

30-MINUTE WEEKNIGHT MEALS * IN SEASON: LEMONS 5 WAYS

vegetarian

times

EAT GREEN • LIVE WELL

32 SPECTACULAR SEASONAL RECIPES

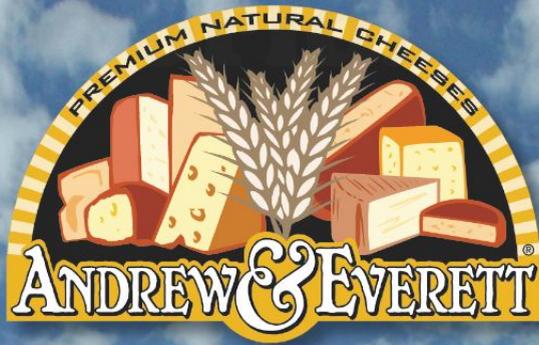
STRESS-FREE
PARTY FOOD
ULTIMATE
MAKE-AHEAD
MENU

HEALTHIER
HOLIDAY
BAKING

BRING ON
THE BEANS
FOR A HEALTHY
NEW YEAR



*
PASTA E CECI
(PASTA WITH
CHICKPEAS),
p. 68



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

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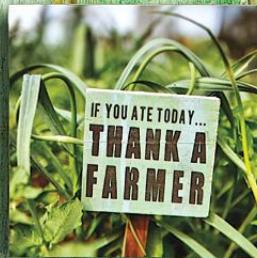
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flour power

Have you ever tried to make over a favorite bread or cookie recipe by swapping out all-purpose flour for whole-wheat flour? Did you cringe with disappointment after biting into the cardboard-like results?

It's happened to the best of us, but we don't want it to happen to a single *VT* reader this holiday season. There is a simple science to getting more whole grains into your baked goodies, and "Healthy Whole-Grain Baking" (p. 54) breaks it down for you. We show you how to choose the best flours for every recipe, and how to get the ratios right. You'll also find a handful of foolproof recipes that exemplify whole-grain baking at its best. They won't taste the same as treats that are all about the all-purpose flour, but they're just as delicious. For example, a blend of flours (whole-wheat, millet, corn, and all-purpose) results in an Apricot-Pistachio Biscotti (p. 57) that's nutty, sweet, and satisfyingly crunchy, but less likely than traditional biscotti to slice open the roof of your mouth. It's a kinder, gentler, crumblier variation on the Italian cookie—and one of my favorite recipes from this issue.

Happy baking!

Elizabeth Turner



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PORTRAIT PHOTOGRAPHY: LISA ROMERIN; HAIR AND MAKEUP: DORTI GENAZANI

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Want even more cookies, shortbreads, and biscotti to add to your holiday party platters? Visit our Holiday Cookies board on Pinterest to browse editors' festive picks from the *VT* archives.

VEG DAILY BLOG: 4 Plant Foods You Should Cook Before Eating 
vegetariantimes.com/cookforhealth

Raw vegetables and fruits can be great, but studies show that some foods are better for you when cooked. *VT* blogger Talia Fuhrman will bring you up to speed.



PIE: DASHA WRIGHT; COOKIE: JACQUELINE HOPKINS; MUSHROOMS: MIKE LORRIE

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Chris Court

Photographer, 1 Food 5 Ways: "Lemons," p. 60; "Lucky Beans," p. 66

What's your most treasured family food tradition?

I loved pancake night when I was a kid, and have continued that for my three kids.

What's your No. 1 grocery splurge?

I've been addicted to chocolate-covered peanuts for as long as I can remember. They are always in the shopping bag.

What's your No. 1 pantry staple?

Tomato sauce for making pizza, which is something the whole family will eat. I always use Lebanese pita bread, so the crust is extra-crispy.

Louise Leonard

Recipe Developer, "Mixology Made Easy," p. 36

What did you discover while on this assignment?

Bloody Marys are delicious with a variety of vegetable juices other than tomato.

What's your No. 1 pantry staple?

Beer—for drinking and cooking!

What was your most memorable dining experience?

Eating sweet corn tamales with crema at a fabulous little joint in Oaxaca, Mexico, called La Teca.

The restaurant is part of the owners' house, and you more or less are eating in the living room.

The best tamales I've ever eaten, hands down.



Cristin Nelson

Writer and Recipe Developer, "Lucky Beans," p. 66

Who or what inspires you most?

Seasonal produce. Most of the time I don't make a shopping list—I'll just buy what's in season and improvise.

What's your No. 1 grocery splurge?

Artisanal cheese. I'm from Wisconsin, so I gotta get the good stuff.

What's your most treasured family food tradition?

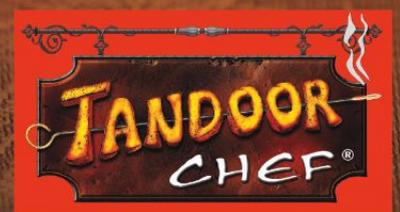
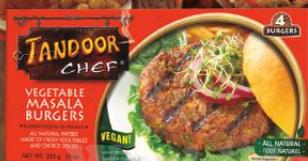
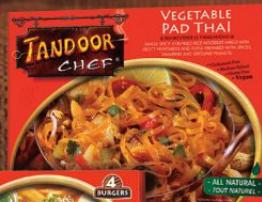
My husband's family is part French, so I've adopted his family's tradition of eating croissants every Sunday morning. We always buy them because I've seen what goes into making them, and it's really a labor of love! 🍷

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- 8 tbsp or 1 stick of butter
- 1 1/2 cups Wholesome Sweeteners Fairtrade Organic Light Brown Sugar
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- 1 tsp vanilla extract
- 6 tbsp cocoa powder
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/2 sifted cake flour
- 3/4 cup sour cream
- 3/4 cup hot coffee
- 4 oz milk chocolate; 4 oz white chocolate
- 12 small water cooler cone cups
- 12 squares of aluminum foil, 12x12 inches
- A muffin tin

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CONTRIBUTING EDITOR **Hillari Dowdle**

GENERAL MANAGER
Patricia B. Fox

VICE PRESIDENT, GROUP PUBLISHER
Bill Harper

310-356-2270; bharper@aimmedia.com
PUBLISHER'S ASSISTANT **Lori Rodriguez**

Business Offices

300 N. Continental Blvd., Suite 650, El Segundo, CA 90245
310-356-4100; fax: 310-356-4110

ADVERTISING DIRECTOR **Lorrie Allen** 617-566-8277; lallen@aimmedia.com

MIDWEST ADVERTISING MANAGER **Kathi Magee** 414-897-0377; kmagee@aimmedia.com

TEXAS/COLORADO ADVERTISING MANAGER **Tanya Scribner** 940-387-7711; tanya@scribmedia.com

PACIFIC NORTHWEST ADVERTISING MANAGER **Kathleen Craven** 415-380-9642; kcraven@aimmedia.com

PACIFIC SOUTHWEST ADVERTISING MANAGER **Gloria Biscardi** 310-356-2247; gbiscardi@aimmedia.com

CLASSIFIED AND ADVERTISING COORDINATOR **Mary Brahim** 310-356-2272; mbraham@aimmedia.com

Marketing & Web

MARKETING DIRECTOR **Haley Brockmeier** hbrockmeier@aimmedia.com

SENIOR MARKETING MANAGER **John Robles** jrobles@aimmedia.com

MARKETING AND PROMOTIONS COORDINATOR **Rachel Van Buskirk** rvanbuskirk@aimmedia.com

COMMUNICATIONS DIRECTOR **Dayna Macy** dmacy@aimmedia.com

WEB OPERATIONS DIRECTOR **Ken Coffelt**

DIGITAL ADVERTISING OPERATIONS MANAGER **Ron Goldy** rgoldy@aimmedia.com

WEB PRODUCTION ASSISTANT **Allison Blake**

Consumer Marketing

CIRCULATION DIRECTOR **Jenny Desjean**

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Address editorial correspondence to:

Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245; fax: 310-356-4111

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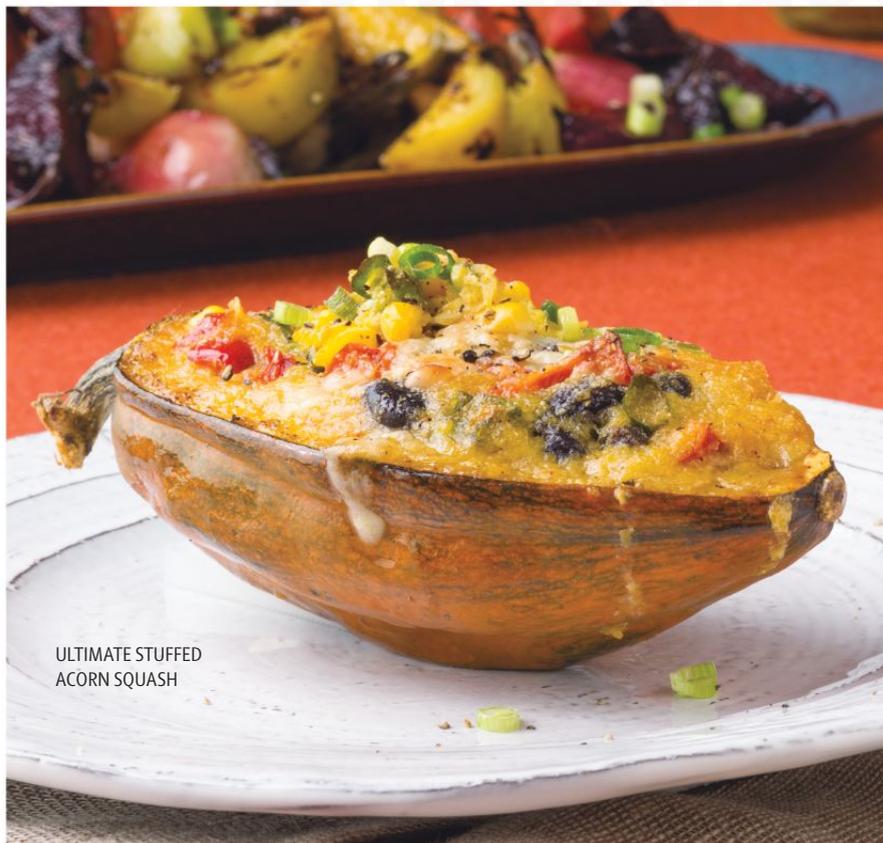
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ULTIMATE STUFFED
ACORN SQUASH

letters

GET STUFFED

The Ultimate Stuffed Acorn Squash recipe ["Magnificent Mains," November, p. 53] was awesome. I made the whole filling recipe, but since I was cooking for only two, I poured the extra filling into a 9-inch-square casserole dish and baked it separately. We ate the corn pudding with chili the following day. Next up for tonight is the Leek and Sun-Dried Tomato Tart [5 Ingredients: "Easy as Pie," November, p. 45]!

GINGER ROSSER | VIA E-MAIL

SNACK TIME

Loved the Almond-Date Balls with Carob and Coconut [5 Ingredients: "Snack Attack," September, p. 42]! Easy to make and delicious. I shared with friends and co-workers, and they loved them as well. I will definitely be making again. I would love to see more healthy snack treats like this in future issues.

SUSAN HENDERSON | VIA VEGETARIANTIMES.COM

BETTER BOWL

The Sweet Potato Bowl with Chimichurri [30 Minutes: "Super Bowls," September, p. 32] was really good. I thought it was amazing just following the recipe, but my husband and 17-year-old son decided to kick it up a notch and add some Tabasco chipotle sauce (which was also good). Makes a great lunch to-go the next day.

MARY | VIA VEGETARIANTIMES.COM

WHAT A DIP!

Omigosh! The Red Bell Pepper and Olive Tapenade [5 Ingredients: "Quick-Fix Dips," October, p. 36]! So good. I made it and am using it as a spread for an Italian-style sub, for crackers, etc.

DIANA MCANULTY | VIA FACEBOOK

Send your letters to:
editor@vegetariantimes.com

SHARE: READER RECIPE Coconut Milk Couscous with Roasted Butternut Squash and Apples

Serves 6 | 30 minutes or fewer
 New Orleans-based reader Kathleen Wiltz loves adding coconut milk to her cold-weather dishes for a bit of tropical flair. To save time on this recipe, look for fresh butternut squash cubes in the refrigerated produce section of the supermarket.

- 2 cups cubed butternut squash
- 2 apples, cored and cubed
- 4 Tbs. butter, divided
- 3 Tbs. brown sugar
- 3 tsp. cinnamon, divided
- 1½ cups couscous
- 2½ cups coconut milk beverage, such as Silk
- ½ tsp. salt
- ½ cup golden raisins

1 | Preheat oven to 400°F. Place squash and apples in baking dish, and add 2½ Tbs. water. Roast 15 minutes.

2 | Melt 3 Tbs. butter with brown sugar and 2 tsp. cinnamon in small saucepan over medium heat. Stir into squash and apples, and roast 10 to 15 minutes more, or until tender.

3 | Meanwhile, combine couscous with remaining 1 tsp. cinnamon in medium bowl.

4 | Combine coconut milk, salt, and remaining 1 Tbs. butter in small saucepan, and bring to a boil. Pour over couscous, cover, and let sit 15 minutes, then stir in raisins. Divide couscous among 6 plates, and top with squash and apples.

PER 1-CUP SERVING 378 cal; 7 g prot; 10 g total fat (7 g sat fat); 68 g carb; 20 mg chol; 278 mg sod; 7 g fiber; 25 g sugars



HAPPY vegiversary

Reader Name: **Chris Nichols**
 Hometown: **Chicago**
 Vegan Since: **January 1989**

TELL VT

What's the best kitchen gift you've ever received?

My grandma gave me her vintage kitchen aprons. It's so amazing to think about life events that happened while she wore them.

—ALLISON BRUMMET

Our first Christmas together, my husband bought me a cobalt blue KitchenAid. I have since bought a bigger one, but I still have that one as a reminder of starting our lives together!

—SUMMAR ANN EVANS,
 VIA FACEBOOK

My potato ricer from my mom! I can use it to mash just about any boiled veggie I want. —NEERAJA

I recently received two ceramic knives. My old knives haven't left the knife holder since!

—LINDA AUBUCHON,
 VIA FACEBOOK

SodaStream! It has saved me thousands of dollars on seltzer.

—ALISSA DRAGAN, VIA FACEBOOK

What motivated you to go veg?
 Punk rock! When I was 14, the punk bands I listened to had songs about vegetarianism as a radical act. They inspired me to read about it. Twenty-five years later, I'm still meat free, but now I tend to listen to classical music.

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

Lately, I've been loving the Sesame Kale Macro Bowl for lunch at Native Foods Café.

What's your most treasured piece of cookware?

I have my great-grandmother's pasta roller. The sweet potato ravioli I make with it is easy and amazing.

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

Enjoy cooking. Love eating. Experiment with recipes. Don't look back. I don't even remember what meat tastes like anymore.

next question: What frozen fruit or veggie do you always keep on hand?

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

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THE *buzz*

• PEAK SEASON

A chestnut may require a little effort to shell, but this seasonal favorite is definitely a nut worth cracking. Prized for its delicate sweetness, the chestnut boasts twice the starch of a potato, making it perfect for puréeing. When roasted, it's also great for snacking.

—ELLIOTT PRAG

HOW TO SELECT AND STORE Choose firm chestnuts, avoiding those that yield when you squeeze them; pliable chestnuts are starting to dry out. Chestnuts just off the tree are best left on a countertop for a few days to convert some of their starches to sugar. Otherwise, refrigerate chestnuts in loosely closed plastic bags with a damp paper towel inside to preserve moisture, advises Ray Young of the Chestnut Growers of America. Chestnuts are over 50 percent water, Young says, so they'll dehydrate if kept at room temperature.

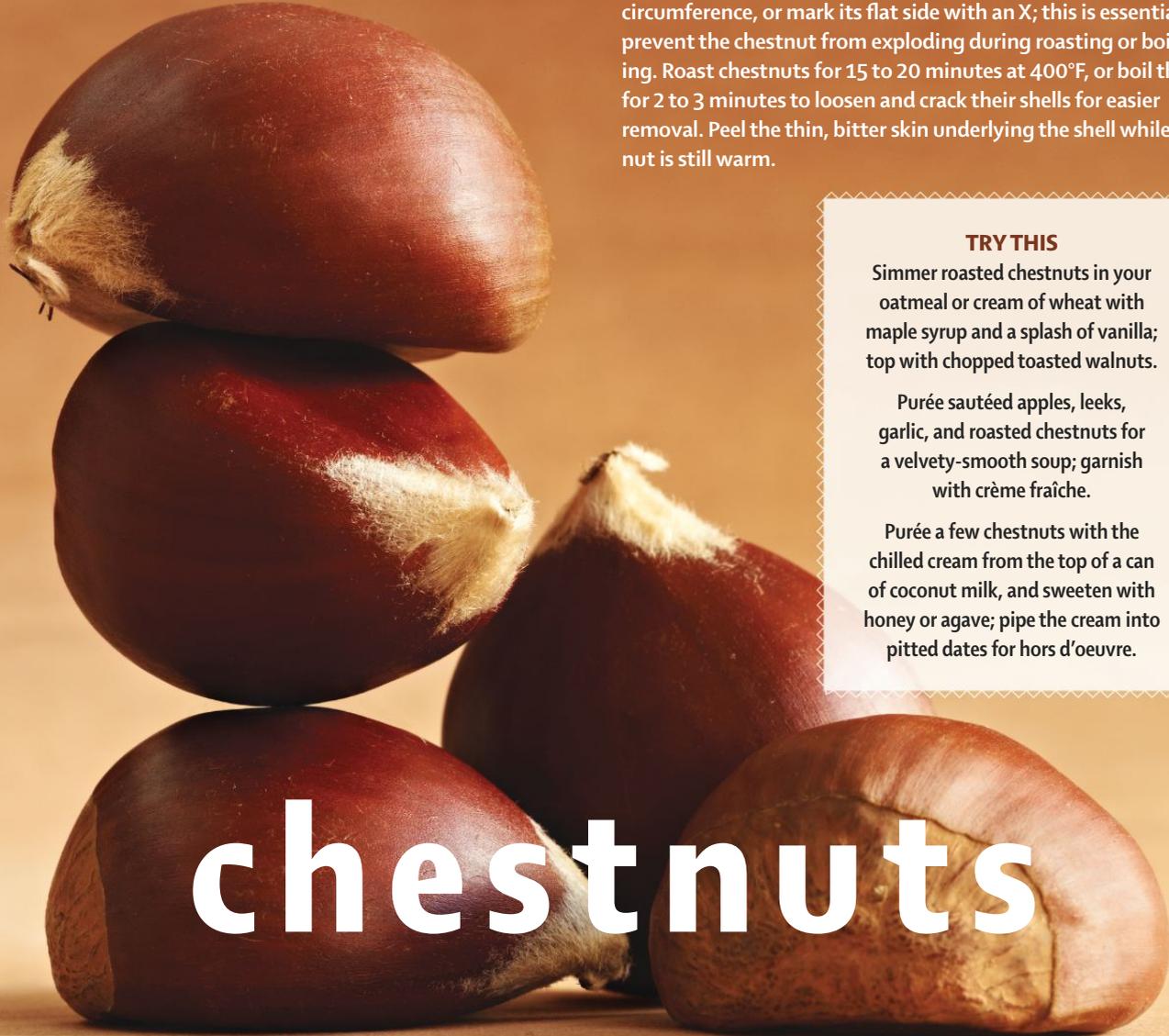
PREP TIPS Using a paring knife, score the chestnut shell's circumference, or mark its flat side with an X; this is essential to prevent the chestnut from exploding during roasting or boiling. Roast chestnuts for 15 to 20 minutes at 400°F, or boil them for 2 to 3 minutes to loosen and crack their shells for easier removal. Peel the thin, bitter skin underlying the shell while the nut is still warm.

TRY THIS

Simmer roasted chestnuts in your oatmeal or cream of wheat with maple syrup and a splash of vanilla; top with chopped toasted walnuts.

Purée sautéed apples, leeks, garlic, and roasted chestnuts for a velvety-smooth soup; garnish with crème fraîche.

Purée a few chestnuts with the chilled cream from the top of a can of coconut milk, and sweeten with honey or agave; pipe the cream into pitted dates for hors d'oeuvre.



chestnuts

DIMITRI NEWMAN

SWEET TALK

Smooth, satisfying maple syrup perks up more than just pancakes. In the chilly days ahead, use these VT-approved picks to sweeten everything from oatmeal to roasted veggies to holiday treats.

—TAMI FERTIG



Anderson's Grade B Maple Syrup

The darkest of the bunch, this Wisconsin-made favorite tastes toasted and robust, perfect for spooning into coffee. Plus, the old-timey jug makes it a cute hostess gift.

\$17.25/32 oz.; andersonsmaplesyrup.com

Highland Sugarworks Grade B Cooking Maple

The intense, maple-y flavor of this extra-thick syrup lends itself to baked goodies such as granola and pie, but we couldn't stop drizzling over waffles.

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Coombs Family Farms Grade B Organic Maple Syrup

Got a kid at the table? This lighter-tasting syrup, sourced from small organic farms, adds plenty of bright (but not overwhelming) sweetness.

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Maple syrups get assigned different grades depending on their color. Grade A, tapped earliest in the season, is palest in color, with a mild taste. Late-season grade B, which we recommend, tends to be darker and richer. It's often called cooking maple, but you can pour it on anything.

MIKE LORRIG

At age 15, Haley Pullos is already a veteran actor in films and on TV. Most notably she plays Molly Lansing-Davis on the daytime drama *General Hospital*, which this year celebrated its 50th anniversary. An advocate for animals, Pullos has also taken an interest in cooking since going veg a couple of years ago. —ALEXA JOY SHERMAN

Q What's led to your involvement with animal rights causes?

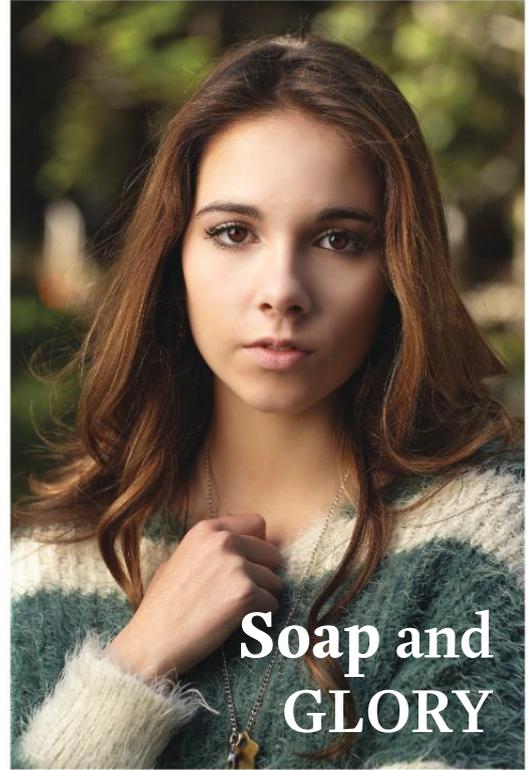
A I've always felt a really strong connection to animals. My family calls me "the animal whisperer" because if someone's pet is having behavioral problems, I can play with it and it will absolutely love me! In biology class this year, we had to dissect a fetal pig, and I was like, no way, I'm not doing that. I did a virtual dissection instead. I just stand up for animals whenever I can.

Q Do you have any favorite holiday dishes?

A I'm half Greek, and over Christmas my family has some Greek dishes with meat in them. Last year was my first holiday season not eating meat, so my dad and I made a Greek bean soup, which was actually vegan, and then my mom and I made this amazing rosemary bread to go with it.

Q Did you do anything fun for *General Hospital's* 50th anniversary?

A A bunch of the older characters came back just for the 50th. Rick Springfield performed, and I got to keep his guitar pick. I was so excited! It was the coolest thing ever.



BENNY HADDAD

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WINTER'S BOUNTY

Here's a prescription for your winter produce blues: take part in Community Supported Agriculture. When you pay a farmer up front for weekly shares of the season's bounty, you're supplied with locally grown vegetables fresh off the farm. Make the most of your winter CSA with these insider tips.

—OLIVIA M. HALL

Shop Around

Ask farmers what they're planning to offer in their cold-weather shares. Expect storage crops such as carrots, onions, potatoes, sweet potatoes, and assorted cabbages. "Supplement that with Swiss chard, kale, spinach, and lettuce from the high tunnel [a farmer's simple greenhouse], and you've got a pretty good box," says Harriet Behar, organic specialist at the Midwest Organic and Sustainable Education Service. Some CSAs offer add-ons such as homemade salsa, pickles, and preserves—a welcome reminder of summer.

Mind the Store

Most winter shares contain a mix of root crops that can live for months in your fridge or basement and more delicate items that need to be used within a week or two, says Pat Mulvey, cofounder of Local Thyme, a seasonal CSA menu-planning service: "It's really important to talk to your farmer about how to properly store your produce. Then come

up with a plan that's going to realistically make use of your vegetables so they don't go to waste."

Get Creative

If heaps of kohlrabis, rutabagas, and celeriac leave you scratching your head, consult your CSA provider or a seasonal cookbook (or visit vegetariantimes.com) for ideas on experimenting with less-familiar ingredients and trying new tricks with old favorites. "You have to readjust the way you eat to be seasonal," says organic farmer Robin Ostfeld of Blue Heron Farm in Lodi, N.Y. "But that's a good thing and kind of the point."

Cook Up a Storm

Veggie stews, curries, and puréed soups are easy-to-prepare and endlessly variable winter standbys, says Mulvey. The leftovers freeze beautifully, so cook up time-saving double batches. Better yet, invite friends and family to help with the chopping, and warm up your house with a cooking party. Mulvey's bonus tip: "Label everything well to avoid UFOs: unidentified frozen objects."



CSA LOCATORS

localharvest.org
(Click the CSA tab.)

eatwellguide.org
(Click the Advanced Search tab, then check CSA.)

LAURA J. KEIL (2)



WHEN IT COMES TO BLACK ELDERBERRY WE'RE ON TOP

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*Best-selling elderberry extract supplement brand in health food retail stores according to SPINScan (last 52 weeks ending 8/31/13)

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SORE THROAT SOOTHERS

Most sore throat flare-ups are sparked by viruses, which thrive in the low humidity of the winter season and inflame parched airways. Help relieve painful pipes with these herbal remedies.

—RACHEL DOWD



SAGE

why With its antiviral properties, the culinary herb sage (*Salvia officinalis*) can help kick-start your immune system so you heal faster. According to a study published in the *European Journal of Medical Research*, patients using a throat spray containing sage essential oil experienced significantly more relief from throat pain than patients given a placebo.

how While sage can be taken as a loose herb or in capsule form, a gargle or spray is most effective for sore throats, says Arizona-based Nicole Cain, ND. Pump two or three blasts of spray directly on the painful area every two hours.

kit pick

Gaia Herbs Sage & Aloe Throat Shield Spray
\$24.99/1 oz.; gaiaherbs.com

SLIPPERY ELM

why Traditionally used by Native Americans as an all-purpose remedy for ailments, the dried bark of the slippery elm tree (*Ulmus fulva*) contains antioxidants to help fend off infection as well as tannins for damping inflammation. When combined with water, slippery elm produces mucilage, a gel that moistens and coats the throat.

how Steep 1 teaspoon of slippery elm herb in 1 cup of water for three to five minutes to make a soothing tea, suggests Honolulu-based naturopathic physician and author Laurie Steelsmith. Or, she says, suck on a slippery elm lozenge as often as you need throughout the day.

kit pick

Thayers Original Slippery Elm Lozenges
\$5.99/42 lozenges; sullivanvitamins.com

ANDROGRAPHIS

why Called Indian echinacea, this extract from an annual herb (*Andrographis paniculata*) helps stimulate the immune system, warding off cold symptoms including sore throats. A study in *Phytomedicine* found that sore throat sufferers who took andrographis healed two days sooner than patients not taking the herb.

how Andrographis works best when taken at the first sign of symptoms, specifically within 36 to 48 hours, says Boston-based naturopath Cathy Wong. Look for supplements containing at least 4 percent andrographolides (active ingredients in the extract), and take one to four times daily as instructed, for up to two weeks.

kit pick

Nature's Way Andrographis
\$12.99/60 Vcaps; naturesway.com

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Circle reply #12 on Info Center card

BRIGHTEN UP

Get luminous with licorice

Licorice is loaded with compounds that calm skin and keep it vibrant. These anti-inflammatory compounds may also help ease unsightly redness, says La Jolla, Calif.-based board-certified dermatologist Susan Stuart, MD. What's more, research suggests that licorice might fend off age spots by combating skin-darkening enzymes.

Strengthen and shield delicate under-eye skin by dabbing on **Lather Licorice Root Eye Treatment**. \$28/0.5 oz.; lather.com

Massage **Kimberly Sayer Whitening & Brightening Serum** into freshly cleansed skin to help undo signs of sun damage. \$36/1 oz.; kimberlysayer.com

Derma E Evenly Radiant Brightening Night Crème treats discoloration and replenishes moisture while you slumber. \$27.95/2 oz.; dermae.com

To tone and revitalize skin, mist with **Sevani Botanica Advanced Complexion Corrector**. \$39/2 oz.; sevanibeauty.com

After mixing **By Nieves Face Fix** with warm water, gently rub into skin for an ultra-soothing scrub. \$32/4 oz.; bynieves.com

For a more youthful complexion, apply **DeVita Natural Skin Care Optimal Rejuvenation** before your moisturizer. \$48.95/1 oz.; devitaskincare.com



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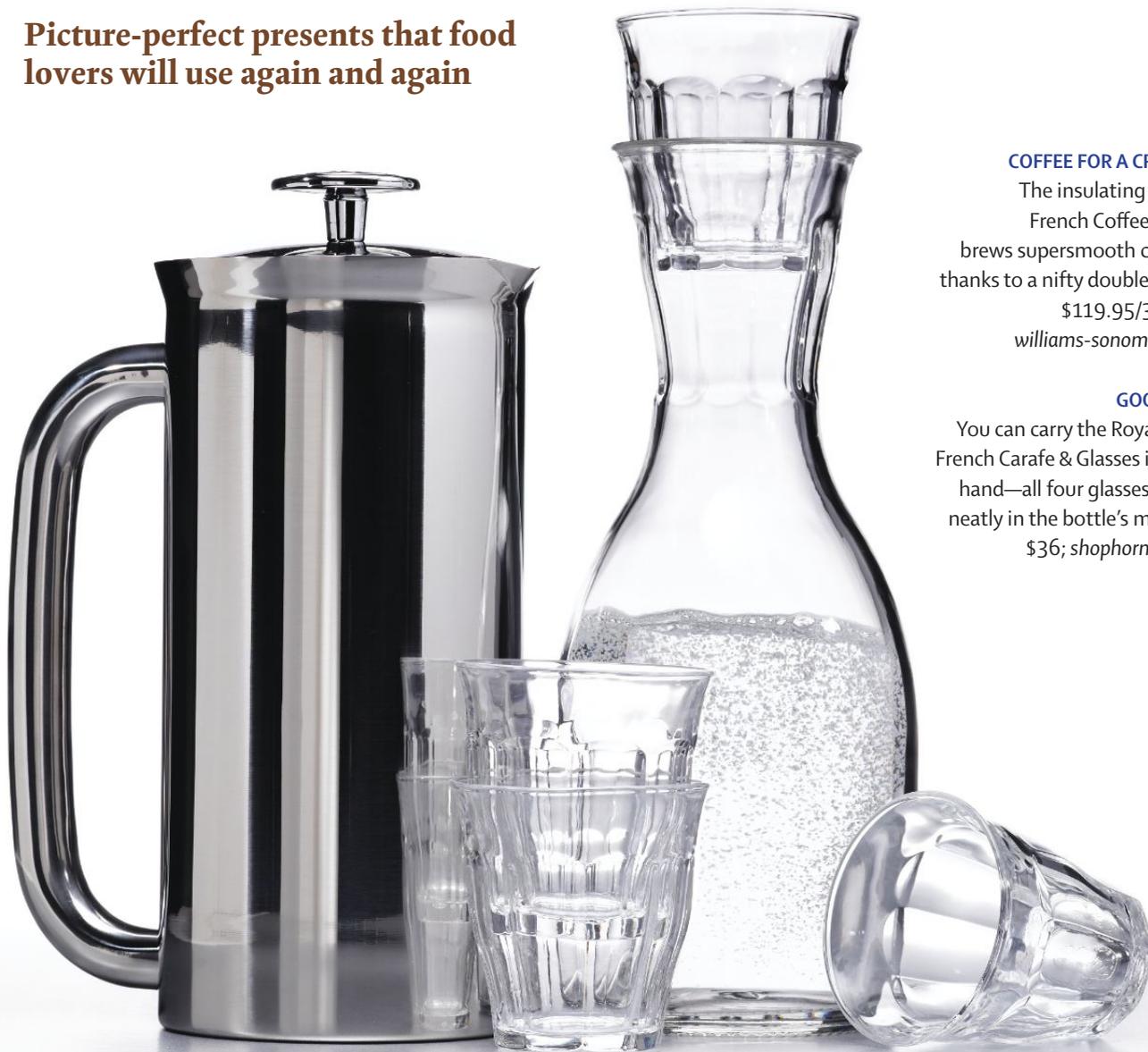


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Circle reply #5 on Info Center card

Picture-perfect presents that food lovers will use again and again



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The insulating Espro French Coffee Press brews supersmooth coffee, thanks to a nifty double filter. \$119.95/32 oz.; williams-sonoma.com

GOOD FIT

You can carry the Royal VKB French Carafe & Glasses in one hand—all four glasses stack neatly in the bottle's mouth. \$36; shophorne.com

pretty
AND PRACTICAL

TAKES THE CAKE

Treat the baker in your life to this party-worthy acacia cake stand, which adds simple charm to homemade sweets. \$48; shopterrain.com

MEASURES UP

Made from found wood, these one-of-a-kind measuring spoons turn prep work into an absolute pleasure. \$35; alderandcoshop.com

SERVES YOU RIGHT

Rustic yet elegant, the Farmhouse Pottery Organic Milk Board does double duty as a cutting board and serving piece. \$75; farmhousepottery.com



**RETRO CHIC**

Ideal for soups and stews, the Dansk Kobenstyle Casserole can go straight from stove top to table, and its stylish lid doubles as a trivet. \$99.95/4-qt.; crateandbarrel.com

WELL HANDLED

The comfy, rubbery handles of the Wind & Willow Dipped Wooden Spoons make them great for holiday cooking. \$29/set of 3; windandwillowhome.com

MADE TO LAST

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cooking technique

PACKAGE DEAL

French cuisine is famous for its complicated recipes and elaborate preparations. (*Julie and Julia*, anyone?) But there's one French technique that's easily mastered: cooking *en papillote*. The art of cooking foods in tightly wrapped packets of parchment paper has it all: make-ahead ease, quick cleanup, minimal fat (sealed packets require little oil or butter for food to stay tender and juicy), and a little bit of ooh-la-la when the steaming individual packets are unwrapped at the table.

PHOTOGRAPHY
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FOOD STYLING
Susie Theodorou

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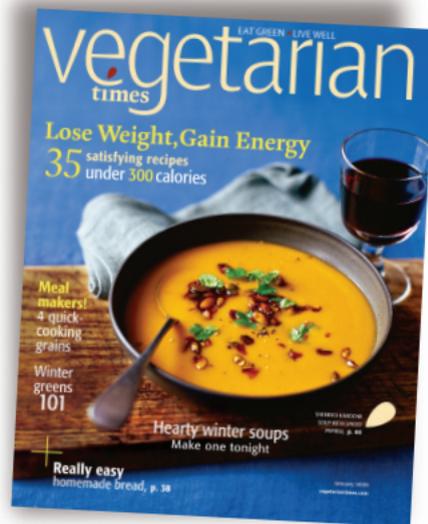
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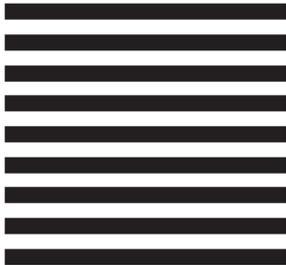
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Farfalle with Artichokes al Cartoccio

Serves 4 | 30 minutes or fewer

Pasta in a packet! *Al cartoccio* is the Italian term for en papillote. For extra-nice marinated artichokes (and olives) at a reasonable price, check the olive bar at upscale grocery stores.

- ¾ cup part-skim ricotta cheese
- ¾ cup chopped fresh chives
- 1 clove garlic, minced (1 tsp.)
- 4 oz. farfalle (bow tie) pasta
- 5 tsp. olive oil, divided
- 4 marinated artichokes, cut into eighths, plus reserved oil for drizzling
- 12 cherry or grape tomatoes, halved
- 16 small black olives
- 2 Tbs. sliced green olives, optional

1 | Preheat oven to 400°F. Cut 4 15-inch lengths of parchment paper, and fold each in half. Set aside.

2 | Whisk together ricotta, chives, and garlic. Season with salt and pepper, if desired. Cook pasta according to package directions, then drain, and toss with 1 tsp. oil.

3 | Open folded parchment sheets like a book, and spread heaping ½ cup pasta to one side of crease on each sheet. Top each serving with 3 Tbs. ricotta mixture, 8 artichoke slices, 6 cherry tomato halves, 4 black olives, 1½ tsp. sliced green olives (if using), and 1 tsp. oil. Fold parchment over food so edges meet, then crimp and seal edges with small overlapping diagonal folds (see “Classic French Fold,” p. 28).

4 | Transfer packets to large baking sheet, and bake 15 minutes. Let stand 2 minutes before serving.

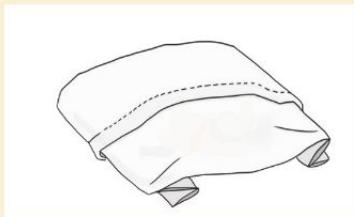
PER PACKET 253 cal; 10 g prot; 12 g total fat (4 g sat fat); 27 g carb; 14 mg chol; 167 mg sod; 2 g fiber; 3 g sugars



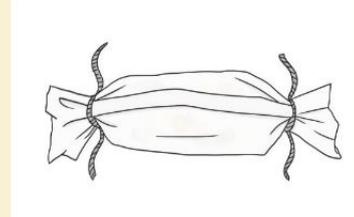
4 WAYS TO FOLD IT

**1. STAR TREATMENT**

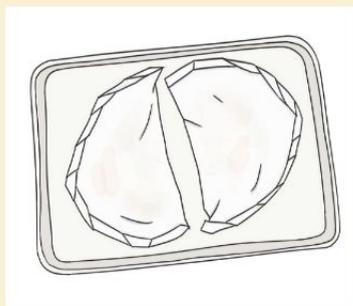
Stack two 14-inch squares of parchment paper with corners alternated to form a star. Place food in center, then draw up corners and tie with kitchen twine.

**2. SIMPLE SQUARE**

Set 17-inch length of parchment paper with short end facing you. Place food in center, then pull short ends together and fold over 2 or 3 times to seal. Fold open ends over 2 times and under 1 time to close.

**3. BONBON WRAPPER**

Place 17-inch length of parchment paper with long side facing you. Place food in center, then pull long sides together and fold over 2 or 3 times to seal. Tie open ends with kitchen twine.

**4. CLASSIC FRENCH FOLD**

Fold 15-inch length of parchment paper in half, then open like a book, and place food to one side of crease (Fig. A). Fold empty side over food so ends meet (Fig. B). Crimp and seal matched edges with small overlapping diagonal folds (Fig. C & D).

**MAKE 'EM AHEAD**

The recipes on these pages can be prepared up to a day ahead and popped into the oven just before serving. Add 5 minutes to recommended cooking time if packets come chilled from the fridge.

Seitan, Vegetables, and Cracked Black Pepper en Papillote

Serves 4 | 30 minutes or fewer

For a serious comfort food fix, serve the contents of this savory packet over a bed of mashed potatoes.

- ½ cup orange juice
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- ¼ tsp. cracked black pepper or red pepper flakes
- 1 small head broccoli, broken into small florets (4 cups)
- 4 carrots, sliced on bias (2 cups)

- 2 parsnips, peeled and thinly sliced on bias (2 cups)
- 1 8-oz. pkg. seitan, drained and sliced
- ½ cup dried cranberries
- ½ cup chopped cilantro

- 1 | Preheat oven to 400°F. Cut 4 15-inch lengths of parchment paper, and fold each in half. Set aside.
- 2 | Whisk together orange juice, oil, garlic, and pepper in large bowl. Add broccoli, carrots, parsnips, seitan, and cranberries, and toss to coat with juice mixture. Season with salt and pepper, if desired.

- 3 | Open folded parchment sheets like a book, and arrange about 2 cups vegetables to one side of crease on each sheet. Fold parchment over food so edges meet, then crimp and seal edges with small overlapping diagonal folds (see “Classic French Fold,” above).

- 4 | Transfer packets to large baking sheet, and bake 15 minutes. Let stand 2 minutes before serving. Sprinkle with cilantro.

PER PACKET 279 cal; 16 g prot; 8 g total fat (1 g sat fat); 40 g carb; 0 mg chol; 324 mg sod; 9 g fiber; 19 g sugars 

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SWEET POTATO, FETA,
AND SHIITAKE PACKETS

Sweet Potato, Feta, and Shiitake Packets

Serves 4 | 30 minutes or fewer

Quick-cooking sliced sweet potatoes are tossed with mushrooms, Swiss chard, and herbs for a mixture that's great on its own or can be served over grains.

- 2 small sweet potatoes, peeled and thinly sliced (1 lb.)
- 2 cups sliced shiitake mushrooms
- 2 cups thinly sliced Swiss chard leaves or watercress
- 1 small red onion, sliced (1 cup)
- 1 Tbs. olive oil
- 1 clove garlic, minced (1 tsp.)

- 2 tsp. dried oregano
- 1 tsp. dried mint, optional
- 4 Tbs. crumbled feta cheese (4 oz.)
- 4 Tbs. raisins
- 2 tsp. lemon juice

- 1 | Preheat oven to 400°F. Cut 4 15-inch lengths of parchment paper, and fold each in half. Set aside.
- 2 | Toss sweet potatoes with mushrooms, chard, onion, oil, garlic, oregano, and mint (if using) in medium bowl. Season with salt and pepper, if desired.
- 3 | Open folded parchment sheets like a book, and arrange 1 cup sweet potato mixture to one side of crease on each

sheet. Top each serving with 1 Tbs. feta, 1 Tbs. raisins, and ½ tsp. lemon juice. Fold parchment over food so edges meet, then crimp and seal edges with small overlapping diagonal folds (see "Classic French Fold," p. 28).

4 | Transfer packets to large baking sheet, and bake 20 minutes. Cool 2 minutes before serving.

PER PACKET 233 cal; 7 g prot; 10 g total fat (5 g sat fat); 32 g carb; 25 mg chol; 385 mg sod; 5 g fiber; 15 g sugars

Sweet and Sour Smoked Tofu and Pineapple en Papillote

Serves 4 | 30 minutes or fewer

Seasoned rice, spinach, smoked tofu, and fresh pineapple are steamed en papillote to allow the flavors to meld.

- 1 cup basmati rice
- 1 10-oz. pkg. frozen spinach
- 2½ tsp. toasted sesame oil, divided
- 2 tsp. toasted sesame seeds
- ½ tsp. low-sodium soy sauce
- 1 6-oz. pkg. baked smoked tofu, diced
- 1 cup diced fresh pineapple
- 2 tsp. sweet chile sauce

- 1 | Preheat oven to 400°F. Cut 4 15-inch lengths of parchment paper, and fold each in half. Set aside.
 - 2 | Cook rice and spinach separately according to package directions. Transfer rice to bowl, and stir in 1½ tsp. sesame oil and sesame seeds. Drain spinach, squeeze out liquid, and stir in soy sauce.
 - 3 | Open folded parchment sheets like a book, and arrange ¼ cup rice to one side of crease on each sheet. Top rice with ¼ cup tofu, ¼ cup spinach, and ¼ cup pineapple. Drizzle with ¼ tsp. sesame oil and ½ tsp. chile sauce. Fold parchment over food so edges meet, then crimp and seal edges with small overlapping diagonal folds (see "Classic French Fold," p. 28).
 - 4 | Transfer packets to large baking sheet, and bake 10 minutes. Cool 2 minutes before serving.
- PER PACKET** 295 cal; 11 g prot; 7 g total fat (<1 g sat fat); 45 g carb; 0 mg chol; 261 mg sod; 3 g fiber; 7 g sugars

Cauliflower and Chickpeas with Ras El Hanout en Papillote

Serves 4 | 30 minutes or fewer

Ras el hanout is a complex Moroccan spice blend used in North African cuisine to season couscous and tagines. It also makes a great addition to soups, stews, and egg dishes. Here, ras el hanout gives cauliflower and chickpeas a bright boost of flavor.

- 1 cup couscous
- 1 pinch salt, optional
- 2½ tsp. olive oil, divided, plus more for drizzling
- 2 cups small cauliflower florets
- 1 small fennel bulb, quartered and thinly sliced (1 cup)
- 1 small red onion, quartered and thinly sliced (1 cup)
- 1 cup cooked or canned chickpeas
- 1 Tbs. ras el hanout
- 2 tsp. lemon juice
- 1 clove garlic, minced (1 tsp.)

Ras el hanout can include up to 50 ingredients, including ginger, anise, cinnamon, nutmeg, cardamom, cloves, and turmeric. Look for it in gourmet markets and spice shops.

- 3 jarred roasted red peppers, drained and cut into 2-inch strips
- ¾ cup pitted dates, chopped
- Lemon wedges, for garnish

- 1 | Preheat oven to 400°F. Cut 4 15-inch lengths of parchment paper, and fold each in half. Set aside.
- 2 | Place couscous in bowl, and add salt (if using). Pour 1 cup boiling water over couscous, cover, and let stand 3 minutes. Stir in ½ tsp. oil, and set aside.
- 3 | Toss together cauliflower, fennel, onion, chickpeas, ras el hanout, lemon juice, garlic, and remaining 2 tsp. oil in bowl.
- 4 | Open folded parchment sheets like a book, and spoon ½ cup couscous

to one side of crease. Top each serving with 1 heaping cup cauliflower mixture. Lay red pepper strips over cauliflower mixture, and sprinkle with dates. Fold parchment over food so edges meet, then crimp and seal edges with small overlapping diagonal folds (see “Classic French Fold,” p. 28).

- 5 | Transfer packets to large baking sheet, and bake 20 minutes. Cool 2 minutes before serving. Garnish with lemon wedges.

PER PACKET 395 cal; 12 g prot; 5 g total fat (<1 g sat fat); 79 g carb; 0 mg chol; 501 mg sod; 12 g fiber; 26 g sugars  

Laurence du Tilly is a cookbook author and food stylist based in Paris, France.

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Q I line the pan with aluminum foil when I roast veggies. Would it be healthier if I switched to parchment?

A Yes, when roasting vegetables, parchment paper is better than foil. Recent research in the *International Journal of Electrochemical Science* suggests that when we use aluminum foil during cooking, some aluminum leaches into food. Leaching increases with higher heat (roasting and broiling) and acidity (tomatoes, vinegar, vitamin C-rich produce).

Is aluminum leaching into food bad? Maybe. The average person consumes between 7 and 9 milligrams of aluminum each day through diet. The Food and Drug Administration considers such levels generally safe, and the Alzheimer's Association concludes that this normal exposure to aluminum is not a significant risk factor in Alzheimer's disease.

However, the Center for Disease Control's Agency for Toxic Substances & Disease Registry suggests that consuming higher levels of aluminum than average may be linked to nervous system, brain, and bone diseases. People who cook often with aluminum foil (and aluminum pots and pans) risk more exposure than normal to the metal. So, although some aluminum in the diet is inevitable, keep exposure minimal with simple changes such as switching to parchment paper over foil when roasting.

Parchment paper can tolerate temperatures up to 420°F. But note: don't confuse parchment paper with waxed paper, which can't withstand high temperatures and will smoke in the oven.



Health-food junkie Dawn Jackson Blatner, RD, is creator of the weekly e-newsletter Nutrition WOW.

When roasting, choose oils with higher smoke points (such as canola, sunflower, safflower, grapeseed, and refined coconut oil) to avoid an "off" flavor.



BEATRIZ DA COSTA

Q Nutritionally, how different are goat's milk and cow's milk?

A Cow's milk and goat's milk provide similar amounts of nine essential nutrients: calcium, potassium, phosphorus, protein, thiamin, riboflavin, niacin, vitamin A, and vitamin D. Although just about tied in the vitamin and mineral contest, the two types of milks, and the cheeses made from them, score differently when it comes to allergies, food intolerance, digestion, weight loss, and heart health.

Go with goat's milk if you've been diagnosed with a cow's milk allergy, you're lactose intolerant, or you have trouble digesting cow's milk. Goat's milk may be a safe alternative for those with a cow's milk allergy because of the different types of casein (a protein) in each type of milk. Of the various proteins in cow's milk, casein—particularly alpha S1 casein—seems to be a major allergen, and since goat's milk doesn't contain the same alpha S1 casein compound, it's less likely to cause an allergic reaction.

As for lactose intolerance, goat's milk has less lactose than cow's milk, so it tends to be better tolerated. Additionally, goat's milk contains smaller globules of fat, which are easier to digest, so there's less bloating and discomfort.

Goat's milk also may provide an advantage when it comes to weight loss and heart health. Ounce for ounce, compared with cow's milk, goat's milk contains more medium-chain fatty acids, which—along with a diet of whole grains, plenty of produce, and protein that's light on fats—may speed up metabolism and burn stored fat. In addition, goat's milk supplies about 30 percent more heart-healthy mono-unsaturated fat than cow's milk. 🍋

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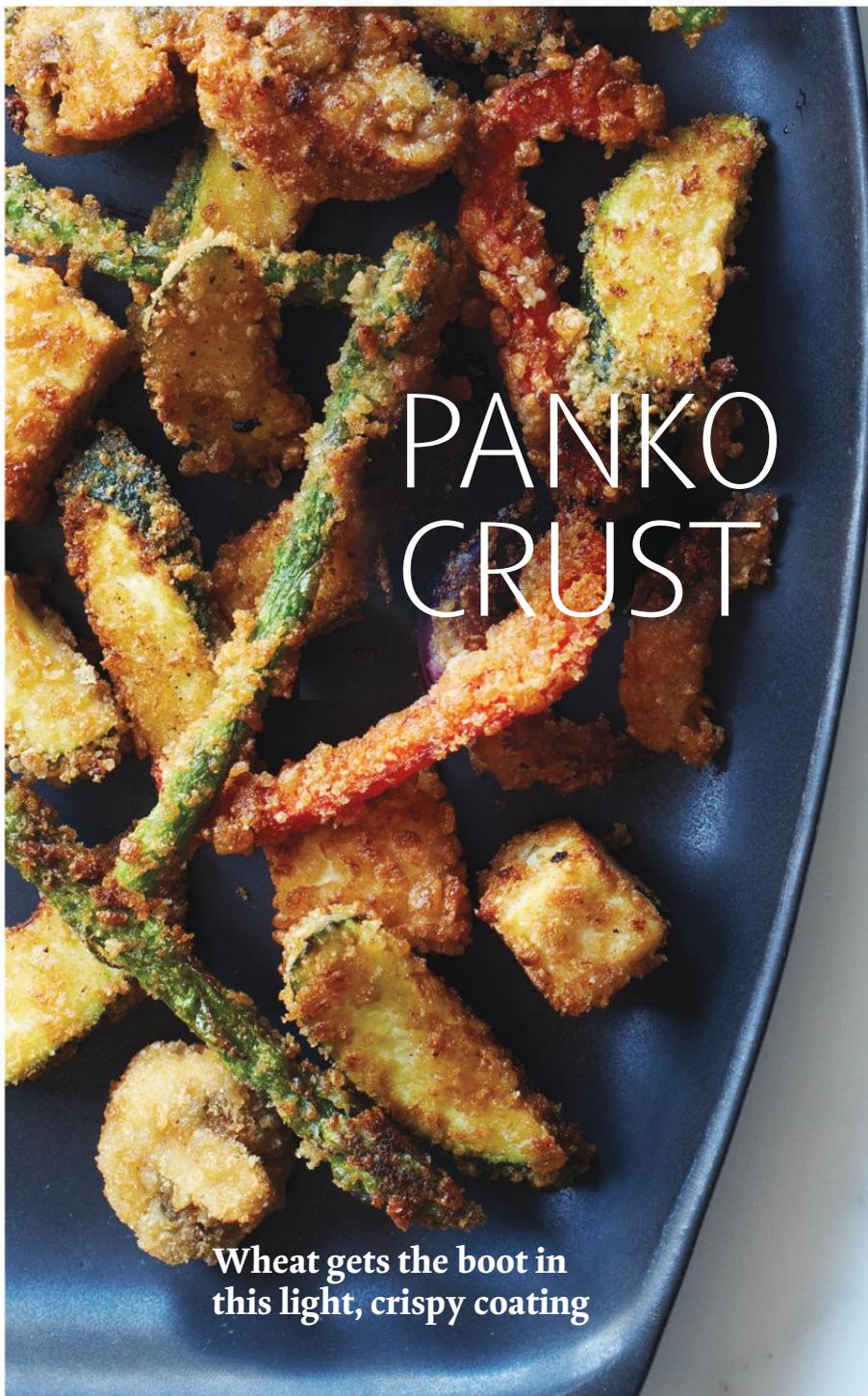
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PANKO CRUST

Wheat gets the boot in this light, crispy coating

Finding a way to replicate a panko breadcrumb crust was a two-step process. First, we had to find a gluten-free ingredient that would come close to the light, flaky, crispy texture of the Japanese-style breadcrumbs. Then, we needed a way to get it to stick to the foods it was coating without turning soggy.

Crushed puffed rice cereal turned out to be the perfect replacement for the breadcrumbs. A simple tempura batter of rice flour and seltzer got the crunchy rice bits to stick to everything from cubed tofu to odd-shaped vegetables such as broccoli florets. And the resulting crust took on a gorgeous golden color when baked or fried.

Panko-Style Crusted Tofu and Vegetables

Serves 8

The best test to see if a crunchy coating will stick to foods? Try it on a variety of vegetables and some tofu cubes. Feel free to swap in your favorite vegetables for the ones listed here.

COATING

- 3 cups puffed rice cereal, such as Quaker Essentials or Arrowhead Mills
- 1 Tbs. vegetable oil
- 1½ tsp. salt, divided
- 1½ cups white rice flour
- 1½ cups plain seltzer water

TOFU AND VEGETABLES

- 1 16-oz. block extra-firm tofu, cubed
- 2 zucchini, halved and sliced on bias
- 6 large button mushrooms, halved
- 6 asparagus spears, trimmed
- 2 small red onions, cut into 8 wedges
- 1 red bell pepper, cored and sliced
- 7 Tbs. vegetable oil, divided

1 | To make Coating: Place puffed rice in resealable plastic bag. Seal, and roll with rolling pin until broken up. Transfer to bowl, stir in oil and ¼ tsp. salt. Set aside.

2 | Stir together rice flour and remaining ¾ tsp. salt in large bowl. Whisk in seltzer water, adding 1 to 2 Tbs. more seltzer water (if necessary), until consistency is smooth and thick like Elmer's glue.

3 | To make Tofu and Vegetables: Line baking sheet with paper towels. Set aside.

4 | Coat tofu cubes and vegetables in batter, then press into puffed rice mixture to coat. Set on second baking sheet.

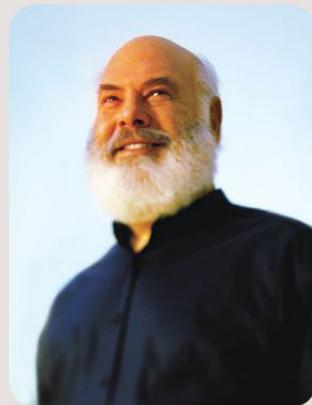
5 | Heat 2 Tbs. oil in skillet over medium heat. Add tofu, and cook 6 to 7 minutes, turning occasionally, or until browned. Transfer to paper-towel-lined baking sheet to drain. Add 1 Tbs. oil to pan, and cook zucchini 6 to 7 minutes, or until browned and crisp. Transfer to baking sheet. Repeat with remaining oil and vegetables. Sprinkle with salt, if desired, and serve hot.

PER ½-CUP SERVING 341 cal; 10 g prot; 18 g total fat (2 g sat fat); 36 g carb; 0 mg chol; 446 mg sod; 3 g fiber; 3 g sugars   

EXPERIENCE YOGA JOURNAL BY THE BAY!



Photo by Wari Om



**KEYNOTE BY
DR. ANDREW WEIL**
FRIDAY, JAN. 17

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Shaken or stirred, these cocktail creations let you toast the holidays in style

MIXOLOGY MADE EASY

In just 10 years' time, the cocktail scene has transformed itself. Creative bartenders now call themselves mixologists and concoct signature drinks made with a lot more than just a mixer and a twist of lemon or lime. Fortunately, you don't need a huge liquor cabinet or a bunch of specialty ingredients to tap into the trend.



THE RED-HEADED
MARY, p. 40

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: SUSIE THEODOROU



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My Darling Clementhyme

Serves 6

Simple syrup, a common cocktail ingredient, is nothing more than equal parts water and sugar. Herbs, citrus, and spices can be added to the syrup to liven up holiday drinks. To make a virgin version of this drink, substitute sparkling wine with seltzer.

- 1 cup sugar
- 11 thyme sprigs, divided
- 1 bottle sparkling wine, such as Prosecco
- 6 oz. fresh clementine juice, plus 6 strips clementine zest, for garnish
- 6 oz. cranberry juice

1 | Bring sugar, 5 thyme sprigs, and 1 cup water to a boil in small saucepan. Reduce heat to low, and simmer 5 minutes. Cool, then strain out solids.

2 | Pour 1 tsp. thyme syrup into bottom of each glass. Fill glass three-quarters full with sparkling wine, then top with 1 oz. clementine juice and 1 oz. cranberry juice. Garnish with clementine zest and 1 thyme sprig.

PER 1-CUP SERVING 129 cal; <1 g prot; <1 g total fat (<1 g sat fat); 14 g carb; 0 mg chol; 9 mg sod; <1 g fiber; 12 g sugars  

Fresh flavor is the key to great signature cocktails. Achieve it with fresh fruit and vegetable juices or fresh herbs muddled in a glass or steeped in a simple syrup.



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The Red-Headed Mary

Serves 6

Fresh carrot juice replaces tomato juice to create a bright, surprising take on the Bloody Mary, perfect for holiday brunch buffets. If you like your drinks spicy, consider adding a few dashes of your favorite hot sauce.

- 4 cups fresh carrot juice
- 12 oz. vodka
- $\frac{1}{4}$ cup lemon juice
- 2 Tbs. fresh or prepared horseradish
- 2 Tbs. vegetarian Worcestershire sauce

Stir together all ingredients in pitcher, and season with salt and freshly ground black pepper, if desired. Chill 1 hour before serving.

PER 1-CUP SERVING 195 cal; 2 g prot; <1 g total fat (0 g sat fat); 16 g carb; 0 mg chol; 179 mg sod; <1 g fiber; 13 g sugars  



Sage Julep

Serves 6

In this twist on the Kentucky classic, sage stands in for mint, and Meyer lemons are added for a unique winter cocktail.

- 36 fresh sage leaves, 30 torn in half ($\frac{1}{2}$ cup), 6 left whole for garnish
- 5 Meyer lemons or regular lemons, 3 quartered, 2 sliced for garnish
- 6 Tbs. light brown sugar
- 12 oz. bourbon or unsweetened iced tea
- 6 oz. seltzer water ($\frac{3}{4}$ cup)

1 | Chill 6 tumblers in freezer.

2 | Make each drink individually by placing 10 sage leaf halves, 2 lemon quarters, and 1 Tbs. brown sugar in shaker. Mash together with muddler or back of spoon 30 seconds, or until aromatic.

3 | Add 4 ice cubes, and top with 2 oz. bourbon and 1 oz. seltzer. Shake well.

4 | Fill chilled tumbler with crushed ice. Strain julep mixture from shaker over ice, and garnish with Meyer lemon slice and sage leaf.

PER 1-CUP SERVING 186 cal; <1 g prot; <1 g total fat (<1 g sat fat); 15 g carb; 0 mg chol; 5 mg sod; <1 g fiber; 14 g sugars  



Bangkok Flip

Serves 6 | 30 minute or fewer

This recipe is a fun, tropical substitute for classic eggnog. Tamarind paste is commonly found in Asian and Latin markets, but equal parts lime juice and honey work well as a replacement. Garnish with a dusting of cinnamon, if desired.

- 1 13.5-oz. can full-fat coconut milk, chilled overnight in refrigerator
- 4 oz. white rum or pineapple juice
- $\frac{1}{2}$ cup honey
- 1 $\frac{1}{2}$ Tbs. grated fresh ginger
- 1 tsp. tamarind paste

Blend all ingredients with $1\frac{1}{2}$ cups ice in blender 10 seconds, or until frothy. Divide among martini glasses, and serve.

PER $\frac{1}{2}$ -CUP SERVING 230 cal; 1 g prot; 14 g total fat (12 g sat fat); 18 g carb; 0 mg chol; 10 mg sod; <1 g fiber; 15 g sugars  

After years of tending bar in New York City, chef and food stylist Louise Leonard believes that what's in your glass is just as important as what's on your plate.

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Our 2013 charity picks focus
on giving back to the planet

WHO 2 GIVE 2

THE POLLINATOR PATHWAY

Mission highlights This Seattle-based project feeds and shelters neighborhood birds, bees, and butterflies along a mile-long corridor of pollinator-friendly gardens in the middle of the city. Small but influential, it serves as a prototype for future pathways around the country.

Why it's urgent One-third of our food supply and at least 75 percent of the world's flowering plants rely on pollinators, whose populations are plummeting due to habitat loss and pesticide use. "There's more to it than honeybee declines," says founder Sarah Bergmann. Native pollinators in our own backyards—such as the once-thriving bumblebee—need our help too.

How your gift helps Buys plants for each new garden and ensures upkeep (\$50 maintains one garden for a month).

Get involved Donate garden gear for biannual mulching and planting parties; contact the organization for information and an application to create a Pollinator Pathway in your own community.

Contact pollinatorpathway.com

COURTESY STUDIO MATTHEWS/THE POLLINATOR PATHWAY

Want to get into the true spirit of the holiday season? Take a break from shopping mania, and give the gift of a better future for the planet. Now more than ever, the following five non-profits need your help in advocating for the environment, whether through protecting natural habitats, greening our cities, or saving the birds and bees that pollinate the world's flowering plants. Short on cash? You can get involved by volunteering, following along on social media, and spreading the word to family and friends.

BEFORE YOU GIVE

Any time you're considering a donation, visit charitynavigator.org or bbb.org to see how much organizations spend on programs and salaries. But don't rule out non-profits that are too new or too small to be listed.

FRESH FINDS



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FRIENDS OF THE EARTH

Mission highlights This environmental watchdog group leads efforts to protect oceans and marine life from ship pollution by pushing for stricter laws and regulations. FOE was instrumental in last year's establishment of the North American Emission Control Area, which prohibits ships from burning dirty bunker fuel within 200 miles of the coast.

Why it's urgent A large cruise ship can discharge 210,000 gallons of sewage weekly into waters near the shore—enough to fill 10 backyard swimming pools.

How your gift helps Funds research for the annual Cruise Ship Report Card, which ranks ships on their air- and water-pollution footprints, allowing vacationers to choose a greener cruise.

Get involved Use FOE's Action Toolkits to learn how you can act locally.

Contact: foe.org

THE NATURE CONSERVANCY

Mission highlights Among many other conservation efforts, this non-profit preserves the world's dwindling rain forests by working with indigenous communities and local governments to help manage protected areas and develop sustainable jobs.

Why it's urgent Rain forests are the most biodiverse places on earth, sustaining half of all plant and animal species. If the present rate of destruction continues, 5 to 10 percent of tropical rain forest species will disappear every decade.

How your gift helps Protects the tropical forests and coastal regions of Costa Rica's Osa Peninsula, a once-unspoiled jungle now threatened by farming, logging, mining, and tourism (\$50 lets you adopt one of 400,000 forested acres).

Get involved Create a nature fund to raise money on behalf of the organization; search the Web using Ecosia (ecasia.com), a search engine that contributes profits to the Nature Conservancy's Plant a Billion Trees program to restore Brazil's Atlantic Forest.

Contact nature.org



EARTHWORKS

Mission highlights In order to end irresponsible gold mining, Earthworks aims to educate consumers and jewelers about mining's impact on rivers, lakes, and communities. The organization is helping to safeguard 90 miles of streams and 4,800 acres of wetlands near Alaska's Bristol Bay—home to the world's richest wild salmon population—from the controversial Pebble Mine.

Why it's urgent One gold ring can generate 20 tons of toxic mine waste. Earthworks fights to close loopholes in the Clean Water Act that let mining companies dump this waste into fresh waterways.

How your gift helps Assists in outreach for campaigns such as No Dirty Gold, which pressures jewelry retailers to sign the Golden Rules for sourcing gold.

Get involved Buy vintage jewelry or rings made from recycled gold; send your old phone to the group's Recycle My Cell Phone program to reduce the demand for new mineral mining. (There's gold, silver, palladium, and copper in them phones!)

Contact earthworkSACTION.org

Continued on p. 77.



Photo by Wari Om

EXPERIENCE YOGA JOURNAL IN THE CITY!

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FRIDAY EVENING KEYNOTE BY CAROLINE MYSS

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RECIPES BY Selma Brown Morrow

LITTLE
BITES,
big
FLAVORS

A FESTIVE MEAL FOR EIGHT
(OR 80!) IS EASY WITH THIS INSPIRED
MAKE-AHEAD BUFFET



PHOTOGRAPHY
Beatriz da Costa
FOOD STYLING
Susie Theodorou



PASTA SHELLS WITH
EGG, BEET, AND
ARUGULA SALAD, p. 51



Hosting a holiday get-together? Go light and bright with a colorful buffet of fresh, seasonal foods that guests can nosh on while they hang out, catch up, and make merry.

Rice-Stuffed Mini Peppers

Makes 20 stuffed peppers

Creamy, chewy Arborio rice holds a cheesy filling together in stuffed peppers that taste great warm or at room temperature.

- 20 2-inch-long mini sweet peppers (preferably several different colors)
- $\frac{1}{3}$ cup Arborio rice (4 oz.)
- 3 Tbs. olive oil
- 1 Tbs. white wine vinegar
- $\frac{1}{2}$ tsp. dried Mexican oregano, crumbled
- $\frac{1}{4}$ tsp. Dijon mustard
- 3 large jarred sweet cherry peppers, seeded and chopped (2 $\frac{1}{2}$ Tbs.)
- $\frac{1}{2}$ cup freshly grated Parmesan cheese, lightly packed

1 | Place rack in top position of oven, and preheat oven to 450°F. Arrange peppers on rimmed baking sheet, and roast 10 to 12 minutes, or until slightly softened and wrinkled. Cool on baking sheet.

2 | Lay 1 pepper on its side, and use paring knife to cut long, oval-shaped opening into side of pepper, leaving stem and bottom intact. (Pepper will resemble a canoe.) Reserve oval-shaped piece for filling. Carefully scoop out and discard seeds from body of pepper. Repeat with remaining peppers. Chop up oval-shaped pieces, and set aside.

3 | Place rice in saucepan, cover with salted water, and bring to a boil.

Menu

RICE-STUFFED MINI PEPPERS

PASTA SHELLS WITH EGG, BEET, AND ARUGULA SALAD

FONTINA FONDUE WITH CAULIFLOWER DIPPERS

POLENTA SQUARES WITH CRANBERRY MOSTARDA

ROASTED TOMATO CROSTINI

FROSTED ESPRESSO CHEESECAKE BARS

Reduce heat to medium, and cook 15 minutes. Drain.

4 | Meanwhile, whisk together oil, vinegar, oregano, and mustard, and season with salt and pepper, if desired. Stir mixture into hot rice, then mix in reserved chopped peppers, cherry peppers, and cheese.

5 | Stuff mini peppers with rice mixture, and arrange on platter.

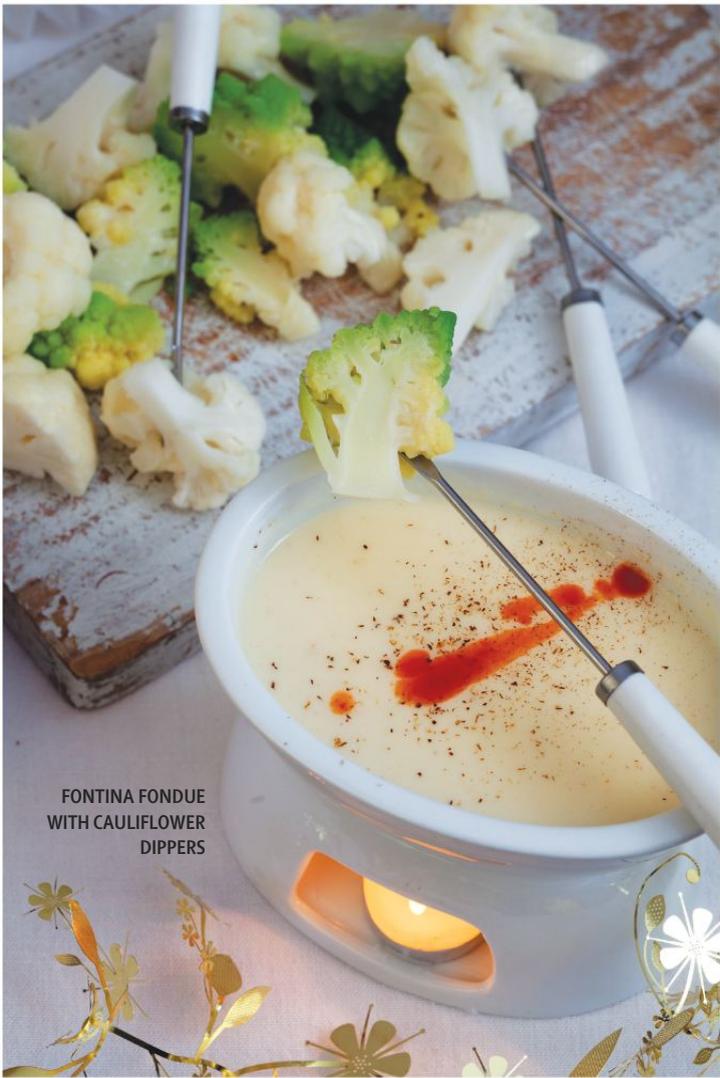
PER STUFFED PEPPER 52 cal; 1 g prot; 3 g total fat (<1 g sat fat); 6 g carb; 1 mg chol; 98 mg sod; <1 g fiber; <1 g sugars



RICE-STUFFED
MINI PEPPERS

make it ahead

Prep and stuff the peppers up to two days before the party; wrap tightly in plastic, and store in the refrigerator.



FONTINA FONDUE
WITH CAULIFLOWER
DIPPERS



POLENTA
SQUARES WITH
CRANBERRY
MOSTARDA



PASTA SHELLS WITH
EGG, BEET, AND
ARUGULA SALAD



PASTA SHELLS WITH
EGG, BEET, AND
ARUGULA SALAD

ROASTED
TOMATO
CROSTINI

Pasta Shells with Egg, Beet, and Arugula Salad

Makes 16 stuffed shells

Pasta salad meets egg salad meets finger food! Cook up a few extra shells in case some tear while draining or filling.

16 jumbo pasta shells

- 1 golden beet (about 5½ oz.)
- 2 Tbs. reduced-fat mayonnaise
- 2 Tbs. white balsamic vinegar, divided
- ¼ tsp. dry mustard powder
- 6 hard-boiled eggs, finely diced
- 1 Tbs. olive oil
- 1½ cups baby arugula, coarsely chopped
- Microgreens, such as amaranth, for garnish, optional

1 | Cook shells in large pot of boiling, salted water 12 minutes, or until tender, stirring to prevent sticking. Remove with slotted spoon, drain, then cool on sheet of foil. Cook beet in same boiling water 20 minutes, or until tender. Drain, cool, and peel beet, then finely dice.

2 | Whisk together mayonnaise, 1 Tbs. vinegar, and mustard powder in bowl. Fold in eggs and beet. Whisk remaining 1 Tbs. vinegar with oil in separate bowl. Add arugula, and toss until arugula begins to wilt. Fold arugula into egg salad.

3 | Spoon egg salad into shells. Sprinkle with microgreens (if using).

PER STUFFED SHELL 81 cal; 4 g prot; 3 g total fat (<1 g sat fat); 9 g carb; 70 mg chol; 83 mg sod; <1 g fiber; 2 g sugars

make it ahead

Cook pasta and prepare filling one day ahead (minus the arugula), and store in the fridge. Up to two hours before serving, stir in arugula and stuff shells.

Fontina Fondue with Cauliflower Dippers

Serves 8 | 30 minutes or fewer

Everybody loves hot dips on a holiday buffet table, so this subtly flavored fondue is a guaranteed crowd-pleaser. Look for green, purple, and orange cauliflower varieties to add color to the dipper selection.

- 24 medium cauliflower florets
- 2 cups coarsely shredded fontina cheese, lightly packed (8 oz.)
- 4½ tsp. all-purpose flour
- 1½ cups 1% low-fat milk
- ½ tsp. mild hot sauce, such as Cholula
- 1½ Tbs. grappa (Italian grape brandy) or Kirsch (German cherry brandy), optional
- ½ tsp. freshly grated or ground nutmeg
- 1 pinch ground white pepper
- Extra-dry Italian or French white vermouth or low-fat milk, for thinning fondue (if necessary)

1 | Cook cauliflower in large pot of boiling, salted water 5 minutes, or until tender. Drain, and cool. Arrange in bowl.

2 | Toss cheese with flour in large bowl.

3 | Bring milk and hot sauce to a simmer in saucepan over medium-low heat. Add cheese mixture to saucepan all at once. Whisk 3 to 4 minutes, or until cheese melts and fondue is smooth. Stir in grappa (if using) and nutmeg. Season with white pepper. Thin with vermouth 1 Tbs. at a time, if fondue is too thick.

4 | Transfer fondue to ceramic dish set over canned heat burner. Place cauliflower next to fondue for dipping.

PER SERVING (3 FLORETS AND ¼ CUP FONDUE) 138 cal; 9 g prot; 9 g total fat (6 g sat fat); 6 g carb; 33 mg chol; 274 mg sod; <1 g fiber; 3 g sugars

make it ahead

Cook cauliflower in advance, combine cheese and flour, and measure out milk and hot sauce into a jam jar. Stash these prepped items in the fridge so all you need to do is warm and season the fondue just before guests arrive.

Polenta Squares with Cranberry Mostarda

Makes 25 squares

Mostarda is a fruity Italian condiment that's somewhat like chutney.

MOSTARDA

- ½ cup sugar
- 1½ cups frozen cranberries (do not thaw)
- ¾ cup chopped red onion

- 1½ Tbs. apricot preserves
- ¼ tsp. red pepper flakes
- 4 tsp. prepared English mustard, plus more for serving
- ½ tsp. red wine vinegar

Chopped green onions, optional
POLENTA SQUARES

- ½ cup frozen corn kernels, thawed
- ¾ cup polenta (aka corn grits)

1 | To make Mostarda: Bring sugar and ½ cup water to a boil in medium saucepan. Add cranberries, reduce heat to medium, and cook 5 minutes, or until cranberry skins split. Transfer cranberries to plate with slotted spoon. Add onion, apricot preserves, and red pepper flakes to pan; reduce heat to medium-low, and simmer 10 minutes. Return cranberries to pan, cook 8 minutes more, or until mixture is thick, stirring often. Cool, then stir in mustard and vinegar. Cover, and chill.

2 | To make Polenta Squares: Line baking sheet with foil. Purée corn and ½ cup water in blender until smooth. Pour into large saucepan with 3 cups water and 1 tsp. salt, if desired. Bring to boil. Gradually add polenta; cook 2 minutes, stirring constantly. Reduce heat to low. Cook and stir 18 minutes, or until very thick.

3 | Scrape polenta onto foil in mound. Let rest 1 minute. Spread polenta to 7½-inch square with metal spatula. (Use a ruler to make straight edges.) Cool, then cover with plastic wrap. Chill 2 hours (or up to 2 days), until firm. Cut polenta into 25 1½-inch squares.

4 | Coat large nonstick skillet with cooking spray. Cook Polenta Squares in batches over medium-high heat 4 minutes per side, or until lightly browned.

5 | Spread prepared mustard on each square. Top each with 1 tsp. Mostarda, and sprinkle with green onions (if using).

PER SQUARE 38 cal; <1 g prot; <1 g total fat (0 g sat fat); 9 g carb; 0 mg chol; 26 mg sod; <1 g fiber; 4 g sugars  

make it ahead

Prepare the Mostarda and the Polenta Squares up to two days ahead, then sauté Polenta Squares and top with Mostarda just before serving.

GO big

ALL OF THESE RECIPES ARE EASY TO DOUBLE OR TRIPLE FOR LARGER HOLIDAY PARTIES.

Roasted Tomato Crostini

Makes 18 crostini

If you don't have time to assemble these crostini before guests arrive, simply mound the topping in a bowl set on a platter, and surround the bowl with toasted baguette slices.

- 2 cups small grape tomatoes
- 2 Tbs. olive oil, divided
- 18 ¾-inch-thick sourdough baguette slices
- 3½ tsp. white balsamic vinegar, divided
- 1 pinch cayenne pepper
- 1 15-oz. can cannellini beans, drained
- 1 large clove garlic, finely chopped
- 1½ tsp. minced fresh rosemary, divided
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ cup plus 2 Tbs. chopped fresh basil

1 | Place oven rack in top position, and preheat oven to 450°F. Coat small rimmed baking sheet with cooking spray. Toss tomatoes and 1 Tbs. oil in medium bowl. Spread tomatoes on prepared baking sheet, and roast 12 minutes. Stir, then roast 3 to 4 minutes more, or until most tomatoes are slightly shriveled and some are scorched. Scrape back into bowl; cool.

2 | Lightly coat bread slices on both sides with cooking spray. Arrange slices on large baking sheet. Bake 6 minutes, or until slightly browned on bottom and beginning to crisp. Cool on baking sheet.

3 | Toss tomatoes with 1½ tsp. vinegar, and season with cayenne and salt and pepper, if desired.

4 | Place ¾ cup beans in large pie plate. Heat remaining 1 Tbs. oil in small nonstick skillet over medium heat. Add garlic and 1 tsp. rosemary, and stir 30 to 40 seconds, or until very fragrant, but not brown. Scrape oil mixture over beans in dish. Mash to coarse paste (some beans may still be whole) with large fork. Mix remaining 2 tsp. vinegar, salt, and pepper, ¼ cup basil, and remaining beans into paste. Set aside 1 tomato for each crostini, and stir remaining tomatoes into beans.

5 | To assemble crostini, mound bean mixture on toast slices. Combine remaining ½ tsp. rosemary and 2 Tbs. basil in small bowl, and sprinkle lightly over bean mixture. Top each with 1 tomato.

PER CROSTINI 57 cal; 2 g prot; 2 g total fat (<1 g sat fat); 8 g carb; 0 mg chol; 125 mg sod; 2 g fiber; <1 g sugars 

make it ahead

Roast the tomatoes, prepare the bean topping, and toast the bread slices up to two days ahead.

Frosted Espresso Cheesecake Bars

Makes 24 bars

A blend of ricotta and cream cheeses keeps these bars light and creamy. The filling is flavored with instant espresso powder, which can be found in the coffee section of well-stocked supermarkets. It's more intensely flavored and dissolves better than instant coffee granules.

CRUST

- 1½ pkg. (3.5 oz.) *savoardi* or *ladyfinger* cookies, broken into pieces
- 4½ Tbs. chilled butter, cut into small cubes
- 1½ Tbs. sugar

FILLING

- 1 large egg
- 1 large egg white
- 2 Tbs. instant espresso coffee powder, such as *Medaglia d'Oro*
- 2¼ cups part-skim ricotta cheese
- 4½ oz. low-fat cream cheese, diced

- ¾ cup sugar
- ¾ tsp. cornstarch

- 1 pinch salt

FROSTING

- 1½ oz. unsweetened chocolate, chopped
- 3 Tbs. sugar
- 1 tsp. instant espresso coffee powder, such as *Medaglia d'Oro*
- 1 pinch salt

1 | To make Crust: Place 1 rack in center and 1 rack in bottom position of oven.

Preheat oven to 350°F. Line 9-inch square baking pan with parchment paper, letting ends hang over sides of pan. Spray with cooking spray.

2 | Pulse cookies in food processor until chopped into coarse crumbs. Add butter and sugar. Blend 1 to 2 minutes, or until crumbs are moist and stick together when pressed. Press mixture into bottom of prepared pan, but not up sides. Bake 12 minutes in center of oven, or until golden.

3 | To make Filling: Whisk together egg, egg white, and espresso powder in bowl until espresso powder dissolves. Place ricotta, cream cheese, sugar, cornstarch, egg mixture, and salt in food processor, and blend until smooth. Spread Filling over hot Crust.

4 | Slide baking sheet onto bottom shelf of oven to diffuse heat. Bake Filling and Crust in center of oven 30 to 33 minutes, or until Filling is just set in center and small cracks start to appear at edges. Transfer directly to refrigerator, and chill, uncovered, 6 hours, or until cold and set.

5 | To make Frosting: Microwave chocolate and 3 Tbs. water in 2-cup glass measure 25 to 30 seconds, or until chocolate is soft. Add sugar, espresso powder, and salt; whisk until smooth. Spread warm Frosting over chilled cheesecake. Chill until Frosting is firm.

6 | Lift cheesecake out of pan using parchment. Gently remove parchment from cheesecake. Transfer cheesecake to cutting board, and cut into 24 bars (3 rows of 8 bars). Transfer to serving plate.

PER BAR 132 cal; 4 g prot; 7 g total fat (4 g sat fat); 15 g carb; 37 mg chol; 105 mg sod; <1 g fiber; 9 g sugars 

make it ahead

Refrigerate finished cheesecake in pan wrapped in plastic wrap for up to one day. Cut into bars before guests arrive, and keep refrigerated until ready to serve.

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



FROSTED ESPRESSO
CHEESECAKE BARS

How to get (more!)
whole grains into your
favorite baked treats

HEALTHY WHOLE-GRAIN baking

This holiday season, the VT staff wanted a luscious collection of wholesome cookies, cakes, and breads that didn't taste like health food. We wanted to understand the hows and whys of whole-grain baking so that if we tried to add a little whole-wheat flour to Grandma's sugar cookie recipe, the results wouldn't end up in the trash. The following recipes offer a taste of whole-grain baking at its best, plus we provide guidance on how to slip as much whole-grain goodness as you'd like into any baked-good recipe.

PHOTOGRAPHY Beatriz da Costa FOOD STYLING Susie Theodorou



YOUR WHOLE-GRAIN PANTRY

All-purpose flour is actually a blend of soft- and hard-wheat flours that makes it suitable for both cakes and breads. To replace all-purpose flour with whole-grain flours, consider the following attributes of these substitutes:

WHOLE-WHEAT FLOUR The classic ground red wheat is high in protein and fiber and gives breads, bagels, and rolls a distinctive chewiness.

SPELT FLOUR Closely related to wheat, spelt has a milder flavor and less gluten, resulting in baked goods that are dense without being heavy.

WHOLE-WHEAT PASTRY FLOUR Also called graham flour (as in graham crackers), whole-wheat pastry flour is milled from “soft” or low-protein wheat. It gives pancakes, cookies, muffins, and cakes a fine-grained texture that’s similar to all-purpose flour.

WHITE WHOLE-WHEAT FLOUR White wheat has fewer bitter tannins and a paler color than red wheat for lighter, milder-tasting baked goods that still have all the benefits of whole wheat.

NON-WHEAT FLOURS such as oat, barley, corn, brown rice, and buckwheat can be thrown into a flour blend to add flavor and nutrients to muffins, flat breads, waffles, and pancakes.



GET THE RATIO RIGHT

For minimal changes in texture and flavor, start by substituting whole-grain flours for one-quarter to one-half of the standard flour in a recipe. See how it tastes, then gradually go higher. (Pancakes, waffles, banana muffins, brownies, and pumpkin bread work well with 100 percent whole-grain flours, but layer cakes and cookies fare better with a partial substitution.) As soon as you exceed 50 percent whole-wheat or any whole-grain flour in a recipe, the dry ingredients will absorb more liquid and fat than white flour. They can also mask the sweetness in recipes, so be ready to dial up the liquid and sweeteners, starting with 1 or 2 tablespoons at a time.



Technique

Graham Cutout Cookies

Makes 2 dozen 3-inch cookies

Rye flour is a perfect complement to honey and graham flour. You can cut the cookies into free-form rectangles, but this dough makes lovely cutouts with irresistibly crunchy edges. Royal icing dresses them up for the holidays.

COOKIES

- 2 Tbs. honey or agave syrup
- 2 Tbs. milk or almond milk
- 1½ cups all-purpose flour
- ¾ cup whole-wheat pastry flour
- ¼ cup rye flour
- ½ cup firmly packed light brown sugar
- ¾ tsp. salt
- ¼ tsp. baking soda
- ¼ tsp. ground cinnamon
- 11 Tbs. chilled unsalted butter, cut into 10 pieces

ROYAL ICING

- 1 Tbs. meringue powder
- 1 tsp. lemon juice
- 2 cups confectioners' sugar
- ½ tsp. maple extract

1 | To make Cookies: Combine honey and milk in small microwave-safe container. Heat on high power 15 seconds. Allow to cool to just warm before proceeding.

2 | Place flours, brown sugar, salt, baking soda, and cinnamon in bowl of food processor. With machine running, drop butter through chute. Process 30 seconds, or until butter is in small pieces.

3 | With processor running, add milk-honey mixture, and process until dough just begins to come together. (Dough will be stiff and dry, but will hold its shape when pressed together. If dough seems too dry, add up to 1 Tbs. more milk.)

4 | Roll out dough to ¼- to ⅜-inch thickness between 2 pieces of parchment paper. Chill 1 hour, or until firm.

5 | Preheat oven to 350°F. Cut Cookies into desired shapes, and transfer to parchment-lined baking sheets, spacing Cookies at least ½ inch apart. Bake 12 to 14 minutes, or until golden and crisp on edges. Cool on wire rack.

6 | To make Royal Icing: Beat meringue powder with lemon juice and 3½ Tbs. water in bowl of electric mixer (or with hand mixer) until combined. Add confectioners' sugar 1 cup at a time, and beat on low speed until combined and smooth. Beat in maple extract.

7 | Increase mixer speed to medium-high, and beat 3 to 4 minutes, or until Royal Icing is thick and fluffy. Consistency is right when you lift beater and ribbon of icing falls back into bowl and sits on surface for a few seconds. (Add water 1 Tbs. at a time if necessary to thin mixture.) Spread or pipe Royal Icing onto cooled Cookies.

PER COOKIE 158 cal; 2 g prot; 6 g total fat (3 g sat fat); 26 g carb; 14 mg chol; 53 mg sod; <1 g fiber; 16 g sugars



Biscotti's flavor will improve with age, and the cookies stay crunchy for weeks—perfect for giving!



Apricot-Pistachio Biscotti

Makes 5 dozen biscotti

Corn and millet flours add crunch and sweetness to these treats. Biscotti can be stored for up to two months layered in wax paper in an airtight container.

- 1 cup blanched whole pistachios
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- ¾ cup millet flour
- ¾ cup corn flour or masa harina
- 1½ cups sugar
- 1 Tbs. baking powder
- ½ tsp. salt
- 8 dried apricots, finely chopped (½ cup)
- 3 large eggs
- 4 Tbs. vegetable oil
- ½ tsp. almond extract

1 | Preheat oven to 350°F. Toast pistachios on ungreased baking sheet 4 to 6 minutes, or until pale brown and fragrant. Cool, and finely chop. Reduce oven temperature to 325°F.

2 | Stir together flours, sugar, baking powder, and salt in large bowl. Stir in pistachios and apricots.

3 | Whisk together eggs, oil, and almond extract in small bowl until smooth. Stir just enough of liquid into flour mixture until dry, shaggy dough forms. Reserve remaining liquid.

4 | Divide dough in 2 pieces. Wet hands with water to prevent sticking, and roll each piece of dough into 12-inch log,

flattening tops of logs so they're each about 1½ inches high. Line large baking sheet with parchment paper, and place logs at least 5 inches apart on sheet. Brush tops with remaining liquid mixture.

5 | Bake logs 25 to 30 minutes, or until edges are browned and firm, and centers have puffed and developed a skin, but are still slightly soft. Cool 30 minutes, then slice crosswise on the bias into ½-inch-wide slices using serrated knife.

6 | Reduce oven temperature to 300°F. Return sliced biscotti to baking sheet, bottom-side down and spaced at least ¼ inch apart, and bake 20 to 30 minutes more, or until golden, crisp, and dry.

PER BISCIOTTI 61 cal; 1 g prot; 2 g total fat (<1 g sat fat); 9 g carb; 9 mg chol; 52 mg sod; <1 g fiber; 5 g sugars

MIX THINGS UP

For signature baked goods that are packed with whole-grain goodness, try these flour combinations in your favorite recipes, following the guidelines in “Get the Ratio Right” (p. 55).



WAFFLES AND PANCAKES

whole-wheat pastry + oat + buckwheat

QUICK BREADS AND MUFFINS

White whole-wheat + millet + sorghum + corn

BREADS AND BAGELS

Spelt + rye

SANDWICH BREAD

Whole-wheat + sorghum + teff + millet

SHORTBREAD COOKIES

White whole-wheat + brown rice

CHOCOLATE COOKIES

White whole-wheat + amaranth + sorghum

PIZZA OR NAAN

White whole-wheat + sorghum



Almond-Cranberry Twist

Makes 1 loaf (16 1-inch slices)

The light flavor of white whole-wheat flour means no one will guess this sweet yeast bread is made with 50 percent whole-grain flour. The rich, sweet dough also makes great, decadent dinner rolls or cinnamon rolls.

FILLING

- ¾ cup toasted sliced almonds
- 3 Tbs. unsalted butter, softened
- ¾ cup sugar
- ½ tsp. salt
- 1 egg yolk
- 2 tsp. all-purpose flour
- ½ tsp. almond extract
- ½ cup dried sweetened cranberries or cherries

DOUGH

- 2¼ cups all-purpose flour
- 3 tsp. quick-acting yeast (from 1 ½ 0.25-oz. pkg.)
- ½ cup melted unsalted butter or ¼ cup vegetable oil
- ½ cup sugar
- 1¼ tsp. salt
- 2¼ cups white whole-wheat flour, plus more for kneading
- 1 large egg

1 | To make Filling: Preheat oven to 350°F. Grind half of almonds in rotary grinder or mini food processor. Coarsely chop remaining almonds, and set aside.

2 | Beat butter, sugar, and salt with electric mixer until smooth. Beat in egg yolk, flour, ground almonds, and almond extract. Stir in chopped almonds.

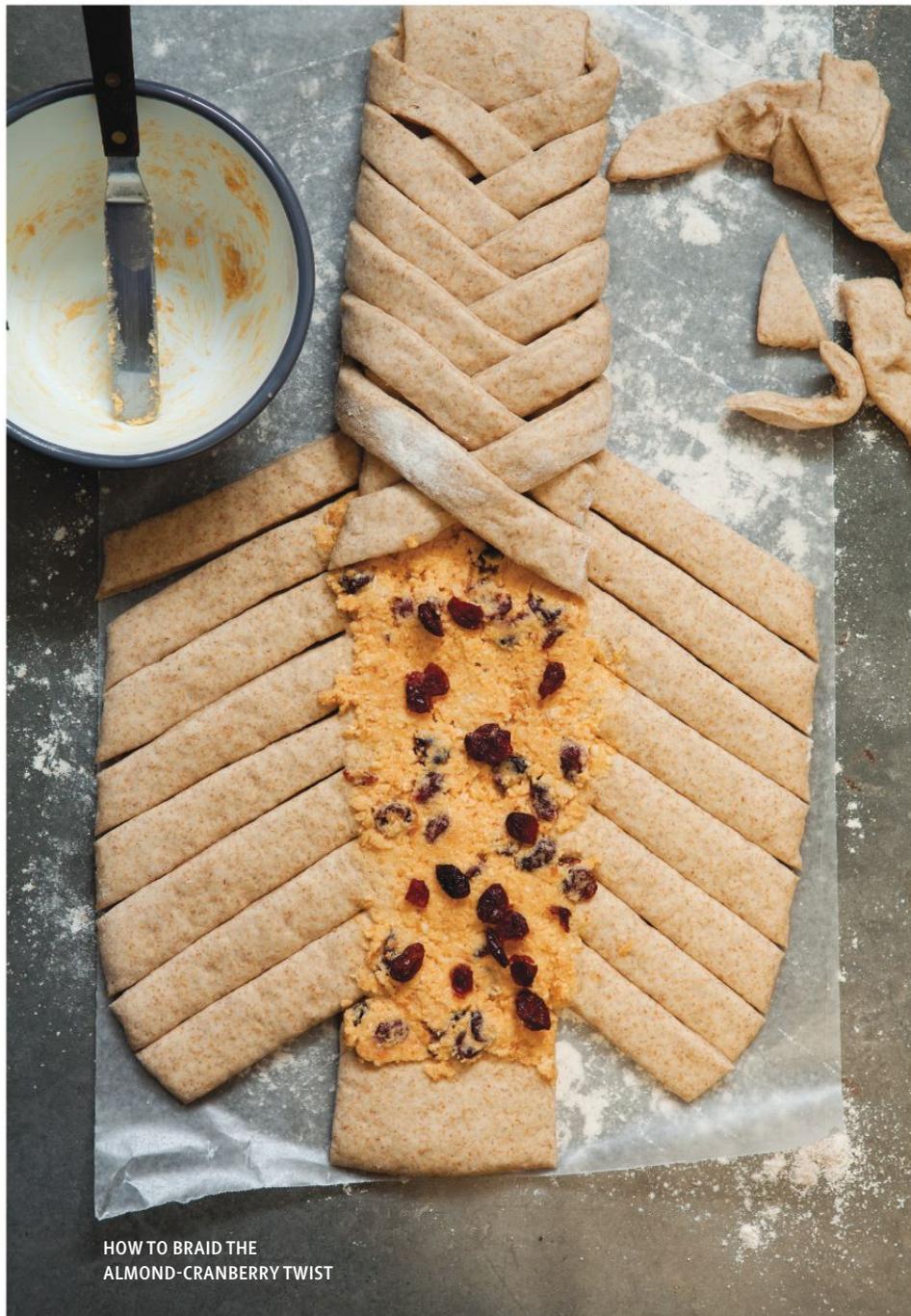
3 | To make Dough: Stir together all-purpose flour, 1½ cups warm (115°F) water, and yeast in large bowl. Cover, and let sit in warm place 30 minutes.

4 | Stir melted butter, sugar, and salt into flour-yeast mixture until blended. Stir in white whole-wheat flour until Dough comes together. Turn Dough out onto lightly floured work surface, and knead 4 to 5 minutes, or until smooth.

5 | Cover Dough, and let rise in warm place 1 hour, or until doubled in size.

6 | Roll Dough into 11- x 17-inch rectangle on floured work surface. Transfer Dough rectangle to piece of parchment paper cut to fit large baking sheet.





HOW TO BRAID THE ALMOND-CRANBERRY TWIST

7 | Set Dough rectangle so short side faces you. Spread Filling in center third of Dough, leaving 1-inch border at top and bottom. Make downward-angled cuts in Dough on both sides of Filling to create 1-inch-wide diagonal strips. (If cuts met in center, they would form inverted V's.)

8 | Remove and discard 4 triangular pieces of Dough remaining at top and bottom of rectangle. Fold top and bottom ends of Dough over Filling. Fold diagonal Dough strips over Filling, alternating sides and crossing one strip over another to form braid-like pattern.

9 | Slide parchment paper with braided Dough onto baking sheet. Cover with oiled plastic wrap, and refrigerate overnight.

10 | Remove twist from fridge, and let Dough rise in warm place 1 to 1½ hours.

11 | Preheat oven to 375°F. Whisk egg with 2 Tbs. water until well blended. Brush egg wash over braid. Bake in upper third of oven for 25 to 30 minutes, or until golden. Cool on pan 10 minutes, then transfer to wire rack to cool completely.

PER SLICE 246 cal; 6 g prot; 9 g total fat (4 g sat fat); 35 g carb; 39 mg chol; 207 mg sod; 3 g fiber; 9 g sugars

Orange Date Bundt Cakes

Serves 16 (makes 2 small cakes)

Whole-wheat pastry and sorghum flours add whole-grain interest to these cakes without making them heavy or dense.

CAKES

1¼ cups all-purpose flour

1¼ cups whole-wheat pastry flour

½ cup sorghum flour

2½ tsp. baking powder

¾ tsp. salt

½ tsp. baking soda

8 dates, finely chopped (¾ cup)

½ cup minced crystallized ginger

5 Tbs. egg replacer powder

1¼ cups sugar

¾ cup vegetable oil

¼ cup orange juice

1 large seedless orange, unpeeled, chopped into ¼- to ½-inch pieces

GLAZE

1½ cups confectioners' sugar

2 Tbs. orange or lemon juice

2 Tbs. rum or sherry

1 | To make Cakes: Preheat oven to 350°F. Coat 2 5-cup Bundt pans with cooking spray. Dust with flour.

2 | Whisk together flours, baking powder, salt, and baking soda in bowl. Stir in dates and ginger.

3 | Whisk together egg replacer and 1 cup water in large bowl. Whisk in sugar, oil, and orange juice. Fold in orange pieces. Stir in flour mixture.

4 | Divide batter between prepared pans. Bake 45 minutes, or until toothpick inserted in centers comes out clean. Cool in pans 20 minutes, then unmold.

5 | To make Glaze: Whisk together confectioners' sugar, orange juice, and rum until smooth.

6 | Poke holes in Cakes with toothpick. Drizzle Cakes with Glaze, using pastry brush or butter knife to coat evenly.

PER SLICE 368 cal; 4 g prot; 10 g total fat (<1 g sat fat); 66 g carb; 0 mg chol; 243 mg sod; 3 g fiber; 41 g sugars

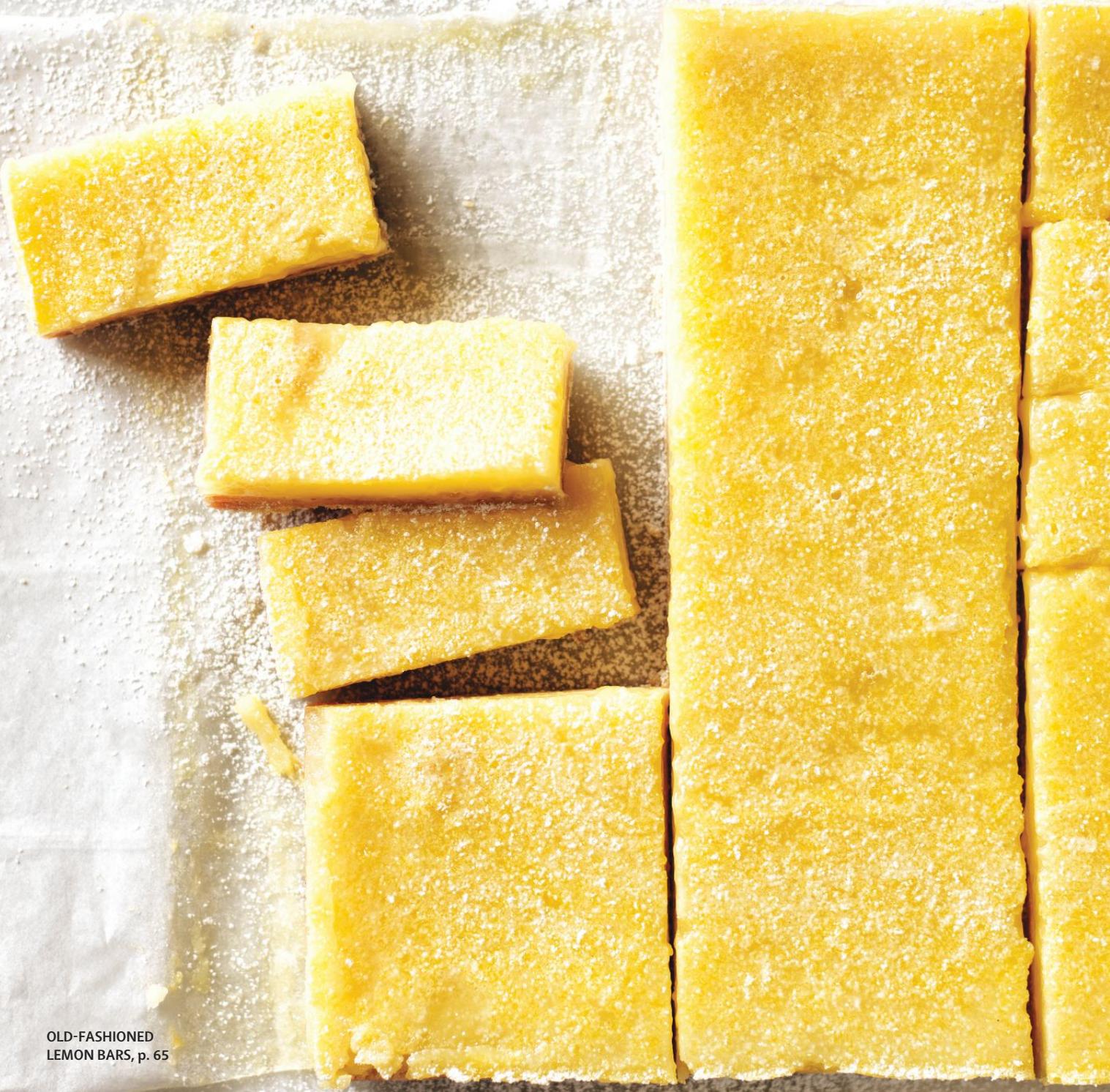
Nicole Rees is a professionally trained pastry chef who sets a high bar when baking with whole grains.

Winter's here—time to make the sunny citrus fruit your main squeeze

1 FOOD 5 WAYS Lemons

Tart, juicy lemons may be available year-round, but their sunny flavor is particularly welcome once the weather turns cold. Winter is also the best time to find specialty varieties such as Meyer lemons and pink lemonade lemons, which are at their peak right now and available only until early spring.

PHOTOGRAPHY Chris Court FOOD STYLING Vivian Lui PROP STYLING Kim Wong



OLD-FASHIONED
LEMON BARS, p. 65

Spaghetti with Lemon and Toasted Walnuts

Serves 8 | 30 minutes or fewer

This simple Italian combination is tasty on its own, or it can be filled out with roasted or steamed vegetables.

- 1 cup walnut halves
- ½ cup freshly grated Parmesan cheese
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 tsp. grated organic lemon zest
- 1 clove garlic, minced (1 tsp.)
- ¾ tsp. freshly ground black pepper
- 1 lb. spaghetti
- 1 cup Italian parsley, coarsely chopped

1 | Preheat oven to 350°F. Toast walnuts on baking sheet 10 minutes. Cool, and coarsely chop.

2 | Whisk together cheese, oil, lemon juice, lemon zest, garlic, and pepper in large bowl.

3 | Cook pasta according to package directions. Drain, and reserve ½ cup pasta cooking water. Add drained pasta to cheese mixture, and toss to combine, adding some pasta water if mixture seems too thick. Stir in parsley and walnuts, and season with salt and more pepper, if desired.

PER 1-CUP SERVING 387 cal; 12 g prot; 18 g total fat (3 g sat fat); 46 g carb; 4 mg chol; 83 mg sod; 4 g fiber; 1 g sugars





When recipes call for lemon skin or zest, choose organic lemons to avoid pesticide residues.



GINGER-LEMON TRIFLE, p. 65

KNOW YOUR lemons

EUREKA AND LISBON LEMONS

These two main varieties are sold interchangeably according to availability. "You probably couldn't tell the difference, and neither could I," says Glenn C. Wright, PhD, associate professor at the University of Arizona, Yuma Agriculture Center.

MEYER LEMONS

These have a sweeter, less acidic taste than Eurekas and Lisbons. Not "true" lemons, they are a lemon-orange hybrid originally from China.

PINK LEMONADE EUREKA LEMONS

The green- and yellow-skinned Eureka hybrids have pink pulp.

GREEN LEMONS

"All lemons are harvested green, then ripen to yellow. If you see a green lemon for sale, it usually means that the fruit hasn't gone through a packing house, where the natural ripening process is hastened to turn the fruit yellow," says Wright.

THICK- VS. THIN-SKINNED LEMONS

They're not different varieties; they're just grown in different climates. "When lemons are grown in a drier area, typically the rind is a little thicker. It's just the normal adaptation of the fruit to the dryness," explains Wright.

Lemon Lovers' Salad

Serves 6

Two whole lemons go into this salad. Boiling the fruit tenderizes and mellows the flavors of both the skin and the pulp.

- 2 organic lemons
- $\frac{1}{2}$ cup quinoa
- 1 cup snow peas, sliced on bias $\frac{1}{4}$ -inch-thick
- $\frac{1}{4}$ cup dried currants or raisins
- $\frac{1}{4}$ cup diced red onion
- 2 Tbs. olive oil
- 2 tsp. sugar
- 1 small avocado, diced
- $1\frac{1}{2}$ cups arugula

1 | Place lemons in small saucepan, and cover with water, weighting lemons down if necessary to keep submerged. Bring water to a boil, reduce heat to medium-low, and simmer 30 minutes, or until lemons are tender when pierced with knife tip. Discard water, and cool lemons.

2 | Meanwhile, cook quinoa according to package directions. Remove from heat, scatter snow peas and currants over top, cover, and let stand 3 minutes, or until snow peas are steamed. Transfer to large bowl, and cool.

3 | Cut lemons in half, scoop out pulp between segment membranes, and remove seeds. Place pulp in bowl, and scrape out and discard all remaining pith, membranes, and seeds from lemon skins. Cut lemon skins into $\frac{1}{4}$ -inch-thick strips, then slice into small diamonds. Add to lemon pulp along with onion, oil, sugar, and 1 Tbs. water. Let stand 10 minutes.

4 | Stir lemon mixture and avocado into quinoa mixture, and season with salt and pepper, if desired. Stir in arugula just before serving.

PER 1-CUP SERVING 170 cal; 3 g prot; 9 g total fat (1 g sat fat); 21 g carb; 0 mg chol; 7 mg sod; 4 g fiber; 7 g sugars  

Chickpea Stew with Quick-Preserved Lemons

Serves 6

Preserved lemons add a fragrant, slightly bitter layer to Mediterranean dishes.

- 7 medium carrots, halved and cut into $\frac{1}{2}$ -inch pieces
- 3 Tbs. olive oil, divided
- 1 onion, peeled and diced (1 cup)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. Aleppo pepper
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{2}$ tsp. ground coriander
- $\frac{1}{4}$ tsp. allspice
- $\frac{1}{4}$ tsp. ground cinnamon
- 2 15-oz. cans chickpeas, rinsed and drained
- 2 Tbs. Quick-Preserved Lemons (p. 65), finely chopped
- 3 dried dates, pitted and chopped ($\frac{1}{4}$ cup)
- 5 oz. baby kale or baby chard (2 cups)
- 2 Tbs. lemon juice

1 | Preheat oven to 400°F. Toss carrots with 1 Tbs. oil, season with salt and pepper (if desired), and roast 30 minutes, or until just tender.

2 | Heat remaining 2 Tbs. oil in large saucepan or Dutch oven over medium-high heat. Add onion, and cook 7 to 10 minutes, or until starting to color. Add garlic and spices, sauté 1 minute, then stir in chickpeas, preserved lemons, and 3 cups water. Bring to a simmer, reduce heat to medium-low, and cook 5 minutes. Add carrots and dates, and simmer 5 minutes more. Add kale to pot, cover, and cook 2 minutes, or until kale wilts. Remove from heat, and stir in lemon juice. Season with salt and pepper, if desired.

PER 1-CUP SERVING 272 cal; 9 g prot; 10 g total fat (1 g sat fat); 41 g carb; 0 mg chol; 385 mg sod; 4 g fiber; 10 g sugars  

Dip squeezed-out lemon halves in salt, and rub over cutting boards, salad bowls, and work surfaces to clean and deodorize. Then toss in the garbage disposal to freshen it up.

Old-Fashioned Lemon Bars

Makes 18 bars

The brown sugar shortbread crust has a toffee note that balances the tart filling in these bars.

CRUST

- 6 Tbs. unsalted butter, melted, and then cooled to room temperature
- ¼ cup packed light brown sugar
- 1 tsp. finely grated organic lemon zest
- ½ tsp. kosher salt
- 1 cup all-purpose flour

FILLING

- ¾ cup plus 1 Tbs. sugar
- ½ cup lemon juice
- 3 Tbs. mild-flavored honey
- ½ tsp. vanilla extract
- ¼ tsp. kosher salt
- 3 large eggs, at room temperature
- 3 Tbs. all-purpose flour

1 | To make Crust: Preheat oven to 350°F. Line 8-inch square baking pan with parchment paper so that paper extends

beyond rim of pan. Stir together butter, brown sugar, lemon zest, and salt in medium bowl. Stir in flour. Pat mixture into bottom of pan. Bake 25 to 30 minutes, or until bottom is golden brown.

2 | To make Filling: Whisk together sugar, lemon juice, honey, vanilla, salt, and eggs in medium bowl. Whisk in flour, and then pour over hot Crust.

3 | Return pan to oven, and reduce heat to 300°F. Bake 15 to 20 minutes, or until Filling barely jiggles in center when pan is shaken. Remove pan from oven, and set on wire rack until completely cool. Lift square out using parchment paper, and slice into bars.

PER BAR 135 cal; 2 g prot; 5 g total fat (3 g sat fat); 22 g carb; 41 mg chol; 94 mg sod; <1 g fiber; 15 g sugars

Ginger-Lemon Trifles

Serves 8

Thin ginger cookies add holiday flair to individual-size desserts. For extra color and flavor, mix in some fresh lemon zest.

- ⅔ cup lemon juice
- 1 14-oz. can fat-free sweetened condensed milk
- 1 cup heavy cream
- 1 cup low-fat Greek yogurt
- 56 thin ginger cookies or ginger thins (about half 9-oz. pkg.)

1 | Whisk together lemon juice and condensed milk in medium bowl.

2 | Whip cream with electric mixer in separate bowl until soft peaks form. Whisk yogurt into whipped cream. Fold cream mixture into lemon juice mixture. Chill 1 hour, or until firm.

3 | Layer ⅓ cup cream mixture and 7 cookies in each of 8 parfait glasses or ramekins. Chill 4 hours before serving.
PER TRIFLE 346 cal; 8 g prot; 14 g total fat (8 g sat fat); 48 g carb; 55 mg chol; 140 mg sod; <1 g fiber; 39 g sugars

Fiona Kennedy is lucky enough to have a lemon tree in her backyard and cannot get enough of the pucker-inducing fruit.

BONUS



QUICK-PRESERVED LEMONS

Makes 1 cup

Whole preserved lemons usually take a month or more to cure in salt, but chopping the lemons trims the time to just three days.

- 4 organic lemons
- 1 Tbs. kosher salt
- 1 Tbs. packed light brown sugar
- 1 dried chile de arbol, broken into 3 pieces, or ½ tsp. red pepper flakes
- 1 bay leaf

Slice ends off lemons, and discard. Chop lemons into ¼-inch pieces, and discard seeds. Place chopped lemons, salt, brown sugar, chile de arbol, and bay leaf in small bowl, and stir to combine. Transfer to clean glass jar, and place plastic wrap directly on surface. Let stand at room temperature three days, then store in refrigerator up to three months.

7 WAYS TO USE QUICK-PRESERVED LEMONS

1. Finely chop, and stir into crème fraîche or Greek yogurt for a vegetable dip
2. Whisk into salad dressings
3. Stir into couscous with olives, golden raisins, and cilantro
4. Toss with sweet potatoes or carrots before roasting
5. Add to puréed soups
6. Muddle into a martini
7. Toss with olives and roasted almonds for a quick hors d'oeuvre



WECK CANNING JARS FROM CRATEANDBARREL.COM

BY Cristin Nelson

FIVE TASTY RECIPES TO INVITE GOOD HEALTH AND GOOD FORTUNE IN THE NEW YEAR

Lucky beans

DON'T HAVE A NEW YEAR'S RESOLUTION YET?

Try fitting more beans into your diet, as do people around the world who embrace a custom of eating legumes on New Year's Day. In Italy and Brazil, lentils represent a wish for prosperity. Black soybeans are on the menu for New Year's in Japan. And in the American South, black-eyed peas are the star ingredient in the luck- and wealth-inducing Hoppin' John. Every culture has its own reason for the tradition, but it's universally true that beans are low in fat, cholesterol, and calories, yet loaded with fiber, protein, vitamins, and minerals. These recipes make it easy to invite good luck and good health into the year ahead.

PHOTOGRAPHY Chris Court FOOD STYLING Vivian Lui PROP STYLING Kim Wong





“EAT POOR ON NEW YEAR’S,
and eat fat the rest of the year.”

AN ITALIAN WINTER FAVORITE,
this soup is just the thing to warm the
belly on a cold day. 



PASTA E CECI
(PASTA WITH
CHICKPEAS)

Pasta e Ceci (Pasta with Chickpeas)

Serves 6 | 30 minutes or fewer
A cousin of pasta e fagioli, this cozy soup features chickpeas instead of white beans.

- 1 Tbs. olive oil
- 1 medium onion, chopped (1½ cups)
- 3 sprigs fresh rosemary
- 2 cloves garlic, minced (2 tsp.)
- 3 plum or Roma tomatoes, seeded and chopped (2 cups)
- 1 15-oz. can chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- 4 cups low-sodium vegetable broth
- ½ cup ditalini or tubetti
- ½ tsp. freshly ground black pepper
- 6 Tbs. grated Parmesan cheese
- 2 Tbs. finely chopped fresh basil or parsley, for garnish

1 | Heat oil in large soup pot or Dutch oven over medium heat. Add onion and rosemary sprigs, and sauté 5 to 7 minutes, or until onion has softened.

2 | Add garlic, and sauté 30 seconds. Add tomatoes, and season with salt, if desired. Sauté 3 to 5 minutes.

3 | Add chickpeas, and slightly mash with fork or potato masher to thicken soup.

4 | Add broth, and bring to a boil. Add pasta, and cook 1 minute less than package directions suggest.

5 | Season soup with salt, if desired, and pepper. Garnish each serving with 1 Tbs. Parmesan and 1 tsp. basil.

PER 1-CUP SERVING 160 cal; 7 g prot; 5 g total fat (1 g sat fat); 23 g carb; 4 mg chol; 545 mg sod; 2 g fiber; 4 g sugars

New Year's Black-Eyed Peas and Greens

Serves 6

"Eat poor on New Year's, and eat fat the rest of the year," goes the saying in the American South, where black-eyed peas are eaten at New Year's for luck and good fortune. The peas are said to represent coins, and are often eaten alongside collard greens, which represent paper money, as well as golden cornbread. This version replaces the collards with superfood kale.

- ½ lb. dried black-eyed peas (1¼ cups)
- 1 bay leaf
- 2 Tbs. red wine vinegar
- 1¾ tsp. salt, divided
- 1 12-oz. bunch kale, stems removed, leaves torn into pieces
- 2 Tbs. lemon juice, divided
- 2 large tomatoes, seeded and diced (1½ cups)
- 2 Tbs. olive oil
- 4 green onions, sliced (½ cup)
- ¼ cup finely chopped fresh parsley
- 1 Tbs. finely chopped fresh oregano

1 | Set peas in saucepan, and cover with boiling water; let sit 1 hour. Drain, return peas to saucepan, cover with fresh water, and add bay leaf. Bring to a boil, and cook 20 minutes. Add vinegar and 1 tsp. salt, and cook 10 to 25 minutes longer, or until peas are tender but keep their shape.

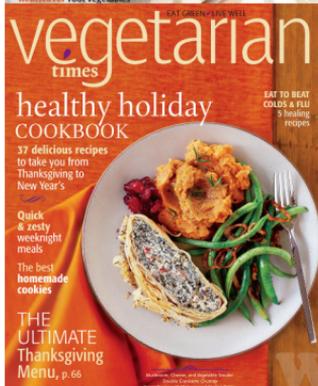
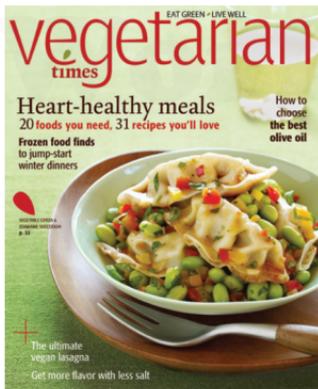
2 | Bring large pot of salted water to a boil. Add kale, and boil 3 to 5 minutes, or until tender. Drain, and toss with 1 tsp. lemon juice.

3 | Toss tomatoes with ¼ tsp. salt in colander. Let sit, shaking occasionally, to drain juices.

4 | Combine remaining ½ tsp. salt, remaining 5 tsp. lemon juice, oil, green onions, parsley, and oregano in large bowl.

5 | Drain peas, and remove bay leaf. Add to bowl with lemon juice and herbs, and mix well. Add tomatoes, and mix again. Serve warm, with kale on side.

PER 1-CUP SERVING 195 cal; 10 g prot; 6 g total fat (<1 g sat fat); 28 g carb; 0 mg chol; 701 mg sod; 8 g fiber; 6 g sugars  



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NEW YEAR'S
BLACK-EYED PEAS
AND GREENS

Legend has it that black-eyed peas earned their lucky reputation during the Civil War, when ranging Union troops ignored fields of the legume, thinking it fit only for animal feed. The peas became a staple for Confederate soldiers when little else could be found.

IN BRAZIL, many people eat a plate of lentils at New Year's dinner to invite prosperity during the year to come.



Coconut Lentils

Serves 6

In Brazil, many people eat a plate of lentils at New Year's dinner to invite prosperity during the year to come. Since lentils look like small coins, and they almost double in size after they're cooked, Brazilians say they attract fortune and wealth.

- ¼ cup unsweetened coconut flakes
- 1 Tbs. coconut oil
- 1 medium yellow onion, chopped (1½ cups)
- ½ tsp. ground ginger
- ½ tsp. ground turmeric
- ¼ tsp. ground allspice
- 2 Tbs. tomato paste
- 1 cup French green lentils
- ¼ cup raisins
- 2 tsp. lime juice

1 | Preheat oven to 350°F. Arrange coconut flakes on baking sheet, and toast 4 to 6 minutes, or until golden. Set aside.

2 | Heat coconut oil in large skillet over medium heat. Add onion, and sauté 5 to 7 minutes, or until onion has softened. Stir in ginger, turmeric, and allspice, and sauté 30 seconds, or until fragrant. Stir in tomato paste, and sauté 30 seconds. Add 1 cup water to pan, and scrape up any browned bits.

3 | Add lentils, raisins, and 2 cups water. Bring to a boil, then reduce heat to medium-low, cover, and simmer 30 minutes. Uncover, and simmer 10 to 15 minutes more, or until lentils are tender. Stir in lime juice, and season with salt and pepper, if desired. Sprinkle each serving with 2 tsp. toasted coconut.

PER ½-CUP SERVING 189 cal; 8 g prot; 6 g total fat (4 g sat fat); 30 g carb; 0 mg chol; 10 mg sod; 6 g fiber; 7 g sugars  

Yellow Split Pea Soup with Smoked Paprika and Rye Croutons

Serves 6

Split pea soup is called *erbsensuppe* in Germany, where it's often eaten as part of a warming winter meal. Smoked paprika lends a sultry smokiness to this ham-free version, while homemade croutons add a satisfying crunch.

SOUP

- 2 Tbs. olive oil
- 1 large onion, chopped (2 cups)
- 3 ribs celery, sliced (¾ cup)
- 2 medium carrots, sliced (1 cup)
- 1 Tbs. smoked paprika
- 1 tsp. ground turmeric
- ½ tsp. cayenne pepper
- 1¼ cups yellow split peas
- 2 Tbs. lemon juice
- 2 Tbs. finely chopped fresh chives

CROUTONS

- 4 oz. rye bread (2 to 3 slices)
- 1 clove garlic, halved

1 | To make Soup: Heat oil in large pot or Dutch oven over medium heat. Add onion, celery, and carrots, and sauté 10 minutes, or until vegetables have begun to brown. Add paprika, turmeric, and cayenne, and sauté 30 seconds.

2 | Add split peas and 4½ cups water. Bring to a boil, then reduce heat to medium-low, cover, and simmer 45 to 60 minutes, or until split peas have broken down and Soup is thickened and creamy.

3 | Meanwhile, to make Croutons: Preheat oven to 350°F. Arrange bread slices on baking sheet, and bake 10 to 15 minutes, or until crisp, depending on thickness of bread. Remove from oven, and rub each slice with cut side of garlic clove. Cut bread into bite-size cubes.

4 | Purée Soup with immersion blender until smooth. Stir in lemon juice, and season with salt and pepper, if desired. Garnish each serving with Croutons and chives.

PER 1-CUP SERVING 265 cal; 11 g prot; 6 g total fat (<1 g sat fat); 42 g carb; 0 mg chol; 142 mg sod; 15 g fiber; 5 g sugars 

Black Soybean and Hoisin Lettuce Wraps

Serves 6 | 30 minutes or fewer

In Japan, black soybeans cooked in a sweet syrup (*kuromame*) are eaten as part of *osechi ryori*, the customary New Year's meal. Black soybeans can be found at Asian markets and some specialty health food stores; if you can't find them, substitute regular black beans.

- 1 Tbs. toasted sesame oil
- 10 oz. cremini mushrooms, quartered
- 1 large red bell pepper, chopped (1½ cups)
- 2 cloves garlic, minced (2 tsp.)
- 1 Tbs. grated fresh ginger
- 1 15-oz. can black soybeans, drained and rinsed, or 1½ cups cooked black soybeans
- 2 Tbs. hoisin sauce
- 2 Tbs. rice wine vinegar
- 1 Tbs. sriracha sauce
- 12 leaves butter lettuce, washed and dried (from 1 head)
- 2 Tbs. finely sliced green onions

1 | Heat oil in skillet over medium-high heat. Add mushrooms and bell pepper, and sauté 8 to 10 minutes, or until mushrooms have released their juices and begin to brown.

2 | Add garlic and ginger, and sauté 30 seconds. Add soybeans, hoisin, vinegar, and sriracha, and sauté 2 to 3 minutes, or until soybeans are heated through and mixture is well combined.

3 | Remove from heat, and scoop ¼ cup soybean mixture into each lettuce leaf. Sprinkle each wrap with green onions, and serve immediately.

PER SERVING (2 WRAPS) 131 cal; 8 g prot; 6 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 158 mg sod; 5 g fiber; 6 g sugars  

IN JAPAN,
black soybeans cooked
in a sweet syrup
(*kuromame*)
are eaten as part
of *osechi ryori*,
the customary
New Year's meal.





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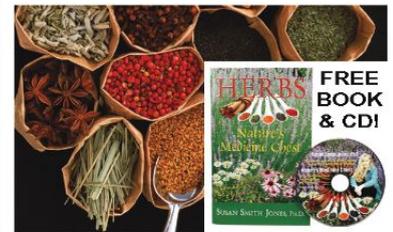


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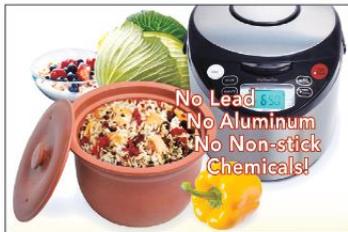


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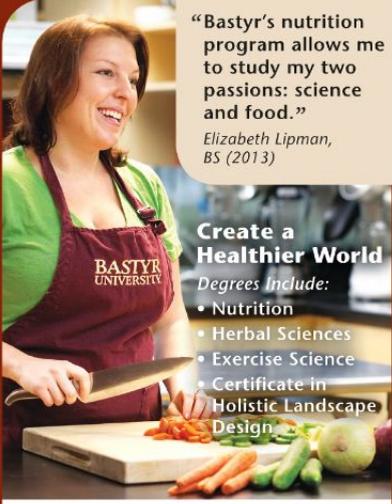
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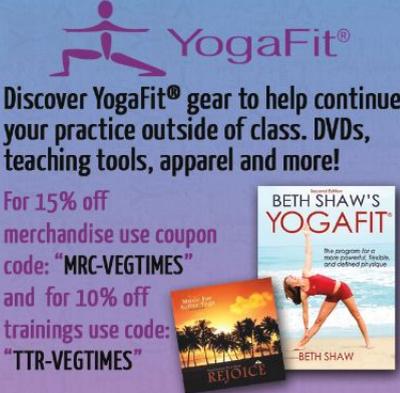
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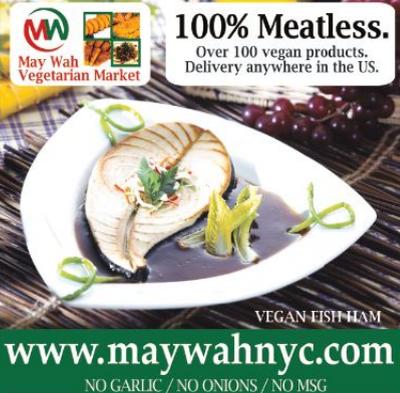
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Juliet Pennington is a freelance writer and veg environmentalist based in North Attleboro, Mass.

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



NATASHA CORRETT

coauthor of Eating the Alkaline Way: Recipes for a Well-Balanced Honestly Healthy Lifestyle



fennel & pear

There is nothing better than a cleansing soup to warm you up in the cold winter months. One of my favorites is my Fennel and Pear Soup. Fennel supports the liver for cleansing, and the potassium in fennel and pear helps manage water retention and prevent dehydration. The anise flavor of the fennel complements the sweetness

of the pear, and together they create such a comforting taste.

To make the soup, I sauté onion and garlic in a pan with olive oil; add a chopped fennel bulb, a chopped pear, and about 2 cups of vegetable stock; and then bring to a boil. I reduce the heat, and let simmer for 40 minutes, then blend the mixture until smooth.

For a different variation on the flavor pairing, I like to braise fennel with black onion seeds (aka nigella seeds) and make a pear purée to serve with a marinated tofu steak. Another option is to assemble a simple raw fennel salad with lamb's lettuce, crushed walnuts, parsley, lemon zest, pear salsa, and a tahini dressing. 🍃

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