

EAT GREEN • LIVE WELL

vegetarian times

fresh & healthy

36 flavor-packed recipes under 350 calories

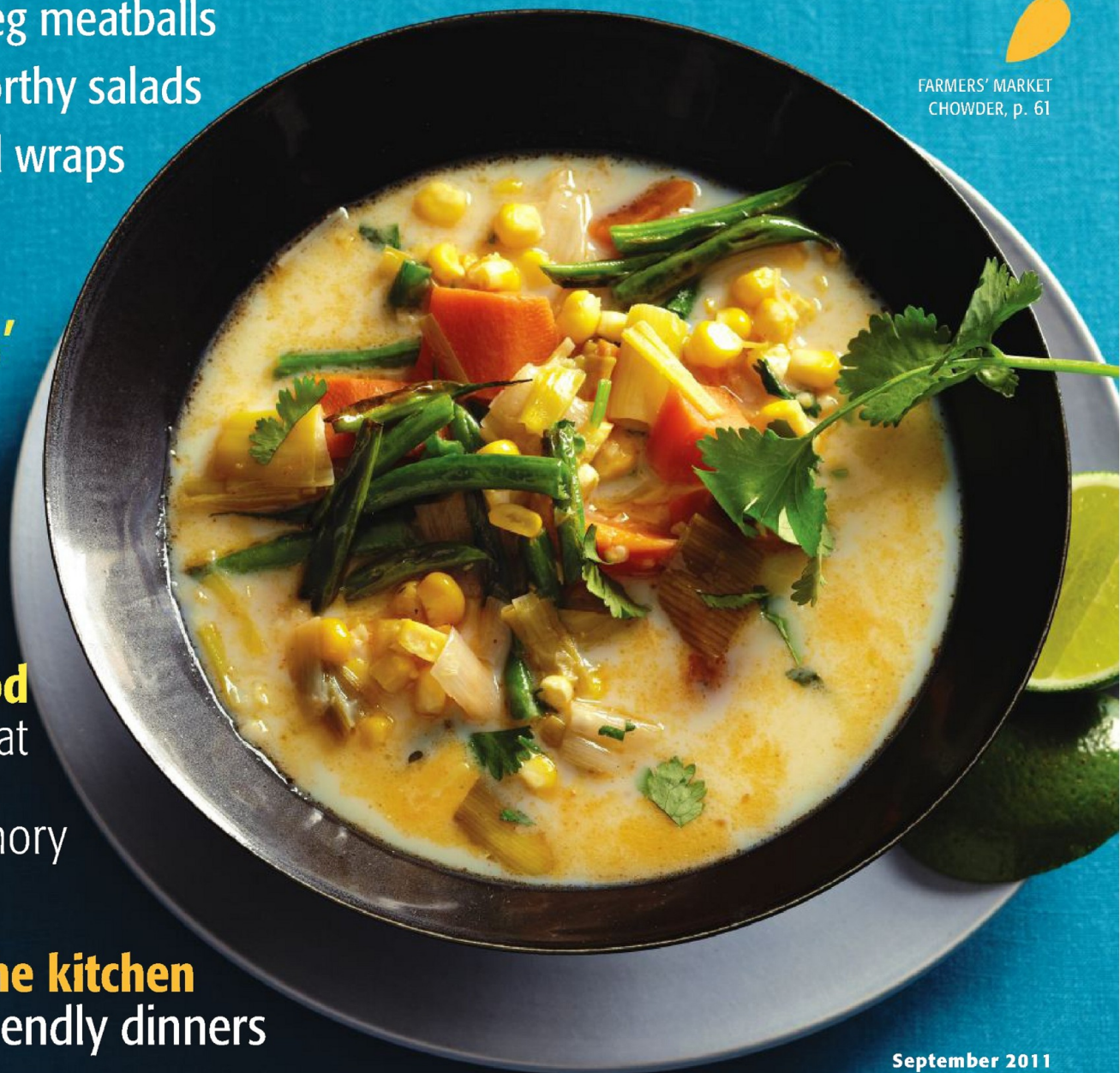
**ORGANIC
ON THE
CHEAP**
10 ways
to save

- Saucy veg meatballs
- Meal-worthy salads
- Flavorful wraps
& more

**Farmers'
market
harvest
soups**

Brain food
What to eat
to protect
your memory

Kids in the kitchen
Family-friendly dinners

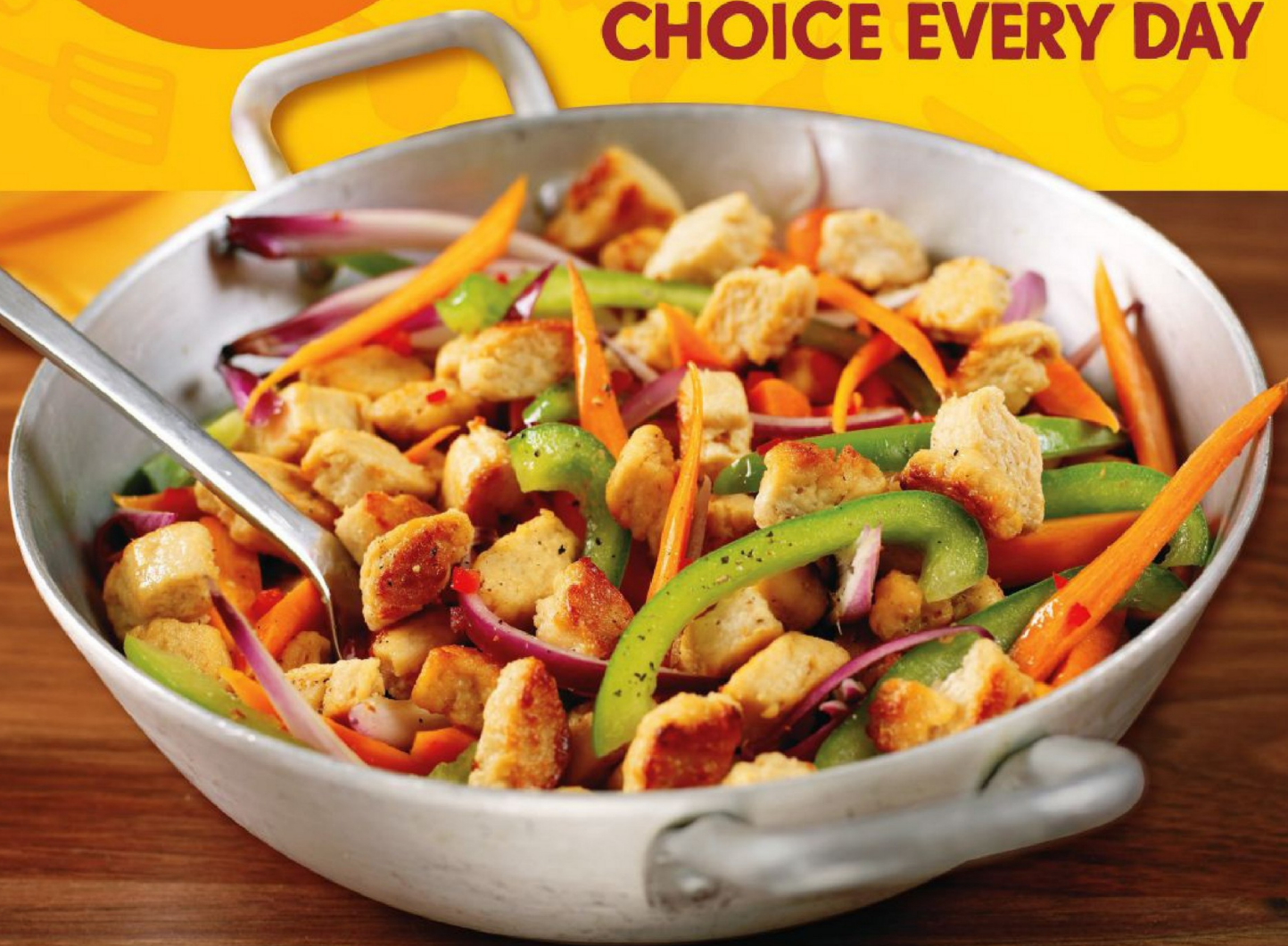


FARMERS' MARKET
CHOWDER, p. 61

September 2011
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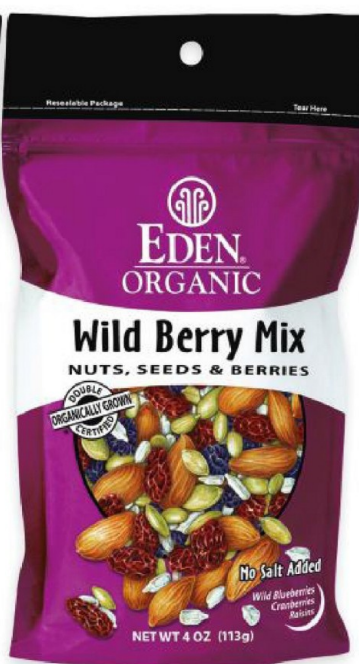


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ease into fall

Late summer is one of my favorite times to hang out at the farmers' market. The crowds have thinned out, but some of the season's best bumper crops are still going strong. Juicy tomatoes, sweet corn, and perky cucumbers are delicious and scandalously cheap.

If you think you're all out of ideas for serving up cukes, you're in for a treat. The recipes in *1 Food 5 Ways*: "Cucumbers" (p. 70) prove how versatile this cool customer can be, whether baked in a Julia Child–inspired gratin, blended into a blueberry smoothie, or simmered in an Indonesian-style curry dish.

While you're at the market scooping up late-summer produce, take a moment to tune in to the signals that we're shifting into fall. Stone fruits are as good as gone, while apples, grapes, and hard-shell squashes are beginning to move in. "Flavorful Fall Chowders" (p. 56) offers a collection of satisfying soup recipes that make the most of this seasonal transition. Sweet potatoes and green beans add interest to a chunky corn chowder. Cremini and porcini mushrooms add umami to a hearty potato soup. In other words, summer's been great, but fall is full of delicious promise.

Elizabeth Turner

PORTRAIT PHOTOGRAPHY: JENNIE WARREN;
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what's cooking on vegetariantimes.com

WIN!

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SHOP SMART

How to Buy Wine

vegetariantimes.com/wineshopping

Writing this month's Easy Entertaining: "Perfect Pairs" (p. 46) motivated Peggy Myers Walz to throw her own wine-tasting party. Read all about what she learned while shopping for her soiree—on a shoestring.

GET SCHOOLED

A+ After-School Snacks

vegetariantimes.com/snacks

Getting kids (who are notoriously picky eaters) to choose foods that will fuel their bodies and their minds can be tricky. We've put together a list of editors' picks for healthful—and easy—after-school snacks that really make the grade.



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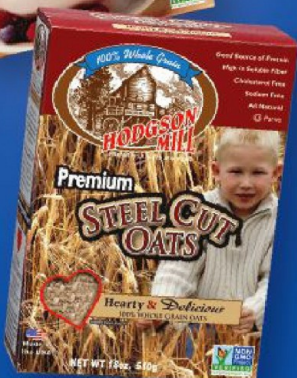
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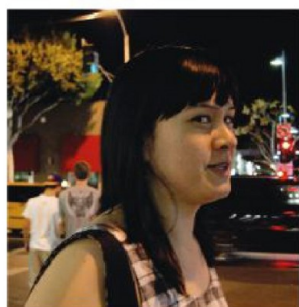
Maryellen Baker

Photographer, "Guess Who's Coming to Dinner? (Everyone)" p. 62

What's your favorite piece of cookware? An E. Dehillerin copper saucepan that's so ridiculously heavy, I have to use both hands to carry it, even when it's empty. Once you get that bad boy on the stove, though, it is the perfect pot for any kind of beans or veggie chili.

What's your No. 1 grocery splurge? Stinky goat cheese. I would go without shoes for stinky goat cheese.

What was your most memorable dining experience? My husband and I were once in the hills of Malá Fatra, in what is now Slovakia. We found this tiny restaurant, and were the only customers. Although we couldn't speak the language, they prepared an incredible vegetarian meal for me ... at least I'm pretty sure it was vegetarian.



Suzanne Feyche

VT's new Art/Edit Assistant

Who or what inspires you most? A good, eclectic mix of music gets me through every single day, no matter what I'm doing or where I am.

What's your most treasured family food tradition? My mother is from Japan, and I grew up eating sushi on holidays, which I still do. My favorite when I was a kid was *takuan* (pickled daikon radish) rolls. As I got older, I learned to love futomaki (a roll with a varied combination of egg and vegetables), natto (fermented soybean), and avocado rolls.

What's your No. 1 grocery splurge? Coconut water. It's the most refreshing thing I've ever had. I could drink it all day.

Write your memoir in six words. Variety: the spice of my life.



Karen Edwards

Writer, "Eat Clean for Less," p. 74

What's your No. 1 pantry staple? All types of vinegars, including wine, balsamic, champagne, and herb vinegars, some of which I make myself.

What's your favorite piece of cookware? Hands down, it's the seasoned cast-iron skillet I picked up at an antique shop years ago.

What was your most memorable dining experience? A lunch at the top of the post office tower in London that ended with a bowl of the biggest, most perfect raspberries I've ever seen. I skipped the cream that came with it.

What fruit or veggie best describes you and why?

A zucchini—because it thrives in the summer. 🍆



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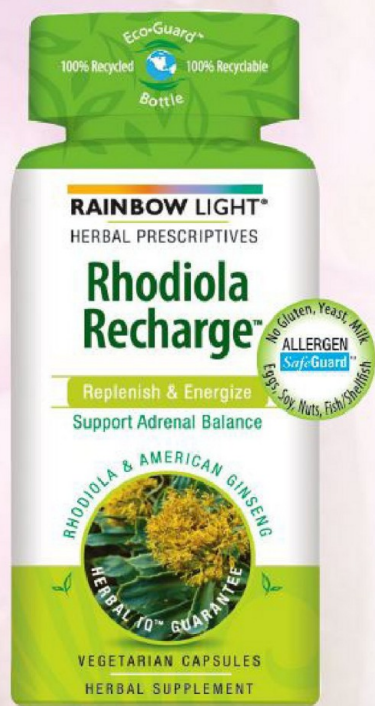
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vegetarian times

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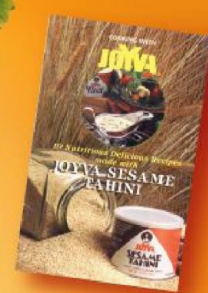


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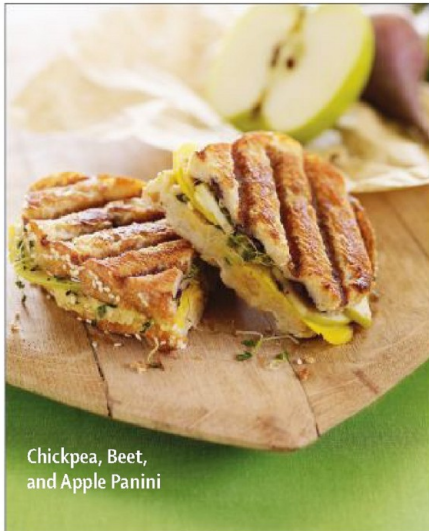


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Chickpea, Beet,
and Apple Panini

letters

PRESSING MATTER

I made the Chickpea, Beet, and Apple Panini (“Hot off the Press!” July/August, p. 36) and truly loved it. The chickpea mixture was delicious, and the golden beets and apples made it extra-special. I used a homemade tapenade instead of prepared black olive tapenade. Seriously a fabulous sandwich. Thank you! I will use the recipe again and again.

LAUREN KAUFMAN | VIA FACEBOOK

RIPE IDEAS

We tried the Farfalle with Roasted Tomato Sauce (“Take the Plunge,” July/August, p. 42) because we have tons of tomatoes from the garden we need to use. Simply amazing! Made a huge batch; ate some and froze some. Can’t wait to try the Zucchini-Quinoa Lasagna (“Blog Bites,” July/August, p. 53), as we have tons of zucchini to use up as well.

STACY RUSSELL SHAFFER | VIA FACEBOOK

ONE MORE FOR THE ROAD

I can’t believe that your article on food trucks (“Munching on the Move,” July/August, p. 70) totally skipped Philly. We have so many, thanks to our diverse ethnic makeup. My favorite is Magic Carpet, and let’s not forget the vegetarian sweet trucks (cookies, cupcakes, and more!).

NATALIE | VIA VEGETARIANTIMES.COM

MAN WITH A PLAN

Just finished boot camp (“Veg Boot Camp,” June, p. 55), and it was a great experience! The 28-day meal plan really helped me balance my diet—I’m eating twice as many veggies now. I was never hungry, and the food was very tasty and easy to make. With the help of this boot camp and a food tracker on my iPhone, I lost 10 pounds in four weeks. I have decided to continue with a 1,600- to 1,800-calorie diet until I weigh what I did in college. (I’m 31 now and have 15 more pounds to go.) Thank you, VT. I feel great and love your magazine.

ANDREW | VIA VEGETARIANTIMES.COM

PIE PRAISE

The June issue of VT was my very first. I am a vegan and working to lose weight. I was in love with the Vegetable Pot Pies recipe (“Veg Boot Camp,” p. 74) from the instant I read it. I did, however, make some alterations. To cut down on carbs, I replaced potatoes with cauliflower and swapped out corn for diced yellow

squash. In order to pack in more protein, I used shelled edamame instead of sweet peas, and added ¼ cup raw sunflower seeds. Thanks for the inspiration! I cannot wait to continue reading.

SAMANTHA FARMER | CHARLOTTE, N.C.

LENTIL LOVIN’

The Indian-Spiced Lentils with Spinach and Rhubarb (1 Food 5 Ways, June, p. 66), was fabulous! There are several layers of flavor that make it an interesting dish and a pleasant change from ordinary fare. It is a dish I’d serve to guests, yet quick and easy enough to make every day.

JODY PERREONE | VIA E-MAIL

FOR THE RECORD:



We miscredited the cover photo for our July/August issue. **The photography was by Yunhee Kim, food styling was by Paul Grimes, and prop styling was by Deborah Williams.**

SHARE: Reader Recipe

Asian Autumn Salad

SERVES 6 | 30 MINUTES OR FEWER

Sonya Sargent, a folk singer from Los Angeles, came up with this crunchy Asian salad after a trip to San Francisco’s Chinatown. “It has all the tastes you love: sweet, sour, salty, and tangy,” says Sargent, who recently completed her own vegetarian cookbook.

SALAD

- 2 large oranges, peeled and cut into pieces
- 2 cups shredded red cabbage
- 2 cups shredded romaine lettuce
- 2 cups mung bean sprouts
- 1 cup button mushrooms, sliced
- 3 stalks celery, sliced diagonally
- 2 green onions, thinly sliced
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 1 Tbs. honey
- 1 tsp. lemon juice
- 1 clove garlic, minced (1 tsp.)
- ¼ tsp. ground ginger
- ¼ tsp. onion powder

DRESSING

- 2 Tbs. rice vinegar
- 2 Tbs. roasted tahini
- 2 Tbs. toasted sesame oil
- 1 Tbs. low-sodium soy sauce

1. To make Salad: combine all ingredients in large salad bowl.
2. To make Dressing: Combine all ingredients in small glass jar with lid. Close lid, and shake vigorously. Pour over Salad, and toss to combine.

PER 1½-CUP SERVING: 145 CAL; 4 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 19 G CARB; 0 MG CHOL; 135 MG SOD; 4 G FIBER; 12 G SUGARS

tell vt What's your most delicious sandwich creation?

Sprouted bread toasted with butter and topped with scrambled eggs, avocado slices, raspberry jelly, and sriracha hot sauce. It's good as heck. —AURORA

Take a crusty baguette, spread Brie on the bottom, apricot preserves on the top, and fill with green apple slices and veggie bacon. —CARRIE SIMI, VIA FACEBOOK

Spread mashed potatoes on rosemary focaccia; top with red onion, shredded carrot, spinach, roasted asparagus, and balsamic vinegar. —JENN COSGROVE-COOK

While backpacking in Patagonia, I threw together a pear, green onion, and blue cheese sandwich on fresh whole-wheat bread. A wonderfully satisfying gourmet lunch while in the backcountry!

—JENNY RUTHERFORD

I adore making Tofurky-and-cranberry-sauce sandwiches. It feels like Thanksgiving any time I eat one. —KAYLA

Tofurky deli slices, romaine lettuce, Vegenaïse, vegan cheese, and mustard on whole-grain bread: my vegan take on a turkey-and-cheese sandwich.

—RYAN HODGE, VIA FACEBOOK

It sounds weird, but this combination is surprisingly good: whole-wheat bread, peanut butter, Marmite, and cottage cheese. Yum!

—DONALD CAMERON GRANT GILL, VIA FACEBOOK

next question

What's your most memorable family food tradition?

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

FAB 5

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

1. Caramelized Onion and Savoy Cabbage Chowder with Thyme, p. 60
2. Asian Autumn Salad, p. 10
3. Spicy Korean Tofu with Pear Slaw, p. 35
4. Vegetable Moo Shu Wraps, p. 69
5. Persian Pico de Gallo, p. 73

Send your letters to editor@vegetariantimes.com

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THIS, JUST, IN

EDITED BY Amy Spitalnick

PEAK SEASON

japanese eggplant



Slender in comparison to its pear-shaped Italian and American cousins, Japanese eggplant is prized for its tender, creamy flesh. At harvest, this member of the nightshade family measures 8 to 10 inches long. You'll find it mostly in hues ranging from pale to deep purple. —ELLIOTT PRAG

HOW TO SELECT AND STORE

Pooh Stevenson of Owosso Organics in Michigan says to choose Japanese eggplant with a good heft to it and taut, unblemished skin. Wrinkly skin and spongy flesh indicate a lack of freshness. Stevenson also advises storing Japanese eggplant, bagged, in the refrigerator no more than seven days—any longer and it will start to shrivel.

PREP TIPS

Due to its smaller seeds and sweeter flesh, you won't need to salt Japanese eggplant to remove excess water and bitterness, as the Italian or American (aka globe) variety may require. If necessary, Japanese eggplant's delicate skin can easily be removed with a peeler.

TRY THIS!

- Stuff roasted Japanese eggplant halves with a mixture of baby lentils, feta cheese, tomato, and fresh dill.
- Char eggplant over an open flame, discard skin, and add to the blender when preparing tomato soup to impart a sweet, smoky flavor.
- Sear eggplant slices in olive oil and garlic until golden; finish with a glaze of pomegranate molasses or balsamic reduction and toasted walnuts.
- Steam peeled, cubed eggplant until very tender, and purée with strained yogurt, chives, olive oil, and mint for a velvety dip or spread.

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THIS JUST IN



CECELIA LOESSIN

“How do you make a veg Reuben with a Tex-Mex twist?”

We asked **Mike Behrend**, executive chef at **green**, a vegetarian restaurant in San Antonio. Behrend's hot and spicy Reuben sandwich was inspired by his mother's Mexican-meets-Southern cooking. Here's what he said:

- Instead of rye bread, amp up fiber and texture with two thick slices of seeded whole-wheat. Toast on the grill or in a pan with a bit of canola oil brushed on both sides of bread.
- For cheese, try a kosher white Cheddar or a Daiya vegan mozzarella. Both melt nicely and add flavor and creaminess. To preserve the crispiness of the toasted bread, place cheese on both bread slices.
- Sauerkraut melds the Reuben's sweet and sour flavors. Heat a generous portion, and pile on top of the cheese on each slice of bread.
- Grill up several slices of thinly sliced vegan salami, and layer on top of the sauerkraut.
- Heap spicy-sweet chipotle mayonnaise onto the salami. Join the two slices of bread, and cut in half.

—NEAL WEBSTER TURNAGE

VT tip

For a quick chipotle mayonnaise, stir 1 teaspoon finely chopped chipotle in adobo sauce (drained) into ½ cup mayo.

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36%

Compared with omnivores, vegetarians have this percentage less prevalence of metabolic syndrome—a precursor for heart disease, diabetes, and stroke.

[Source: *Diabetes Care*]

THIS JUST IN

[TASTE TEST]



OFF THE GRID

Preparing a warm, satisfying breakfast on a chilly fall morning takes just a few minutes—simply pop these frozen whole-grain waffles in your toaster, and top with fruit, such as berries or banana slices.

—TAMI FERTIG

[SCI FIND]



let there be light

WHAT For optimal nutrition, reach for packaged leafy greens closest to the front of a grocery store's display case rather than toward the back, suggests a study published in the *Journal of Agricultural and Food Chemistry*.

WHY The study found that spinach leaves' basking in a grocery store's 24/7 artificial light encouraged photosynthesis—increasing levels of vitamins C, E, K, and B₉ (aka folate), as well as carotenoids, some showing vitamin A activity.

SO WHAT? “The role of vitamins C, K, and E and carotenoids in the prevention of chronic disease has been well documented,” say the study's authors.

KITCHEN TIP When making a smoothie, Orlando, Fla.-based nutritionist Tara Gidus, RD, tosses ½ to 1 cup of spinach leaves in the blender along with berries.

LAURA JOHANSEN

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 Van's Natural Foods Wheat/Gluten Free Waffles, Flax	Sweetened with fruit juice for a light-and-fluffy texture	\$3.99/9 oz.; vansfoods.com
 Kashi 7 Grain All Natural Waffles	Subtly sweet and grainy, packing 7 grams of fiber per serving	\$3.49/10.1 oz.; kashi.com



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myvega.com

THIS JUST IN

[Q&A] **soulful
songstress**

A pop-radio staple in the mid-1990s thanks to her hit songs "I Don't Want to Wait" and "Where Have All the Cowboys Gone?" **Paula Cole** took a six-year break from the music biz and fled Los Angeles following the birth of her daughter, Sky, in 2001. On the heels of her second post-hiatus album, *Ithaca*, the singer-songwriter talked to us from her hometown, Rockport, Mass., where she once again lives.

—ELIZABETH BARKER



FABRIZIO FERRI

Trail Mix Cookies Recipe

1 cup *Once Again Organic Sunflower Seed Butter*
 1 cup sweetened coconut flakes
 1/2 cup semi-sweet chocolate chips
 1/2 cup packed dark brown sugar
 1/2 cup dried cranberries
 1/2 cup dates, chopped
 1/4 cup sunflower seeds
 1/4 cup maple syrup
 1 large egg
 1/2 tsp vanilla
 1/2 tsp baking soda
 1/4 tsp salt

Vegetarian
 Gluten Free
 Dairy Free

Preheat oven to 350°. Place all of the ingredients together in the bowl of a stand mixer. Mix on medium speed until the ingredients are well incorporated. Drop generous tablespoons of dough onto a parchment-lined cookie sheet. Bake for 12-14 minutes until cookies are set, but still soft. Remove from the oven and let cool on the cookie sheet. Enjoy!

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Q What motivated you to take time off from music?

A I needed a breather from the industry—I was a shade-loving plant who was blached by the spotlight. In the end, a humbler career is a far better fit for someone as introverted as I am.

Q Has your songwriting process changed over the years?

A For one thing, I don't beat myself up when I'm feeling creatively blocked. I'm able to recognize that my experiences outside of songwriting are often sources of inspiration later on, which is maybe a sign of maturation.

Q You gave up meat at age 14. How about Sky; is she vegetarian?

A She's not interested in meat, but I allowed her that decision. I believe that living vegetarian is one of the best things you can do for your kids, and one of the greatest ways for your soul to shine.

**Hot Click! Chemical Cuisine app**

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THIS JUST IN



MEG HUNT

EXERCISE BUDDY

Enlisting your pet in workouts doesn't just keep you both sleek and strong, it offers bonding time too, says CDC Lead Public Health Scientist Jackie Epping, MPH. For pets, exercise can also burn off excess energy and curb nervous habits, such as chewing on furniture. Here, a few tips from Epping:

- **Consider the species and breed** of your pet. "Working" breeds of dogs—think border collie or Australian shepherd—make ideal jogging partners; cats like playing with things they can bat, chase, explore, or scratch.
- **Check with your vet** before starting an exercise program with a young pet, or with a pet suffering from arthritis, asthma, obesity, or other condition that could limit physical activity.
- **Closely monitor your pet for signs of fatigue**, including heavy breathing, slowing down, or lagging behind. Never force a fatigued pet to keep exercising.

[QUOTABLE] We have investigated the connection between animal welfare regulation in the E.U. and competitiveness. We have seen that the impact on competitiveness and on trade is very minor, if it exists at all.

—ANNA ANDERSSON,
AGRI-FOOD ECONOMICS CENTRE, SWEDEN



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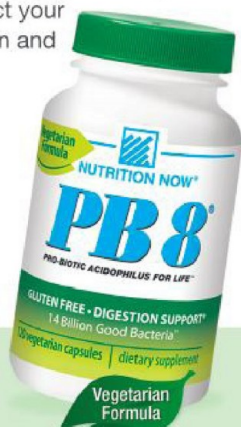
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THIS JUST IN

NATURAL Rx

PROBLEM: Dry eyes • **SOLUTION:** Evening primrose oil

THE SCOOP: Admired for its night-blooming yellow blossoms, evening primrose could be easy on the eyes in more ways than one. Taking daily doses of evening primrose oil for six months may help relieve dry eye symptoms, according to a study in the journal *Contact Lens & Anterior Eye*. Extracted from the seeds of the *Oenothera biennis* plant, the oil is packed with gamma-linolenic acid (GLA), an anti-inflammatory essential fatty acid with the potential to soothe red and scratchy dry eyes.

WHAT TO LOOK FOR: Start with 600 milligrams of GLA from evening primrose oil a day, and if you don't see improvement within a month, work up to 1,500 milligrams, advises Mark Stengler, ND, coauthor of *Prescription for Natural Cures*. If using longer than two months, be sure to supplement with a high-quality veg source of omega-3s, such as flax oil, to balance the omega-6 fatty acids from the evening primrose oil.

Try: Health from the Sun 100% Vegetarian Evening Primrose Oil, \$23.99/90 softgels; healthfromthesun.com



—RACHEL DOWD

crack this nut

Which nut scores highest in health-protective antioxidants ?

[QUIZ]



a. almond



c. hazelnut

b. pecan



d. walnut



Answer: (d) walnut. [Source: University of Scranton study presented at the 241st National Meeting & Exposition of the American Chemical Society]

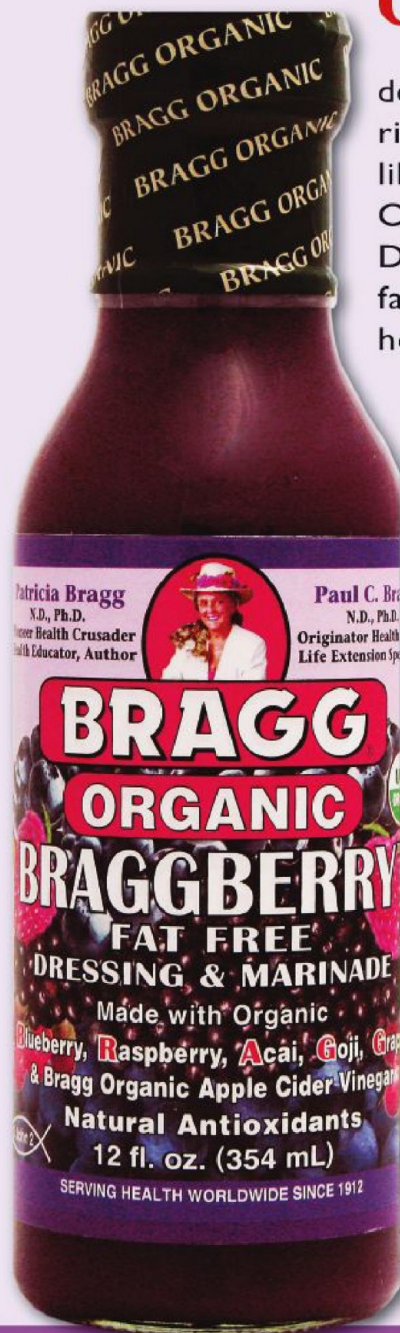
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G = Grape



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2. SANDWICH SAVER >>

Trade in your Ziplocs for Kids Konserve Food Kozy sandwich sleeves, which can be wiped clean and used again and again. \$23/set of 5; kidskonserve.com

<< 4. PRECIOUS METAL

The stainless-steel design might be reminiscent of the classic tin lunch pail, but the LunchBots Duo is lighter and sleeker. \$17.99; lunchbots.com

<< 5. FORK IT OVER

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*National Taste Tests, 2011

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BY Elizabeth Barker

For that naturally flushed look as the weather cools, New York-based makeup artist Vanessa Elese suggests dusting cheeks with rosy-pink hues. On eyelids she favors browns and delicate metallics. "Coppers, bronzes, and browns are beautiful for every skin tone," she says. "You can either play them up for a bit of nighttime drama, or gently blend them for daytime sophistication." As a finishing touch, choose a subtly luminous lipstick in nude, beige, or gold.

FALL COLORS

Turn to autumn's palette to inspire in-season style

1. For an earthy take on the classic smoky eye, reach for Josie Maran Cosmetics Eyeliner in Brown (\$18; josiemarancosmetics.com).

2. Create lustrous lids with ZuZu Luxe Eye Shadow in Chameleon (\$15.25; gabrielcosmeticsinc.com).

3. Only a cold snap could color your cheeks a more charming pink than Afterglow Cosmetics Organic Mineral Blush in Smitten (\$23; afterglowcosmetics.com).

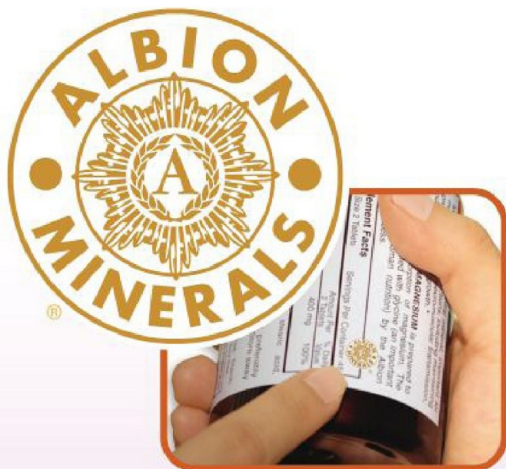
4. Whether worn alone or blended with bolder colors, Primitive Natural Lipstick in Taj Mahal (\$17.50; primitivebeauty.com) lends lips a golden glimmer.

TRY THIS! To help whisk away cosmetics, beauty expert Vanessa Elese recommends Aubrey Herbessence Makeup Remover (\$7.98; aubrey-organics.com), a vitamin-packed mix of plant oils. Unlike many harsh removers, this hydrating blend won't damage the fragile skin around your eyes.

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ALB012611

brain food

Can diet protect me from Alzheimer's?



Q Alzheimer's disease runs in my family. Am I at risk no matter what I do?

A To start, let's be clear about what the disease is. In its early stages, Alzheimer's is indistinguishable from the little memory lapses all of us experience. But as time passes, memory fails more and more, and behavior becomes unruly and sometimes even aggressive. Within the brain, cells are dying. Clusters of

abnormal proteins, known as plaques and tangles, begin to form.

Before diagnosing Alzheimer's, doctors check for other causes of memory impairment: infection, anemia, depression, stroke, thyroid dysfunction, brain tumors, or side effects of medication. Purely genetic cases are rare. And as devastating as Alzheimer's is, there are glimmers of hope that you can lower your risk for the disease.

Q How can I eat to reduce my risk?

A **First, limit saturated fat.** This is the kind of fat you see marbled through bacon and steak. A study of 815 Chicagoans, published in the *Archives of Neurology*, showed that those who consumed around 25 grams of saturated fat each day had double the risk of developing Alzheimer's compared to those who ate about half that much.

For a bit of context: A fast-food hamburger packs between 3 and 8 grams of saturated fat, 1 ounce of Cheddar cheese about 6 grams, and an egg about 2 grams. Foods from plants contain only trace amounts, with a few exceptions. An ounce of nuts or seeds has 1 to 2 grams, and an avocado 3 to 6, depending on the type and size. And although most plant oils are low in saturated fat, palm and coconut oils are loaded with it.

Second, avoid partially hydrogenated oils. These oils are in many pastries and snack foods. Like saturated fat, they have been linked to Alzheimer's disease. It pays to skip them.

Forgoing partially hydrogenated oils and cutting with saturated fat will likely

Like saturated fat, hydrogenated oils have been linked to Alzheimer's disease. It pays to skip them.

reduce your total blood cholesterol level, and that's a good thing. The Heart and Estrogen/Progestin Replacement Study found that women whose cholesterol levels were in the top 25 percent had almost double the risk of developing dementia, compared to women with lower cholesterol levels.

Third, get your B vitamins. Folate, vitamin B₆, and vitamin B₁₂ help rid the body of homocysteine, a substance in the blood that's linked to both Alzheimer's and heart disease—just as cholesterol is. Leafy green vegetables and legumes contain folate, or look for its synthetic form, folic acid, in fortified products, such as breakfast cereals. Sources for vitamin B₆ include whole grains, beans,

bananas, nuts, and potatoes. Fortified foods, such as fortified soymilk, provide vitamin B₁₂, but I recommend a daily supplement (any common multivitamin will do). That's essential advice for vegans, but a good idea for everyone else, too, because B₁₂ absorption is often less than optimal, especially in people over age 50.

In case you're wondering: no one knows exactly why dietary advice for protecting the heart is almost identical to that for safeguarding the brain, but it could be that strong blood flow to the brain defends against Alzheimer's.

Q What about alcohol?

A Moderate drinkers actually have less risk of Alzheimer's disease, compared to

teetotalers. But in fact alcohol gets a mixed verdict. Once alcohol intake exceeds about three drinks per day, the health risks rise considerably. And even one drink a day, if consumed every day, increases the risk of breast cancer.

Q Should I worry about aluminum cookware?

A Researchers have speculated for years about a possible role for aluminum in Alzheimer's disease, without being able to prove it. But why take a chance? If you are using aluminum cookware, choose products with a nonaluminum lining. Some antacids contain aluminum, as indicated on their labels, so you may want to purchase other brands. ●

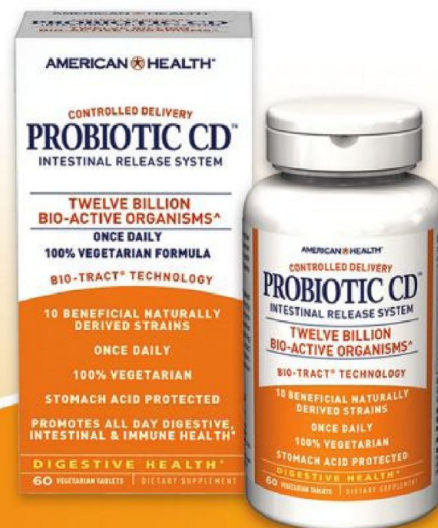
Neal D. Barnard, MD, who lives in Washington, eats his vegetables.

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The health perks of this dried fruit go well beyond aiding digestion

prunes

HOW IT HEALS Don't wrinkle your nose at prunes. Much like the sweet fresh plums from which they originate, the dried fruits of the *Prunus domestica* tree are packed with antioxidants. "The phenolic antioxidants in prunes have been linked to brain and heart protection," says Cynthia Sass, RD, author of *Cinch! Conquer Cravings, Drop Pounds, and Lose Inches*. Increasingly called dried plums to help market them to young'uns, these chewy fruits are also a good source of vitamin K. A study published in *Diabetes Care* in 2010 reported that high intake of vitamin K may reduce the risk of type 2 diabetes. What's more, prunes provide impressive amounts of fiber, which has been shown

to reduce risk of death from heart disease, and potassium, which is "critical for helping control blood pressure," notes Sass. And the rumors are true: a daily dose of prunes is highly effective at promoting regularity, according to a recently published University of Iowa study. "Regularity means a consistent removal of potentially harmful waste products from the body," Sass explains.

EAT IT UP Not just for snacking, prunes can be incorporated into a variety of sweet and savory dishes, such as yogurt, stuffing, bread pudding, braised cabbage, hearty stews, muffins, tagines, and tarts. Use prunes as a base for chutney, or whip up a quick dessert by poaching prunes in fruit juice, wine, or even green tea and serving with frozen or Greek



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vegetariantimes.com

healing foods

yogurt. Stored in an airtight container in a cool, dark place or in the refrigerator, prunes will last for up to six months.

Substituting prune purée for some of the fat and refined sugar in baking shaves off calories while adding beneficial fiber and desirable sweetness. To make your own, soak 1 cup pitted prunes in water for two hours; drain, and purée in a food processor. Or add prune juice to smoothies, marinades, vinaigrettes, and glazes. To keep sugar intake in check, Sass recommends looking for brands made with 100 percent juice and diluting with water if you find the flavor overpowering.

Curried Rice and Quinoa Pilaf with Prunes and Pistachios

SERVES 8 | 30 MINUTES OR FEWER

Prunes can stand in for any dried fruit, as they do in this grain pilaf. (Try them in baked goods too.)

- 2 Tbs. olive oil
- 1 small onion, finely chopped (1 cup)
- ½ cup basmati rice
- ¼ cup red quinoa
- 2 tsp. curry powder
- 1 bay leaf
- ½ cup cooked lentils
- ½ cup finely chopped pitted prunes
- ¼ cup coarsely chopped pistachios

1. Heat oil in medium skillet over medium heat. Add onion, and sauté 2 to 3 minutes, or until translucent. Add rice and quinoa, and cook until rice begins to turn opaque. Add curry powder, and cook 30 seconds. Stir in 1½ cups water, add bay leaf, season with salt (if desired), cover, and bring to a boil. Reduce heat to medium-low, and simmer 15 to 18 minutes, or until grains are tender.

2. Remove from heat, and stir in lentils. Cover, and let stand 5 minutes. Remove bay leaf. Fold in prunes and pistachios.

PER ½-CUP SERVING: 170 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 26 G CARB; 0 MG CHOL; 3 MG SOD; 3 G FIBER; 6 G SUGARS

Canadian nutrition writer Matthew Kadey, RD, makes prunes a regular part of his diet.

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Pet Rock Festival
For the 13th year in a row, the Pet Rock Festival is returning to Worcester, Massachusetts, to Quinsigamond Community College on September 11. The biggest animal event of its kind, Pet Rock Fest features live music, hundreds of animal welfare organizations, contests, vegetarian food and speakers.
For more information visit:
petrockfest.com

JEFF LOUGHLIN

BY Fiona Kennedy



braising basics

This easy technique combines moist and dry heat for richly flavored results

Braising is one of those culinary terms that can confuse even experienced chefs, who tend to bandy it about to describe just about any dish that's cooked, covered, in a small amount of liquid. But the real secret to braising comes from browning foods before the liquid is added. This sautéing step adds color and develops flavors before the simmering heat does its job tenderizing foods and concentrating the cooking juices. The following recipes show how it's done.

PHOTOGRAPHY Carin Krasner PROP STYLING Kim Wong FOOD STYLING Liesl Maggiore

WHAT YOU'LL NEED

- Wide, heavy-bottomed pan or Dutch oven with tight-fitting lid
- Tongs for turning foods as they brown
- Spatula or wooden spoon for stirring

French-Style Apple Butter


MAKES 3 CUPS

In the United States, apple butter is usually seasoned with a lot of cinnamon and spices, but in France, the spread is made by slow-cooking apples by themselves or with a little butter and sugar until you have a smooth, rich spread. Use a mix of tart apple varieties for the best flavor. Serve with toast, pancakes, or waffles. Or warm up apple butter, and spoon over ice cream.

- 2 Tbs. unsalted butter
- 2½ lb. tart apples, peeled, cored, and quartered
- ¼ cup sugar
- 1 pinch salt

1. Heat butter in Dutch oven or saucepan with tight-fitting lid over medium heat. Add apple quarters, and cook 10 minutes, or until apples begin to brown, stirring occasionally.
2. Add sugar, salt, and 1½ cups water. Cover, reduce heat to medium-low, and simmer 2 hours, stirring occasionally

(more often toward the end) and breaking up apple pieces as they soften. Cool.

PER 1-TBS. SERVING: 18 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 1 MG CHOL; 3 MG SOD; <1 G FIBER; 3 G SUGARS 

Spicy Korean Tofu with Pear Slaw

SERVES 4 | 30 MINUTES OR FEWER

Gochugaru, a Korean red pepper powder with a distinctly sweet heat, is used to season this braised tofu dish. It's worth seeking out and having in your spice pantry, but if you can't find it, you can substitute red pepper flakes.


TOFU

- 1 Tbs. roasted sesame oil
- 1 14-oz. pkg. firm tofu, drained, patted dry, and cut into 8 rectangular slices
- 3 Tbs. low-sodium soy sauce
- 1 Tbs. gochugaru or 1½ tsp. red pepper flakes
- 2 tsp. maple syrup
- 1 tsp. rice vinegar
- 2 green onions, thinly sliced (¼ cup)
- 2 cloves garlic, minced (2 tsp.)

PEAR SLAW

- 1 Bartlett pear, sliced into matchsticks (1½ cups)
- 1 tsp. rice vinegar
- 1 tsp. toasted black sesame seeds

1. To make Tofu: Heat sesame oil in large skillet over medium heat. Add tofu, and cook 7 to 9 minutes on each side, or until golden brown.
2. Meanwhile, whisk together soy sauce, gochugaru, maple syrup, vinegar, and 3 Tbs. water in small bowl. Stir in green onions and garlic.
3. Pour sauce around tofu, reduce heat to medium-low, cover skillet, and cook 5 to 7 minutes, or until most of sauce is absorbed. Flip tofu halfway through cooking.
4. To make Pear Slaw: toss pear matchsticks with vinegar and sesame seeds.
5. Arrange 2 Tofu rectangles on each of 4 plates, and top each with Pear Slaw.

PER SERVING (2 SLICES TOFU AND ¼ CUP SLAW): 166 CAL; 10 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 14 G CARB; 0 MG CHOL; 405 MG SOD; 3 G FIBER; 7 G SUGARS 

4 EASY STEPS



1. Brown food all over in a little fat. The darker the browning, the richer the flavors of the final dish. Make sure there's room in the pot for foods to fit snugly in a single layer so that they will brown, not steam. (If food is packed too tightly, brown it in batches.)



2. Add liquid to cover food halfway. This allows the ingredients to braise rather than boil.



3. Cover tightly. Because the braising liquid does not completely cover the food, a tight lid is essential to seal in heat and moisture.



4. Cook low and slow. Simmer food over medium-low heat, or oven-braise (place pan or Dutch oven in 300°F oven) to ensure cooking liquid doesn't evaporate.

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Circle reply #12 on Info Center card

technique

Braised Cavolo Nero Kale
with pasta



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Braised Cavolo Nero Kale

SERVES 4

Cavolo nero, dinosaur, Tuscan, and lacinato are all names given to a long, leafy, crinkly kale variety. Serve this light vegetable stew over grilled bread or tossed with pasta.

- 3 Tbs. olive oil
- 1 medium onion, thinly sliced (1½ cups)
- 3 small carrots, diced (1½ cups)
- 2 bunches cavolo nero kale, tough ribs removed, and leaves coarsely chopped (9 cups)
- ½ tsp. red pepper flakes
- 3 cloves garlic, peeled and thinly sliced

1. Heat oil in Dutch oven over medium-high heat. Sauté onion 7 to 9 minutes, or until golden. Add carrots, and cook 2 to 3 minutes more. Add kale and ½ cup water, cover, and cook 2 to 3 minutes, or until kale has wilted. Stir in red pepper flakes and garlic, and cook 1 to 2 minutes more. Add 1¼ cups water, and bring to a simmer.

2. Cover, reduce heat to medium-low, and simmer 40 minutes, or until kale is tender, adding more water if necessary.

3. Uncover pot, increase heat to medium-high, and cook 3 minutes, or until most of liquid has evaporated. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 204 CAL; 6 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 24 G CARB; 0 MG CHOL; 100 MG SOD; 5 G FIBER; 4 G SUGARS



Braised Endives with Hazelnuts

SERVES 4 | 30 MINUTES OR FEWER

Braising in apple juice helps tame the bitterness of cooked endive.

- 2 Tbs. unsalted butter
- 4 endives, halved lengthwise
- 1 medium leek, thinly sliced (½ cup)
- 2 Tbs. apple cider vinegar
- 1 cup apple juice
- ½ cup low-sodium vegetable broth
- 1 tsp. chopped fresh thyme
- 1½ tsp. whole-grain mustard
- 1 Tbs. heavy cream
- ¼ cup toasted hazelnuts, coarsely chopped
- 2 Tbs. chopped parsley

1. Melt butter in skillet over medium-high heat. Place endives cut-side-down in skillet, and cook 8 minutes, or until browned. Transfer to plate, and add leek to pan. Cook 1 minute, then stir in vinegar. Simmer 2 minutes. Add juice, broth, thyme, and endives cut-side up, and bring to a simmer. Cover, reduce heat to low, and simmer 5 minutes.

2. Uncover; increase heat to medium-high. Simmer 10 minutes. Transfer endives to platter. Stir mustard and cream into liquid. Simmer 4 minutes, or until thickened. Serve endives garnished with pan sauce, nuts, and parsley.

PER SERVING (2 ENDIVE HALVES AND 2 TBS. SAUCE):

168 CAL; 2 G PROT; 13 G TOTAL FAT (5 G SAT FAT); 13 G CARB; 20 MG CHOL; 65 MG SOD; 3 G FIBER; 7 G SUGARS



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Circle reply #14 on Info Center card

BY Nicole Rees

Think you don't have time to make dessert from scratch? These recipes will change your mind. From a comforting chocolate pudding to a feed-a-crowd tiramisù, we've got homemade dessert options for everything from movie-night snacks to last-minute dinner parties. And they can all be ready to serve in just half an hour.

5 speedy desserts to suit any occasion

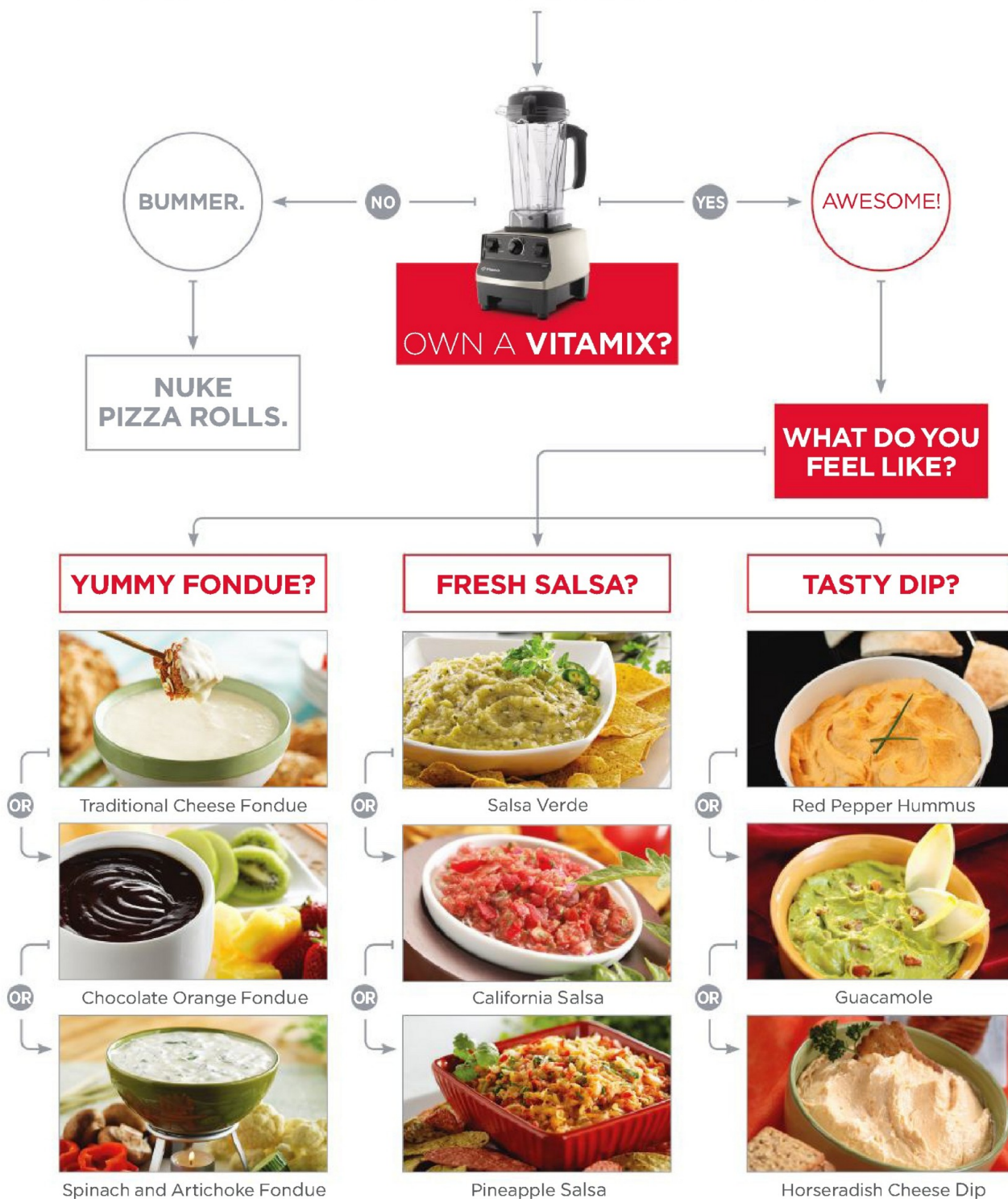
short-order sweets



QUICK TIRAMISÙ TRIFLE, p. 42

PHOTOGRAPHY Mario de Lopez FOOD STYLING Robyn Valarik PROP STYLING Dani Fisher

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30 minutes



No-Bake Peanut
Butter-Pretzel
Cookies

Velvet-Smooth Dark Chocolate Pudding

SERVES 6 | 30 MINUTES OR FEWER

This warm stove-top pudding packs a punch of deep chocolate flavor. It's the perfect recipe for a quick company dessert or a simple nighttime treat.

- ¾ cup packed light or dark brown sugar
- 3 Tbs. cornstarch
- 2¼ cups unsweetened hazelnut or almond milk
- 1 tsp. vanilla extract
- 8 oz. vegan semisweet chocolate, chopped

Whisk together brown sugar and cornstarch in medium saucepan. Gradually stir in hazelnut milk, whisking constantly to combine. Bring mixture to a boil over medium-high heat, stirring constantly. Cook 1 minute, or until mixture thickens. Stir in vanilla, and remove from heat. Add chopped chocolate, and let stand 1 minute. Stir until smooth.

PER ½-CUP SERVING: 345 CAL; 3 G PROT; 15 G TOTAL FAT (9 G SAT FAT); 52 G CARB; 0 MG CHOL; 76 MG SOD; <1 G FIBER; 42 G SUGARS



No-Bake Peanut Butter-Pretzel Cookies

MAKES 48 COOKIES | 30 MINUTES OR FEWER

Need a fast after-school snack? These salty-sweet nuggets are just the ticket.

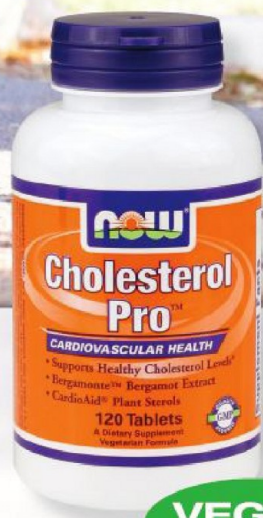
- ½ cup vanilla-flavored powdered soy beverage
- 1½ tsp. vanilla extract
- ½ cup creamy peanut butter
- ½ cup sugar
- 3 Tbs. brown rice syrup
- 2 cups crushed mini pretzels
- ½ cup sweetened flake coconut, chopped, optional

1. Coat baking sheet with cooking spray. Whisk together powdered soy beverage with 2 Tbs. water in bowl. Stir in vanilla.
2. Warm peanut butter, sugar, and rice syrup in saucepan over medium heat 2 minutes, or until smooth. Stir in soy beverage mixture. Stir in crushed pretzels and coconut, if using, until evenly combined. Pinch off 1 Tbs.-size chunks of dough, and place on prepared baking sheet to cool. Cool cookies 10 minutes before serving.

PER COOKIE: 47 CAL; 1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 75 MG SOD; <1 G FIBER; 3 G SUGARS



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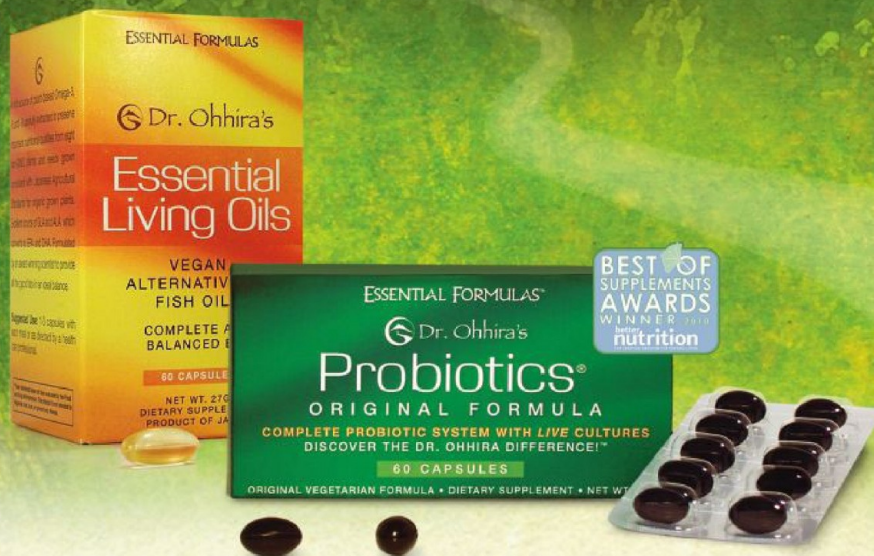
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30 minutes


Broiled Figs with Honey-Balsamic Drizzle over Cottage Cheese

SERVES 6 | 30 MINUTES OR FEWER

This is the perfect dessert for folks who don't care much for sweets. It's a bit like a fruit-and-cheese course and pairs nicely with wine. When figs are out of season, try it with halved strawberries.

- ¼ cup shelled pistachios
- 6 Tbs. balsamic vinegar
- 6 Tbs. honey, divided
- 12 oz. low-fat cottage cheese
- 12 large or 18 small fresh figs, halved
- 1 Tbs. olive oil

1. Preheat oven to 350°F. Toast pistachios on baking sheet 6 to 8 minutes, or until fragrant. Cool 5 minutes, chop, and set aside.
2. Combine vinegar with 4 Tbs. honey in saucepan. Bring to a boil, stirring often. Cook 2 to 3 minutes, or until syrupy and thick enough to coat a spoon.
3. Purée cottage cheese and remaining 2 Tbs. honey in blender or food processor 2 minutes, or until smooth. Spread cheese on serving platter.
4. Preheat broiler. Place figs cut-side up on baking sheet. Brush with oil, then with 2 Tbs. balsamic-honey syrup. Broil figs 4 inches from heat source 2 to 3 minutes, or until edges begin to brown.
5. Arrange fig slices over cheese, drizzle with remaining balsamic syrup, and top with toasted pistachios.

PER SERVING: 262 CAL; 9 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 48 G CARB; 3 MG CHOL; 159 MG SOD; 4 G FIBER; 42 G SUGARS 

Quick Tiramisù Trifle

SERVES 12 | 30 MINUTES OR FEWER

With this recipe, you'll be able to serve dessert to a crowd in less than 20 minutes. You can change the flavor and texture of the trifle by the type of cake you choose: for the rich, eggy flavor typical of tiramisù, use yellow pound cake; for a light-as-air trifle, try angel food cake.

Food stylist's secret: top desserts with a spoonful of whipped cream, a pinch of citrus zest, or a drizzle of sauce.

- 1 8-oz. pkg. mascarpone
- ¼ cup plus 1 Tbs. sweet Marsala wine
- 2 Tbs. sugar
- ½ cup freshly brewed espresso or ½ cup strong coffee combined with 1 Tbs. instant espresso powder
- 1 cup light whipping cream
- 1 10-oz. light pound cake, cut into 1- to 1½-inch cubes (10 cups)
- 2 oz. bittersweet chocolate with crushed espresso beans, grated

1. Combine mascarpone with ¼ cup Marsala and sugar in medium bowl. Combine remaining Marsala with espresso in separate bowl.
2. Beat whipping cream with electric mixer in chilled bowl until soft peaks form. Fold cream into mascarpone mixture.
3. Spread 3 cups cake cubes in bottom of trifle bowl. Sprinkle with 2 Tbs. espresso-Marsala mixture. Top with one-third of mascarpone mixture. Sprinkle with one-third of grated chocolate. Repeat layering 2 more times with remaining ingredients, ending with grated chocolate.

PER 1-CUP SERVING: 213 CAL; 3 G PROT; 15 G TOTAL FAT (8 G SAT FAT); 17 G CARB; 37 MG CHOL; 83 MG SOD; <1 G FIBER; 9 G SUGARS

Sautéed Apples with Caramel Sauce

SERVES 6 | 30 MINUTES OR FEWER

The dairy-free caramel sauce for this recipe wowed the VT staff with its luscious, ooey-gooey texture. The sauce will keep for up to two weeks in the fridge, so you might want to double it to have extra for topping other desserts.

CARAMEL SAUCE

- 1 tsp. cornstarch
- ½ cup nondairy creamer, such as Mocha Mix
- ½ cup sugar
- ½ tsp. salt
- 1 Tbs. soy margarine

APPLES

- 1½ Tbs. soy margarine
- 3 large tart apples (1½ lb.), peeled, cored, and cut into 1½-inch chunks
- ½ cup sugar
- 1½ Tbs. brandy
- 1 2- to 3-inch piece of vanilla bean, seeds scraped out
- ½ tsp. grated lemon zest
- 1 pinch each ground cinnamon, cloves, and allspice
- 3 cups soy- or coconut-based nondairy vanilla ice cream, such as Purely Decadent

1. To make Caramel Sauce: Dissolve cornstarch in creamer. Spread sugar evenly in skillet or saucepan set over medium-high heat. Sprinkle 2 Tbs. water and salt over sugar. Stir until sugar dissolves. Stop stirring when mixture boils. Watch edges of pan for first signs of browning. Swirl pan to encourage even caramelization. Remove from heat when caramel turns from deep gold to amber. Carefully—the mixture will bubble up—stir in margarine and creamer mixture. Return pan to medium-low heat, and cook 1 minute, or until smooth. Cool 10 minutes.
2. Meanwhile, to sauté Apples: Melt margarine in large skillet over medium-high heat. Add apple chunks, and cook 2 minutes, or until beginning to brown. Stir in sugar, brandy, vanilla seeds, lemon zest, spices, and 1½ Tbs. water. Cover, and cook 4 minutes, or until tender, stirring occasionally.
3. Divide Apples among 6 bowls; drizzle each serving with 3 Tbs. Caramel Sauce, and serve with 1 scoop ice cream.

PER SERVING (½ CUP APPLES, ¼ CUP ICE CREAM, AND 3 TBS. SAUCE): 381 CAL; 1 G PROT; 14 G TOTAL FAT (9 G SAT FAT); 64 G CARB; 0 MG CHOL; 113 MG SOD; 7 G FIBER; 54 G SUGARS

Nicole Rees, a baking scientist, freelance writer, and recipe developer based in Portland, Ore., is the author of Baking Unplugged.



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Circle reply #19 on Info Center card



Overnight Injera

SERVES 6

The spongy flat bread that acts as plate and utensils in Ethiopian restaurants, injera usually ferments for three days before baking, but this one can be done overnight. Serve with spicy vegetable stews, or use for sandwich wraps.

- 2 cups teff flour
- ½ cup gluten-free flour mix
(without leavening added)
- 2 tsp. active dry yeast
- 1 pinch ground fenugreek
- 1 pinch ground cumin
- ½ tsp. salt
- 1 Tbs. honey, optional

1. Whisk together teff, gluten-free flour mix, yeast, fenugreek, and cumin in large bowl. Stir in 2½ cups warm water. Cover bowl with kitchen towel, and let stand 12 to 24 hours at room temperature, or until top is bubbly and mixture smells yeasty. (Mixture will separate into 3 layers: a top and bottom starter, and a watery layer in the middle.)

2. Stir in salt and honey, if using. The batter should resemble very thin pancake batter; add more water to thin, if necessary.

3. Heat large nonstick skillet over medium heat. Pour ½ cup batter into skillet, tilting to spread batter into large round that's thicker than a crêpe but thinner than a pancake. Cover; cook 1 minute, or until top of injera is covered with bubbles. Loosen edges with spatula, and transfer to plate. Cover to keep warm. Repeat with remaining batter. Serve warm.

PER INJERA: 189 CAL; 7 G PROT; 2 G TOTAL FAT
(<1 G SAT FAT); 37 G CARB; 0 MG CHOL;
201 MG SOD; 7 G FIBER; <1 G SUGARS

Download Lisa Turner's *Inspired Eats* app via thebealibygourmet.net.

teff love

The tasty little grain has what it takes to knock recipes into nutritional shape

One grain of teff is about the size of the period at the end of this sentence. Its name comes from the Amharic (Ethiopian) word *teffa*, meaning "lost": the saying goes that if you drop a grain of teff, you'll never be able to find it again. But the minuscule grain is a nutritional giant that's high in protein, fiber, and minerals (especially iron), and boasts 17 times more calcium than barley or wheat.

Nutty-flavored teff grains can be cooked into a breakfast porridge similar to cream of wheat, used as a substitute for polenta, or sprouted for salads and sandwich greens. Teff flour is traditionally used to make *injera*, a thin, soft Ethiopian flat bread. Teff flour can also be used to give gluten-free recipes a light texture and nutty flavor.

Teff grains and flour come in three colors: white, tan, and deep red. White teff is the preferred flour for making injera, but red varieties are richest in iron.

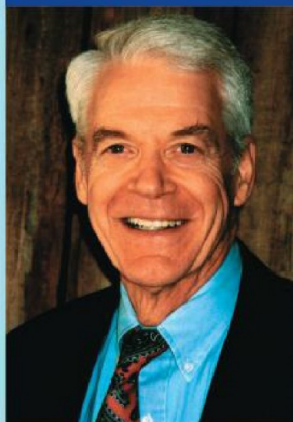
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Neal Barnard, M.D.

Associate professor at George Washington University and founder of Physicians Committee for Responsible Medicine, a nonprofit advocating for preventive medicine and ethical research, Dr. Barnard studies the role of nutrition in diabetes and other health problems. His 15 books include *Dr. Neal Barnard's Program for Reversing Diabetes*.



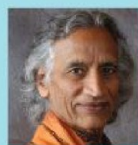
Gabriel Cousens, M.D.

Dr. Gabriel Cousens is the author of 7 books including *Spiritual Nutrition* and *Conscious Eating*. Dubbed "the fasting guru" by the New York Times, Dr. Cousens is a leading authority on live-food nutrition. As director of the Tree of Life Rejuvenation Center in Patagonia, Arizona, he facilitates retreats for healing and spiritual awakening.



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!*



Yogi Desai

Yogi Desai is an internationally recognized authority in the field of yoga and the founder of the Kripalu Center for Yoga & Health. His teachings have made a profound impact that has touched the hearts of millions worldwide. His innovative Amrit Method® teachings are universal, insightful, experiential and easily adaptable by everyone.



Jessica Porter

Author of *The Hip Chick's Guide to Macrobiotics*, Jessica co-wrote *The Kind Diet* with Alicia Silverstone. She managed the Way to Health Program at the Kushi Institute for several years. Jessica teaches HypnoBirthing and is a practicing hypnotherapist and actress. Her classes are humorous, inspiring and informative.

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Instead of pairing wine with food,
pair food with wine for an innovative
twist on the wine-tasting party

perfect pairs

PINOT NOIR +
RISOTTO-STUFFED
MUSHROOMS, p. 51

Oenologists (wine scientists and specialists) and sommeliers are often called on to match wine with food. But what happens when you flip the selection process and ask wine experts to choose the food that best complements a type of wine? We quizzed experts on which foods they would serve to enhance and showcase the complex flavors of a variety of wines. Then we paired their selections with easy-to-make hors d'oeuvres for a full-bodied wine-tasting party to enjoy with friends.



CAVA BRUT OR CHAMPAGNE + PARMESAN CHEESE

Jacob Kiel, wine director at Hotel Fauchère in Milford, Pa., says salty Parmesan cheese is a perfect foil for the crispness and delicate acidity of Spanish or French sparkling wine. Parmesan's texture matches the nutty flavors present in the sparkling wine, drawing out notes tasting of lightly toasted bread.

Parmesan Tasting Platter

SERVES 8

This sampling of breadsticks, nuts, and fresh and dried fruits showcases the complex flavors of Parmesan cheese.

PARMESAN CRISPS

4 oz. grated Parmesan cheese

PLATTER

8 oz. good-quality Parmesan cheese broken into small chunks

1 3-oz. box grissini (crispy breadsticks)

2 pears, each cored and cut into 8 wedges

2 medium-tart apples, each cored and cut into 8 wedges

6 dried figs, cut into ½-inch pieces

8 dried apricots, halved

1 cup celery sticks

1 cup toasted whole hazelnuts

½ cup raisins

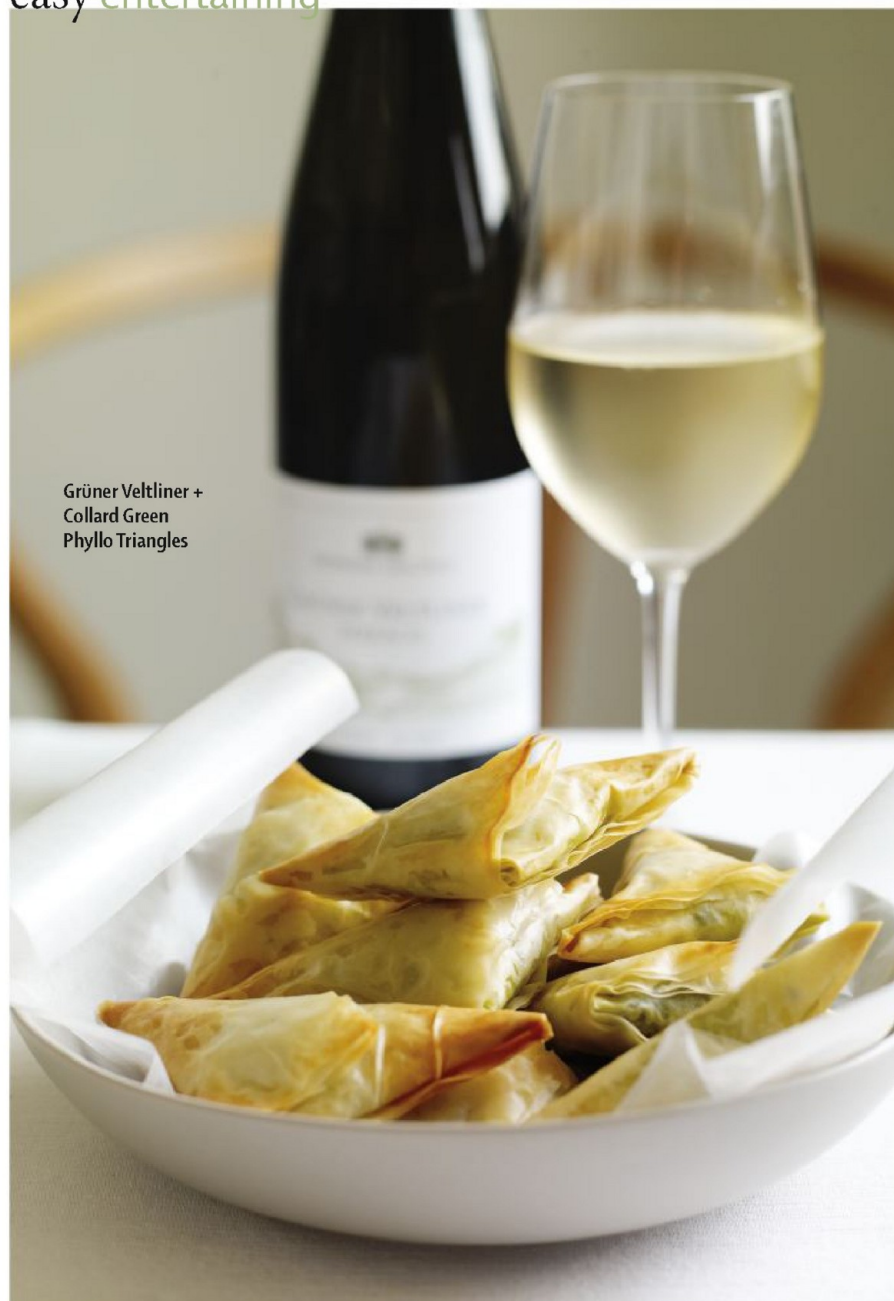
½ cup dried cherries

Aged balsamic vinegar, optional

1. To make Crisps: Preheat oven to 325°F, and line baking sheet with silicone baking mat. Spread tablespoonfuls of grated cheese into thin circles on baking mat. Bake 15 to 18 minutes, or until cheese has stopped bubbling, looks dry, and begins to brown. Cool on baking mat, then remove with spatula.

2. To assemble Platter: Arrange Parmesan Crisps and all other ingredients on large platter. Provide toothpicks, and encourage guests to try chunks of cheese with different items when tasting wine.

PER PARMESAN CRISP: 20 CAL; 2 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); <1 G CARB; 4 MG CHOL; 72 MG SOD; 0 G FIBER; <1 G SUGARS



Grüner Veltliner +
Collard Green
Phyllo Triangles

Collard Green Phyllo Triangles

MAKES 16 | 30 MINUTES OR FEWER

If you want to tame the taste of collard greens in the filling for these triangles, halve the amount of greens, then mash them with $\frac{1}{2}$ cup firm tofu.

- 16 oz. collard greens, stemmed and coarsely chopped
- 1 large shallot, coarsely chopped
- 2 Tbs. olive oil, plus more for brushing phyllo
- 1 clove garlic, minced (1 tsp.)
- $1\frac{1}{2}$ tsp. balsamic vinegar
- 12 sheets thawed phyllo dough (6 oz.)
- 1 small pear, peeled and thinly sliced

1. Pulse collard greens and shallot in food processor until finely chopped.
2. Heat oil in large skillet over medium heat. Add collard mixture and garlic, and sauté 5 to 7 minutes, or until collards have shrunk and are tender, and most of liquid has evaporated. Stir in vinegar, season with salt and pepper (if desired), and set aside to cool.
3. Preheat oven to 350°F. Coat baking sheet with cooking spray, or line with parchment paper. Place 1 phyllo sheet with long side closest to you on clean work surface; cover remaining phyllo sheets with damp kitchen towel to prevent drying. Brush phyllo sheet with oil. Stack 2 more phyllo sheets on top, brushing each with oil. Cut phyllo stack lengthwise into 4 strips.
4. Spoon 1 Tbs. collard mixture $\frac{1}{2}$ inch from a short end of 1 phyllo strip. Top with 1 pear slice. Fold upper corner over filling to make a triangle. Continue folding triangle onto itself, across, and down to make triangle packet. Transfer to prepared baking sheet. Repeat with remaining phyllo strips, then repeat entire process with remaining phyllo sheets, collard mixture, and pear slices.
5. Brush triangles with oil, and sprinkle with kosher or sea salt, if desired. Bake 15 to 18 minutes, or until golden brown.

PER TRIANGLE: 68 CAL; 1 G PROT; 3 G TOTAL FAT
(<1 G SAT FAT); 9 G CARB; 0 MG CHOL; 56 MG SOD;
1 G FIBER; 1 G SUGARS 

GRÜNER VELTLINER + COLLARD GREENS

Bitter greens with wine? Surprising, but true. Portland, Ore.-based Pamela Heiligenthal, editor of Enobytes.com, says the pungent tang of the collards complements the earthy, mineral taste of Grüner Veltliner, while the greens' delicate mustard flavors bring out the citrusy character of this off-dry white wine. She suggests a Grüner Veltliner from the Kamptal, Kremstal, or Wachau regions of Austria, or else from New Zealand. Grü-V is the hipster wine lover's name for this increasingly popular varietal. A spicy Italian Verdicchio would work equally well.

Choose wine glasses that are tulip-shaped and large enough (at least 16-ounce capacity) to comfortably tilt, swirl, and shift around the wine.

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In the past few years, fiber has received a great deal of well-justified attention from nutritional scientists throughout the world. In addition to its impressive known benefits, research - now underway - may shed light on its possible role in preventing certain types of cancer, heart disease and other ailments too common in Western civilization. Yet few people really understand what fiber is and why it is so important to your health and well-being.

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(*available taste samples)

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easy entertaining

**CABERNET FRANC +
ROSEMARY + CHÈVRE**

The sharp flavors of rosemary and chèvre (goat cheese) complement the high acidity and fruit-forward flavors of Cabernet Franc.

The herb's pine-like fragrance works well with the dusty characteristics of this red wine. Heiligenthal suggests a Cabernet Franc from the Loire Valley. A Spanish Mencia is equally good but may be a little harder to find. If you can't find either varietal, choose a cooler-climate Merlot or Cabernet Sauvignon from Washington state or California's North or Central Coast.

**Endive Petals with
Rosemary Chèvre**


MAKES 32 PETALS | 30 MINUTES OR FEWER

The rosemary–goat cheese filling here can be made up to two days ahead. Arrange the finished petals in concentric circles on a large round platter for an elegant flower-like presentation.

- 8 oz. fresh chèvre or goat cheese (2 4-oz. logs)
- 2 small shallots, finely chopped (¼ cup)
- 2 Tbs. olive oil
- 4 tsp. finely chopped fresh rosemary

- ½ tsp. cracked black pepper
- 32 small red or green endive leaves (about 4 heads endive)
- 32 candied pecan or walnut halves

1. Mash chèvre in bowl until chunky. Stir in shallots, oil, rosemary, and pepper, and season with salt, if desired.
2. Spoon 2 tsp. chèvre mixture on widest end of each endive leaf, and top each with 1 candied pecan. Set leaves in circular pattern on serving platter.

PER ENDIVE PETAL: 38 CAL; 2 G PROT; 3 G TOTAL FAT (1 G SAT FAT); 1 G CARB; 3 MG CHOL; 33 MG SOD; <1 G FIBER; <1 G SUGARS 

PINOT NOIR + MUSHROOMS

Wine journalist and author Steven Kolpan, professor and chair of wine studies at The Culinary Institute of America, says oyster, shiitake, and other wild mushrooms in a risotto are a great match for a fruity red wine such as Pinot Noir. The mushrooms' earthiness contrasts nicely with and also brings out the fruit in the wine. Plus, the creaminess of the risotto cuts the tannins in the wine, which further amps up the fruitiness. Kolpan suggests Valpolicella if you like a lighter, fruitier red, or a bold Zinfandel if you prefer your reds more robust.

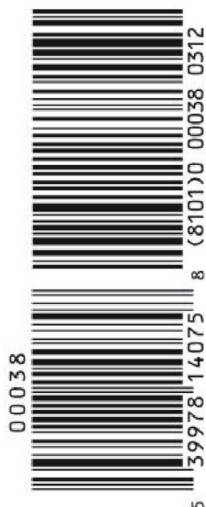
Endive leaves make beautiful serving cups for spreads and soft cheeses. Try them alongside other crudités for dipping as well.



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Risotto-Stuffed Mushrooms

MAKES 32

Because risotto is not easy to eat at a wine-tasting party, we decided to stuff it in mushroom caps so that it can be served as finger food.

- 32 large white or cremini mushrooms, washed and drained
- 6 oz. oyster or shiitake mushrooms, finely chopped
- 2 Tbs. olive oil
- ½ small onion, finely chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ¼ tsp. dried thyme
- ¾ cup Arborio rice
- 2 Tbs. dry white wine
- 2 cups low-sodium vegetable broth
- ½ cup chopped fresh parsley

1. Stem white mushrooms, and set caps upside down on baking sheet. Set aside. Chop stems, and add to chopped oyster mushrooms. (You should have about 2 cups total.)
2. Heat oil in medium skillet over medium heat. Add onion, and sauté 2 to 3 minutes, or until translucent. Add chopped mushrooms, and cook 15 to 20 minutes, or until browned. Stir in garlic and thyme; add rice, and cook 2 to 3 minutes, or until rice turns opaque. Add wine; simmer 2 minutes, or until most liquid has evaporated. Add broth, season with salt, and bring to a boil. Cover, reduce heat to medium-low, and simmer 18 to 20 minutes, or until most liquid is absorbed. Remove from heat, and stir in parsley. Cool.
3. Preheat oven to 400°F. Fill each mushroom cap with 1 heaping Tbs. rice mixture. (A small cookie scoop works well.) Bake 20 minutes, or until mushrooms are tender and rice begins to crisp on top.

PER STUFFED MUSHROOM: 32 CAL; 1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 5 G CARB; 0 MG CHOL; 12 MG SOD; <1 G FIBER; <1 G SUGARS   

After researching this story, Peggy Myers Walz threw her own tasting party. To read about her wine-shopping experience, check out her blog post on vegetariantimes.com.



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BY Mary Margaret Chappell

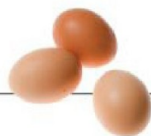
Change up your morning routine with simple, nourishing rice bowls from around the world

rice for breakfast

For many people, the only rice that gets eaten in the morning is the kind that goes snap-crackle-pop when milk is poured over it. But there's a world of rice-for-breakfast options that are as common to some cultures as crispy cereal is to others. From Filipino fried rice to French rice pudding, these breakfast bowls share three things: they're gluten-free, they're easy to prepare, and they all make a tasty, satisfying first meal of the day.

Sinangag (Filipino Garlic Fried Rice)

SERVES 6 | 30 MINUTES OR FEWER



EGGS



VEGETABLE OIL



GARLIC



COOKED RICE



GREEN ONIONS

This breakfast dish from the Philippines calls for day-old rice and lots of garlic.

- 4 large eggs
- 3 Tbs. vegetable oil
- 9 cloves garlic, peeled and chopped (3 Tbs.)
- 4 cups cooked rice
- 4 green onions, white and green parts finely chopped (½ cup)

1. Whisk eggs with 1 Tbs. water in small bowl.
2. Coat wok or large skillet with cooking spray, and heat over medium-high heat. Add eggs, tilting to coat bottom of pan, and cook 3 to 5 minutes (like an omelet), or until firm and set. Transfer eggs to cutting board, and cut into 2-inch strips.
3. Add oil to pan, and increase heat to medium. Stir in chopped garlic, and cook 3 to 5 minutes, or until browned, stirring often. Add rice, increase heat to high, and cook 3 to 4 minutes, or until rice begins to brown. Season with salt and pepper, if desired, and stir in green onions, then eggs.

PER 1½-CUP SERVING: 256 CAL; 7 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 32 G CARB; 124 MG CHOL; 49 MG SOD; <1 G FIBER; <1 G SUGARS 

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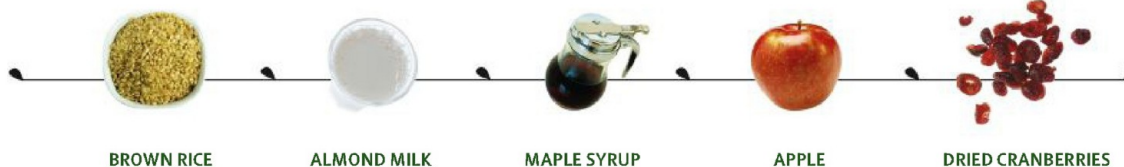
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5 ingredients

Brown Rice Porridge with Fruit and Almonds

SERVES 6 | 30 MINUTES OR FEWER

Brown rice and almond milk stand in for oats and milk in this English-inspired porridge. Try it warm or cold with whatever fruits and nuts you have on hand.



BROWN RICE

ALMOND MILK

MAPLE SYRUP

APPLE

DRIED CRANBERRIES

- 3 cups cooked brown rice (1 cup uncooked)**
- 1 cup almond milk**
- 2 Tbs. pure maple syrup, plus more for drizzling**
- 1 medium apple, cut into 1-inch dice**
- ½ cup dried cranberries**

- 1.** Combine brown rice and almond milk in large saucepan, and bring to a simmer over medium heat. Simmer 4 to 6 minutes, or until mixture is thick and creamy.
- 2.** Stir in maple syrup, then apple. Cover, and let stand 5 minutes.
- 3.** Serve sprinkled with dried cranberries and drizzled with maple syrup.

PER ¼-CUP SERVING: 209 CAL; 3 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 48 G CARB; 0 MG CHOL; 28 MG SOD; 3 G FIBER; 21 G SUGARS **V** **GF**

Congee

SERVES 6

One bite of this hot, nourishing Chinese breakfast dish and you'll be hooked. There are thousands of different recipes for congee that range from healing combinations to deluxe, feast-worthy concoctions.

BASMATI OR
JASMINE RICESHIITAKE
MUSHROOMSFROZEN PEAS
AND CARROTS

GREEN ONIONS

UNSALTED PEANUTS

- 1 cup basmati or jasmine rice**
- 4 cups shiitake mushrooms, stemmed and sliced**
- 2 cups (½ pkg.) frozen peas and carrots**
- 8 green onions, finely chopped (1 cup)**
- ½ cup coarsely chopped roasted unsalted peanuts**

- 1.** Place rice and 10 cups water in large saucepan, and season with salt, if desired. Bring to a boil. Reduce heat to low, and cook 2 hours, or until mixture is thick and porridge-like and rice grains have disintegrated, adding up to 2 cups more water if necessary.
- 2.** Meanwhile, coat nonstick pan with cooking spray, and sauté mushrooms 5 to 7 minutes over medium-high heat, or until browned and crispy.
- 3.** Stir peas and carrots into congee, and remove from heat. Let congee stand 5 minutes.
- 4.** Ladle congee into bowls. Top each serving with mushrooms, green onions, and chopped peanuts.

PER 1-CUP SERVING: 261 CAL; 8 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 47 G CARB; 0 MG CHOL; 42 MG SOD; 5 G FIBER; 5 G SUGARS **V** **GF**

Teurgoule (Slow-Cooked Rice Pudding)

SERVES 6

This rice pudding from Normandy was traditionally cooked in bread ovens after the baking was done. Here a slow cooker provides the same consistent low heat.



LOW-FAT MILK

ARBORIO RICE

SUCANAT

CINNAMON

SALT

- 6 cups low-fat milk**
- ⅔ cup Arborio rice**
- ⅔ cup Sucanat (natural cane sugar)**
- 1 tsp. ground cinnamon**
- ½ tsp. salt**

- Coat slow cooker with cooking spray. Combine all ingredients in slow cooker, and cook on low power 6 to 8 hours, or until pudding is thick and light brown skin has formed on top. Serve warm or cold.

PER 1-CUP SERVING: 260 CAL; 10 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 49 G CARB; 12 MG CHOL; 314 MG SOD; <1 G FIBER; 33 G SUGARS **GF** **V**

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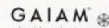
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flavorful fall CHOWDERS

Turn the season's harvest into delicious, satisfying meals



Root Veggie Chowder with
Collard Ribbons, p. 60



Farmers' Market Chowder, p. 61

For a farmers' market hound like me, September is bliss. Not only is sweet corn still around, but root vegetables, hearty greens, and hard-shell squashes are practically spilling out of farmers' trucks. Every Saturday I scoop up a bag of treasures at the market; every Sunday there's a fabulous and filling fall chowder on the stove for supper. I use three tricks to maximize flavor in these soups: browning vegetables before simmering; generously infusing broths with aromatic veggies (especially alliums, such as leeks and onions); and adding a final flourish of flavor with fresh herbs, citrus juices, vinegar, or soy sauce. Pretty simple—and pretty delicious.



Caramelized Onion and Savoy
Cabbage Chowder with Thyme, p. 60



This riff on French onion soup offers more complex flavor, with less cheese.

Roasted Butternut Squash, Apple, and Farro Chowder

SERVES 6


Farro is an ancient whole grain related to wheat. When cooked, it has a chewy texture and slightly nutty flavor.

- 1½ lb. peeled butternut squash, diced (4 cups)
- 4 Tbs. canola oil, divided
- 3 large Jonagold or Golden Delicious apples, peeled, cored, and cut into large dice
- 1 cup sliced shallots (4 large)
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. red pepper flakes

- ¾ cup semi-pearled farro
- 2 Tbs. chopped fresh mint
- ½ tsp. grated lemon zest

1. Preheat oven to 450°F. Line 2 large baking sheets with parchment paper. Toss squash with 2 Tbs. oil in bowl, and season with salt, if desired. Toss apples with 1 Tbs. oil in separate bowl, and season with salt, if desired. Arrange squash in single layer on 1 prepared baking sheet, and apples in single layer on other. Roast squash 32 to 36 minutes, or until tender and browned on bottoms. Roast apples 22 to 24 minutes, or until browned.
2. Meanwhile, heat remaining 1 Tbs. oil in Dutch oven over medium-low

heat. Add shallots, and season with salt, if desired. Cover, and cook 10 minutes, or until shallots are shrunken, stirring occasionally. Add cumin, coriander, and red pepper flakes, and season with salt, if desired. Cook 30 seconds, or until fragrant. Add farro and 8 cups water, and bring to a boil. Reduce heat to medium-low, and cook 25 minutes, or until farro is tender. Stir in squash and apples, and remove from heat. Stir in 1 Tbs. mint and ¼ tsp. lemon zest. Serve sprinkled with remaining 1 Tbs. mint and ¼ tsp. lemon zest.

PER 1½-CUP SERVING: 275 CAL; 5 G PROT; 10 G TOTAL FAT (<1 G SAT FAT); 46 G CARB; 0 MG CHOL; 22 MG SOD; 5 G FIBER; 14 G SUGARS 

TIP: Buy semi-pearled farro, which cooks in 25 minutes. Pearled farro takes almost an hour.



Root Veggie Chowder with Collard Ribbons



SERVES 6

The great fall colors here get a hit of green from collards added at the end. A final flourish from an orange-balsamic mix rounds out the flavor profile.

- 3 Tbs. orange juice
- 1 Tbs. pure maple syrup
- 2 tsp. balsamic vinegar
- 4 oz. collard greens (½ small bunch)
- 5 Tbs. olive oil, divided
- 3 cups (14 oz.) medium-diced onions
- 1½ Tbs. minced fresh ginger
- ¾ tsp. salt
- 2 medium Yukon Gold potatoes (12 oz.), peeled and diced (1¾ cups)
- 1 lb. carrots, peeled and cut into medium dice (2½ cups)
- ½ large rutabaga (12 oz.), peeled and cut into medium dice (2½ cups)

1. Combine orange juice, maple syrup, and vinegar in glass measuring cup. Set aside.
2. Remove stems from collard leaves by holding a stem with 1 hand and ripping leaf off each stem with other hand. Stack 5 or 6 leaves at a time, roll up lengthwise, and cut into ¼-inch-wide ribbons. Chop ribbons into 2- to 3-inch lengths. Set aside.
3. Heat 2 Tbs. oil in Dutch oven over medium heat. Add onions, and season with salt, if desired. Cover, and cook 6 to 7 minutes. Uncover, and cook 15 minutes more, or until onions are lightly golden. Add ginger, and cook 30 seconds. Add 7 cups water and salt, and bring to a boil. Reduce heat to medium-low, partially cover, and cook 15 minutes. Remove from heat.
4. Heat 1 Tbs. oil in large skillet over medium-high heat. Add potatoes, and season with salt, if desired. Cook 6 to 8 minutes, or until potatoes are well-browned on at least 2 sides, stirring occasionally. Transfer to bowl.
5. Add 1 Tbs. oil to same skillet. Add carrots, and cook 6 to 8 minutes, or until well-browned on at least 2 sides. Transfer to bowl with potatoes.

6. Add remaining 1 Tbs. oil to same skillet. Add rutabaga, and cook 6 to 8 minutes, or until well-browned on at least 2 sides, stirring occasionally. Transfer to bowl with potatoes.
7. Add vegetables to onion broth, and bring to a boil. Reduce heat to medium-low, and simmer 9 minutes, or until vegetables are tender. Add collard greens, and cook 5 minutes. Stir in 1 to 2 Tbs. of orange juice mixture.

PER 1½-CUP SERVING: 231 CAL; 4 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 30 G CARB; 0 MG CHOL; 350 MG SOD; 5 G FIBER; 11 G SUGARS  

Many Mushroom Chowder with Yukon Gold Potatoes and Rosemary

SERVES 6



Deep, delicious flavor comes easily to this “meaty” soup, thanks to a broth made with dried porcini mushrooms.

- ¾ oz. dried porcini mushrooms
- 4 Tbs. olive oil, divided
- 1½ lb. Yukon Gold potatoes, peeled and cut into medium dice
- 1½ lb. cremini mushrooms, thickly sliced
- 3 cloves garlic, minced (1 Tbs.)
- 1 Tbs. plus 1 tsp. chopped fresh rosemary, divided
- ½ cup dry white wine

1. Bring 7½ cups water to a boil in Dutch oven. Add porcini mushrooms, remove pan from heat, and let soak 30 minutes. Line mesh strainer with double layer of cheesecloth, and place over large bowl. Strain porcini, reserving liquid. Squeeze porcini in cheesecloth to wring out as much liquid as possible. Discard cheesecloth, and finely chop porcini. Rinse Dutch oven, and return porcini liquid and chopped porcini to it.
2. Heat 2 Tbs. oil in skillet over medium-high heat. Add potatoes, and season with salt, if desired. Cook 10 to 12 minutes, or until potatoes begin to brown. Transfer potatoes to pot with porcini liquid.
3. Add remaining 2 Tbs. oil to same skillet, and heat over medium-high heat. Add cremini mushrooms, and cook 15 to 17 minutes, or until beginning to

brown. Add garlic and 1 Tbs. rosemary, and cook 20 seconds. Add wine, and simmer 15 seconds. Transfer mushrooms and liquid to potato mixture, and bring chowder to a boil. Reduce heat to medium-low, and simmer 10 minutes, or until potatoes are tender. Remove from heat, and let stand 5 minutes.

4. Purée 2 cups soup in blender until smooth. Stir back into chowder. Serve sprinkled with remaining 1 tsp. rosemary.

PER 1½-CUP SERVING: 216 CAL; 7 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 28 G CARB; 0 MG CHOL; 17 MG SOD; 3 G FIBER; 2 G SUGARS  

Caramelized Onion and Savoy Cabbage Chowder with Thyme

SERVES 6

Green cabbage can be substituted for savoy cabbage in this hearty chowder.

- ½ cup apple cider
- 1 Tbs. low-sodium soy sauce
- 2 tsp. apple cider vinegar
- 2 Tbs. olive oil, divided
- 2 Tbs. unsalted butter, divided
- 12 oz. savoy cabbage, cut into large dice (6 to 7 cups)
- 3 large onions, cut into large dice (1½ lb.)
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. fresh thyme leaves, roughly chopped, divided
- 3 cups Cheese Croutons (recipe, p. 61)

1. Combine apple cider, soy sauce, and vinegar in small bowl.
2. Heat 1 Tbs. olive oil and 1 Tbs. butter in skillet over medium-high heat. Add cabbage, and season with salt, if desired. Cook 5 to 7 minutes, stirring occasionally. Transfer to shallow bowl.
3. Heat remaining 1 Tbs. oil and 1 Tbs. butter in large Dutch oven over medium heat. Add onions, and season with salt, if desired. Cover, and cook 8 to 10 minutes, or until onions are softened, stirring occasionally. Uncover, and cook 16 to 18 minutes, or until onions are golden brown. Add garlic, 1½ Tbs. thyme, and apple cider mixture, stirring to scrape up browned bits on pan bottom. Bring to a simmer, and cook 1 minute. Add cabbage and 5 cups water,

and bring to a boil. Reduce heat to medium-low, partially cover, and cook 15 minutes. Serve topped with Cheese Croutons and remaining 1½ tsp. thyme.

PER SERVING (1½-CUP SOUP PLUS ½ CUP CROUTONS):

334 CAL; 7 G PROT; 21 G TOTAL FAT (8 G SAT FAT); 33 G CARB; 26 MG CHOL; 215 MG SOD; 9 G FIBER; 9 G SUGARS

Cheese Croutons

MAKES 3 CUPS

These crunchy garlic croutons get an extra bit of flavor from nutty Swiss or Gruyère cheese sprinkled on after toasting.

- 8 oz. whole-grain ciabatta or other rustic bread, cut into ¾-inch cubes
- 3 Tbs. olive oil
- 2 Tbs. unsalted butter
- 2 cloves garlic, minced (2 tsp.)
- ¼ cup finely grated Swiss or Gruyère cheese

1. Preheat oven to 350°F. Line baking sheet with parchment paper. Place bread cubes in heat-proof bowl.
2. Warm olive oil and butter in medium skillet over low heat. Add garlic, and mash it with back of wooden spoon to break up a bit more. Increase heat to medium, and cook 3 to 4 minutes, or until garlic starts to turn light brown around edges. Remove from heat, and discard garlic pieces.
3. Drizzle oil mixture over bread cubes, stirring to coat. Season with salt, if desired. Spread bread cubes on prepared baking sheet. Bake 15 to 20 minutes, or until crisp and brown on bottoms. Push croutons close together, and sprinkle cheese over all. Bake 2 minutes more, or until cheese melts. Cool on baking sheet, then pull apart to serve.

PER SERVING (½ CUP CROUTONS): 185 CAL; 4 G PROT; 13 G TOTAL FAT (4 G SAT FAT); 16 G CARB; 16 MG CHOL; 103 MG SOD; 6 G FIBER; 1 G SUGARS

Farmers' Market Chowder

SERVES 6

While corn and leeks are essential here, feel free to substitute potatoes, carrots, or other root vegetables for some or all of the sweet potatoes. You could also mix in yellow wax or purple beans with the green beans or use basil instead of cilantro.



Corn chowder gets extra flavor from steeping cobs in the creamy base before cooking.

- 4 large (or 5 small) ears corn, kernels removed and cobs reserved
- 2½ cups low-fat milk
- 2 cloves garlic, peeled and crushed, plus 3 cloves garlic, minced (1 Tbs.), divided
- 2 Tbs. unsalted butter
- 3 Tbs. olive oil, divided
- 3 cups sliced leeks (5 medium)
- ½ tsp. smoked paprika
- ½ cup dry sherry
- 12 oz. peeled sweet potatoes, cut into medium dice
- ½ lb. green beans, cut into ½-inch pieces
- 2 Tbs. chopped fresh cilantro
- Lime wedges, optional



1. Combine corn kernels, milk, and crushed garlic in saucepan. Run back of knife down cobs to release milk and pulp into saucepan, then add cobs to pan. Bring to a boil. Remove pan from heat, and let steep.
2. Heat butter and 1 Tbs. oil in Dutch oven over medium-low heat. Add leeks, cover, and cook 15 minutes, stirring occasionally. Add minced garlic and

paprika, and cook 30 seconds. Stir in sherry, and cook 30 seconds. Add 4 cups water, and remove pot from heat.

3. Heat 1 Tbs. oil in skillet over medium-high heat. Add sweet potatoes, and sauté 8 minutes, or until browned; transfer to Dutch oven. Add remaining 1 Tbs. oil to same skillet, add green beans, and sauté 3 minutes. Transfer beans to plate.

4. Bring mixture in Dutch oven to a boil, reduce heat to medium-low, and simmer 5 minutes. Add green beans, and cook 4 minutes more.

5. Strain milk mixture, and discard solids. Stir milk mixture and 1 Tbs. cilantro into chowder. Season with salt and pepper, if desired. Sprinkle with remaining cilantro, and serve with lime wedges.

PER 1½-CUP SERVING: 280 CAL; 8 G PROT; 13 G TOTAL FAT (4 G SAT FAT); 37 G CARB; 15 MG CHOL; 80 MG SOD; 5 G FIBER; 15 G SUGARS  

Susie Middleton's nickname (and the name of her blog sixburnersue.com) "has something to do with hogging the kitchen," she says. She is the author of Fast, Fresh & Green: More Than 90 Delicious Recipes for Veggie Lovers.



Laurie David
and Kirstin
Uhrenholdt,
authors of
*The Family
Dinner*, share
tips and recipes
for making
the most of
a family ritual

guess who's coming to **DiNINNER**



(everyone)

BY Laurie David and Kirstin Uhrenholdt



As summer comes to a close, leisurely evenings on the patio to the tune of crickets and sprinklers give way to hectic after-school hours when you can practically hear the clock ticking. Last-minute supply runs, lunch-box challenges, homework—getting it all done often means family dinners fall by the wayside.

Don't let that happen! Dinner is the most important activity a family can share. Research shows that many of the things parents worry about

Crispy Quinoa Cakes and
Roasted Red Pepper Sauce, p. 65



CAMDEN SKY SALAD PLATE FROM CRATEANDBARREL.COM

most—drug and alcohol use, smoking, and teen pregnancy—are less likely to happen when families have meals together. And according to a recent study conducted at the University of Illinois at Urbana-Champaign, children and adolescents who eat at least three meals a week with their families are more likely to have healthy weight levels and are less susceptible to eating disorders.

The first step toward reaping these benefits is to make dinner part of your daily routine. The meal can take any form: healthful quinoa cakes, made-with-love veg meatballs, even grilled cheese sandwiches; what's important is sharing a meal and spending time together each day.

Second step: start talking. Conversation isn't always easy at the end of a long day, so preparation is key. Trading questions with one-word answers for open-ended queries (see "Table Talk," p. 65) makes it easier for tired adults and touchy teenagers to open up.

Finally, find simple ways to make mealtime special: play music, light candles, decorate the table. After all, you're setting the scene for mealtimes that are meaningful, memorable, and fun, and establishing the dinner table as the best place for everyone to be every night.

PHOTOGRAPHY **Maryellen Baker** FOOD STYLING **Liesl Maggiore** PROP STYLING **Robin Turk**

Veg Greek Meatballs
in a Fragrant Tomato
Sauce with Feta Cheese





table talk

Conversation starters can be key to getting kids to open up at the table. Here are a few to try that go beyond the usual “How was school?”

- What were your highs and lows at school today? Can you remember a time when something you thought was a low turned out to be a high?
- If you could make a wish come true for someone else, what would it be and why?
- Want to hear a story about when you were little?
- Tell us about a time you could not stop laughing.

Veg Greek Meatballs in a Fragrant Tomato Sauce with Feta Cheese

SERVES 12 (MAKES 48 MEATBALLS)

Seitan and cottage cheese get blended together for veg meatballs that will fool even diehard omnivores. This recipe makes a lot—leftovers are great in sandwiches or can be reheated.

Recipe adapted from *The Family Dinner*.

- 3 8-oz. pkg. plain seitan, rinsed and drained
- 1 8-oz. pkg. low-fat cottage cheese or ricotta
- 1 cup unseasoned breadcrumbs
- 1 small onion, finely chopped (1 cup)
- 1 large egg, lightly beaten
- 3 Tbs. lemon juice
- 2 Tbs. finely chopped fresh dill
- 2 Tbs. finely chopped fresh mint and/or parsley, plus more for garnish
- 2 tsp. ground cumin
- 1 tsp. baking soda
- ½ tsp. allspice
- ¼ tsp. ground cinnamon
- 2 Tbs. olive oil
- 1 25-oz. jar tomato sauce
- 1 cup crumbled feta cheese, optional

1. Pulse seitan in food processor until finely ground. Transfer to bowl, and add all ingredients except oil, tomato sauce, and feta. Mash mixture with hands or

potato masher until mixture comes together. Season with salt and pepper, if desired. Chill 30 minutes.

2. Preheat oven to 350°F. Coat baking dish with oil. Scoop seitan mixture into golf ball-size meatballs, and place in prepared baking dish. Bake 20 minutes.

3. Pour tomato sauce over meatballs, and sprinkle with feta (if using). Bake 30 minutes, or until sauce is bubbly.

PER SERVING (4 MEATBALLS): 168 CAL; 21 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 16 MG CHOL; 684 MG SOD; 2 G FIBER; 4 G SUGARS

Crispy Quinoa Cakes

SERVES 6 | 30 MINUTES OR FEWER

Serve these with Roasted Red Pepper Sauce (recipe below). After trying the recipe as is, mix things up: Replace 1 cup quinoa with lentils, and season with curry powder to make Indian koftas. Or mix in more chopped parsley, and serve in pitas for quinoa falafel.

Recipe by Kirstin Uhrenholdt.

- 1 large egg
- 2 Tbs. all-purpose flour
- 1½ Tbs. tahini or nut butter
- 1½ tsp. red or white wine vinegar
- 1½ cups cooked quinoa
- ½ cup finely grated sweet potato
- ½ 10-oz. pkg. frozen spinach, thawed and squeezed dry
- ¼ cup chopped sun-dried tomatoes

- ¼ cup chopped nuts, optional
- 2 oz. crumbled feta cheese, optional
- 2 Tbs. finely diced onion
- 1 Tbs. chopped fresh parsley or cilantro
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. salt

Preheat oven to 400°F. Coat baking sheet with cooking spray. Combine egg, flour, tahini, and vinegar in bowl. Stir in remaining ingredients, then mash together until mixture is firm enough to shape into cakes. Shape mixture into ¼-cup patties with wet hands. Bake on prepared baking sheet 25 minutes, turning once, or until cakes are browned.



PER SERVING (2 CAKES): 125 CAL; 6 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 31 MG CHOL; 282 MG SOD; 3 G FIBER; 2 G SUGARS

Roasted Red Pepper Sauce

MAKES 2½ CUPS | 30 MINUTES OR FEWER

Serve this quick, healthful dipping sauce with Crispy Quinoa Cakes.

- 1½ cups roasted red peppers, drained
- ½ cup toasted almonds
- 1 clove garlic
- 2 tsp. red wine vinegar

Purée all ingredients in food processor. PER ¼-CUP SERVING: 40 CAL; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 111 MG SOD; 1 G FIBER; 1 G SUGARS  



Thai Lettuce Wraps

Kids in the Kitchen

From plucking herbs to making wraps, involvement in the cooking process encourages kids to be open to new foods. These tips keep things streamlined, safe, and satisfying.

- Set out ingredients and utensils within easy reach on the counter. That way kids won't lose interest in helping while you're searching for a spatula.
- Make a ritual of singing a 20-second song, such as "Happy Birthday," while washing hands. Come up with a safety speech on sharp knives and hot stoves, and repeat it regularly.
- Put kids in charge of trash disposal and storage. Make them responsible for getting recyclables in the right bins, and finding alternatives to using plastic wrap and foil.
- Taste the food often. Ask questions about it: "Does this tomato sauce need a little more salt?" Listen to kids' opinions. Dip a lettuce leaf into the salad dressing, and decide together if it needs more oil or vinegar.
- Finish recipes at the table. Assembling sandwiches and wraps creates a sense of ownership and involvement.
- Be delighted with the results, no matter what. Kids thrive on success, so sprinkle the meal with compliments and drizzle with love.



Crunchy Green Tahini Salad



Crunchy Green Tahini Salad

SERVES 4 | 30 MINUTES OR FEWER

Surprise! This is a superhealthful green salad your kids will love.

Recipe from *The Family Dinner*.

SALAD

- 2 12-oz. bunches kale, stems removed
- ½ cup lemon juice
- ½ cup olive oil
- 2 Tbs. tahini
- 2 Tbs. Bragg Liquid Aminos, optional
- 3 cloves garlic, peeled
- ¼ tsp. honey, optional


OPTIONAL ADD-INS

- 1 cup chopped parsley or mint
- 1 cup grated carrots
- 1 lb. roasted red potatoes
- ¼ cup dried cranberries
- ½ cup toasted pine nuts or almonds
- 1 orange, divided into segments
- ½ cup feta cheese

1. Stack 8 kale leaves, and roll into tight cylinder. Slice into thin strips. Repeat with remaining kale. Transfer to large bowl.

2. Blend ½ cup water, lemon juice, oil, tahini, Bragg Liquid Aminos (if using), garlic, and honey (if using) in blender or food processor until smooth. (You'll have about 1 cup dressing.) Toss kale with ³/₄

cup dressing, more if using any add-ins. Season with salt and pepper, if desired.

PER 1-CUP SERVING (BASIC DRESSED SALAD): 213 CAL; 5 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 14 G CARB; 0 MG CHOL; 296 MG SOD; 3 G FIBER; <1 G SUGARS 

Thai Lettuce Wraps

SERVES 6 | 30 MINUTES OR FEWER

Ground tempeh replaces ground chicken in this make-at-the-table recipe adapted from *The Family Dinner*. Serve with lime wedges and sriracha chile sauce.

SAUCE

- ¼ cup lime juice
- ¼ cup sugar
- 2 Tbs. low-sodium soy sauce
- 1 Tbs. rice vinegar
- ½ tsp. light brown sugar

FILLING

- 2 8-oz. pkg. plain tempeh, broken into chunks
- 1 Tbs. vegetable oil
- 2 Tbs. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- 1 cup low-sodium vegetable broth
- ¼ cup chopped fresh mint
- ¼ cup lime juice
- 2 Tbs. chopped shallots
- 1 Tbs. low-sodium soy sauce
- 1 Tbs. rice vinegar

- 2 tsp. sugar
- 1 tsp. chile sauce, such as sriracha
- ¼ tsp. light brown sugar


TOPPINGS AND WRAPS

- ½ lb. green beans, thinly sliced
- 2 cups bean sprouts
- 1 cucumber, peeled into thin strips
- 1 large carrot, shredded
- Fresh mint, cilantro, and basil
- 18 whole large lettuce leaves
- ½ cup chopped peanuts

1. To make Sauce: whisk together all ingredients in small bowl.

2. To make Filling: Pulse tempeh in food processor until coarsely crumbled. Heat oil in skillet over medium heat. Add ginger and garlic, and sauté 1 minute. Add tempeh and broth, cover, and cook 5 minutes. Uncover, increase heat to medium-high, and cook 10 minutes, or until liquid has evaporated. Stir in remaining ingredients.

3. Mound vegetables, herbs, and tempeh mixture on platter. Let diners fill lettuce leaves with Filling and Toppings. Serve with bowls of Sauce and peanuts.

PER WRAP (1 LETTUCE LEAF FILLED WITH ¼ CUP FILLING AND ¼ CUP TOPPINGS): 112 CAL; 8 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 12 G CARB; 0 MG CHOL; 109 MG SOD; 4 G FIBER; 5 G SUGARS 



grilled cheese, please



There is no reason why your family shouldn't have lunch for dinner. You can probably find the ingredients for this meal in your fridge right now. Encourage kids to name their sandwich creations.

THE ESSENTIALS

Breads (any kind you like)
Cheeses (any type you love, sharp or mild)
Olive oil or melted butter for brushing bread

THE EXTRAS (CHOOSE YOUR FAVORITES)

Sliced apples or pears	Olive tapenade
Sliced fresh tomatoes	Pesto
Chopped sun-dried tomatoes	Aioli
Sliced avocado	Honey mustard
Fresh basil leaves	Fig jam
	Apple butter

1. Preheat oven to 400°F. Coat baking sheet with cooking spray, or line with parchment paper.
2. Set sandwich fixings out on the table or counter, then invite family members to build their own grilled-cheese creations.
3. Brush sandwich top and bottom with olive oil or melted butter, then place on prepared baking sheet. Bake until bread is golden-brown and cheese is melted.

For more family dinner tips, guidelines, recipes, and advice, log on to thefamilydinnerbook.com.



Vegetable Moo Shu Wraps

SERVES 8 | 30 MINUTES OR FEWER

Skip the restaurant, and enjoy Chinese food at home with a veggie stir-fry served with hoisin sauce and moo shu pancakes (found in the frozen section of Asian markets). To assemble, smear hoisin on a pancake, spoon in stir-fry, and roll like a burrito. Vegans can substitute rice paper wrappers and swap baked tofu strips for the eggs and agave syrup for the honey.

Recipe by Kirstin Uhrenholdt.

SAUCE

- ½ cup vegetable broth or water
- 2 Tbs. low-sodium soy sauce



- 2 Tbs. sesame oil
- 1 Tbs. rice wine vinegar or lime juice
- 2 tsp. cornstarch
- 1 tsp. honey

FILLING

- 3 large eggs
- 1 tsp. low-sodium soy sauce
- 1 tsp. sesame oil
- 1 Tbs. vegetable oil, divided
- 1 small red onion, sliced (1 cup)
- 2 Tbs. grated fresh ginger
- 1 cup large stemmed shiitake mushrooms, cut into thin strips
- 2 cloves garlic, minced (2 tsp.)
- 3 cups shredded cabbage
- 1½ cups snow peas, sliced lengthwise
- 1½ cups shredded carrots
- 2 green onions, thinly sliced on the diagonal

WRAPS

- 16 Chinese moo shu pancakes or small, thin flour tortillas
- Large lettuce leaves, optional
- Hoisin sauce, for spreading inside wrappers

1. To make Sauce: Combine all ingredients in jar, close lid, and shake to combine. Set aside.

2. To make Filling: Whisk together eggs, soy sauce, and sesame oil in bowl. Heat 1½ tsp. vegetable oil in wok or large skillet over medium heat. Add eggs, swirl to spread over pan, and cook 1 minute. Flip with spatula, and cook 1 minute more. Slide onto cutting board, and slice into thin strips. Set aside.

3. Wipe out wok or skillet, add remaining 1½ tsp. oil, and heat over medium-high heat. Add onion and ginger; stir-fry 2 to 3 minutes, or until onion begins to soften. Add mushrooms and garlic, and stir-fry 5 minutes, or until mushrooms are golden. Add cabbage, snow peas, carrots, and green onions; stir-fry 2 minutes more. Stir in Sauce, and simmer 2 to 3 minutes, or until Sauce thickens. Fold egg strips into stir-fry mixture. Transfer to serving platter, and serve with warm moo shu pancakes, lettuce leaves (if using), and hoisin sauce.

PER WRAP: 119 CAL; 4 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 35 MG CHOL; 278 MG SOD; 2 G FIBER; 4 G SUGARS

For the past decade, Laurie David and Kirstin Uhrenholdt's goal has been to figure out how to make dinnertime fun and memorable.

1 FOOD 5 WAYS

RECIPES BY Rochelle Palermo

NUTRITIONAL PROFILE

½ CUP UNPEELED SLICED CUCUMBER CONTAINS THE FOLLOWING:

- 8 CALORIES
- 50 G WATER
- 5 G SUGAR
- 1.5 MG VITAMIN C
- 4 MCG FOLATE

cucumbers



Fresh ideas for a surprisingly versatile vegetable

Here's a fun fact: thanks to its high water content, the inside of a cucumber can be up to 20 degrees cooler than the temperature outside in a hot summer garden. In fact, we've found that this crisp, juicy veggie can stand up to just about any type of heat you toss its way, from spicy-hot chiles and ginger-laced dressings to intense blender speeds and broiler oven settings.

Tofu and Cucumber Salad with
Sesame-Ginger Dressing, p. 72





Blueberry-Cucumber Smoothie

KNOW YOUR CUKES

Cucumber varieties are interchangeable in recipes, though certain types lend themselves better to certain dishes.

🍷 GARDEN, COMMON, OR FIELD-GROWN

The familiar, year-round salad staple with a sweet, slightly citrusy flavor.

🍷 ENGLISH, HOTHOUSE, OR BURPLESS

Longer, smoother, and greener than garden cucumbers; some chefs prefer these for their thin skin, small seeds, and mild flavor.

🍷 **JAPANESE** Long and bumpy, with a thin skin and delicate flavor.

🍷 **KIRBY** Short and bumpy; ideal for pickling.

🍷 **LEMON** Round, yellow heirloom variety that's gorgeous in salads and pickles.

🍷 **PERSIAN** Small, slender, and thin-skinned, with sweet flesh and small seeds.


Blueberry-Cucumber Smoothie

SERVES 4 | 30 MINUTES OR FEWER

Blended cucumbers thicken a lightly sweet smoothie for a low-cal breakfast or a refreshing afternoon snack.

- 2 large garden cucumbers, peeled, seeded, and cut into chunks (2 cups)
- 1 cup low-fat vanilla yogurt
- 1 cup frozen blueberries
- 1–2 Tbs. honey or agave nectar
- 1 Tbs. lemon juice

Place all ingredients in blender, and blend until smooth.

PER ¼-CUP SERVING: 102 CAL; 4 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 3 MG CHOL; 42 MG SOD; 2 G FIBER; 19 G SUGARS 

Panang Cucumber Curry

SERVES 6 | 30 MINUTES OR FEWER


With a little heat and a spicy curry paste, cucumbers star in a hearty Indonesian dish. Serve in bowls with steamed basmati rice.

- 1 Tbs. canola oil
- 1 4-oz. can panang curry paste, such as Maesri
- 1 13-oz. can light coconut milk
- 3 kaffir lime leaves, or 1½ tsp. grated lime zest
- 1½ tsp. low-sodium soy sauce, plus more to taste, optional
- 1 large English cucumber or 2 medium garden cucumbers, peeled, seeded, and cut into ¾-inch cubes (2 cups)
- 1 small red bell pepper, cut into strips (1 cup)
- ½ onion, thinly sliced
- ¾ cup Thai basil leaves or coarsely chopped sweet basil leaves
- 14 oz. extra-firm tofu, drained and cut into ¾-inch cubes
- ¼ cup coarsely chopped cilantro
- 2 tsp. fresh lime juice

1. Heat oil in large skillet over medium-low heat. Add curry paste, and cook 4 minutes, or until paste thickens and begins to brown, stirring often. Stir in

coconut milk, kaffir lime leaves, and soy sauce (if using). Simmer 5 minutes, or until sauce thickens enough to coat back of spoon.

2. Add cucumber, bell pepper, and onion to curry sauce. Simmer 10 to 12 minutes, or until cucumber is crisp-tender. Stir in basil, then gently fold in tofu. Simmer 3 minutes, or until tofu is heated through. Stir in cilantro and lime juice. Season with more soy sauce, if desired.

PER 1-CUP SERVING: 196 CAL; 9 G PROT; 11 G TOTAL FAT (4 G SAT FAT); 12 G CARB; 0 MG CHOL; 795 MG SOD; 5 G FIBER; 6 G SUGARS 

Tofu and Cucumber Salad with Sesame-Ginger Dressing

SERVES 4 | 30 MINUTES OR FEWER

Furikake, a Japanese rice seasoning, adds subtle taste and texture to this salad. To make your own furikake, crumble 1 sheet of nori (toasted seaweed used to wrap sushi) and toss with 2 tsp. toasted sesame seeds and ¼ tsp. sea salt.



Cucumber Gratin

DRESSING


- ½ cup reduced-fat vegan mayonnaise
- ¼ cup unseasoned rice vinegar
- 3 Tbs. minced fresh ginger
- 2 Tbs. toasted sesame seeds
- 4 tsp. tamari or low-sodium soy sauce
- 2 tsp. mirin (rice wine)
- 1½ tsp. sugar

SALAD

- 1 16-oz. pkg. soft tofu, drained
- 3 Japanese cucumbers, 1 English cucumber, or 2 garden cucumbers, thinly sliced
- 1 avocado, halved and sliced
- 2 oz. daikon radish sprouts, trimmed
- 6 green onions, thinly sliced
- 4 tsp. veg furikake seasoning, such as Eden Shake

1. To make Dressing: Blend all ingredients in blender 1 minute. Chill.
2. To make Salad: Cut tofu into 12 rectangular slices. Lay 3 slices of tofu, overlapping slightly, on each of 4 plates. Arrange cucumber slices around tofu,

and fan avocado slices on plates. Scatter sprouts, then green onions over vegetables. Drizzle Dressing over Salad. Sprinkle with furikake.

PER SERVING: 284 CAL; 12 G PROT; 19 G TOTAL FAT (<1 G SAT FAT); 18 G CARB; 0 MG CHOL; 549 MG SOD; 6 G FIBER; 4 G SUGARS 

Persian Pico de Gallo


SERVES 6 | 30 MINUTES OR FEWER

The best way to describe this recipe is a reinterpretation of Mexican salsa using Middle Eastern flavors. Serve with pita chips, or use as a condiment with falafel.

- 2 tomatoes, seeded and diced (1½ cups)
- 2 Persian cucumbers, ½ English cucumber, or 1 garden cucumber, diced (1½ cups)
- ½ small white onion, finely diced (½ cup)
- ½ cup fresh mint leaves, chopped
- 2 green onions, finely chopped
- 1 jalapeño chile, seeded and chopped
- 3 Tbs. lemon juice

- 2 Tbs. olive oil
- 1½ tsp. kosher salt
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. dried mint
- 1 tsp. sumac, optional

Stir together all ingredients in bowl. Serve immediately, or within 8 hours.

PER ½-CUP SERVING: 67 CAL; 1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 0 MG CHOL; 491 MG SOD; 2 G FIBER; 3 G SUGARS  

Cucumber Gratin

SERVES 6

This dish takes its inspiration from Julia Child's recipe for baked cucumbers in *Mastering the Art of French Cooking*.

- 2 Tbs. unsalted butter
- 2 English cucumbers or 3 garden cucumbers, peeled, halved, seeded, and cut into 2- x ½-inch strips (4 cups)
- ¾ tsp. salt
- ⅓ tsp. sugar
- ¼ cup chopped fresh chives
- 2 tsp. chopped fresh tarragon
- 1 tsp. coarsely chopped fresh dill
- 1 tsp. grated lemon zest
- ⅓ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese

1. Preheat oven to 375°F. Melt butter in saucepan over medium heat. Cook 3 minutes, or until beginning to brown.
2. Toss cucumbers in 13- x 9-inch baking dish with 1 Tbs. brown butter, salt, and sugar. Bake 25 minutes.
3. Remove dish from oven, and preheat broiler. Add chives, tarragon, dill, and lemon zest to cucumbers, and toss to coat. Season with pepper, if desired.
4. Stir together breadcrumbs, Parmesan, and remaining 1 Tbs. brown butter in bowl. Sprinkle breadcrumb mixture over cucumbers. Broil 2 minutes, or until crumbs are golden brown.

PER ½-CUP SERVING: 85 CAL; 2 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 7 G CARB; 13 MG CHOL; 355 MG SOD; <1 G FIBER; 2 G SUGARS 

Longtime VT contributor Rochelle Palermo develops, tests, and edits recipes and produces cooking shows.

BY Karen Edwards ILLUSTRATIONS Catherine Lazure

The title 'eat clean FOR LESS' is presented in a decorative, hand-drawn style. 'eat' is in white on a dark green rectangular background. 'clean' is in a large, bold, olive-green font. 'FOR LESS' is in a black, hand-drawn font on a light yellow, torn-edge paper background. The entire title is framed by a black diamond-patterned border, and a dotted orange line runs along the bottom edge of the 'FOR LESS' paper.

eat clean FOR LESS

10
ways to
stretch
your
organic
food
dollars

Does it feel like your weekly grocery bills are approaching the national debt? Food prices are definitely on the rise, but this is no time to stop buying organic.

Deborah Madison, chef and author of *Seasonal Fruit Desserts*, refuses to compromise. "Buying organic remains incredibly important to me," she says. "I know the damage that's done through conventional farming and genetically modified crops, and it's considerable."

Michael Stebner, executive chef of the sustainable-food restaurant True Food Kitchen, agrees that organic shouldn't be considered a luxury: "There is this negative stigma to organic food prices, but you're buying quality." Still, if price is an obstacle, there are ways to cut costs without compromising on quality. Here, chefs and other food experts offer their best strategies.

1 Know the "Dirty Dozen."

When money is tight, says Stebner, focus on the "necessary organics," those fruits and vegetables on the Environmental Working Group's "Dirty Dozen" list (for the latest list, released in June, see p. 77). "In general, if it has a skin you don't eat, it's OK to buy nonorganic to stretch your dollars," he notes.

2 Rethink the center aisles.

The conventional healthful-shopping advice is to favor the perimeter of the store, where fresh fruits and veggies reside. But the center aisles also can be a great source of organic bargains, says Linda Watson, author of *Wildly Affordable Organic*. "Here's where you'll find organic dried beans, rice, tea, and flour for bread, and all of it is affordable," she explains.

Seek out store-brand organic products, which tend to be less expensive than those found in the natural-foods section, says Teri Gault, founder of *thegrocerygame.com* and author of *Shop Smart, Save More*.

Cindi Avila, a vegetarian chef who has competed on the Food Network's *Chopped*, recommends browsing the international food aisle. "Much of the food here is organic, natural, and inexpensive," she says. "And when you're not seeing the same ingredients, it forces you to think outside the box and come up with different menus."



3 Use coupons.

"Yes, they do make coupons for organic groceries," says Paige Wolf, author of *Spit That Out!* Log on to mambosprouts.com, organicdeals.com, and recyclebank.com for the latest deals. "Whole Foods has its own coupon book, which you can clip online at wholefoodsmarket.com/coupons," she adds.

And don't be afraid to ask for a bargain, advises Domenica Catelli, a recurring judge on *Iron Chef America* and owner of Catelli's restaurant in Geyserville, Calif. "If you know of a lower price on an item, ask the store to match it," she says. "Not all stores will do it, but it doesn't hurt to ask."



4 Step outside the supermarket.

Farm stands or farmers' markets, where you can buy local produce in season (and often in bulk), can be a real value, says Mark Kastel, cofounder of the Cornucopia Institute. Foods tend to be cheapest at their seasonal peaks, and just-picked quality will inspire you to eat it all up.

5 Choose sturdy, multipurpose veggies.

If you're throwing away parts of your food, you're throwing away money. That's why buying produce, such as pumpkin, where both the flesh and seeds are edible is a good bargain, says Tracy Wilczek, MS, RD, LD, a dietitian with Florida's Pritikin Longevity Center and Spa.

Broccoli is another economical option, says Madison: "Everyone eats the tops, but if you peel the stems you can use them in soups and salads."

"Sturdy" vegetables, such as carrots, cabbage, and cauliflower, are also smart buys. "Other vegetables wilt right away, but these will last a while," says Watson.

6 Edit your spice rack.

Dried herbs keep their potency for about six months, so it doesn't make sense to keep spice racks loaded with full jars, says Wilczek: "If you're using dried herbs, be picky. Buy only what you'll really use." Natural-foods stores and some supermarkets offer organic herbs and spices in bulk, so you can measure out what you need and pay by the ounce. (Tip: when discarding expired jarred spices, clean the jars and reuse for your bulk buys.)

7 Grow it yourself.

When it comes to fresh herbs, grow your own, advises Catelli, who keeps a couple of herb pots on her windowsill. Next time a recipe calls for fresh rosemary, skip the \$2.50 clamshell pack in the produce aisle and head for the store's flower department. Invest \$4 on a small rosemary plant, and you'll have a steady supply of the herb for years to come. "Why buy herbs when they're so easy to grow?" asks Madison.

Thinking beyond herbs, Mark Simmons, a caterer and contestant on season four of *Top Chef*, says the best plants for first-time gardeners are disease-resistant, high-yield veggies, such as tomatoes, bell peppers, eggplant, peas, and bush beans. He also recommends spinach, kale, and Swiss chard. "These greens will produce all season long," he says.

8 Fatten your freezer.

When it comes to stretching food dollars, the freezer can be your best friend, says Kastel: "Buy fresh fruits and vegetables in season, eat what you can, and freeze the rest."

Frozen organic fruits and vegetables (again, seek out store brands) can also be a bargain when fresh produce goes out of season—plus, they're convenient, says Wilczek: "The produce has been cleaned and is ready for use."

Gilda Mulero, a natural-foods chef and cooking instructor, offers another tip: throw freezer leftovers into a blender and whip up a smoothie. "I freeze spinach, chard, beets, strawberries, and blueberries and make a smoothie out of it with coconut water. It's my power smoothie," she says.

9 Can it!

Buying produce in bulk and canning it is a way to save cash, as well as extend the summer growing season. "Food co-operatives and extension offices are offering more canning classes, and they're filling up," says Kastel. "It's part of a new self-sufficiency mind-set."

Suvir Saran, executive chef and partner of New York's Dévi Restaurant and a contestant on this past spring's *Top Chef Masters*, suggests another way to preserve local produce when it's in season: prepare chutneys and relishes. Because of their acidic content, they can sit on a shelf unopened for up to a year if appropriately processed and canned.

10 Hone your knife skills.

Mulero says learning to use a knife is one of the first skills she teaches students. "The cut-up fruits and vegetables in the market are usually three times the price and three times less quality," she notes. Rarely are they organic, and precut produce doesn't last as long in your fridge. Better to trim, chop, and dice yourself. 🍴

the new

DIRTY DOZEN

According to the Environmental Working Group's latest findings (just released in June), these are the 12 most pesticide-laden conventionally grown fruits and vegetables, followed by the 15 lowest in pesticide residue. This year, apples move from the No. 4 position to No. 1 on the Dirty Dozen; mushrooms make their first appearance on the Clean 15. Shop accordingly.

DIRTY DOZEN

(buy these organic)

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/collard greens

CLEAN 15

(least contaminated)

1. Onions
2. Sweet corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe (domestic)
10. Kiwifruit
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

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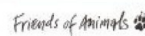


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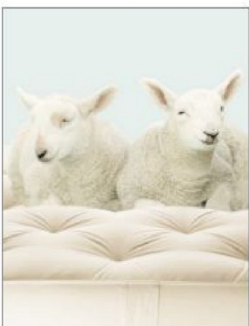


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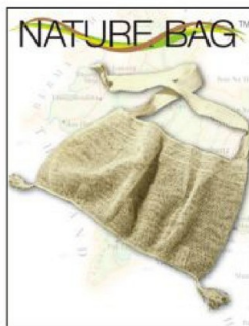


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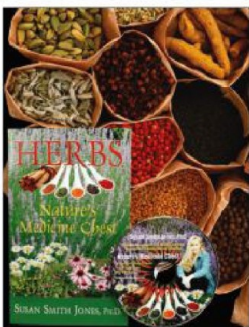


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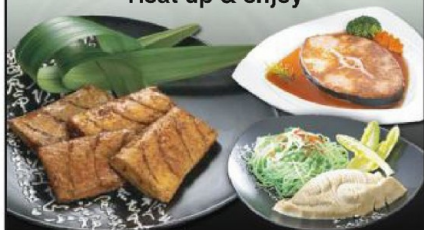
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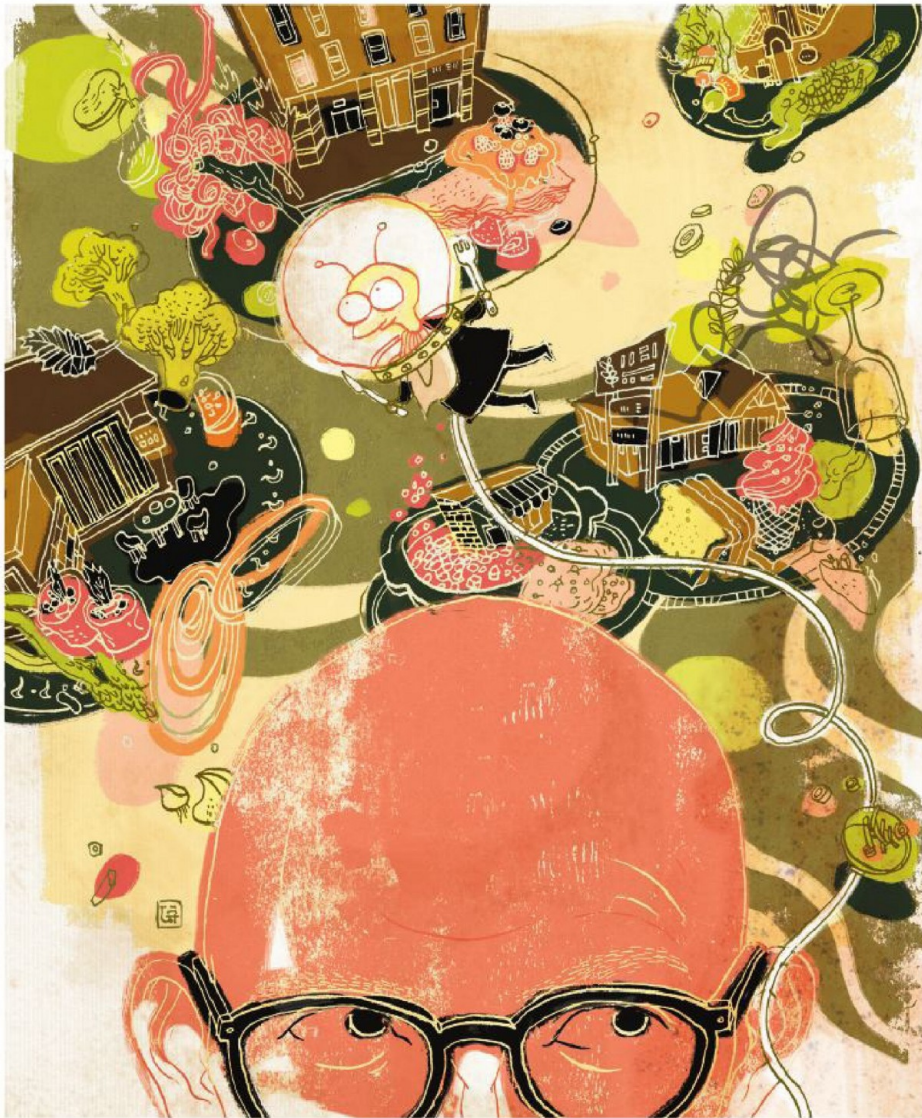
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BY Amy Spitalnick



on the road with Moby

Where in the world this rambling musician scores veg fare

Moby's ninth studio release, *Destroyed*, takes us behind the scenes on a global tour with the Grammy-nominated musician. Accompanying the atmospheric tracks, composed mostly late at night in hotel rooms, a book of Moby's photographs documents the life of a 21st-century wandering troubadour. Here, a sampling of his veg restaurant finds.

Austin, Tex.

Mr. Natural
mrnatural-austin.com

From the outside (and, well, the inside too), it looks like a greasy spoon, but it serves amazing vegetarian Mexican food.

Porto Alegre, Brazil

Café Bonobo
cafebonobo.com.br

Here, in a fairly small city, I came across this punk rock vegan restaurant where I had a phenomenal meat-free feijoada.

Stockholm, Sweden

Hermans
hermans.se

Perched on a cliff overlooking the harbor, this house-turned-vegetarian restaurant has a hippie vibe, though you'll see glamorous types eating here too.

Lisbon, Portugal

Paladar Zen
paladarzen.pt

I discovered this tiny vegetarian all-you-can-eat buffet off a side street. After my friends and I ate there, the owner joked that he was going to cross off "all you can eat" from the sign out front. 🌱

tip With Web sites such as happycow.net, it's now really easy to be a well-fed veg traveler almost anywhere, Moby says.



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daisybrand.com/cottagecheese

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How Can You Help People, Animals and the Earth?

WORLD VEGETARIAN DAY 2011

October 1 is the Annual Kickoff of Vegetarian Awareness Month

Make a difference this October by informing others about the benefits of vegetarianism. You will be helping to create a better world because vegetarian diets have proven health benefits, save animals' lives and help to preserve the Earth.

It's easy to get involved. Display our **FREE**, colorful, informative poster (see right) in your community. Post it at a local store, office, coffee shop, library, school or other suitable location. Use it as a great way to start a discussion about the benefits of vegetarianism with the people in your life.

Make an even bigger impact by encouraging friends at your workplace, college, community and on Facebook and Twitter to pledge to go vegetarian for the day, week or the entire month of October. Non-vegetarians who pledge to abstain from all meat, fish and fowl will be entered in a random drawing for up to \$1,000! You can download pledge cards at our website or people can pledge online. Anyone pledging to go vegetarian can order our **FREE** booklet **Vegetarianism: Answers to the Most Commonly Asked Questions**. This handy 16 page booklet contains tips to get newcomers started, plus nutrition facts and recipes.

For more ideas about how you can participate in World Vegetarian Day, download pledge cards and order vegetarian message shirts, inexpensive pamphlets and **FREE** posters, visit our website at worldvegetarianday.org



To get your **FREE** vegetarian information poster go to: worldvegetarianday.org



North American Vegetarian Society | PO Box 72 | Dolgeville, New York 13329 | 518.568.7970 | navs@telenet.net

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