a vast difference among them.

Conventional multivitamins use synthetic and isolated vitamins and minerals. These are chemically isolated molecules which are devoid of “co-factors” found in complex whole foods.

Whole food multivitamins, like real food, are chemically and structurally different and contain “co-factors” that attach to nutrient molecules and are recognized by the body.

What is Real Whole Food?

When you eat an orange, you’re getting much more than just vitamin C. You are getting hundreds of other phytonutrients and micronutrients that work with vitamin C. These nutrients are commonly referred to as “co-factors”, and they work as nutritional synergists that tell your body where and how to use that nutrient. But, when food alone is not enough, we suggest whole food vitamins and minerals as the next best choice.

The truth is, there are only a few leading brands offering real, whole food multivitamins, and ONLY ONE offers multivitamins that are RAW™.

What makes Vitamin Code® unique?

In nature, the roots of a plant pull nutrients from the soil. The plant digests and metabolizes those nutrients, giving it the ability to bear fruit. The RAW Food-Created Nutrients™ found in Vitamin Code mimic nature’s process with each nutrient being individually grown. The “soil” (probiotic food) is “fertilized” with a specific nutrient being cultivated and the “plant” becomes rich in that nutrient along with critical co-factors and essential elements of real foods. Containing enzymes, probiotics, trace minerals, lipoproteins, glycoproteins, beta-glucans and antioxidants, including glutathione and SOD, **Vitamin Code feeds your body as nature intended.**

Circle reply #18 on Info Center card

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enlightened soul

This Southern supper is rich in flavor, not calories

Soul food has so much to offer. As a cuisine, it's rich in history—the recipes trace their roots to the staple foods of slaves and, later, African-Americans living in the rural South. Soul food's heritage also includes French (via New Orleans) and Caribbean influences that give the dishes flair and a spicy kick that go well beyond plain old country food. As party fare, soul food boasts a satisfying simplicity that gives the meal a warm, hospitable feel, perfect for casual get-togethers.

PHOTOGRAPHY Carin Krasner

MENU

Black-Eyed Pea and Stewed Tomato Salad

Smothered Cheese Grits and Steamed Greens

Baked Hush Puppies

Banana Pudding



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Circle reply #21 on Info Center card



Black-Eyed Pea and Stewed Tomato Salad



Serves 8

Black-eyed peas and stewed tomatoes are a Southern good-luck combo served on New Year's Day. Here, the juices from a can of prepared stewed tomatoes sweeten and flavor the dressing.

- | | |
|--|---|
| 3 cups cooked black-eyed peas, or 2 15-oz. cans unseasoned black-eyed peas, rinsed and drained | 1 small green or red bell pepper, finely diced (1 cup) |
| ½ large sweet onion, such as Vidalia or Walla Walla, finely diced (1 cup) | 6 green onions, white and green parts thinly sliced (1 cup) |
| 3 medium carrots, peeled and finely diced (1 cup) | 1 15-oz. can stewed tomatoes |
| 3 ribs celery, thinly sliced (1 cup) | 2 Tbs. apple cider vinegar |
| | 2 Tbs. olive oil |
| | 1 tsp. Cajun seasoning |

1 | Combine black-eyed peas, sweet onion, carrots, celery, bell pepper, and green onions in large bowl, and set aside.

2 | Drain tomatoes, and place liquid in small saucepan with vinegar, oil, and Cajun seasoning. Coarsely chop tomatoes, and add to black-eyed-pea mixture. Bring tomato-juice-vinegar mixture to a boil, and pour over black-eyed-pea mixture. Stir to coat. Cool, then chill 1 hour. Season with salt and pepper, if desired.

PER ¾-CUP SERVING 140 cal; 6 g prot; 4 g total fat (<1 g sat fat); 21 g carb; 0 mg chol; 365 mg sod; 6 g fiber; 6 g sugars  

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15g PROTEIN
Same as 2.7 eggs

FIBER **6g**
Same as 3.2 slices of whole wheat bread

1 billion PROBIOTICS
Same as 1 yogurt cup (100g)

GREENS **3** servings
Same as 3 servings of vegetables

1.5g OMEGA-3
Same as 2.3 servings of salmon

ANTIOXIDANTS **2.7** cups
Same as 2.7 cups of blueberries

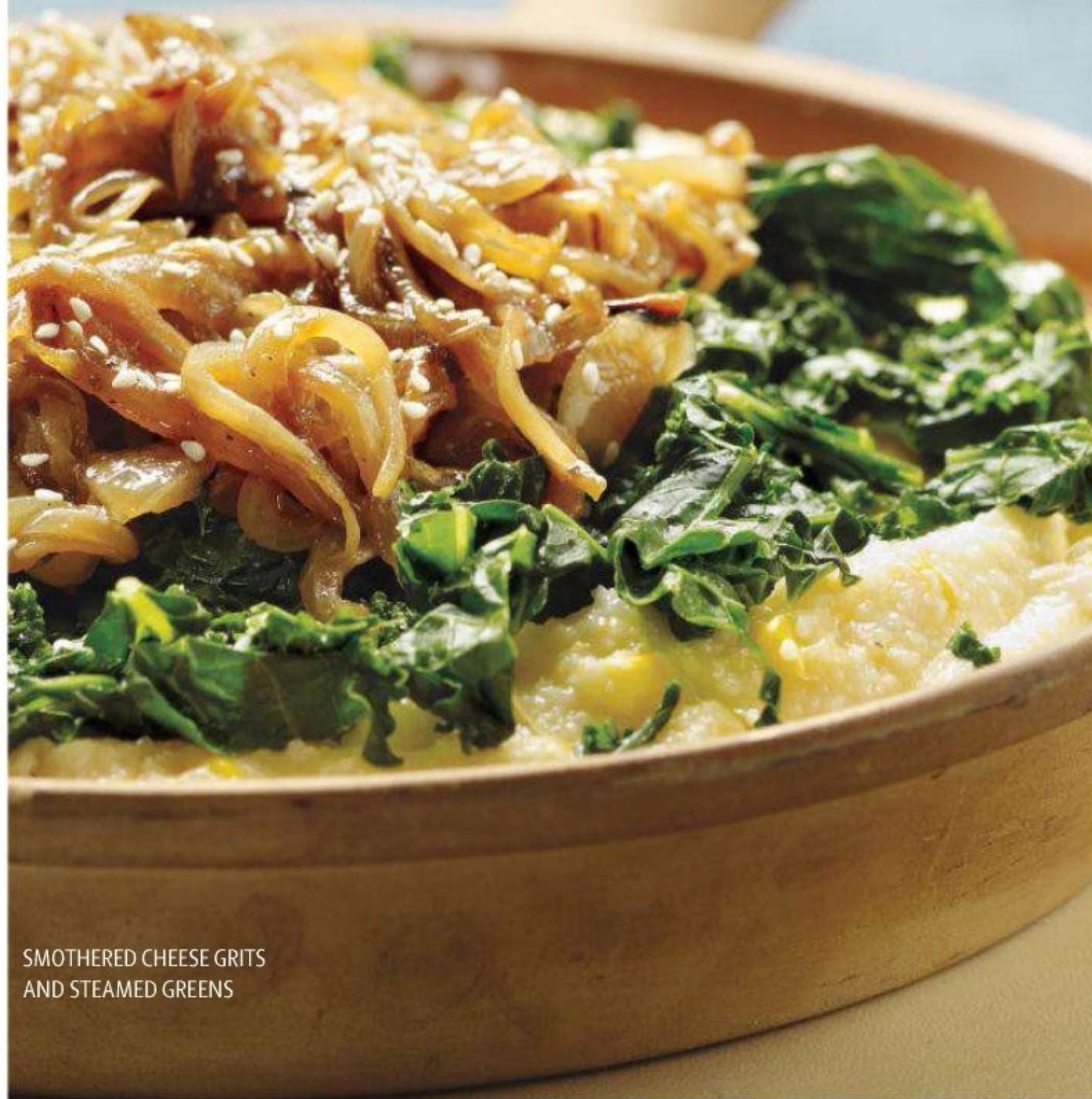
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15g PROTEIN, 4g FIBER & 1.5g OMEGA-3 ANTIOXIDANTS, PROBIOTICS & GREENS
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SMOTHERED CHEESE GRITS
AND STEAMED GREENS

1 | Heat 2 Tbs. oil in large skillet over medium heat. Add onions, cover, and cook 20 to 25 minutes, or until onions are softened and caramelized, stirring occasionally. Season with salt and pepper, if desired, and keep warm.

2 | Meanwhile, cook grits according to package directions. Stir in corn and milk, and return to a simmer, stirring constantly to incorporate milk. Keep warm.

3 | Steam kale in basket steamer 4 to 5 minutes, or until wilted but still bright green and crisp-tender. Transfer to bowl, and stir in vinegar and remaining 1 Tbs. oil. Season with salt and pepper, if desired.

4 | To serve: Stir cheese into grits, and transfer to serving platter. Top with kale, then onions. Sprinkle with sesame seeds and grated cheese (if using).

PER SERVING (¾ CUP GRITS, ¾ CUP KALE, AND ½ CUP ONIONS) 210 cal; 6 g prot; 9 g total fat (2 g sat fat); 30 g carb; 8 mg chol; 84 mg sod; 3 g fiber; 7 g sugars 

Smothered Cheese Grits and Steamed Greens

Serves 8 | 30 minutes or fewer

A bowl of grits and a mess of greens might not sound like dinner party fare, but served on a platter and smothered with caramelized onions, this tasty combination looks downright fancy.

- 3 Tbs. olive oil, divided
- 2 large sweet onions, such as Vidalia or Walla Walla, halved and thinly sliced
- ¾ cup quick-cooking or old-fashioned white hominy grits (not instant)
- 1 cup fresh or frozen corn kernels
- ¼ cup low-fat milk
- 1 lb. curly kale, tough stems removed, torn into bite-size pieces (14 cups)
- 1 Tbs. apple cider vinegar
- 2 oz. (½ cup) grated extra-sharp Cheddar cheese, plus more for sprinkling, optional
- Toasted sesame seeds, optional

BAKED HUSH PUPPIES, p. 48



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Baked Hush Puppies

Makes 24 hush puppies | 30 minutes or fewer
Finely ground cornmeal and soft wheat flour (such as White Lily All-Purpose Flour) or cake flour keep these hush puppies tender on the inside.

- 1½ cups fine-grind cornmeal or corn flour
- ½ cup soft wheat flour, such as White Lily All-Purpose Flour, or cake flour
- 1 Tbs. plus 1 tsp. cane sugar
- 1½ tsp. baking powder
- ¼ tsp. baking soda
- ¾ tsp. salt, plus more for sprinkling, optional
- 1 tsp. Old Bay Seasoning, plus more for sprinkling, optional
- ¼ tsp. cayenne pepper
- 1 large egg
- 1 cup low-fat milk
- ½ large sweet onion, such as Vidalia or Walla Walla, finely diced (1 cup)
- ¼ cup vegetable oil, for brushing

1 | Preheat oven to 425°F. Coat baking sheet with cooking spray.

2 | Whisk together cornmeal, flour, sugar, baking powder, baking soda, salt, Old Bay, and cayenne in bowl. Whisk together egg and milk in separate bowl. Stir onion into cornmeal mixture, then fold in egg mixture. Shape batter into small balls, and place on prepared baking sheet. Bake 10 minutes. Brush tops with oil, and sprinkle with salt and/or Old Bay (if using). Bake 3 minutes more.

PER HUSH PUPPY 69 cal; 2 g prot; 3 g total fat (<1 g sat fat); 9 g carb; 8 mg chol; 157 mg sod; <1 g fiber; 2 g sugars

Banana Pudding

Serves 8

Coconut milk beverage adds a hint of sweet flavor to this classic dessert.

- ½ cup raw cane sugar
- 4 Tbs. cornstarch
- ⅛ tsp. salt

3 cups coconut milk beverage, such as Silk, divided

1½ tsp. vanilla extract



3 very ripe bananas, sliced

48 vanilla wafer cookies

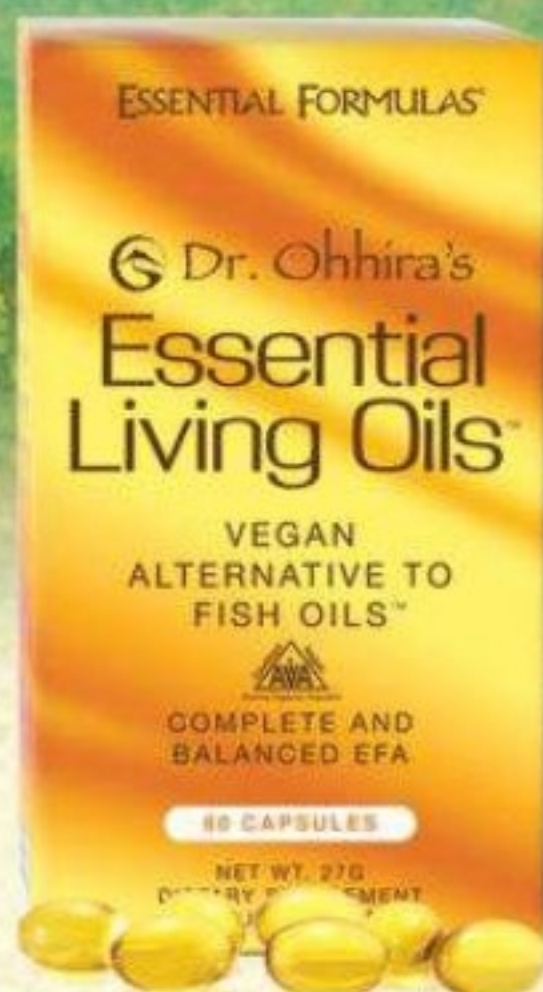
Nondairy whipped topping for garnish, optional

1 | Place sugar, cornstarch, and salt in saucepan, and gradually whisk in coconut milk. Bring mixture to a boil over medium-low heat. Cook 5 minutes, or until thickened, whisking constantly. Stir in vanilla, then banana slices.

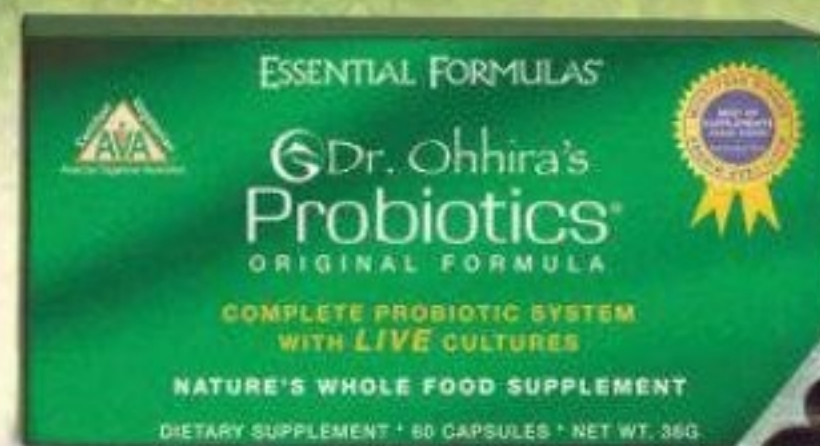
2 | Line bottom of 11- x 7-inch baking dish with 24 cookies. Spread hot pudding over top, making sure bananas are submerged to prevent browning. Top with remaining 24 cookies, cover with plastic wrap, and cool. Refrigerate until cold. Top with whipped topping (if using).

PER 1-CUP SERVING 216 cal; 2 g prot; 6 g total fat (3 g sat fat); 41 g carb; 4 mg chol; 113 mg sod; 2 g fiber; 23 g sugars  

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Creamy Tomato Basil Agave Soup

- | | |
|-----------------------------------|---|
| 2 stalks celery | 1/2 cup fresh basil leaves, chopped |
| 1 small onion | 1 (8 oz.) package low-fat cream cheese, softened |
| 2 cloves fresh garlic | 3 TBSP Domino® or C&H® Organic Light Agave Nectar |
| 1/2 cup butter, cubed and divided | salt and pepper |
| 2 (28 oz.) cans crushed tomatoes | |
| 1 (14.5 oz.) can vegetable broth | |

In a food processor, add celery, onion and garlic; pulse on high 10-15 seconds until puréed. Pour purée into large saucepan. Do not rinse food processor. Add half the butter to vegetables. Sauté over medium heat, about 10 minutes or until fragrant. Add tomatoes, broth and half the chopped basil; bring to a boil, stirring occasionally. Cover pot; reduce heat to medium/low; allow to simmer 15 minutes, stirring occasionally.

Cut cream cheese into 1/2" cubes and place in food processor along with 1 cup of the hot soup. Process on high until cream cheese is dissolved, about 1 minute. Add cream cheese mixture, Agave Nectar and remaining basil and butter to hot soup; stir until combined. Add salt and pepper to taste. Serve immediately. Makes 8 cups.

Circle reply #3 on Info Center card

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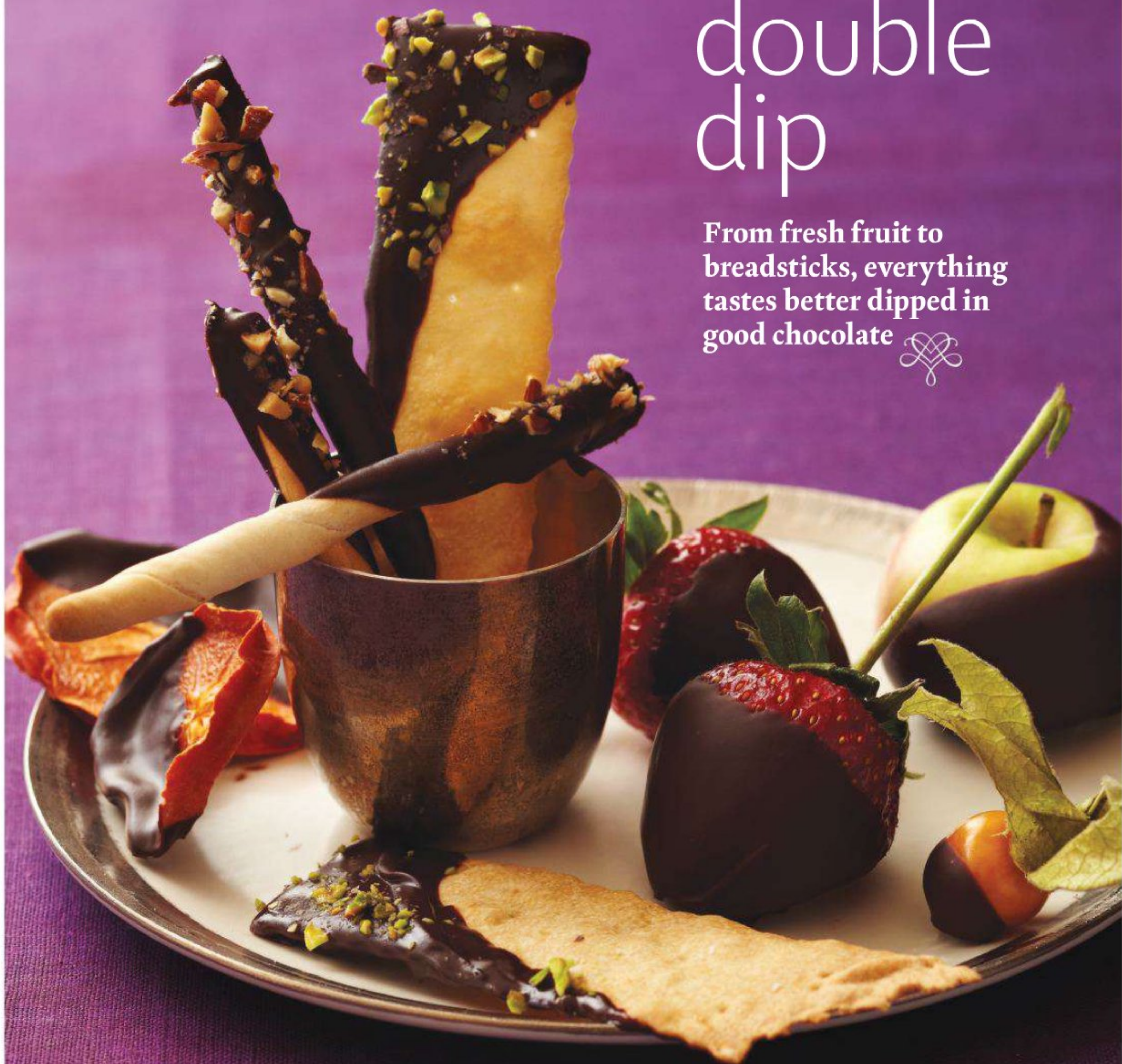
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double dip

From fresh fruit to
breadsticks, everything
tastes better dipped in
good chocolate



The only thing better than one foolproof recipe for chocolate-dipped delights? Two—one thick and creamy, the other dark and snappy—plus a bunch of ideas that turn the most basic ingredients into goodies worthy of a gourmet chocolate shop.

PHOTOGRAPHY Yunhee Kim FOOD STYLING Vivian Lui PHOTOGRAPHY Deborah Williams



INDULGE IN A CAUSE



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DELUXE DIPPERS

You can't go wrong with strawberries, but don't overlook these dip-worthy alternatives.



Grape clusters, Lady apples,
kumquats,
clementine segments

Dried fruit, freeze-dried fruit chips

Large coconut flakes

Saltines, crackers, breadsticks

Gourmet cookies

Pita chips, potato chips, pretzels

Vegetable chips

4 SECRETS TO SUCCESS

- 1. CHOOSE FRESH INGREDIENTS** Purchase fruit close to dipping time; check other dippers for freshness. (Nobody wants to bite into a stale chocolate-covered pretzel.) Use fresh chocolate stored in a cool, dry place; old chocolate has most likely lost its temper and could be difficult to work with.
- 2. PREP DIPPERS FIRST** These sauces cannot be prepared ahead or remelted, so before making them, have equipment and dippers ready to go.
- 3. MAKE SURE EVERYTHING IS CLEAN, DRY, AND AT ROOM TEMPERATURE** Dust (even from cookie or cake crumbs) can keep chocolate from drying to a smooth, glossy finish—water especially can cause chocolate to seize up and turn grainy. Bring all foods to room temperature before dipping.
- 4. DUNK JUST HALFWAY** The contrast of colors and textures is what makes chocolate-dipped treats so appealing, plus this keeps your fingers from getting covered in chocolate.

FINISHING TOUCHES

Add flavor and texture to these treats by sprinkling them with grated citrus zest, instant coffee granules, toasted coconut, ground nuts, crushed peppermint candy, cocoa nibs, cocoa powder, or ground cinnamon before the chocolate coating has completely set.



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technique

Intensely Dark Chocolate-Dipped Strawberries

Makes 12 chocolate-covered strawberries

If you've ever tried dipping fruit into melted chocolate without tempering the chocolate first, you know you can end up with a messy coating that takes hours to harden and may have streaks on the surface. This recipe uses a simplified tempering technique (melting, then cooling, then reheating the chocolate) plus a little shortening as a stabilizer to help the sauce harden to a snappy coating. We've called for vegan chocolate chips, but the recipe will work with any chocolate chips.

- 1 cup plus 2 Tbs. mini vegan semi-sweet chocolate chips, such as Enjoy Life, divided
- 1 Tbs. vegetable shortening, such as Earth Balance
- 1 pinch salt
- 12 large, long-stemmed strawberries or other dippers (see p. 52)

A simplified tempering technique and a bit of shortening help this dark chocolate sauce harden to a snappy coating.

1 | Line baking sheet with wax paper or parchment paper. Fill medium saucepan with 1 inch of water, and bring to a boil.

2 | Place $\frac{3}{4}$ cup chocolate chips in nonreactive metal bowl that fits snugly in saucepan over water. Remove saucepan from heat, place bowl on top, and let stand 3 minutes, or until half of chocolate chips are melting and shiny, but still retain their shape. Carefully remove bowl from saucepan, and wipe bottom dry.

3 | Stir in shortening and salt, and continue stirring 2 to 3 minutes, or until shortening is incorporated. Immediately stir in remaining $\frac{3}{8}$ cup chocolate chips, and stir 3 minutes more, or until chocolate will not melt any further. (It will be almost, but not completely melted.)



4 | Place bowl of chocolate over water in saucepan again, and stir 30 to 40 seconds,

or until mixture is smooth. Remove bowl from saucepan, and stir chocolate 1 minute more.

5 | Hold 1 strawberry by stem, and dip halfway into chocolate. Gently scrape some chocolate from 1 side of strawberry (to avoid chocolate "foot"), and place scraped side down on prepared baking sheet. Repeat with remaining strawberries and chocolate. Let stand at room temperature up to 2 hours to set.

6 | If not serving right away, chill dipped strawberries in refrigerator 20 minutes, then transfer to airtight container lined with paper towels, and keep refrigerated up to 24 hours.

PER CHOCOLATE-DIPPED STRAWBERRY

101 cal; 1 g prot; 7 g total fat (4 g sat fat); 12 g carb; 0 mg chol; 12 mg sod; 2 g fiber; 9 g sugars  

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Extra-Creamy Chocolate-Dipped Strawberries

Makes 12 chocolate-covered strawberries
30 minutes or fewer

The subtle heat of cayenne pepper and cinnamon add a little kick to this extra-thick chocolate dip. A touch of cream helps the chocolate set in about 15 minutes and eliminates the need for tempering (bringing it to a certain temperature) in order for it to set.



- 4 oz. chopped bittersweet chocolate
- 5 Tbs. heavy cream
- ¼ tsp. ground cinnamon, optional
- ⅛ tsp. cayenne pepper, optional
- 12 large, long-stemmed strawberries or other dippers (see p. 52)

1 | Line baking sheet with wax paper or parchment paper. Fill medium saucepan with 1 inch water, and bring to a boil.

2 | Place chocolate, cream, cinnamon (if using), and cayenne (if using) in

nonreactive metal bowl that fits snugly in saucepan over water. Remove saucepan from heat, place bowl on top, cover, and let chocolate melt 3 minutes. Remove bowl from saucepan, and stir chocolate 1 minute, or until completely melted.

3 | Hold 1 strawberry by stem, and dip halfway into chocolate. Gently scrape some chocolate from 1 side of strawberry (to avoid chocolate “foot”), and place scraped side down on prepared baking sheet. Repeat with remaining strawberries and chocolate. Chill 15 minutes or up to 24 hours before serving.

PER CHOCOLATE-DIPPED STRAWBERRY 73 cal; <1 g prot; 6 g total fat (3 g sat fat); 7 g carb; 9 mg chol; 3 mg sod; 1 g fiber; 5 g sugars  

Joyce Sangirardi put her experience as a professional photographer and pastry chef to the test to come up with home-cooking chocolate recipes that would yield beautiful and delicious results.

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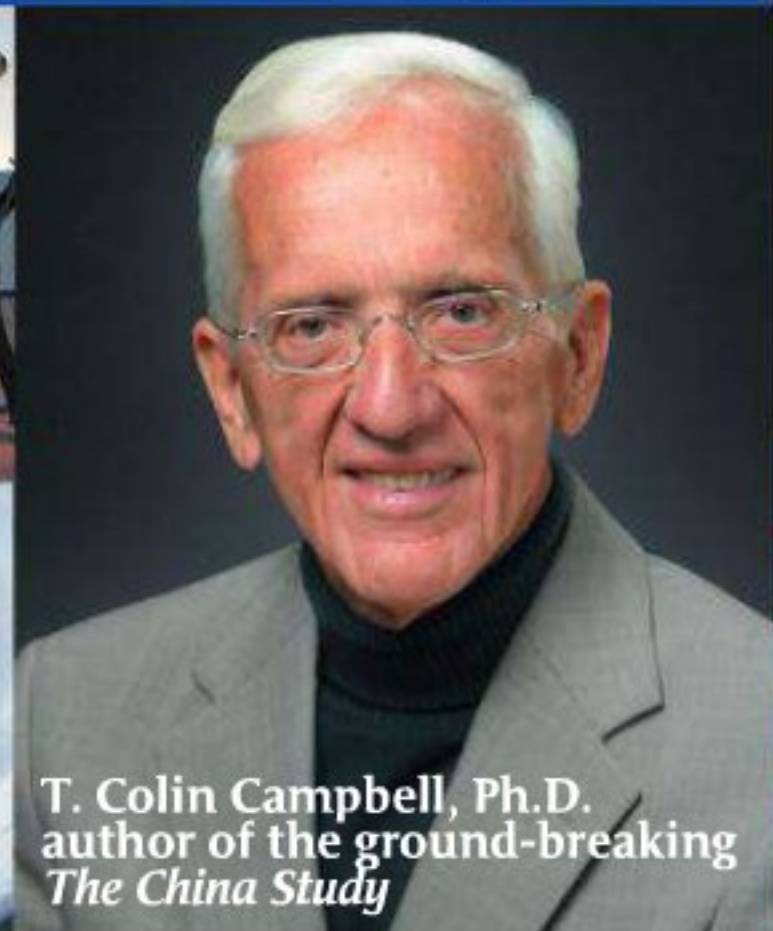
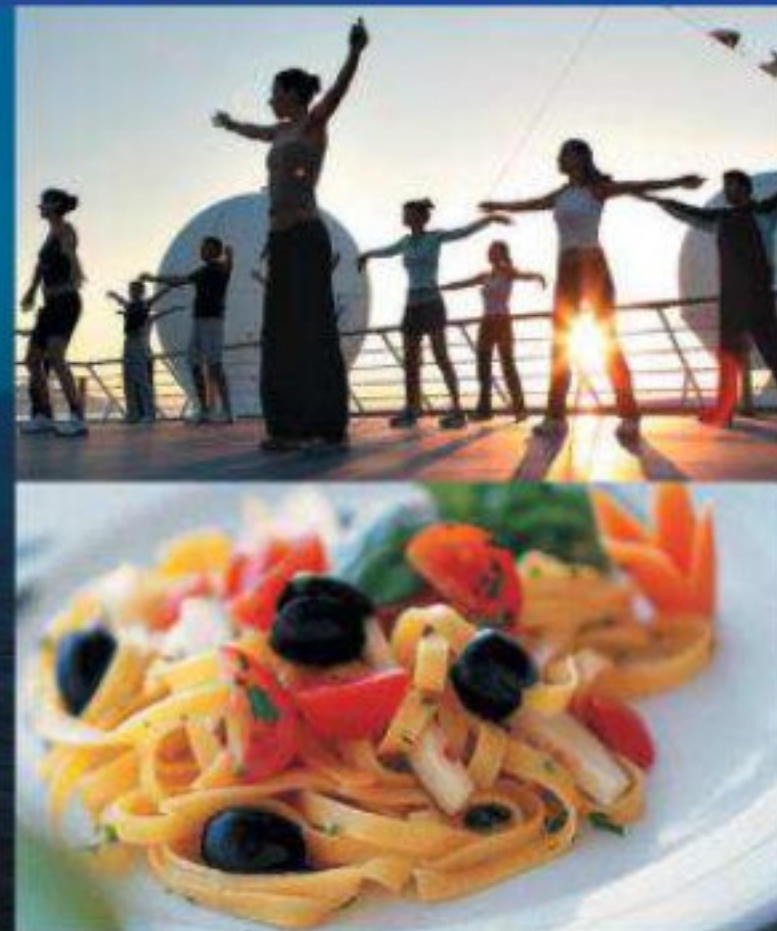
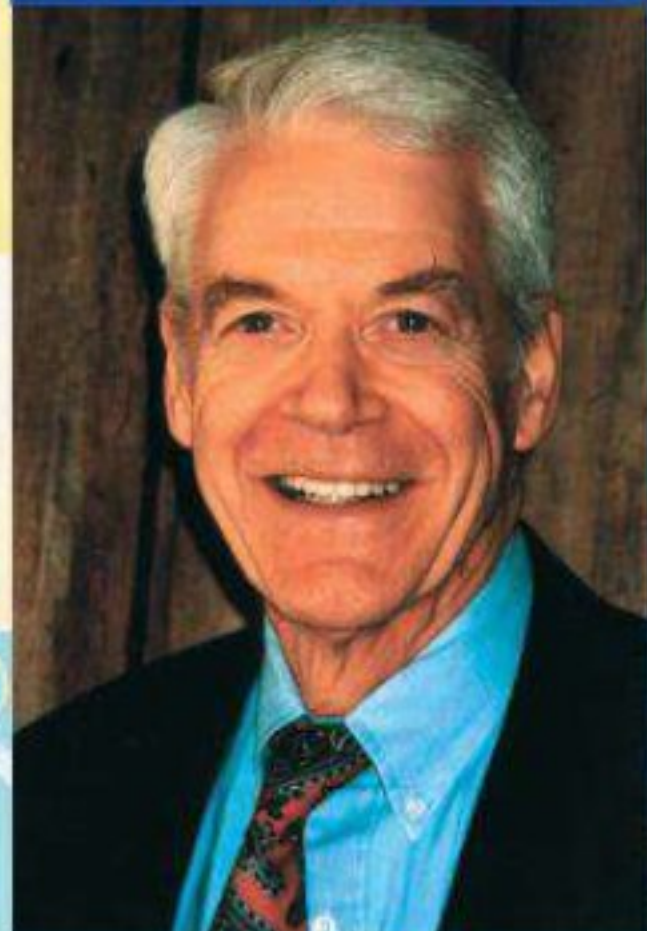
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Rory Freedman

Rory abandoned a lucrative career in modeling to become an animal rights activist and soon after became a #1 *New York Times* best-selling author. With her friend Kim Barnouin as researcher, Rory wrote *Skinny Bitch*, which now has one million copies in print. Following in the wake of this success she wrote *Skinny Bitchin'* and *Skinny Bastard*.



Colleen Patrick-Goudreau

A speaker and expert on living compassionately and healthfully, Colleen Patrick-Goudreau is the bestselling author of 5 books, including *The Vegan Table* and *Color Me Vegan*. Using her unique blend of passion, humor, and common sense, Colleen inspires through motivating lectures, cooking classes, engaging videos, and her podcast, "Vegetarian Food for Thought."



Christina Pirello

Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks including *Cooking the Whole Foods Way*, *This Crazy Vegan Life*, and her latest, *I'm Mad as Hell and I'm Not Going to Eat It Anymore!*



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Get your greens on with this easy-to-use Asian veggie

Looking for a fresh way to get your leafy green fix this winter? Turn to bok choy. The Asian vegetable mainstay (also called *pak choi* or Chinese cabbage) has a mild, sweet flavor that lends itself to stir-fries, soups, salads, pasta dishes, and everything in between. And while there are numerous bok choy cultivars, the bouquets of crunchy green or white stems topped with tender, spinach-like leaves are interchangeable in most recipes, so you can just grab a bunch and go.

BY Victoria Abbott Riccardi

bok choy

PHOTOGRAPHY Beatriz Da Costa STYLING Virginie Martin

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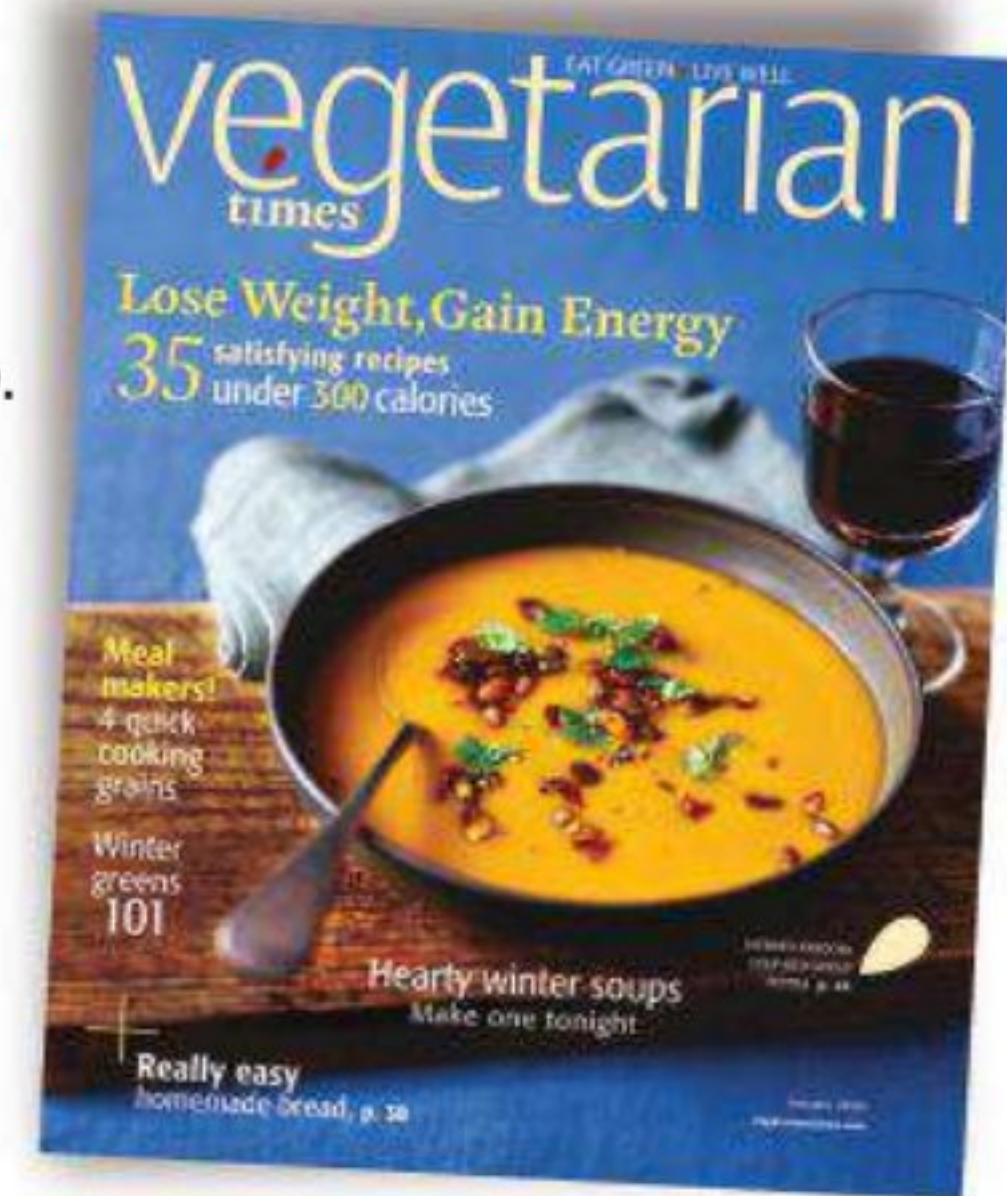
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Spaghetti with Bok Choy, Poached Egg, and Romano Cheese

Serves 4 | 30 minutes or fewer

In this recipe, bok choy is sautéed like Swiss chard, then folded into pasta, Italian-style. For the best texture, choose larger bunches of bok choy, which will remain crisp-tender after cooking.

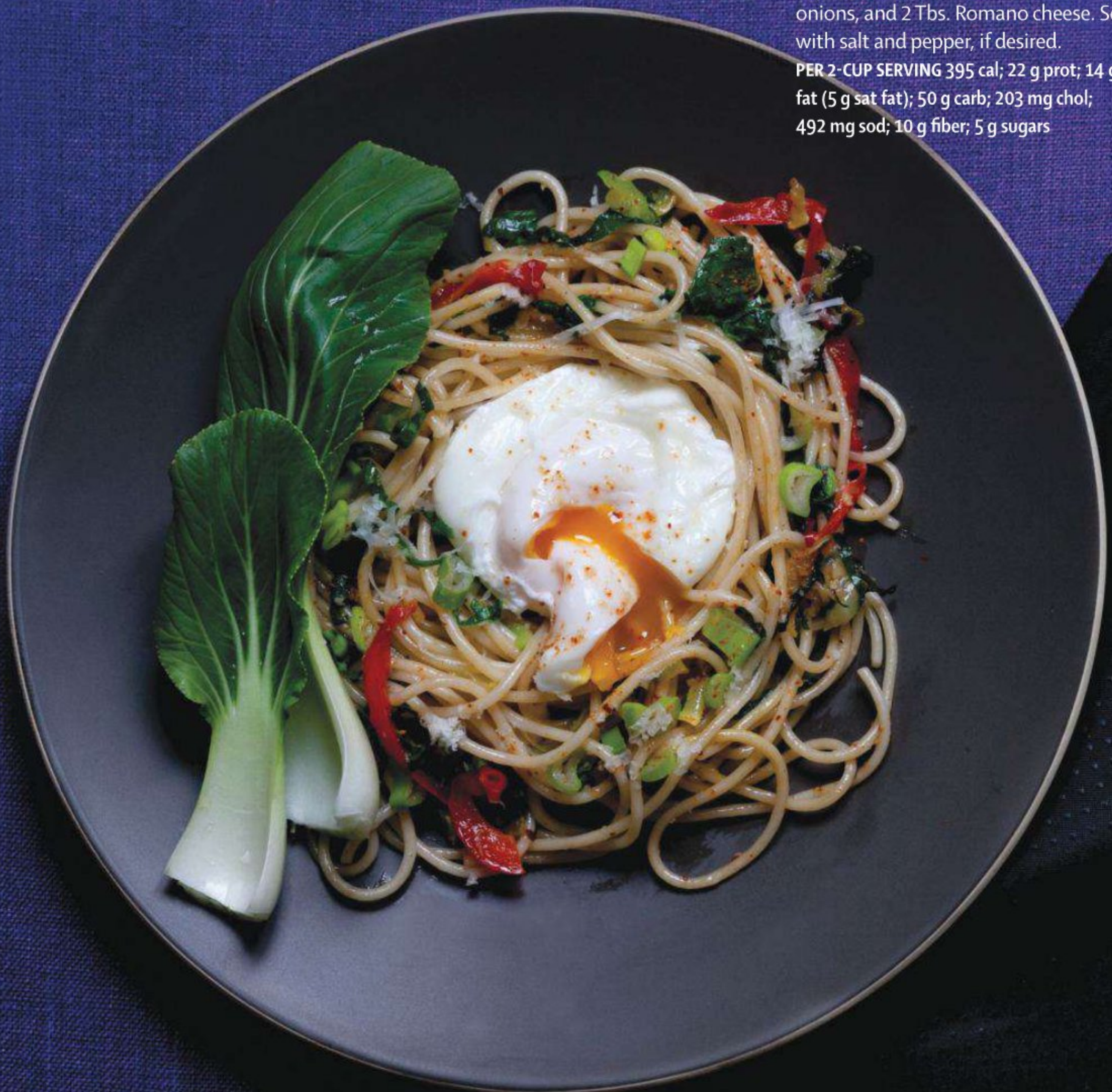
- 1 Tbs. olive oil
- 8 cups thinly sliced bok choy (about 1 lb.)
- 1 red bell pepper, thinly sliced
- ½ tsp. red pepper flakes
- 5 cloves garlic, minced (5 tsp.)
- 1 cup low-sodium vegetable broth
- 4 large eggs
- ½ lb. whole-wheat spaghetti
- 4 green onions, thinly sliced (½ cup)
- 2 oz. grated Romano cheese (½ cup)

1 | Heat oil in skillet over medium-high heat. Add bok choy, bell pepper, and red pepper flakes; sauté 8 minutes, or until vegetables turn golden. Stir in garlic, then broth. Reduce heat to medium-low, and simmer 3 minutes. Season with salt and pepper, if desired, and keep warm.

2 | Bring skillet filled with 2 inches of water to a boil. Crack eggs into skillet; reduce heat to low, and poach 4 minutes.

3 | Cook pasta according to package directions for al dente. Toss cooked pasta with bok choy mixture. Divide pasta among serving bowls, and top each serving with 1 poached egg, 2 Tbs. green onions, and 2 Tbs. Romano cheese. Season with salt and pepper, if desired.

PER 2-CUP SERVING 395 cal; 22 g prot; 14 g total fat (5 g sat fat); 50 g carb; 203 mg chol; 492 mg sod; 10 g fiber; 5 g sugars





10 MORE WAYS TO USE BOK CHOY

1. Serve with dips
2. Layer in sandwiches
3. Chop and add to bean or grain salads
4. Use large leaves as wraps
5. Steam whole bunches
6. Sear halves in a skillet
7. Throw bunches on the grill
8. Add to quiche instead of spinach (no need to cook first)
9. Add to green salads
10. Fill large stems with nut butter for an afternoon snack


Winter Bok Choy Slaw

Serves 8 | 30 minutes or fewer

Raw bok choy has a milder flavor than cabbage and gives this slaw a juicy freshness. Enjoy as a side dish, or top with pan-seared tofu or tempeh for a heartier meal.

- 3 cups thinly sliced baby bok choy
- 1 cup grated carrot
- 1 cup thinly sliced purple cabbage
- 1 ripe mango, peeled, pitted, and diced
- 1 small jalapeño chile, seeded and finely chopped
- ½ cup coarsely chopped cilantro
- 2 Tbs. lime juice
- 1 Tbs. agave nectar
- 2 tsp. toasted sesame oil
- 1 tsp. low-sodium tamari
- ½ cup smoked almonds, chopped

Combine bok choy, carrot, cabbage, mango, jalapeño, and cilantro in large bowl. Add lime juice, agave, sesame oil, and tamari; toss to combine. Garnish with smoked almonds.

PER ¼-CUP SERVING 100 cal; 3 g prot; 5 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 89 mg sod; 2 g fiber; 9 g sugars 



Emerald Veggies with Honey-Sesame Dressing

Serves 4 | 30 minutes or fewer

A bamboo steamer is used to lightly cook an assortment of vegetables that are then tossed in a dressing with ground, toasted sesame seeds.

- 1 medium bok choy, separated into leaves ($\frac{3}{4}$ lb.)
- $\frac{1}{2}$ lb. green beans, trimmed
- 1 cup small broccoli florets
- $\frac{1}{3}$ cup hulled sesame seeds
- 2 Tbs. low-sodium tamari
- 1 Tbs. honey
- 1 tsp. rice vinegar

1 | Set bamboo steamer over 1 inch simmering water in large skillet. Fill medium bowl with ice water.

2 | Arrange bok choy leaves in steamer. Cover, and steam 5 to 6 minutes, or until leaves turn bright green. Plunge bok choy into ice water. Drain, and pat dry. Slice, and transfer to serving bowl.

3 | Arrange green beans in steamer. Cover, and steam 5 minutes, or until tender. Remove with slotted spoon, plunge into ice water, then drain, and pat dry. Cut into 1-inch pieces, and add to bok choy.

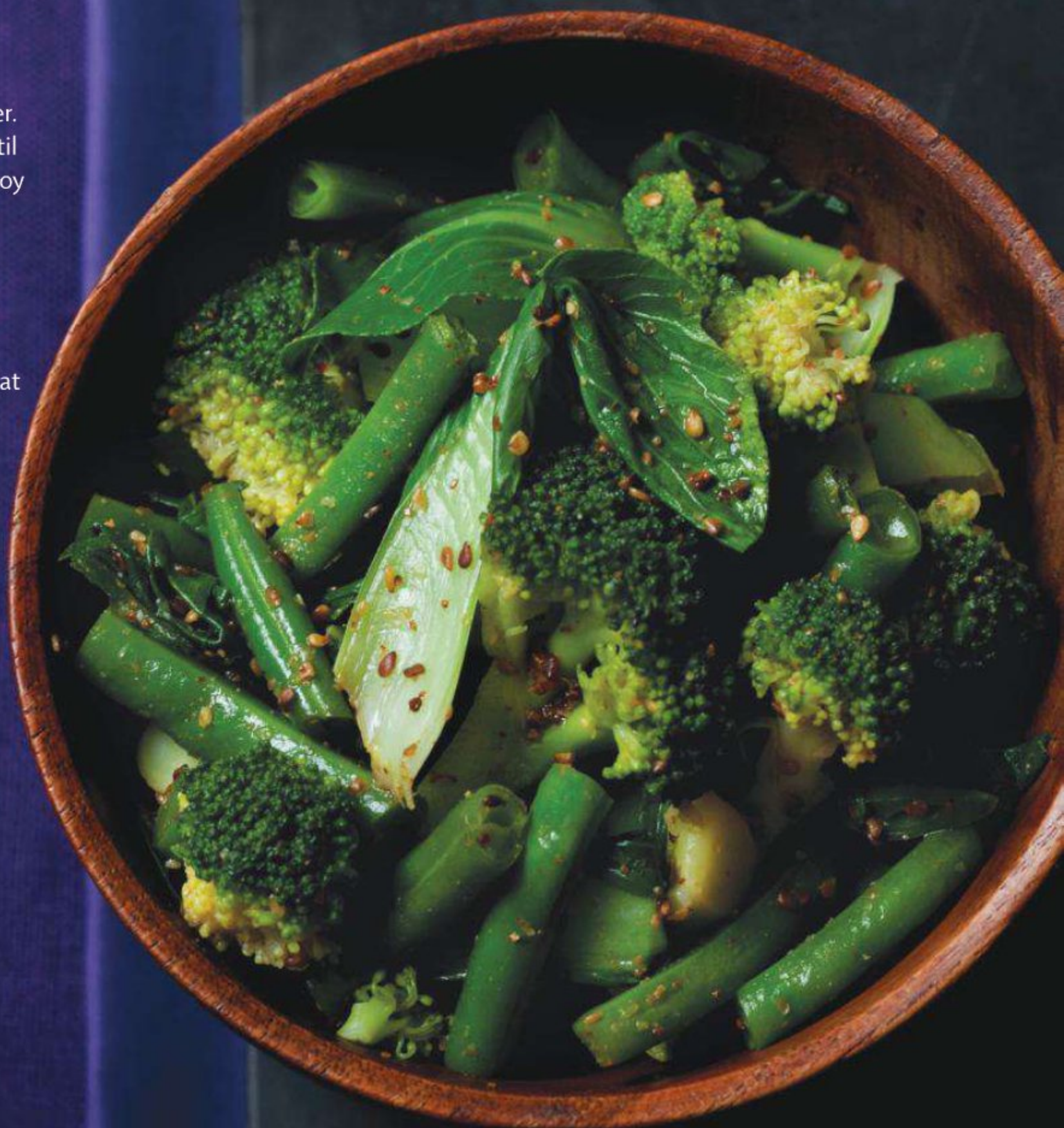
4 | Arrange broccoli florets in steamer. Cover, and steam 3 minutes, or until tender. Plunge into ice water, then drain and pat dry. Add to bok choy mixture.

5 | Toast sesame seeds in small skillet over very low heat 5 minutes, or until golden, gently shaking pan often. (Watch closely—seeds can scorch

quickly.) Grind toasted seeds with mortar and pestle or in food processor until just flaky, about 12 seconds. Transfer ground seeds to small bowl. Stir in tamari, honey, vinegar, and 1 Tbs. water. Toss vegetables with sesame seed dressing.

PER 1-CUP SERVING 127 cal; 7 g prot; 7 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 417 mg sod; 4 g fiber; 7 g sugars

Continued on p. 82.



RECIPES BY Annie and Dan Shannon

THE COUPLE *BEHIND BETTY GOES VEGAN* SHARES A ROMANTIC VALENTINE'S (OR ANYTIME) MENU

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AS ANNIE AND DAN SHANNON WILL TELL YOU, it doesn't have to be Valentine's Day for a couple to share a romantic dinner for two: "Before we were married, I had to travel a lot—there was a run of three years where I was out of town on Valentine's Day and we had to celebrate at another time," admits Dan. This year, the two will be gearing up for the publication of their cookbook *Betty Goes Vegan: 500 Classic Recipes for the Modern Family* (available in February), so *VT* asked them to choose a few of their favorite recipes for a cozy dinner at home. The menu they've come up with is elegant enough for Valentine's Day, but easy enough for when you just want to add a little romance to a weeknight meal.

PHOTOGRAPHY Yunhee Kim FOOD STYLING Vivian Lui PROP STYLING Deborah Williams



LIMONCELLO
BUNDT CAKE, p. 65

Cannellini, Kale, and Basil Crostini

Makes 8 crostini | 30 minutes or fewer
“We host a lot of happy hours at home, where we serve a variety of hors d’oeuvres, like these crostini,” says Dan.

- ¾ cup baby kale leaves
- 1 14-oz. can cannellini beans, rinsed and drained
- ¾ cup chopped fresh basil
- 1 Tbs. dry white wine
- 1 tsp. Bragg Liquid Aminos
- ¾ cup olive oil
- 2 cloves garlic, minced (2 tsp.)
- 8 thin slices baguette
- ¾ cup shredded vegan mozzarella, such as Daiya
- ½ tsp. crushed black peppercorns


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

2 | Steam kale leaves 3 minutes in steamer, or until tender.

3 | Toss together kale, cannellini beans, basil, wine, and Liquid Aminos in separate bowl.

4 | Whisk together oil and garlic in bowl. Place baguette slices on prepared baking sheet. Brush garlic oil over each baguette slice, then bake 90 seconds, or until toasted.

5 | Spoon 2 Tbs. kale mixture over each bread slice. Top each crostini with 1 heaping Tbs. vegan cheese. Bake 10 minutes more, or until cheese melts and crostini crusts are golden. Sprinkle with crushed black peppercorns.

PER CROSTINI 150 cal; 6 g prot; 7 g total fat (<1 g sat fat); 15 g carb; 0 mg chol; 238 mg sod; 3 g fiber; <1 g sugars 



“IT WAS ONE OF THOSE MOMENTS IN VEGAN TRAVELING WHEN YOU WISH YOU COULD JOIN IN THE EXPERIENCE. I THOUGHT, ‘I’VE GOT TO RE-CREATE THAT.’”

Herb-Roasted Vegan Chicken and Vegetables

Serves 6

“The idea for this recipe started off while we were in a café in Paris, and people sitting across from us were eating a small pot of chicken and herbs,” says Annie. “It was one of those moments in vegan traveling when you wish you could join in the experience. I thought, ‘I’ve got to re-create that.’”


- 4 red potatoes, cut into chunks
- 1 cup sliced carrots
- ½ cup olive oil
- 2 cloves garlic, minced (2 tsp.)
- 1 Tbs. herbes de Provence
- 2 Tbs. lemon juice
- 1 tsp. grated lemon zest
- 1 tsp. Bragg Liquid Aminos
- ¼ tsp. nutritional yeast
- ¼ tsp. lemon pepper
- ¼ tsp. garlic powder
- 1 pinch celery seed
- 1 cup frozen vegan chicken tenders or chicken strips, such as Gardein, thawed
- 1 cup green beans, trimmed

1 | Preheat oven to 375°F.

2 | Slice potatoes into chunks about the size of chicken pieces. Boil potatoes and carrots 10 minutes, or until tender but not quite cooked. Drain, and set aside.

3 | Mix oil, garlic, herbes de Provence, lemon juice, lemon zest, Liquid Aminos, nutritional yeast, lemon pepper, garlic powder, and celery seed in small bowl.

4 | Combine oil mixture, chicken pieces, potatoes, carrots, and green beans in baking dish. Season with salt, if desired. Roast, uncovered, 30 to 45 minutes, or until top is golden.

PER 1-CUP SERVING 312 cal; 10 g prot; 19 g total fat (3 g sat fat); 28 g carb; 0 mg chol; 175 mg sod; 4 g fiber; 4 g sugars 

Limoncello Bundt Cake

Serves 16

“Back when Dan and I were dating, I went to the Milan fashion shows to do cruelty outreach to fashion designers. I brought back a bottle of limoncello for Dan, so this recipe is special to us,” explains Annie.

CAKE

- 1½ cups sugar
- ½ cup (1 stick) vegan margarine, such as Earth Balance, softened
- 1 Tbs. applesauce
- 1 Tbs. egg replacer, such as Ener-G
- 2½ cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 14-oz. can coconut milk
- 3 Tbs. limoncello
- 2 Tbs. grated lemon zest

Candied lemon slices for garnish, optional

GLAZE

- ¼ cup Earth Balance margarine, softened
- 2 cups confectioners’ sugar
- ¼ cup limoncello
- 2 Tbs. grated lemon zest



1 | Preheat oven to 325°F. Spray Bundt pan with cooking spray.

2 | To make Cake: Cream sugar and margarine in bowl with electric mixer. Beat in applesauce and egg replacer.

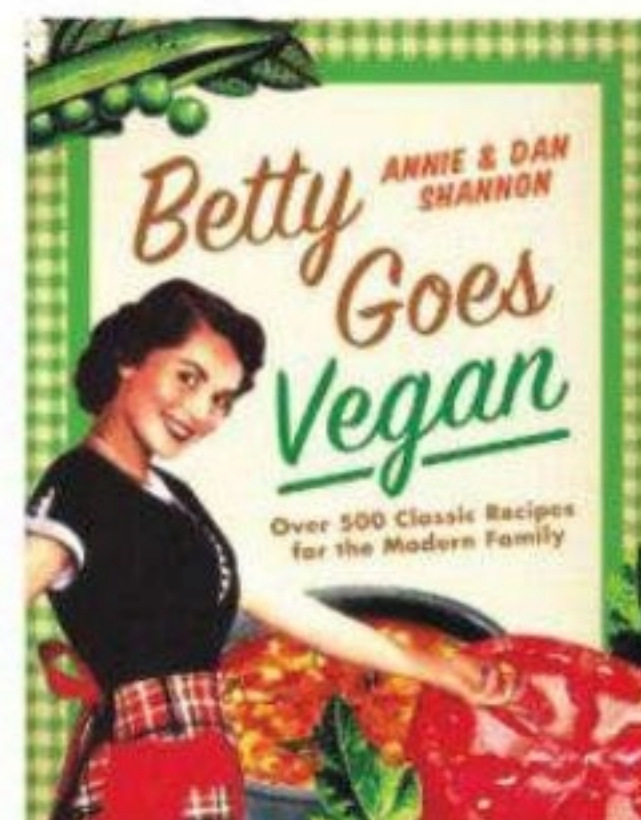
3 | Whisk together flour, baking soda, and salt in separate bowl. Alternate beating flour mixture and coconut milk into margarine mixture. Add limoncello and lemon zest, and beat 2 to 3 minutes.

4 | Spread batter in prepared pan. Bake 30 to 45 minutes, or until toothpick inserted in center comes out clean. Prick hot Cake 15 to 20 times with toothpick or skewer. Cool 20 minutes in pan, then invert onto wire rack, and cool.

5 | To make Glaze: Melt margarine in small saucepan over medium-low heat. Whisk in confectioners’ sugar until smooth, then whisk in limoncello and lemon zest. Drizzle warm Glaze over cooled Cake. Garnish with candied lemon slices, if using.

PER SLICE 352 cal; 3 g prot; 14 g total fat (8 g sat fat); 53 g carb; 0 mg chol; 318 mg sod; <1 g fiber; 36 g sugars  

Recipes excerpted from Betty Goes Vegan: 500 Classic Recipes for the Modern Family by Annie & Dan Shannon. © 2013 by Annie and Dan Shannon. Reprinted by permission of Grand Central Publishing. All rights reserved.



LABOR OF LOVE *Betty Goes Vegan* grew out of The Betty Crocker Project, the blog (meettheshannons.net) that Annie and Dan Shannon created to chronicle their progress veganizing recipes from the *Betty Crocker Cookbook*.

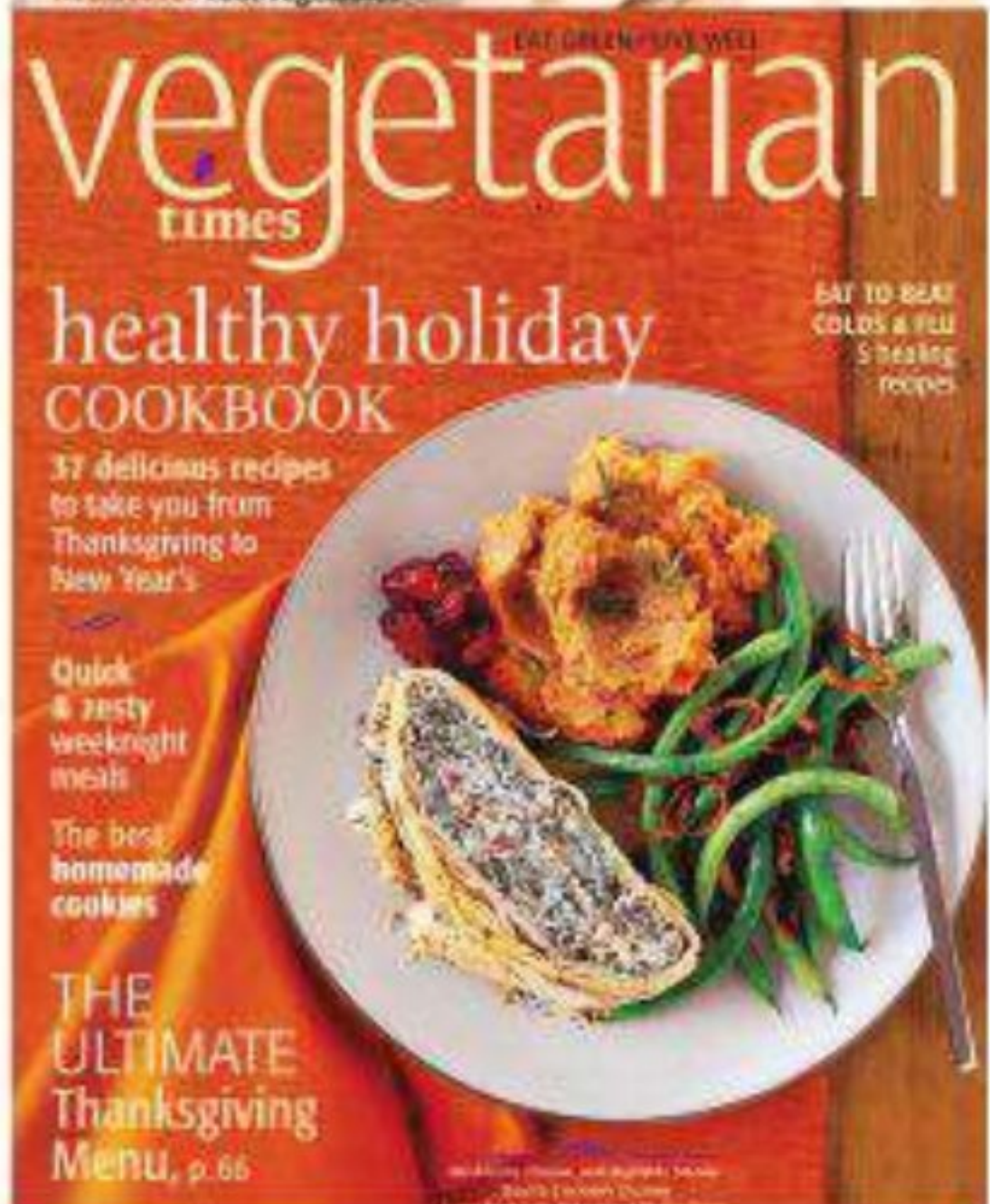
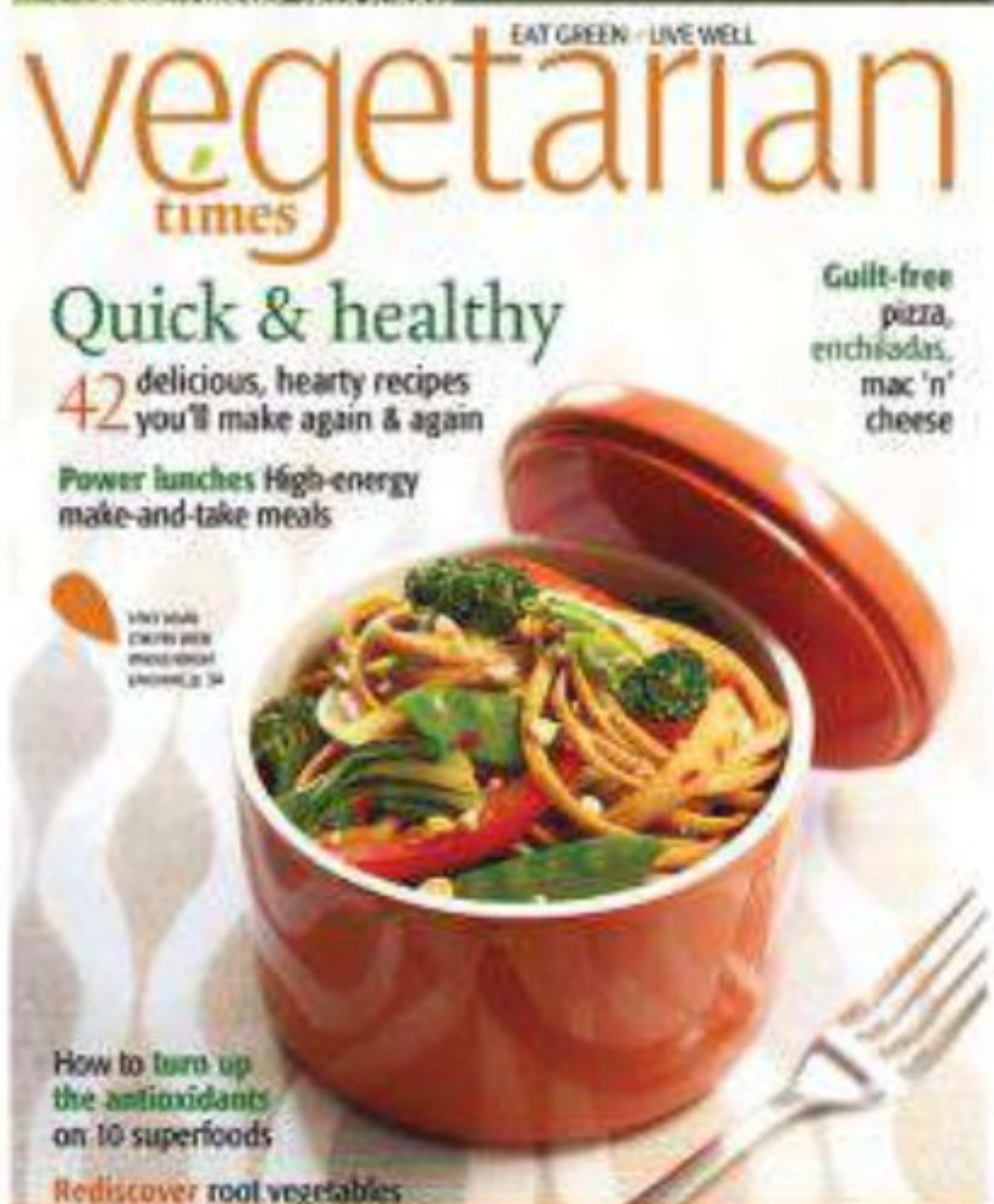
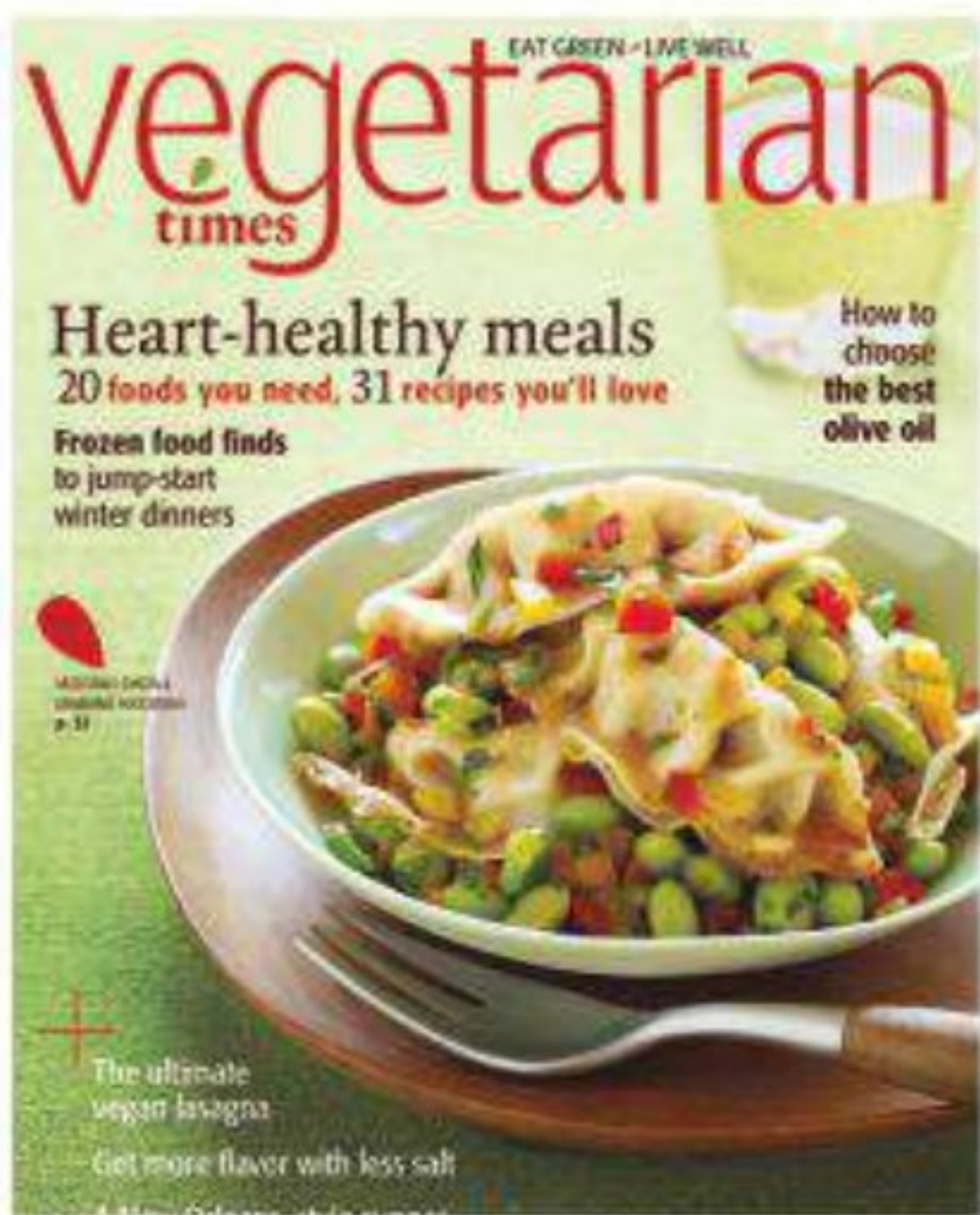
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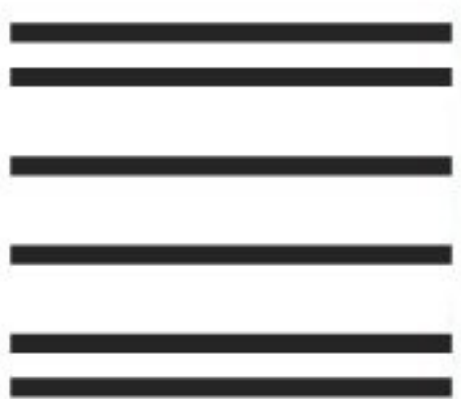
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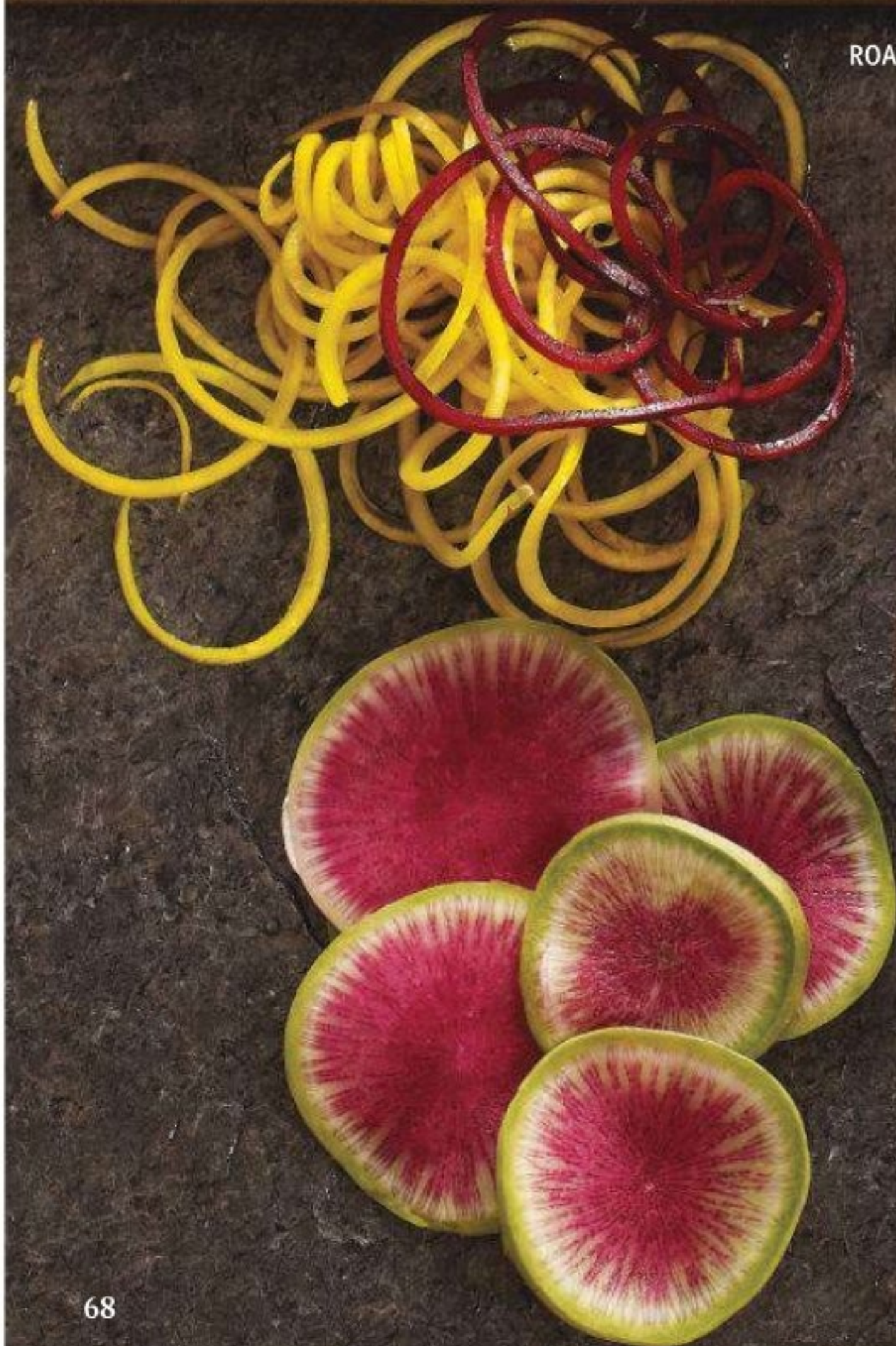




"If you look at the format of most modernist restaurants, chefs are serving dishes with only a couple of bites to avoid 'habituation' or palate fatigue, which is when a person finds the first bite really interesting, the second bite somewhat interesting, and the last bite becomes old hat," says Scott Heimendinger, director of Applied Research at The Cooking Lab. "By adding all of these different textures to the salad, there's enough going on that you don't get tired of it."



ROASTED VEGETABLES



SHAVED VEGETABLES

WINTER SALAD

Serves 4

Despite its many components, this salad is easy to assemble, and each of its components can be used in other dishes as well. *Created by Anjana Shanker and Maxime Bilet.*

- ¼ cup Pumpkin Seed and Spinach Pesto (p. 71)
- 1 recipe Roasted Vegetables (below)
- 1 recipe Shaved Vegetables (below)
- 2 Tbs. snipped parsley leaves
- Fig Pulp with Vinegar, for garnish (p. 70)
- 4 Pumpkin Seed Cheddar Cheese Crisps (p. 71)

1 | Fill bottom of serving bowl with Pumpkin Seed and Spinach Pesto. Add Roasted Vegetables and Shaved Vegetables. Toss with salad spoons (or hands). Drizzle more pesto, as needed, until all components are uniformly dressed but not saturated. Season with salt and pepper, if desired.

2 | Divide among serving plates. Garnish with snipped parsley leaves and dots of Fig Pulp with Vinegar. Place 1 Pumpkin Seed Cheddar Cheese Crisp on side of each plate just before serving so that crisps don't get soggy.

PER 1-CUP SERVING 371 cal; 11 g prot; 20 g total fat (5 g sat fat); 42 g carb; 14 mg chol; 396 mg sod; 8 g fiber; 20 g sugars

ROASTED VEGETABLES

Makes 2 cups

Apple and celery root cubes are lightly roasted to maintain a firm texture that stands up to salad tossing.

- 2 celery roots (celeriac; 10 oz. each), peeled and cut into large cubes
- 2 Pink Lady apples, peeled and cut into large cubes
- 1 Tbs. grapeseed oil

1 | Preheat oven to 350°F.

2 | Toss celery root and apple cubes with oil on baking sheet, and season with salt, if desired. Roast 20 minutes, or until light golden in color. Cool, and refrigerate until needed.

PER ½-CUP SERVING 120 cal; 2 g prot; 4 g total fat (<1 g sat fat); 22 g carb; 0 mg chol; 122 mg sod; 3 g fiber; 10 g sugars **V** **GF**

SHAVED VEGETABLES

Makes 2 cups | 30 minutes or fewer

A light coating of olive oil keeps a colorful medley of shaved vegetables crisp and bright. If you can't find watermelon radishes, substitute red radishes.

- 2 medium purple carrots, peeled
- 2 medium yellow carrots, peeled
- 2 medium orange carrots, peeled
- 1 medium yellow beet, peeled
- 1 medium red beet, peeled
- 4 red radishes
- 1 watermelon radish, peeled
- 1 Tbs. extra virgin olive oil

Use peeler or rotary slicer to shave each vegetable into thin ribbons and noodle shapes. Toss shavings with oil, and season with salt, if desired. Refrigerate, covered, until needed.

PER ½-CUP SERVING 90 cal; 2 g prot; 4 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 100 mg sod; 4 g fiber; 8 g sugars **V** **GF**

Want to learn more about modernist methods and The Cooking Lab's latest innovations? Check out *Modernist Cuisine at Home*, or visit modernistcuisine.com.

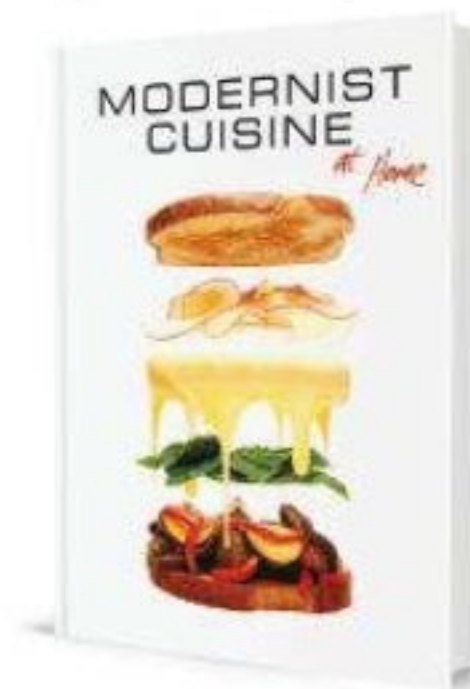


FIG PULP WITH VINEGAR



Makes $\frac{3}{4}$ cup

Fresh figs are best for the fig pulp, but dried figs have been substituted here so the recipe can be made any time of year. To use fresh figs instead of dried, scoop out pulp from 1 cup fresh figs, finely mince, and stir in other ingredients.

- 1 cup dried figs
- 2 Tbs. white balsamic vinegar, plus more, if needed
- 1 pinch sugar, optional

1 | Bring figs, vinegar, and 1 cup water to a boil in medium saucepan. Cover, and simmer 5 minutes, or until figs plump. Remove from heat, and cool.

2 | Finely mince figs, and season with sugar (if using) and salt (if desired). Stir in any pan juices, then add water or vinegar by teaspoonfuls to make smooth, jam-like pulp. Refrigerate, covered, until needed.

PER 1-TSP. SERVING 21 cal; <1 g prot; <1 g total fat (<1 g sat fat); 6 g carb; 0 mg chol; 1 mg sod; <1 g fiber; 4 g sugars  

PUMPKIN SEED
CHEDDAR CHEESE
CRISPS

PUMPKIN SEED AND
SPINACH PESTO

FIG PULP WITH
VINEGAR

PUMPKIN SEED AND SPINACH PESTO

Makes 1½ cups | 30 minutes or fewer

This pesto pairs well with grilled vegetables and is also delicious tossed with whole-grain pasta or stirred into a warm quinoa salad.

- ¼ cup raw hulled pumpkin seeds
- 4 cups baby spinach
- 6 medium thyme sprigs
- 3 cloves garlic, peeled and sliced
- ¾ cup grated Parmesan cheese
- ¾ cup extra virgin olive oil
- Lemon juice to taste


1 | Preheat oven to 325°F. Toast pumpkin seeds on small baking sheet 15 minutes, or until golden.

2 | Bring large pot of generously salted water to a boil. Blanch spinach and thyme in boiling water 1 minute. Remove with slotted spoon, and let cool. Squeeze out any excess water.

3 | Blanch garlic slices in pot of boiling water 1 minute, or until tender.

4 | Combine blanched spinach, thyme, and garlic with toasted pumpkin seeds and grated Parmesan in blender, and pulse 1 minute. Gradually add oil as you continue blending until pesto is smooth.

5 | Adjust seasoning by adding lemon juice, and season with salt, if desired. Refrigerate until needed.

PER ¼-CUP SERVING 221 cal; 6 g prot; 20 g total fat (4 g sat fat); 4 g carb; 9 mg chol; 180 mg sod; 1 g fiber; <1 g sugars 

PUMPKIN SEED CHEDDAR CHEESE CRISPS

Makes 8 crisps

These cheese crisps make tasty snacks that also partner nicely with soup.

- ¼ cup raw hulled pumpkin seeds
- ½ cup grated Cheddar cheese
- ½ cup grated Parmesan cheese
- ¼ cup panko breadcrumbs

1 | Preheat oven to 325°F. Toast pumpkin seeds on small baking sheet 15 minutes, or until golden.

2 | Increase oven heat to 350°F. Line baking sheet with silicone mat or wax paper.

3 | Combine Cheddar, Parmesan, and breadcrumbs in bowl. Sprinkle evenly over prepared baking sheet, then top with pumpkin seeds.

4 | Bake 20 minutes, or until golden and crispy. Cool, then cut or break into desired shapes. Store pieces in airtight container.

PER CRISP 95 cal; 5 g prot; 7 g total fat (3 g sat fat); 3 g carb; 12 mg chol; 127 mg sod; <1 g fiber; <1 g sugars



A state-of-the-art kitchen hidden away in a Bellevue, Wash., warehouse is home to The Cooking Lab. Outfitted with everything from an immersion blender to an ultrasonic bath (a high-tech machine used to clean lab equipment), the space offers the research team all it needs to develop and test modernist recipes.



MICROWAVED EGGPLANT PARMESAN

Serves 6

The *Modernist Cuisine at Home* version of eggplant Parmesan is made in the microwave to preserve the various components' textures.

- 7/8 cup panko breadcrumbs
- 3/4 cup grated Parmesan cheese
- 1 large Italian eggplant, peeled and sliced 1/4-inch thick (12 slices)
- 1/2 tsp. salt
- 1/4 cup olive oil
- 1 1/2 cups Marinara Sauce (below)
- 1/2 cup torn fresh basil leaves
- 3/8 cup full-fat ricotta cheese
- 1 cup thinly sliced fresh mozzarella

1 | Preheat oven to 350°F. Toss together breadcrumbs and Parmesan, and spread evenly on baking sheet; toast 10 minutes, or until golden. Set aside.

2 | Arrange eggplant slices in single layer on microwave-safe plate lined with paper towels. Sprinkle with salt, and cover with additional paper towels. Microwave 3 minutes at 1,100 watts (high power), working in batches if necessary.

3 | Brush eggplant slices with oil on both sides, transfer to clean plate, and cover tightly with microwave-safe plastic wrap. Microwave 4 minutes at 1,100 watts (high power), or until fully tender.

4 | Spread generous spoonful Marinara Sauce over bottom of 5-inch square microwave-safe dish. Lay 4 slices eggplant over sauce. Top eggplant with one-third of basil and ricotta and mozzarella cheeses. Season with salt, if desired. Top with generous spoonful Marinara Sauce. Repeat layering twice more, and top with remaining Marinara Sauce. Sprinkle with toasted breadcrumbs and Parmesan. Microwave 5 to 6 minutes at 1,100 watts (high power), or until hot in center and bubbly on sides. Serve immediately.

PER 1/2-CUP SERVING 395 cal; 17 g prot; 27 g total fat (10 g sat fat); 27 g carb; 52 mg chol; 505 mg sod; 5 g fiber; 5 g sugars

MARINARA SAUCE

Makes 4 cups

"Let's say you make Marinara Sauce on Monday the traditional way, and on Tuesday you make it with a pressure cooker. On Monday, the kitchen will smell better," notes Heimendinger. "But if those aromas are wafting through your house, then they're not in your food. The pressure cooker holds aromas in and makes food more flavorful."



- 1 large yellow onion, cut into large dice (2 cups)
- 3 medium carrots, cut into medium dice (1 cup)
- 6 cloves garlic, peeled
- 1 1/2 Tbs. olive oil, plus more to taste, optional
- 1 28-oz. can crushed tomatoes, such as San Marzano or other high-quality variety

1 | Place onion, carrots, and garlic in bowl of food processor; pulse until finely minced.

2 | Heat oil in pressure cooker over medium heat. Add minced vegetable mixture, and sauté 4 minutes, or until translucent.

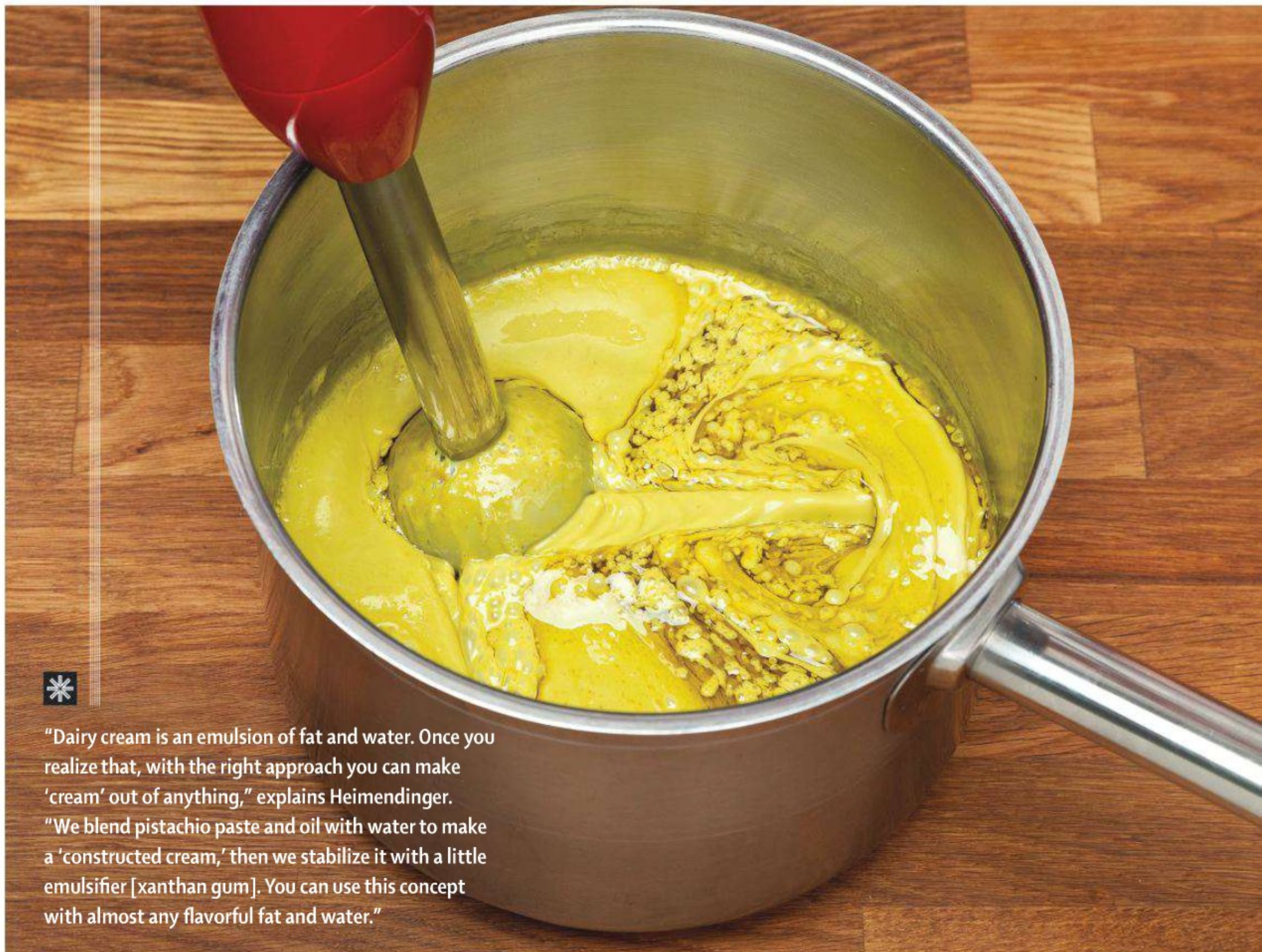
3 | Stir in crushed tomatoes, close pressure cooker, and bring to 1 bar/15 psi pressure over medium-high heat. Cook sauce 45 minutes in pressure cooker.

4 | Depressurize cooker, and season sauce with salt, pepper, and additional olive oil, if using. Serve warm.

PER 1/2-CUP SERVING 80 cal; 2 g prot; 3 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 144 mg sod; 3 g fiber; 3 g sugars  



"Microwaves penetrate about 1 centimeter into food and excite the water molecules in the food," says Heimendinger. "It gets the water out of the eggplant without making it mushy. The combination of first salting and then steaming eggplant in the microwave creates a terrific texture in the easiest way possible."



"Dairy cream is an emulsion of fat and water. Once you realize that, with the right approach you can make 'cream' out of anything," explains Heimendinger. "We blend pistachio paste and oil with water to make a 'constructed cream,' then we stabilize it with a little emulsifier [xanthan gum]. You can use this concept with almost any flavorful fat and water."

PISTACHIO GELATO

Makes 1 quart

This signature dessert from *Modernist Cuisine: The Art and Science of Cooking* (The Cooking Lab's first book) is creamy, intensely pistachio-flavored, and completely egg- and dairy-free. The recipe can be made with any kind of nut butter, so feel free to experiment. Just be sure to use the highest-quality nut butter you can find. It's important to weigh the xanthan gum because the recipe is very sensitive to the quantity used.

- ¾ cup sugar
- ¼ cup tapioca starch
- 1¼ tsp. salt
- 0.3 g xanthan gum, such as Bob's Red Mill
- ¾ cup pure pistachio butter, such as PreGel
- ½ cup pistachio oil, such as Castelmuro

1 | Combine sugar and 2⅞ cups water in medium saucepan. Gradually blend in tapioca starch, salt, and xanthan gum with immersion blender. Bring mixture to a boil, blending constantly with immersion blender. Remove from heat.

2 | Add pistachio butter and oil, and blend with immersion blender until thoroughly combined. Chill mixture over ice bath.

3 | Churn mixture in ice-cream maker according to manufacturer's instructions. Cover gelato with plastic wrap, and freeze in sealed container 4 hours, or until firm.

PER ¼-CUP SERVING 172 cal; 2 g prot; 12 g total fat (2 g sat fat); 15 g carb; 0 mg chol; 255 mg sod; 1 g fiber; 9 g sugars   

Top nutrition experts offer a healthy resolution a day to keep the doctor (and unwanted pounds) away



New FOOD Resolutions 2013

THIS NEW YEAR, how would you like to inspire someone—maybe a friend, a family member, or even a stranger—to eat more healthfully? You have the power to do just that, and it can start with the next bite you take. “Everything you put in your mouth matters,” says Joel Fuhrman, MD, a board-certified family physician and host of his own health show on PBS. “It matters for your health today, tomorrow, and 10 years from now, and it matters for the health of people around you.”

BY Marsha McCulloch, MS, RD ILLUSTRATION Aleks Sennwald PHOTOGRAPHY Dimitri Newman

That sounds like an awesome opportunity, but where should you start? “Lean into change,” says Kathy Freston, *New York Times* bestselling author of *The Lean*. “You don’t have to be drastic or strict or give up all of your favorite things. Just take steps away from the choices that make you feel heavy and sluggish and move toward the choices that make you feel better.” Freston’s approach means “crowding out” the not-so-healthy fare with all of the good-for-you foods you choose instead.

Read on to get 10 cutting-edge food resolutions from Fuhrman, Freston, and other top nutrition experts across the country.

1 BE A QUALITARIAN



“The best change you can make in the New Year is to become a qualitarian,” says Ashley Koff, RD, founder of the ashleykoffapproved.com (AKA) Stamp of Quality Nutrition. “That means making the better-quality choice—note, I never say best quality—for everything you put in your body.” Aspiring to eat perfectly all the time isn’t practical, but in most situations there’s a better choice, she says: “For example, if you’re at a convenience store grabbing something on the go, that could mean buying water, unsalted nuts, and a piece of fruit. If the fruit isn’t organic, aim for organic next time.”

3 FLEX YOUR FLAX

“Aim to eat 2 tablespoons of ground flaxseeds every day, because they’re full of fiber to help fill you up and crowd out hunger,” Freston says. “Plus, these tiny seeds supply B vitamins, omega-3 fats, and are an especially rich source of lignans, a fiber that the good bacteria in your gut turn into powerful cancer-fighting compounds.” Freston likes adding ground flaxseeds to blended protein-packed smoothies, which she makes by combining coconut water, a plant-based protein powder (such as Vega Sport), a frozen banana, and a tablespoon of peanut butter. Store ground flaxseeds in the refrigerator to prevent rancidity.

2 Eat G-Bombs

Fuhrman coined the acronym G-BOMBS to help people remember to eat greens, beans, onions, mushrooms, berries, and seeds every day. “Each of these foods has fascinating new research documenting its health-promoting effects, including immune system, anticancer, and antiaging benefits,” he says. These foods can also help keep your weight in check. Here’s why: Mushrooms, onions, greens, and berries help block the growth of blood vessels that fuel fat storage. Beans are high in resistant starch, a type of fiber that slows digestion and helps promote blood sugar stability and a sense of fullness. Seeds are rich with hunger-satisfying protein.



4 BYOB: BUILD YOUR OWN BROTH

Vegetable broth is a great swap for the oil typically used to sauté vegetables. To avoid the sodium and additives of prepackaged broth, Allyson Kramer, author of *Great Gluten-Free Vegan Eats*, advises making your own. “Three keys to good vegetable broth are carrots, celery, and onions,” she says. “Beyond that, add whatever vegetables you have on hand.” To start, fill a large stock pot with the cleaned vegetables and water, leaving about 2 inches at the top. Cook mixture at medium to medium-high heat until it comes to a boil, then reduce heat and simmer about 3 hours, Kramer says. Use cheesecloth to strain out the solids. Cool, and freeze individual portions in ice cube trays.



5 Spice it up!

Include herbs, spices, and alliums at least once each day,

advises Gita Patel, MS, RD, author of *Blending Science with Spices*. “Not only do herbs and spices add flavor and aroma to recipes, but they’re also some of the most potent sources of antioxidants of any food,” Patel says. “Many spices help battle inflammation and regulate blood sugar and blood pressure.”

She suggests stirring cinnamon, cardamom, or nutmeg into breakfast cereal. And add parsley, cilantro, or chives to a salad or sandwich. Garlic and onions, a natural in dinnertime dishes, support the body’s production of glutathione, a powerful antioxidant and the body’s master detoxifier, Patel says.



6 COOK UNDER PRESSURE

Make whole-food vegetarian meals in no time flat with a pressure cooker.

“Pressure-cooking cooks food in 50–70 percent less time than traditional stove-top cooking,” says Jill Nussinow, MS, RD, a cooking instructor and author of *The New Fast Food*. She notes that the new “spring valve” pressure cookers sold today are completely safe, and plenty of online videos show how easy they are to use. “The pressure cooker is magical for dried beans,” she says. “If presoaked, you can cook black beans in 6 minutes at pressure, which means 20 minutes or less from start to finish.”

7 FIGHT FAT WITH ANTI-INFLAMMATORY FOODS

“Eating pro-inflammatory foods can cause inflammation that triggers fat storage, including around the belly,” says Brenda Davis, RD, coauthor of several books on vegetarian and vegan eating. “In turn, being overweight or obese triggers inflammation because overfilled fat cells release hormones that promote inflammation, so it’s a vicious cycle.” She lists pro-inflammatory foods to limit, including processed foods, high-sugar foods, dairy products, and any food you’re sensitive to, such as gluten. On the flip side, foods that fight inflammation include whole foods rich in antioxidants, including most vegetables, fruits, and spices such as turmeric, as well as foods that supply omega-3 fats, such as nuts and seeds.



9 BEAT BEAN BOREDOM

YOU’VE GOT MAIL

Hungry for more? We’ll be dishing out 21 additional food resolutions via inspirational daily e-mails beginning January 14. Sign up at vegetariantimes.com/newfoodresolutions.



8 KEEP METABOLISM ON TRACK WITH IODINE

“Metabolism depends on many factors, including production of thyroid hormones, which requires getting enough iodine in your diet,” Davis says. In a recent study of vegans and vegetarians in the Boston area, average iodine intakes of vegans (but not vegetarians) fell short. Women who are pregnant or breast-feeding need the most iodine. Top vegetarian sources of iodine include iodized salt, dairy products, and eggs. Sea vegetables, such as kelp, and liquid iodine drops can help vegetarians and vegans meet their iodine needs, Davis says.

“Protein-rich beans make flavorful, satisfying meals when you mix and match them with sauces, vegetables, and/or whole grains,” says Reed Mangels, PhD, RD, author and nutrition adviser for The Vegetarian Resource Group. Quick-and-tasty ideas she recommends: Make a chilled bean salad with black beans, sliced scallions, chopped bell peppers, corn, and a light salad dressing; serve over lettuce, if desired. Or stir some marinara sauce into your favorite beans, and serve over whole-grain pasta. For an Asian twist, mix adzuki beans with a sesame-ginger salad dressing or hoisin sauce, and serve over rice. Barbecue sauce adds a Southern flair when mixed into pinto beans or black-eyed peas.

10 GO FOR FERMENTED FOODS

Yogurt and kefir are common sources of probiotics, which support digestive health and your immune system. But you can find probiotics in fermented foods beyond the dairy case, including in jarred sauerkraut and kimchi, Patel says. Kimchi, which originated in Korea, is typically made of fermented, seasoned cabbage, and has a tangy flavor similar to sauerkraut. Look for vegetarian kimchi in your supermarket’s refrigerated produce section or at Asian grocery stores. “Use kimchi as a condiment on sandwiches, a flavoring for rice, or an easy stir-in with a can of white beans served hot or chilled,” Patel suggests.

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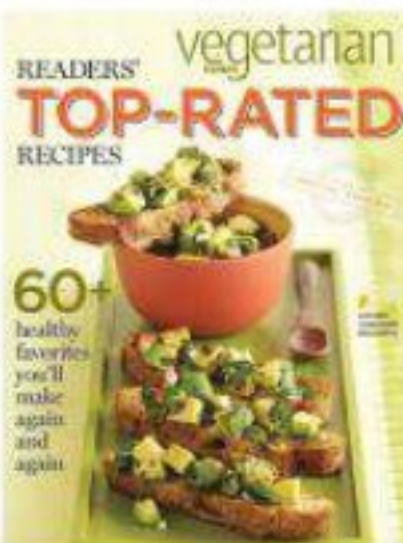
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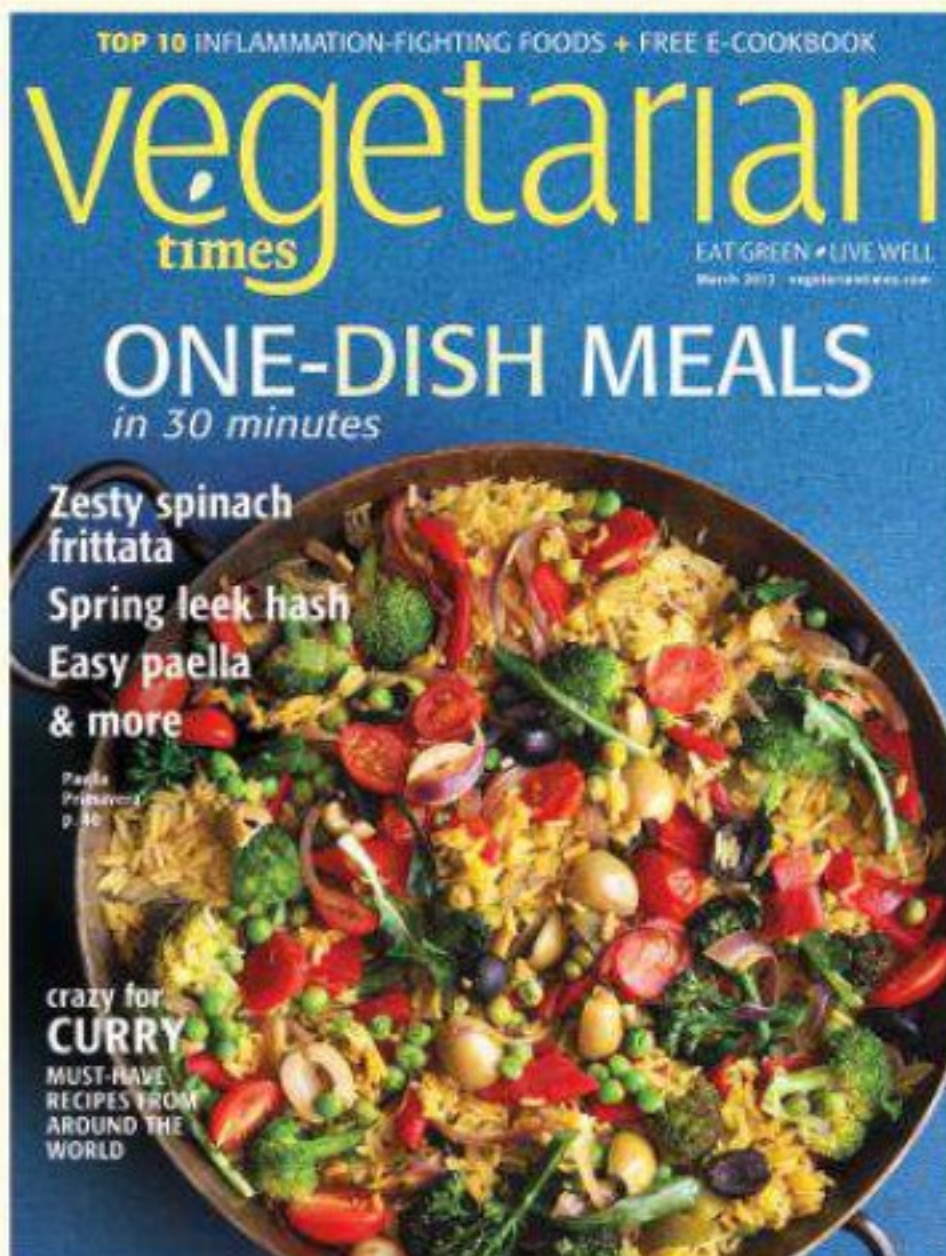
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1 Food 5 Ways: Bok Choy *Continued from p. 61.*

Japanese Broth with Butternut Squash Wontons and Bok Choy

Serves 4

If you prepare the wontons ahead (cover, then refrigerate them), this soup takes only minutes to prepare.

- 1 lb. butternut squash, peeled and cut into chunks
- 1 Tbs. toasted sesame oil
- ½ tsp. red pepper flakes
- ½ tsp. ground ginger
- 6 cloves garlic, unpeeled
- ¼ cup whole-wheat panko breadcrumbs
- 20 small, round wonton wrappers
- 3 cups mushroom broth
- 4 baby bok choy, thinly sliced on bias
- 2 Tbs. low-sodium tamari
- 2 Tbs. mirin
- 6 green onions, thinly sliced

1 | Preheat oven to 400°F. Toss squash with oil, red pepper flakes, and ground ginger in bowl. Spread squash and garlic in single layer on baking sheet. Roast 45 minutes, or until soft. Cool 10 minutes, then peel garlic.

2 | Place squash and garlic in food processor, and purée until smooth. Transfer to bowl, and stir in breadcrumbs. Season with salt and pepper, if desired.

3 | Lay 1 wonton wrapper on work surface. Moisten edges of wonton wrapper with water. Spoon 2 tsp. squash mixture in center of wrapper, and press edges together to create half-moon. Repeat with remaining wrappers and filling.

4 | Arrange wontons in both baskets of double-decker bamboo steamer. Bring 1 inch water to a simmer in large skillet; set steamer in skillet, and steam dumplings 5 minutes, or until tender.

5 | Meanwhile, bring broth and 3 cups water to a boil in large pot, stir in bok choy, and simmer 2 minutes, or until greens are crisp-tender. Stir in tamari and mirin, cover, and keep warm.

6 | Place 5 dumplings in each soup bowl, and ladle broth and bok choy over top. Garnish each serving with green onions.

PER SERVING (2 CUPS SOUP AND 5 WONTONS)
256 cal; 9 g prot; 4 g total fat (<1 g sat fat); 45 g carb; 4 mg chol; 1,036 mg sod; 6 g fiber; 6 g sugars

Stir-Fried Bok Choy with Tofu and Black Beans

Serves 4



This stir-fry is usually made with super-salty fermented black beans. We've substituted plain black beans to give the dish body without the extra sodium.

- 1 16-oz. pkg. firm tofu, drained
- 2 Tbs. hulled sesame seeds
- 4 tsp. toasted sesame oil, divided
- 1½ lb. large bok choy, chopped (9 cups)
- 2 Tbs. minced fresh ginger
- 3 cloves garlic, minced (1 Tbs.)
- ½ cup cooked black beans
- 2 Tbs. low-sodium tamari
- 2 tsp. dark brown sugar
- 1 tsp. chile-garlic sauce

1 | Place tofu between 2 cutting boards; tip boards over sink edge to let excess liquid drain off 30 minutes. Cut tofu into bite-size cubes, and roll cubes in sesame seeds in bowl.

2 | Heat 2 tsp. sesame oil in nonstick skillet over medium-high heat. Add tofu, and cook 10 minutes, or until golden brown, turning occasionally. Set aside.

3 | Heat remaining 2 tsp. oil in wok or large skillet over high heat. Add bok choy; stir-fry 4 minutes. Add ginger, garlic, and black beans; stir-fry 2 minutes more. Stir in tamari, brown sugar, and chile-garlic sauce. Fold in tofu.

PER 1-CUP SERVING 236 cal; 17 g prot; 13 g total fat (2 g sat fat); 16 g carb; 0 mg chol; 546 mg sod; 6 g fiber; 4 g sugars  

Victoria Abbott Riccardi is a food and travel writer and author of Untangling My Chopsticks: A Culinary Sojourn in Kyoto.

Weeknight Wonders

Continued from p. 33.

Linguine Peperonata with Toasted Rosemary Breadcrumbs

Serves 4 | 30 minutes or fewer

To make this peperonata kid-friendly, we held the onions.

- 2 Tbs. plus ½ cup finely grated Parmesan cheese, divided
- ½ cup panko breadcrumbs
- 3 Tbs. olive oil, divided
- 2½ tsp. finely chopped fresh rosemary, divided
- 3 bell peppers (red, yellow, orange)
- 3 cloves garlic, minced (1 Tbs.)
- ⅛ tsp. red pepper flakes
- 6 oz. fresh linguine pasta, strands halved
- 2 Tbs. white wine vinegar


1 | Preheat oven to 350°F. Combine 2 Tbs. Parmesan, breadcrumbs, 1 Tbs. oil, and 1¼ tsp. rosemary on small baking sheet; season with salt and pepper, if desired. Toast 7 minutes, or until topping is golden. Stir to blend; set aside.

2 | Slice tops and bottoms from bell peppers to make 3-inch-thick rings. Remove core and seeds from pepper rings, then slice rings vertically into ¼-inch-wide strips.

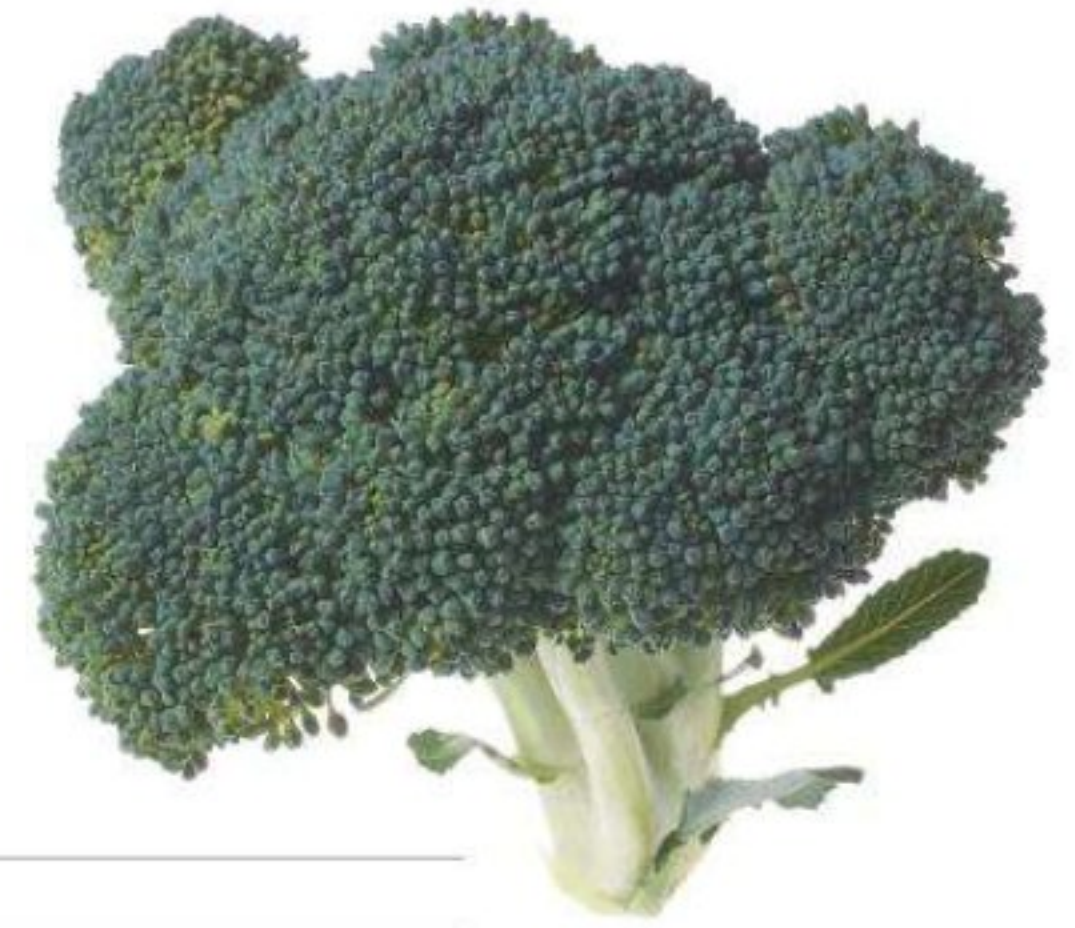
3 | Heat remaining 2 Tbs. oil in skillet over medium heat. Add garlic, red pepper flakes, and remaining 1¼ tsp. rosemary. Stir 30 seconds. Add bell pepper strips, and sauté 5 minutes, or until just tender.

4 | Meanwhile, cook linguine according to package directions for al dente. Drain, reserving 1 cup cooking liquid.

5 | Toss linguine, ½ cup reserved cooking liquid or more if necessary, vinegar, and remaining ½ cup Parmesan with bell peppers in skillet. Season with salt and pepper, if desired. Divide pasta among 4 plates, and sprinkle each with 2 Tbs. crumb topping.

PER 1-CUP SERVING 354 cal; 12 g prot; 17 g total fat (4 g sat fat); 41 g carb; 36 mg chol; 302 mg sod; 3 g fiber; 4 g sugars 

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



VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	
						CONDIMENTS & SAUCES
■	■	■	■	■		Fig Pulp with Vinegar, p. 70
■	■	■	■	■		Marinara Sauce, p. 72
		■			■	Pumpkin Seed and Spinach Pesto, p. 71
						APPETIZERS, SIDES & SALADS
■	■	■	■	■		Black-Eyed Pea and Stewed Tomato Salad, p. 44
■	■		■	■	■	Cannellini, Kale, and Basil Crostini, p. 64
	■		■	■	■	Emerald Veggies with Honey-Sesame Dressing, p. 61
			■	■		Pumpkin Seed Cheddar Cheese Crisps, p. 71
■	■	■	■	■		Roasted Vegetables, p. 69
■	■	■	■	■	■	Shaved Vegetables, p. 69
■	■		■	■	■	Winter Bok Choy Slaw, p. 60
			■			Winter Salad, p. 69
						SOUPS & STEWS
■	■		■	■	■	Barbecue Chili with Tempeh, p. 36
■	■	■	■	■	■	Black Bean Chili with Fire-Roasted Corn, p. 34
		■	■	■	■	Greek-Style Chili, p. 36
	■			■		Japanese Broth with Butternut Squash Wontons and Bok Choy, p. 82
■	■	■	■	■	■	Moroccan Potato, Carrot, and Chickpea Stew, p. 33
		■	■		■	Smoky Chipotle-Kidney Bean Chili, p. 36
						ENTRÉES
			■	■	■	Cornbread and Pinto Bean Shepherd's Pie, p. 30
		■	■	■	■	Flash-Roasted Vegetables and Rice with Chipotle Tomato Sauce, p. 32
■	■		■	■		Herb-Roasted Vegan Chicken and Vegetables, p. 64
			■		■	Linguine Peperonata with Toasted Rosemary Breadcrumbs, p. 82
			■			Microwaved Eggplant Parmesan, p. 72
	■	■	■	■		Potato Gnocchi, p. 38
		■	■	■	■	Smothered Cheese Grits and Steamed Greens, p. 46
			■		■	Spaghetti with Bok Choy, Poached Egg, and Romano Cheese, p. 59
■	■		■	■		Stir-Fried Bok Choy with Tofu and Black Beans, p. 82
■	■		■	■	■	Vegful Vietnamese Sandwich, p. 12
						DESSERTS
■	■		■	■	■	Baked Hush Puppies, p. 48
			■			Banana Pudding, p. 48
		■	■		■	Extra-Creamy Chocolate-Dipped Strawberries, p. 56
■	■	■	■			Intensely Dark Chocolate-Dipped Strawberries, p. 54
■	■		■			Limoncello Bundt Cake, p. 65
■	■	■	■	■		Pistachio Gelato, p. 73



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



VT Executive Chef Ann Gentry, founder and owner of Real Food Daily restaurants, and author, most recently, of *Vegan Family Meals*

adzuki beans & fresh gingerroot

I love the way little adzuki beans pack such strong flavor. At the same time as they're sweet, they taste slightly sour as well, with an earthiness like steam rising from the ground after a heavy rain.

Adzuki beans are often made into a dessert-like porridge, or sugar is added to mashed adzukis to create a paste that can be stuffed into dumplings and pastries or used as the base for ice cream. I like to go the opposite direction when preparing adzukis and add gingerroot, with its refreshing flavor.

Once the beans are cooked to perfection—they're soft, but still hold their shape—I squeeze the juice from finely grated fresh gingerroot over the pot. This juice is both pungent and spicy, adding a warming zest to the beans.

The adzukis' nourishing earthiness partnered with ginger's spiciness makes a pot of beans or a thick bean soup into something sultry and surprising.

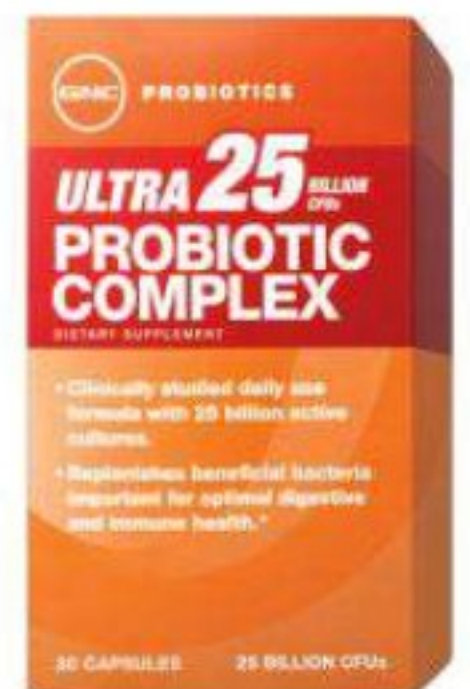
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