

EAT GREEN • LIVE WELL

# vegetarian

times

March 2013 [vegetariantimes.com](http://vegetariantimes.com)

## HEALTHY COMFORT FOOD

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MAKE-AHEAD  
MEALS

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FEED  
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5 NEW WAYS  
TO LOVE  
CHICKPEAS





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## eat smart

**If you'd like** to eat smarter in 2013, this issue offers some interesting ways to do it.

VT's Ask the Doc columnist, Neal D. Barnard, MD, has been thinking a lot lately about how the foods you eat can help protect your brain against everything from mild memory loss to Alzheimer's disease. His new book, *Power Foods for the Brain*, delves into the research and offers practical strategies to give your mind a nutritional advantage. In lieu of his regular column, Barnard distills the most important take-aways from the book in "Feed Your Brain," on p. 72.

For recipe developer Carolyn Malcoun, eating smart comes down to setting herself up for success. Her strategy: cook healthful meals ahead of time so that even the craziest day at work doesn't derail your intentions to eat a decent dinner. In "Cook Up a Storm" (p. 54), Malcoun lays out a step-by-step plan for creating six fridge- and freezer-friendly meals in a single weekend afternoon. We're talking chunky Roasted Vegetable Soup, cozy Zucchini-Corn Cannelloni, Middle Eastern Stuffed Cabbage Rolls, and other yummy dishes that will be ready to heat and eat at a moment's notice.

Matthew Kadey, MS, RD, covers the breakfast beat this month. He created four delicious breakfast smoothies that offer a brain-friendly boost of flaxseed, walnuts, chia, and hemp ("Feel-Good Smoothies," p. 36). Drink up!

Elizabeth Turner

PORTRAIT PHOTOGRAPHY: LISA ROMERIN; HAIR AND MAKEUP: DORIT GENAZZANI

## what's cooking on [vegetariantimes.com](http://vegetariantimes.com)



### ⌘ VT WEEKEND PROJECTS

[vegetariantimes.com/blog/weekend-projects](http://vegetariantimes.com/blog/weekend-projects)

Get inspired to take on creative and budget-friendly weekend projects such as making a vinegar veggie wash, or Clean-out-the-Fridge Veggie Stock from food editor Mary Margaret Chappell, and others.

### WHAT DO I DO WITH AGAR-AGAR? »

[vegetariantimes.com/agaragar](http://vegetariantimes.com/agaragar)

When it comes to preparing jiggly treats such as puddings, fruit pies, and flans, vegetarians face the challenge of finding a suitable substitute for animal-based gelatin. The solution? The seaweed-derived ingredient agar-agar. Learn how to choose it and use it, and try a tasty recipe for Cinnamon-Vanilla Flan from blogger Aurelia d'Andrea.



### « ST. PATRICK'S DAY RECIPES ON PINTEREST

[pinterest.com/vegimes/st-patrick-s-day-recipes](http://pinterest.com/vegimes/st-patrick-s-day-recipes)

Check out our stellar selection of Irish-inspired and green-hued recipes to celebrate St. Patrick's Day, including a modern-day makeover of colcannon (pictured), the ultra-Irish dish.

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**Colleen Patrick-Goudreau**  
Popular author of *The 30-Day Vegan Challenge*; *The Joy of Vegan Baking* and *Color Me Vegan*; columnist for *VegNews* magazine



**Jameth Sheridan, DHM**  
President of Health Force Nutritionals which produces unique cleansing and healing programs; has conducted extensive research on raw vegan foods and healing



**John McDougall, MD**  
Author of 11 national best-selling books; expert on weight loss and disease reversal through a low fat vegan diet; medical director of the 10-day McDougall Program



**Melanie Joy, PhD, EdM**  
Author of the thought-provoking book, *Why We Love Dogs, Eat Pigs, and Wear Cows* and *Strategic Action for Animals*



**Brian Clement, PhD, NMD, LN**  
Director, Hippocrates Health Institute which advocates a live food vegan diet for health and healing; author of *Living Foods for Optimum Health*



**Brenda Davis, RD**  
Lead dietitian in a major diabetes reversal project; co-author of *Becoming Vegan*, *The New Becoming Vegetarian*, *Defeating Diabetes* and *Becoming Raw*

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- 2 (15 oz.) cans low sodium garbanzo beans, drained
- ½ cup Once Again Organic Tahini
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- 1 large egg
- ½ cup chopped frozen spinach, defrosted
- ½ cup sliced green onions
- ¾ cup chopped flat leaf cilantro
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 garlic cloves, peeled and minced
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1½ tsp kosher salt
- ½ cup chopped roasted red peppers
- ½ cup crumbled feta cheese
- ¾ cup chopped black olives
- Pan spray

Vegetarian

Preheat the oven to 400°F. Place the garbanzo beans, tahini, breadcrumbs, egg, spinach, onions, cilantro, lemon juice, olive oil, garlic, cumin, coriander, and salt in a food processor. Pulse until the garbanzo beans are mostly smooth. Do not over process—a few chunks are fine. Scoop the mix into a bowl and fold in the roasted red peppers, feta, and olives. Spray a cookie sheet well with the pan spray. Shape the mix into 6 equally sized patties, flattening slightly, and place on the cookie sheet. Bake the burgers in the oven for 20 minutes. Use a spatula to flip the burgers and continue to cook for an additional 20 minutes, until golden brown. Serve on a toasted burger bun with lettuce, tomato, and tzatziki sauce if desired. May also be served with *Once Again Tahini-Lemon Dressing & Dipping Sauce*. Enjoy!

**NUTRIENTS PER SERVING** (6 servings): **CALORIES:** 329, **TOTAL FAT:** 18.5g, **SAT. FAT:** 3.7g, **CHOLESTEROL:** 42.0mg, **SODIUM:** 760mg, **CARBS:** 31g, **FIBER:** 8.1g, **SUGARS:** 1.2g, **PROTEIN:** 14.4g.

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Circle reply #4 on Info Center card

## contributors



### Abigail Wolfe

VT Recipe Tester; Recipe Developer, "Crank It Up," p. 48

**Who or what inspires you most?** The abundance of local produce available at the farmers' markets in Southern California. It's a major reason why I moved here.

**What's your favorite piece of cookware?** My Swiss Diamond breakfast pan. I love the way it can make a perfect crêpe every time, and keep an egg-white omelet from browning or sticking.

**What's your No. 1 pantry staple?** My collection of vinegars. Just a few drops here and there can really freshen up a dish.

**What was your best improvisatory moment in the kitchen?** Mixing up homemade ranch dressing for a pregnant guest who had a craving.

### Emily Horton

Writer, "Sustainable Table Talk," p. 18

**What's your favorite piece of cookware?** I've just begun using a clay bean pot, which has changed my life (at least in matters of bean-cooking). Everything that comes out of that pot has been delicious, and the beans achieve this unimaginably creamy texture.

**What was your best improvisatory moment in the kitchen?** When I realized that almonds crushed with garlic (plus lemon and olive oil) is a pretty wonderful vegetarian stand-in for the classic anchovy-based Roman dressing for *puntarelle*.

**What's your No. 1 grocery splurge?** Really divine cheese.



### Ethel Brennan

Prop Stylist, "Crank It Up," p. 48; "Your Easter Finest," p. 62

**What did you discover while on this assignment?** The food stylist on the photo shoot brought the tiniest root vegetables I have ever seen, and now my family is addicted.

**What's your most treasured family food tradition?** I grew up in both France and California and have spent my life shopping at farmers' markets. I take my boys for weekly trips.

**What was your best improvisatory moment in the kitchen?** Dinner for a family of four ready in 15 minutes start to finish: leftover pasta sautéed with olive oil, garlic, roasted peppers, and basil, and topped with a fried egg. 🌿



Mugi Miso Soup

Hacho Miso Soup

Genmai Miso Soup

Shiro Miso Soup



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**“I actually ENJOY DOING DISHES AGAIN. Lavender dish soap on one side, Lavender hand soap on the other.”**  
*Kristie, on Facebook*

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BLACK BEAN CHILI WITH  
FIRE-ROASTED CORN

BEATRIZ DA COSTA

### SCIENCE GONE WRONG?

I was appalled by “The Mod Squad” article [January/February, p. 66]. [The Cooking Lab] might offer modernist cuisine ideas, but at what price? Their Microwaved Eggplant Parmesan recipe revolves around microwaving veggies multiple times. Microwaving significantly reduces the nutritional value of food, leaving you gaining little from the meal. The worst part, I thought, was covering the food with “safe” plastic wrap. Why would we want to eat plastic-coated, nutritionally void food?

LINDSAY | CHARLESTON, S.C.

# letters

### THUMBS-UP FOR CONVENIENCE

My husband and I made the Black Bean Chili with Fire-Roasted Corn [5 Ingredients: “Chili Made Easy,” January/February, p. 34] the day after we got the issue. When we went to get the frozen fire-roasted corn, the store didn’t have it, so we used regular frozen corn and added a can of diced fire-roasted tomatoes and a hit of hot sauce. It was amazing! Thanks for continuing to provide easy, healthy recipes.

LISA ROGOL | EAST WINDSOR, N.J.

### LOST AND FOUND

Creamy Corn Chowder [“Soy, Boys & Girls,” September 1999, p. 59] was one of the first recipes my mom made for me when I became a vegetarian when I was young. Every Thanksgiving and Christmas this is what she cooked for me so I could eat with everyone else. In 2005, Hurricane Katrina left eight feet of water in my parents’ house. Mom’s recipes were lost, and neither of us could remember which issue of *VT* this recipe was in. I have searched off and on for years with no luck. I was just telling a friend about the missing recipe a few days ago, and then, lo and behold, your e-mail newsletter mentioned the browse-by-issue feature [on [vegetariantimes.com](http://vegetariantimes.com)]. I didn’t hold out much hope,

but within minutes, there it was. Thank you, *Vegetarian Times*, for giving back a little of what we lost that day.

SARAH HALSTEAD | VIA [VEGETARIANTIMES.COM](http://VEGETARIANTIMES.COM)

### PRESSURE’S ON!

In the January/February issue on p. 76 [“New Food Resolutions 2013”], Jill Nussinow, MS, RD, says pressure-cooked foods can be had in 50 to 70 percent less time. Do you have any other information on pressure cooking?

RICHARD WRZESINSKI | CHICAGO

**Editor’s Note:** We’re big fans of pressure cookers here at *VT*. You can use them to whip up all kinds of dishes in record time—soups, stews, beans, greens. Look for a model with two pressure levels and an automatic “spring valve” pressure regulator, and be sure to visit [vegetariantimes.com/pressurebasics](http://vegetariantimes.com/pressurebasics) for our gear guide, plus links to pressure cooker recipes and detailed how-tos.

**Editor’s Note:** This letter gives us the chance to dispel a common myth about microwave cooking. The fact is, repeated studies have shown that microwave cooking is one of the preferred ways to cook veggies if you want to preserve nutrients. In a Spanish study published in 2009 in the *Journal of Food Science*, researchers cooked 20 different vegetables six different ways to answer this question. After boiling, microwaving, pressure-cooking, “griddling,” frying, and baking each vegetable, they found griddling, microwaving, and baking did the least damage to antioxidants. Studies at Cornell University support these findings.

The safety of using plastic wrap in the microwave is less clear. The USDA says it’s safe as long as the plastic wrap isn’t touching the food. The nonprofit Environmental Working Group recommends keeping all plastic wrap out of the microwave, but they concede that no studies have proven it to be unsafe.

### FAB 5 Can’t decide what to make tonight? Here are our five favorite recipes from this issue:

1. Rice Noodle Salad with Smoked Tofu and Herbs, p. 32
2. Mixed-Grain Tabbouleh with Roasted Eggplant, Chickpeas, and Mint, p. 69
3. Peter Rabbit Salad with Thousand Island Dressing, p. 66
4. Mini Artichoke and Onion Tarts, p. 65
5. Broiled French Onion Soup, p. 53

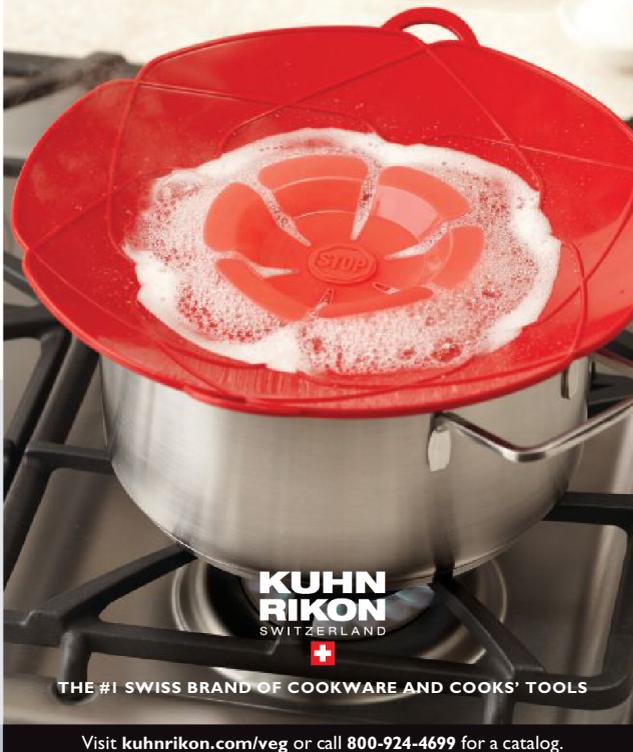
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## community

### SHARE: READER RECIPE

#### Crème de Framboise Shortbread

Makes 16 wedges

Sonia Morin, of Altadena, Calif., created this not-too-sweet shortbread while "toying with the idea of having a French-themed afternoon tea," she says. If you can't find *crème de framboise*, you can substitute any raspberry-infused liqueur to add bright, fruity flavor.

- 1 cup Earth Balance margarine, softened (2 sticks)
- ½ cup sugar
- 1½ Tbs. crème de framboise liqueur or raspberry-infused vodka
- 2 cups all-purpose flour
- ¼ cup turbinado or raw sugar

1 | Spray 9-inch glass pie plate with cooking spray.

2 | Cream margarine, sugar, and liqueur in large bowl with electric mixer 2 to 3 minutes. Slowly beat in flour until smooth.

3 | Press dough into prepared pie plate with fingers. Flute outer edge with decorative grooves by lightly pressing tines of fork into dough. Sprinkle turbinado sugar over dough. Cover with plastic wrap, and chill 30 minutes.

4 | Preheat oven to 300°F. Remove plastic wrap, and bake 40 to 45 minutes, or until lightly browned. Remove from oven, and cut into triangles while still warm. Cool, then remove from pan.

PER WEDGE 196 cal; 2 g prot; 11 g total fat (5 g sat fat); 22 g carb; 0 mg chol; 121 mg sod; <1 g fiber; 10 g sugars

Got a favorite recipe of your own to share?

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*Mary Walker*

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BY JASON CRANDELL



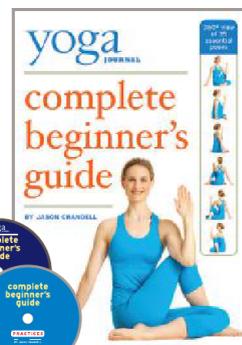
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**TELL VT** What family recipe have you veganized?

My husband's grandmother's broccoli cheese soup. Everyone loves it, and we haven't changed the name because no one can tell it's vegan! I use Daiya Cheddar, almond milk, vegan butter, and no-chicken cube seasoning. It's a family favorite. —WENDY MCMINN

Chicken Alfredo with steamed broccoli. We use soaked cashews as the base and soy chicken for the meat. Just like mom used to make! —TYLER MENTZER, VIA TWITTER

My mother's stewed beef in beer. I use big chunks of portobello and broiled tofu instead of the beef. —MARIE NOELLE DESBOIS, VIA FACEBOOK

Old Settlers' Beans: I replace the hamburger with Smart Crumbles. It's a bean dish with a zestful barbecue flavor that I have loved since childhood. —STACEY SWART

Biscuits and gravy—vegan and delicious! I use Gimme Lean sausage substitute, Earth Balance, and So Delicious coconut milk. —SALLY HEINS

One of my mom's best was her stuffed cabbage with tomatoes and raisins. I make mine with TVP instead of chopped meat. I think it's a keeper! —LYNNE ANDERSON

Lasagna, using crumbled extra-firm tofu with lots of caramelized onion, sautéed red pepper and broccoli bits, mushrooms, green onion, and parsley. Yum! —MARGARET CLARK MANKIEWICZ, VIA FACEBOOK

**next question:**  
How do you fight food waste in your home?

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# THE *buzz*

## • PEAK SEASON

With its resemblance to a turnip, you might mistake kohlrabi for a root vegetable, but it's actually a member of the cabbage family. Andy Griffin of Mariquita Farm in Watsonville, Calif., likens the flavor and texture of kohlrabi to a peeled stem of broccoli—a fellow cruciferous veggie.

—MATTHEW KADEY, MS, RD

### HOW TO SELECT AND STORE

Choose kohlrabi that's firm to the touch, with no soft spots or fissures. If leaves are attached, check that they're bright green with no yellowing. Griffin advises slicing off the leaves before storing to avoid wilting the bulb. Wrapped in a damp paper towel, the leaves will keep in the refrigerator for about three days; stored in a plastic bag or sealed container in the fridge, the bulb can last for up to six weeks. If sliced kohlrabi is blanched, it can be frozen for about eight months.

### PREP TIPS

Enjoy kohlrabi raw, steamed, roasted, boiled, or sautéed. Using a paring knife, peel away the tough skin and any underlying fibrous layer. Shred the crisp flesh with a box grater, or thinly slice with a sharp knife or mandoline. Try steaming or sautéing the greens as you would kale or Swiss chard; the stems can be chopped and added to salads or stir-fries.

### TRY THIS

Spike a bean salad with raw chopped kohlrabi, celery, lemon zest, and za'atar seasoning.

Simmer kohlrabi, leeks, broccoli florets, and cayenne; add fresh parsley, and purée into a soup.

Steam together cubes of celery root, potato, and kohlrabi; mash with dill, horseradish, lemon juice, and sour cream.

# kohlrabi

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**LAUNCH A SUSTAINABLE-FOOD-ISSUES BOOK CLUB**

Let participants nominate selections, and then vote on the nominees using an online polling platform such as [doodle.com](http://doodle.com). A group organized by Elina Bravve in Washington chose Tracie McMillan's *The American Way of Eating*, which weaves together the topics of sustainable agriculture, worker justice, and food security. To prime the discussion, circulate questions before the group meets.

**PLAN A CHARITY DINNER**

"The key is to make it more than just a dinner," says Washington-based host Grace Lichaa, whose past events have benefited Common Good City Farm and the Washington Youth Garden. "Make it an experience." Tips on her shortlist: contact local farmers and businesses for product donations to help maximize proceeds, and invite members of the charity organization to talk between dinner courses about what they do.

**ARRANGE A VOLUNTEER PARTY FOR AN URBAN FARM**

The first step is lots of phone calls and e-mail blasts to find farms interested in hosting a work day and volunteers willing to help, advises Ami Freeberg, community outreach coordinator at Cultivate Kansas City. Once you select a farm and settle on a date, consider how to amp up the educational component. "I encourage farmers to share their story about what their work means to the community and local environment," Freeberg says.

**If you're like us**, you might find that eating is more gratifying when you know the story behind your food. Help spread the word by hosting an event where such issues as urban farming, food security, and sustainable agricultural practices are the guest topics of honor.

—EMILY HORTON

# SUSTAINABLE TABLE TALK

**ORGANIZE A POTLUCK AND FOOD-POLICY MOVIE SCREENING**

"Having a meal with friends and people in your community, watching a film, and then having a discussion around the film is much more thought-provoking than watching the film on your own," says Diane Hatz, cofounder and director of The Glynwood Institute for Sustainable Food & Farming. The institute's video education program, *Dinner & Some Ed* ([dinnered.tumblr.com](http://dinnered.tumblr.com)), makes it easy to host such an event.

*tip*

Browse these online sources for discussion-sparking DVDs and reads:

- [filmsforaction.org](http://filmsforaction.org)
- [greenplanetfilms.org](http://greenplanetfilms.org)
- [goodreads.com/shelf/show/sustainability](http://goodreads.com/shelf/show/sustainability)

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**Tossing and turning** and counting sheep is no way to get your beauty sleep. Various offenders, including stress, an excess of nighttime activity, and noise, can bring on a bout of sleeplessness. Try these natural slumber savers to help you wake up feeling rested and refreshed.

—RACHEL DOWD



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\$14.65/0.25 fl. oz.;  
auracacia.com

**Marpac Dohm DS sound conditioner**  
\$59.95; marpac.com

**VALERIAN**

*why* The root of the *Valeriana officinalis* plant has sedating qualities, says Elson M. Haas, MD, author of *Staying Healthy with Nutrition*, so you feel relaxed and ease into sleep. A study in the journal *Psychopharmacotherapie* found that daily doses of the herb decreased symptoms of insomnia within 28 days.

*how* Take 300 to 600 milligrams of valerian one hour before bedtime, suggests Haas. Lower the dose if you're stricken with nausea or wake up feeling drowsy.

**LAVENDER**

*why* "Lavender slows the activity of the nervous system, promoting relaxation throughout the body," says Hawaii-based aromatherapist Laura Moorehead. A study at Keukdong College in Korea found that inhaling lavender helped nursing students doze off faster and feel more satisfied with their sleep.

*how* Add a few drops of lavender essential oil to a warm bath before bed, or sprinkle on your pillow before lying down, Moorehead advises. You can also use a diffuser to circulate the scent throughout your bedroom, helping to keep you snoozing through the night. Just be sure to take a week off every few weeks so you don't develop a tolerance to the scent's effects.

**WHITE NOISE MAKER**

*why* At 55 to 75 decibels, white noise approximates the loudness of an electric fan. This soothing, repetitive sound is sufficient to muffle those mild bumps in the night that keep you from falling asleep, says Lina Fine, MD, a sleep specialist at Swedish Medical Center in Seattle. It also may stimulate deep sleep (aka delta sleep), a particularly restorative stage in the sleep cycle.

*how* To help you drift off faster, turn on the white noise machine before you lie down, advises Fine. It's OK to keep the machine on all night; the constant hum will mask noises that could rouse you from your slumber.

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## LUNCH BOX

**Too busy to dine out?** Keep one of these VT-approved carton soups at your desk for a satisfying meal in an instant. —TAMI FERTIG



### Dr. McDougall's Organic Tortilla Style Soup

This spicy, bean-and-corn-filled favorite had VT staffers going back for seconds and thirds. Toss in a few tortilla chips for added crunch. \$3.99/18 oz.; [rightfoods.com](http://rightfoods.com)



### Fig Food Co. Chickpea, Tomato & Thyme Soup

Watching your sodium? This Mediterranean-inspired goodie goes light on the salt, but heavy on the earthy flavors of garlic and thyme. \$3.69/17.6 oz.; [figfood.com](http://figfood.com)



### Pacific Natural Foods All Natural Thai Sweet Potato Soup

We loved the rich, creamy texture of this sweet-and-spicy vegan soup. Bonus: it's rich in vitamin A, thanks to an abundance of sweet potato and squash. \$2.99/17.6 oz.; [pacificfoods.com](http://pacificfoods.com)

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feel as though you've been transported to the very groves in Italy where they harvest and press the olives. What many don't know, however, is that it also contains a wonderful combination of nutritional benefits too. It's rich in natural antioxidants – vitamins A, D and E - and it's also rich in flavonoids and phenols, all of which have been shown to slow ageing and help to reduce cholesterol levels. Many who follow a diet rich in extra virgin olive oil also suffer less from heart disease, several cancer-types and some digestive disorders. Find out more at [www.flavor-your-life.com](http://www.flavor-your-life.com).

### Rustic Salad with Extra Virgin Olive Oil

Serves 4



#### INGREDIENTS

2 medium onions  
3 tomatoes, quartered, then eighthed  
4 eggs, hard boiled  
3 Tbs parsley, chopped  
1/2 cup pecorino dolce cheese cubed  
Pinch of salt  
Pinch of chili powder  
Extra Virgin Olive Oil, to taste

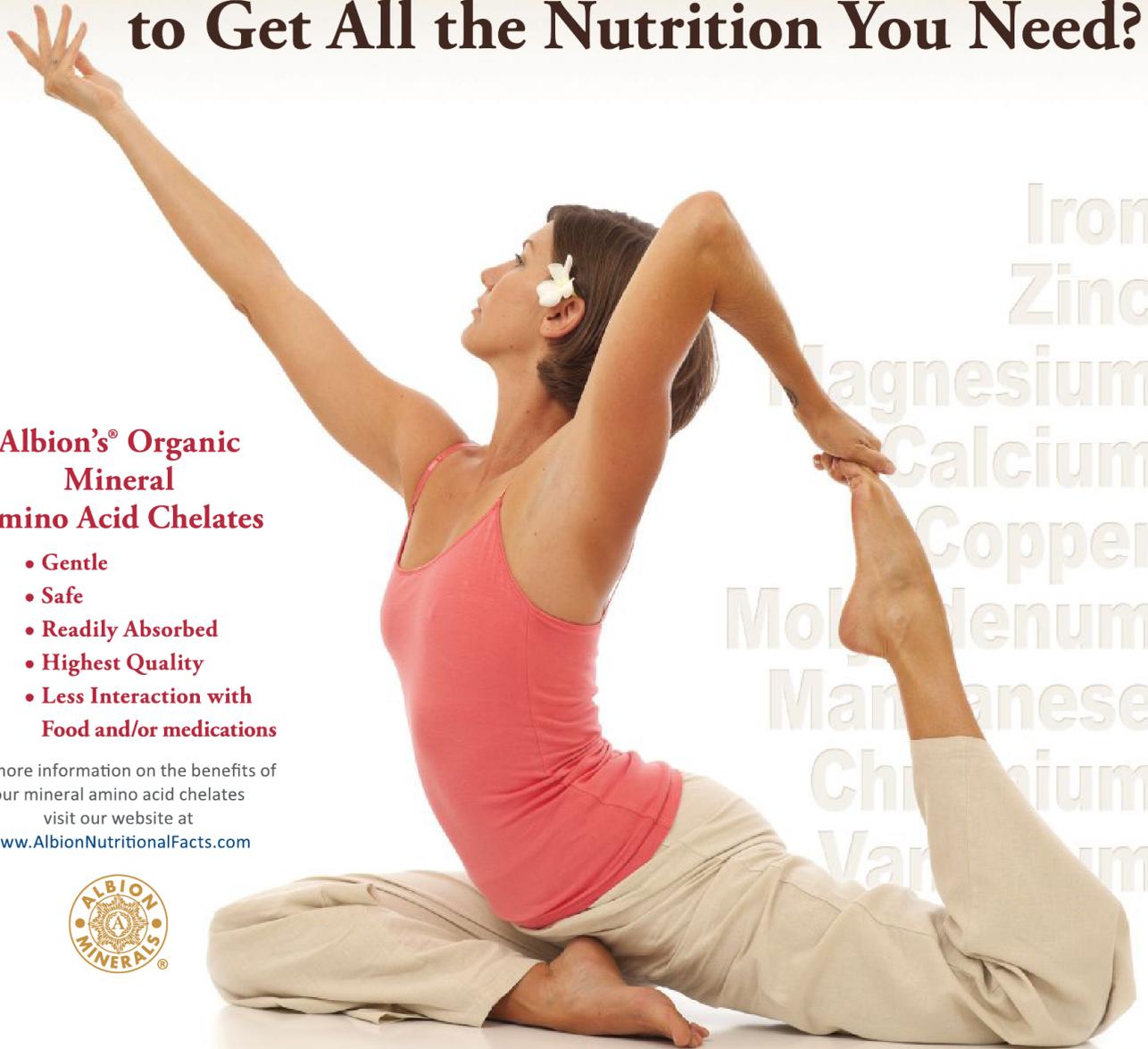
#### PREPARATION

1. Peel and boil onions in salted water with lemon and 2 Tbs vinegar for 10 minutes.
2. Drain and chop into strips. Set aside.
3. Hard boil the eggs (8-10 minutes) and rinse until cool. Peel off shells and then slice thin.
4. In salad bowl, combine the cheese, eggs, tomato and onions.
5. Gently fold in the Extra Virgin Olive Oil, parsley, salt and chili powder.
6. Add pepper to taste.
7. Garnish with extra parsley leaves.



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## IN TUNE

**Digital dance beats** mix with chanted lyrics and traditional Middle Eastern musical instruments on *Spark Seeker*, the most recent release from recording artist Matisyahu. The Grammy nominee, who took along a vegan chef while on tour for *Spark Seeker*, says Jonathan Safran Foer's book *Eating Animals* "had an effect on me." We talked with Matisyahu—the name means "gift of God" in Hebrew—in anticipation of the Passover holiday, which starts March 25 at sunset. —AMY SPITALNICK

**Q** Traditionally, observing Passover involves eating matzo and avoiding foods with leavening. How significant is that for you?

**A** Passover is a time that you can get back to the basics of eating pure foods. If you look at the very religious, they won't eat any processed foods because there could be *hametz* [something made with leavening or a leavening agent] found in there, and they're very strict about that. And matzo, which is flat, represents in Judaism the idea of humility. The whole concept comes alive to me during Passover by stripping back and eating pure, unprocessed vegetables and matzo, which you can get handmade from spelt or whole wheat.

**Q** Experimentation is so much a part of your music. Are there foods you're experimenting with lately?

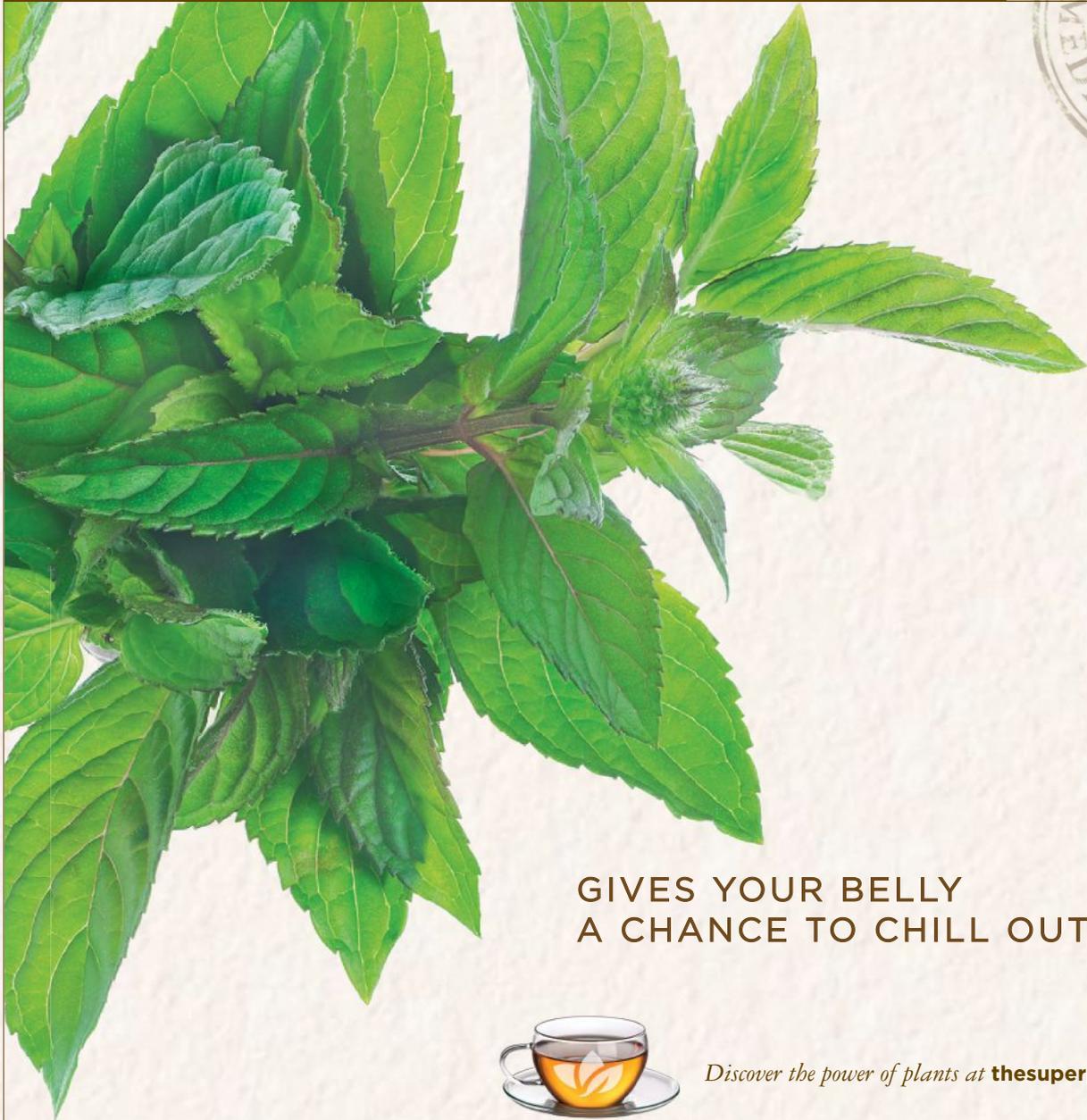
**A** I feel dark green vegetables are really important, so every day I try to have some type of dark greens, whether sautéed or grilled or steamed, or in a juice.

**Q** Passover, as a spring festival, celebrates renewal. What renews you, as an artist and as a person?

**A** Certainly keeping healthy. Going for a run, jumping into the ocean, spending time outdoors barefoot in the grass. And eating proper food. I find that taking care of myself on a physical level leads to clarity of mind as well. ●

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(No. 3 of 8)

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# GREAT GRAIN

## Restore skin's dewy freshness with rice

Long used in Japanese beauty rituals, rice can brighten skin just in time for spring. Rice bran oil delivers essential fatty acids and antioxidant vitamin E to hydrate and heal, while rice flour helps revive skin's glow, says Leslie Martin, author of *Crunchy Betty's Food on Your Face for Acne and Oily Skin*.



1. Rice bran oil meets aloe vera and almond oil in **Nature's Gate Rice Bran Cleansing Milk** to seal in moisture while lifting away dirt. \$10.99/8 oz.; natures-gate.com

2. **Juara Sweet Black Tea & Rice Facial Moisturizer** protects skin with the antioxidant powers of fermented tea and rice bran oil. \$49/2 oz.; juaraskincare.com

3. **NUDE Miracle Mask** combines skin-buffing rice germ powder with refining sugar beet and citrus acids to freshen a drab complexion. \$48/75 mL; nudeskincare.com

4. An ultra-creamy blend of rice bran oil, rice flour, shea butter, and green tea leaves, **Bella Luccè Green Tea & Crushed Rice Body Scrub** revitalizes skin. \$28/14 oz.; bellaluccce.com

5. Infused with lemongrass oil and lavender extract, **Suki Exfoliate Foaming Cleanser** pairs sugar and rice powder for more radiant skin. \$32.95/4 oz.; sukiskincare.com

### DIY SKIN POLISHER

Smooth skin with this rice-enriched facial exfoliator from natural-beauty maven Leslie Martin: In a small bowl, mix 1 tablespoon rice flour, 1 tablespoon coconut or almond milk, and ½ teaspoon olive, sunflower, or grapeseed oil. Using a circular motion, massage the mixture into your face for 1 to 3 minutes; rinse with tepid water, then pat skin dry.

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Circle reply #8 on Info Center card

30 minutes

BY Victoria Abbott Riccardi

# vietnamese made easy

Swing into spring with veggie-packed meal ideas from Southeast Asia

If the end of winter finds you craving lighter entrées and fresher flavors, Vietnamese is the cuisine for you. The quick-cooking dishes are brimming with crisp-tender vegetables, fragrant herbs, spicy chiles, and tangy citrus that offer a surefire cure for a wintered-over palate.



HAPPY PANCAKES, p. 34

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RICE NOODLE SALAD WITH  
SMOKED TOFU AND HERBS

### Stir-Fried Seitan with Lemongrass and Shallots

Serves 4 | 30 minutes or fewer  
Seitan stands in for chicken in this traditional-style stir-fry.

- 3 stalks lemongrass
- 1 Tbs. toasted sesame oil
- 12 oz. mushrooms, thinly sliced
- 1 medium red onion, halved and thinly sliced
- 2 large shallots, chopped (½ cup)
- 3 cloves garlic, minced
- 1 bird's eye chile, Thai chile, or small jalapeño chile, halved, seeded, and thinly sliced

- ½ tsp. ground turmeric
- 8 oz. seitan, drained and thinly sliced
- 2 Tbs. low-sodium soy sauce
- 2 tsp. dark brown sugar
- 1 cup torn fresh Thai or 'Spicy Globe' basil

**1** | Trim and discard top and bottom ends of each lemongrass stalk so you have 2- or 3-inch pieces of lemongrass, then peel and discard tough outer husks. Mince remaining tender inner cores of lemongrass. (You should have ½ cup.)

**2** | Heat oil in wok or large nonstick skillet over high heat. Add mushrooms, onion, shallots, garlic, chile, turmeric, and

lemongrass. Stir-fry 3 minutes, or until mushrooms start to brown. Add seitan, and stir-fry 2 minutes more. Add ½ cup water, soy sauce, and brown sugar; cook 1 minute more. Sprinkle with basil before serving.

**PER 1-CUP SERVING** 170 cal; 20 g prot; 4 g total fat (<1 g sat fat); 16 g carb; 0 mg chol; 276 mg sod; 2 g fiber; 6 g sugars **V**

### Rice Noodle Salad with Smoked Tofu and Herbs

Serves 4 | 30 minutes or fewer  
This dish has all the flavors of fresh (not fried) spring rolls, but requires much less work. Adding smoked tofu turns it into a full meal.

- 4 oz. dried rice noodles
- ½ cup lime juice
- 3½ Tbs. dark brown sugar
- 3 Tbs. low-sodium soy sauce
- 3 cloves garlic, minced (1 Tbs.)
- 1 bird's eye chile, Thai chile, or small jalapeño chile, halved, seeded, and thinly sliced
- 1½ cups thinly sliced purple cabbage
- 1½ cups shredded carrot
- 1½ cups julienned cucumbers
- 1 8-oz. pkg. baked smoked tofu, cut into matchsticks
- 1 cup chopped fresh mint
- 1 cup chopped cilantro
- ½ cup dry roasted peanuts, chopped

**1** | Place noodles in large heat-proof bowl, and cover with boiling water; let stand 5 minutes. Drain, and rinse noodles under cold water, then drain again.

**2** | Whisk together lime juice, brown sugar, soy sauce, garlic, and chile in bowl until sugar has dissolved.

**3** | Divide noodles among serving plates. Toss together cabbage, carrot, cucumbers, tofu, mint, and cilantro in separate bowl, and place on top of noodles. Pour lime juice mixture over top. Serve sprinkled with peanuts.

**PER 2-CUP SERVING** 372 cal; 14 g prot; 13 g total fat (2 g sat fat); 55 g carb; 0 mg chol; 499 mg sod; 6 g fiber; 17 g sugars **V**

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## The French colonial influence still shows up in Vietnamese cuisine in the form of savory crêpes and baguettes served with curries.

### Happy Pancakes

Serves 4 | 30 minutes or fewer  
These thin, flat pancakes are a cross between crêpes and omelets.

#### SAUCE

- 1½ Tbs. hoisin sauce
- 1 Tbs. low-sodium soy sauce
- 1 Tbs. crushed roasted peanuts
- 1½ tsp. ketchup
- ½ tsp. rice vinegar
- ¼ tsp. chile-garlic sauce

#### PANCAKES

- ½ cup brown rice flour
- 2 Tbs. cornstarch
- 2 Tbs. cake flour
- 2 green onions, sliced (¼ cup), divided
- 4 tsp. toasted sesame oil
- 4 oz. soft tofu, drained and thinly sliced
- 1 cup sliced mushrooms
- 2 large eggs, beaten
- 1 cup bean sprouts
- ½ cup chopped fresh watercress
- ½ cup chopped fresh mint
- ½ cup chopped Thai or sweet basil leaves

**1 |** To make Sauce: Whisk together all ingredients with 1 Tbs. water in bowl. Set aside.

**2 |** To make Pancakes: Whisk together rice flour, cornstarch, and cake flour in bowl. Whisk in 1 cup water until batter is smooth. Stir in 2 Tbs. green onion.

**3 |** Heat 2 tsp. oil in 10-inch nonstick skillet over medium-high heat. Add ¼ cup batter, and tilt skillet to completely coat pan bottom with batter. Reduce heat to medium-low. Arrange 2 oz. tofu and ½ cup mushrooms atop Pancake, and drizzle with ¼ cup beaten egg. Cover skillet, and cook 5 minutes.

**4 |** Uncover skillet, and scatter ½ cup bean sprouts over egg mixture. Cook 3 minutes more, or until bottom, when gently lifted, is golden and crispy. Scatter ¼ cup watercress, ¼ cup mint, ¼ cup basil, and 1 Tbs. green onions over bean sprouts. Fold Pancake in half, like an

omelet, and slide onto plate. Repeat with remaining ingredients to make another Pancake. Serve Sauce on side.

**PER SERVING (½ PANCAKE AND 1 TBS. SAUCE)**  
250 cal; 10 g prot; 10 g total fat (2 g sat fat); 30 g carb; 93 mg chol; 304 mg sod; 3 g fiber; 4 g sugars

### Saigon-Style Sweet Potato and Tempeh Curry

Serves 4 | 30 minutes or fewer  
Sweet potatoes are popular in southern Vietnam. Enjoy this curry over rice or noodles, or with warm baguette slices.

- 2 stalks lemongrass
- 1 Tbs. toasted sesame oil
- 1 lb. sweet potatoes, cut into bite-size chunks
- 1 8-oz. pkg. tempeh, cut into bite-size cubes
- 3 cups low-sodium vegetable broth
- ½ cup reduced-fat coconut milk
- 2 large shallots, finely chopped (½ cup)
- 4 cloves garlic, minced (4 tsp.)
- 1 bird's eye or Thai chile, halved, seeded, and thinly sliced, or 1 tsp. minced jalapeño chile
- 2 Tbs. hoisin sauce
- 1 Tbs. low-sodium soy sauce
- 2 cups small cauliflower florets
- 4 oz. string beans, cut into 1-inch pieces (1 cup)
- 1 cup Thai or sweet basil leaves, torn

**1 |** Trim and discard top and bottom ends of each lemongrass stalk so you have 2- or 3-inch pieces of lemongrass, then peel and discard tough outer husks. Mince remaining tender inner cores of lemongrass. (You should have ¼ cup.)

**2 |** Heat oil in large nonstick skillet over medium-high heat. Add sweet potatoes and tempeh. Cook 10 minutes, or until tempeh and sweet potatoes are browned on all sides, stirring occasionally. Stir in broth and coconut milk, followed by shallots, garlic, chile, hoisin sauce, and soy

sauce. Add cauliflower, string beans, and reserved lemongrass, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes. Serve sprinkled with basil.

**PER 1½-CUP SERVING** 312 cal; 15 g prot; 13 g total fat (3 g sat fat); 38 g carb; 0 mg chol; 420 mg sod; 5 g fiber; 12 g sugars 

### Home-Style Tofu and Rice

Serves 4 | 30 minutes or fewer  
Serve this savory dish with a side of sautéed greens or steamed broccoli.

- 1 16-oz. pkg. extra-firm tofu, drained and cut into bite-size cubes
- 4 cloves garlic, minced (4 tsp.), divided
- 3½ Tbs. low-sodium soy sauce
- 2 Tbs. hoisin sauce
- 5 tsp. toasted sesame oil, divided
- 1½ tsp. dark brown sugar
- ¼ tsp. freshly ground black pepper
- 1 cup chopped shallots, divided
- 2 cups sliced shiitake mushrooms
- 1 cup long-grain white rice
- 2 cups low-sodium vegetable broth
- 1 cup chopped fresh cilantro

**1 |** Place tofu in bowl with 2 tsp. garlic.

**2 |** Whisk together soy sauce, hoisin sauce, 1 tsp. sesame oil, brown sugar, pepper, and 1 Tbs. water in small bowl. Pour over tofu; toss gently to coat. Set aside to marinate.

**3 |** Heat 2 tsp. sesame oil in medium saucepan over medium-low heat. Add ½ cup shallots, followed by mushrooms; sauté 3 minutes. Stir in rice and remaining 2 tsp. garlic. Add broth, and bring to a boil. Cover, and simmer 15 to 20 minutes.

**4 |** Heat remaining 2 tsp. sesame oil in skillet over medium-high heat. Add tofu and remaining ½ cup shallots. Stir-fry 5 minutes. Stir in ½ cup water.

**5 |** Spoon rice into serving bowls. Top with tofu, and sprinkle each serving with ¼ cup cilantro.

**PER 1-CUP SERVING** 427 cal; 18 g prot; 12 g total fat (2 g sat fat); 65 g carb; 0 mg chol; 681 mg sod; 4 g fiber; 10 g sugars  

*Food and travel writer Victoria Abbott Riccardi fell in love with crispy, veggie-stuffed Happy Pancakes while traveling through Vietnam.*

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BLUEBERRY-CHIA BLASTER, p. 38

CARROT-ORANGE SMOOTHIE, p. 38

AVOCADO-MANGO SMOOTHIE, p. 40

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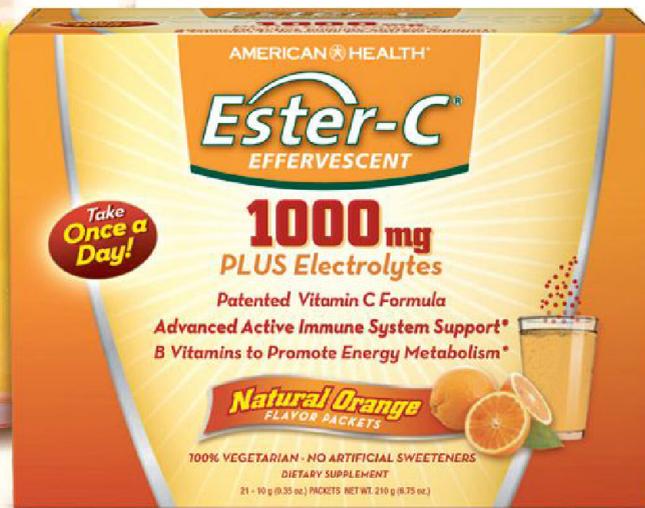


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## 5 ingredients

### Carrot-Orange Smoothie

Serves 2 | 30 minutes or fewer

A touch of allspice adds exotic flavor to this sunny blend of carrot juice and orange. Ground flaxseed adds EFAs.

carrot juice



orange



ground flaxseed



raw honey or  
agave nectar



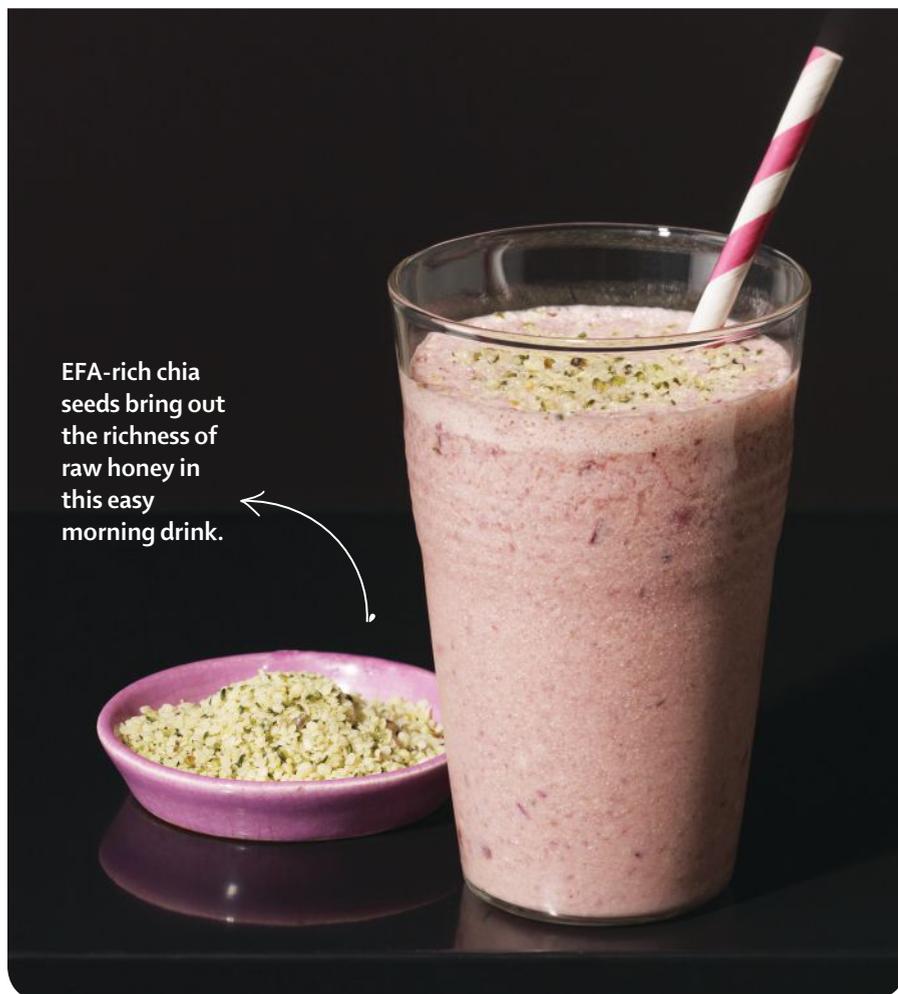
ground allspice



- 1½ cups carrot juice
- 1 orange, peeled and quartered
- 2 Tbs. ground flaxseed
- 1 Tbs. raw honey or agave nectar
- ½ tsp. ground allspice

Place all ingredients in blender in order listed, along with 4 ice cubes. Blend 45 seconds, or until smooth.

**PER 1-CUP SERVING** 165 cal; 4 g prot; 4 g total fat (<1 g sat fat); 31 g carb; 0 mg chol; 116 mg sod; 4 g fiber; 14 g sugars



### Blueberry-Chia Blaster

Serves 2 | 30 minutes or fewer

Coconut milk beverage offers a rich, creamy base; silken tofu adds protein for staying power.

coconut milk  
beverage



soft silken tofu



raw honey



chia seeds



frozen  
blueberries



- 1½ cups coconut milk beverage, such as Silk
- ½ cup soft silken tofu
- 1 Tbs. raw honey
- 2 Tbs. chia seeds
- 1 cup frozen blueberries

Place all ingredients in blender in order listed; blend 30 seconds, or until smooth. If mixture is too thick, blend in additional coconut milk or water.

**PER 1-CUP SERVING** 212 cal; 6 g prot; 9 g total fat (4 g sat fat); 29 g carb; 0 mg chol; 16 mg sod; 6 g fiber; 19 g sugars



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MADE IN THE U.S.A.

## 5 ingredients

Nutrient-packed avocado produces deliciously creamy smoothies, while coconut water and mango provide tropical flair.



coconut water



Hass avocado

walnuts



lime juice



frozen mango

### Avocado-Mango Smoothie

Serves 2 | 30 minutes or fewer

Walnuts possess more heart-healthy omega-3 fats than any other nut. No walnuts in your pantry? You can also try buzzing walnut butter into the mix.

- 1¼ cups coconut water
- ½ medium Hass avocado, pitted, flesh scooped out
- 2 Tbs. walnuts
- 1½ tsp. lime juice
- ¾ cup frozen mango cubes

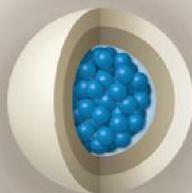
Place all ingredients in blender in order listed, and blend 30 seconds, or until smooth.

**PER 1-CUP SERVING** 179 cal; 3 g prot; 10 g total fat (1 g sat fat); 22 g carb; 0 mg chol; 160 mg sod; 6 g fiber; 15 g sugars  

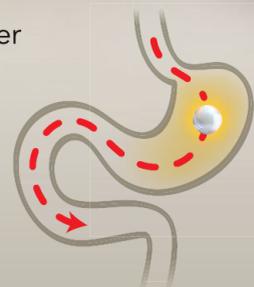
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## 5 ingredients



almond milk



reduced-fat ricotta cheese



hemp seeds



pure maple syrup



frozen pitted cherries

### Almond-Cherry Smoothie

Serves 2 | 30 minutes or fewer

Blending ricotta cheese into a smoothie adds richness and protein for a substantial meal-in-a-glass. Hemp seeds, also called hemp hearts, are high in EFAs and infuse this crimson drink with a wonderfully nutty flavor.

- 1½ cups plain almond milk
- ½ cup reduced-fat ricotta cheese
- 2 Tbs. hemp seeds, plus more for sprinkling
- 2 Tbs. pure maple syrup
- 1 cup frozen pitted cherries

Place all ingredients in blender in order listed; blend 30 seconds, or until smooth. Pour into glasses, and top with sprinkle of hemp seeds.

**PER 1-CUP SERVING** 283 cal; 12 g prot; 11 g total fat (3 g sat fat); 35 g carb; 19 mg chol; 190 mg sod; 2 g fiber; 26 g sugars  

Canada-based dietitian Matthew Kadey, MS, RD, is a whiz at making healthful smoothies.

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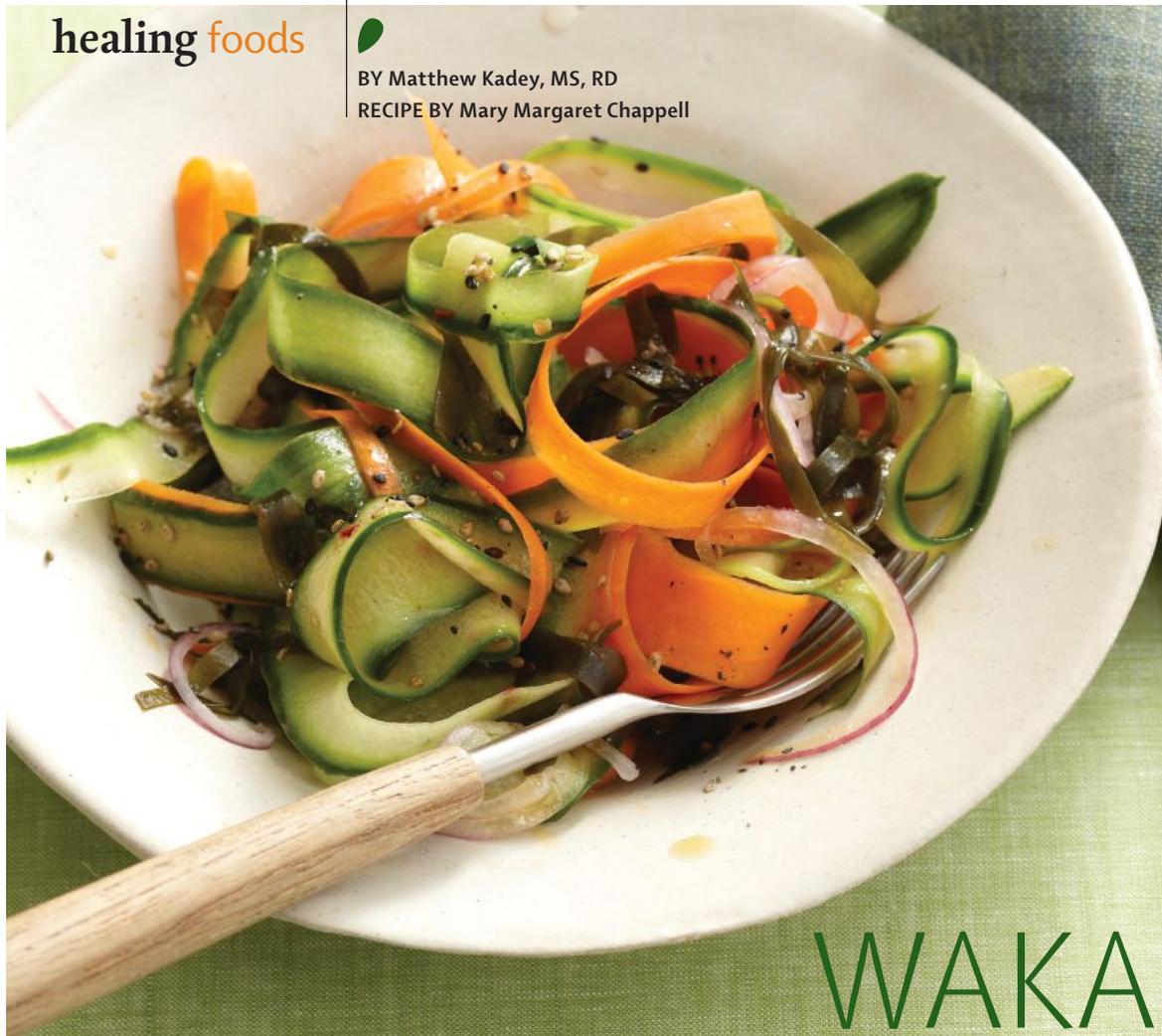
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BY Matthew Kadey, MS, RD

RECIPE BY Mary Margaret Chappell



## WAKAME

**This sea veggie boasts a boatload of nutrients**

### HOW IT HEALS

We tend to think of edible greens as something plucked from the soil, but Asian nations have been harvesting wakame (*Undaria pinnatifida*) and other sea vegetables from the ocean since ancient times, cherishing both their culinary and medicinal qualities. For many Japanese, a cucumber salad or bowl of miso soup isn't complete without wakame. Traditional Chinese medicine uses it for blood purification; in Korea, women sip a wakame soup, *miyeok guk*, after childbirth to help with recovery and milk production.

As with other deep-sea treasures, wakame soaks up ocean-borne nutrients as it dances in the currents. "Wakame is especially rich in iodine, essential for healthy thyroid functioning and regulating metabolism," says Jennifer Adler, MS, CN, a nutrition faculty member at Bastyr University in Kenmore, Wash. The sea veggie is also brimming with bone-building calcium and niacin, "a B vitamin that helps lower cholesterol numbers and generate energy in the body," she adds. For all the saltiness wakame imparts on your palate, it's relatively low in sodium—just 87 milligrams in a 2-tablespoon serving.

### EAT IT UP

You'll most often find wakame as deep-green dried strips or flakes. Soak the salty-sweet leaves in water until tender and bright emerald, then cut with kitchen shears into desired shapes. Beyond miso soup and cucumber salad, you can toss the soaked strips into tempeh stir-fries, noodle dishes, and slaws to impart umami and intriguing texture. "Adding wakame to cooked beans helps break down the natural sugars, resulting in less gas," notes Adler. Wakame can get slimy when overcooked, so it's best to add it near the end of preparation.

A generous sprinkle of wakame flakes can also jazz up scrambled eggs, roasted winter squash, pizza, baked potatoes, and cooked grains. Adler suggests grinding flaked wakame in a spice or coffee grinder and combining the powder with sea salt for use as a seasoning. Or enjoy a slightly salty "green tea" by steeping the flakes in hot water.

Since sea vegetables can soak up toxins from polluted ocean water much like fish do, Adler recommends buying organic wakame from reputable companies that harvest from environmentally sound locations.



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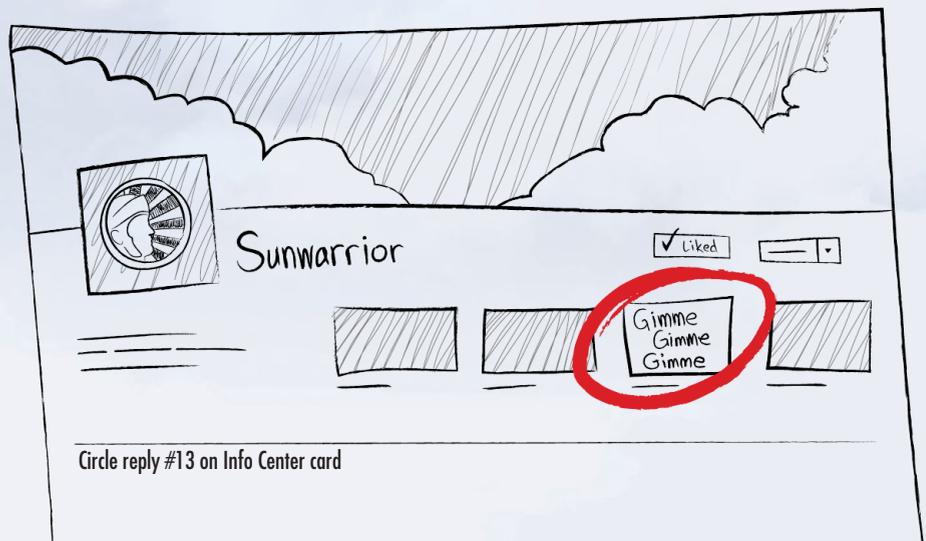
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# healing foods

## Wakame Salad with Cucumber and Carrots

Serves 8

Cucumber, carrots, and gomashio (a blend of toasted sesame seeds and sea salt) add crunch to this seaweed salad.

- ½ oz. dried wakame (one-quarter of 2.1-oz. pkg., or 3 to 5 strips)
- 3 cucumbers, peeled
- 1 large carrot, peeled
- 3 Tbs. seasoned rice vinegar
- 1 Tbs. toasted sesame oil
- 1 Tbs. low-sodium soy sauce
- ¼ cup thinly sliced red onion
- ¼ tsp. red pepper flakes, optional
- 3 Tbs. gomashio seasoning

**1** | Place wakame in large bowl, and cover with warm water. Soak 10 minutes, then drain in colander, and squeeze out as much liquid as possible. Pull soaked wakame leaves apart, and spread on clean

dish towel. Top with second dish towel, and press dry. Trim away any tough veins or stems with scissors, and stack wakame leaves. Roll stack tightly into cylinder, and transfer to cutting board. Cut cylinder into thin slices, and place in bowl.

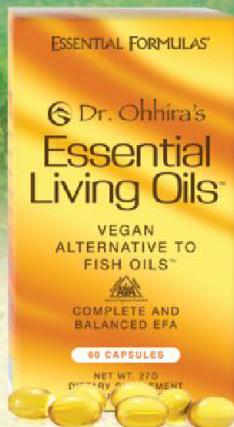
**2** | Peel cucumbers and carrot into thin strips, turning vegetables between every stroke of the vegetable peeler to keep strips from getting too wide. Add vegetable strips to wakame. Discard cucumber seeds.

**3** | Whisk together vinegar, oil, and soy sauce in small bowl. Stir in red onion and red pepper flakes (if using). Mix vinegar mixture into wakame mixture with hands, separating strips and strands with fingers. Cover, and chill 15 minutes, or up to 2 hours. To serve: sprinkle with gomashio. **PER ½-CUP SERVING** 56 cal; <1 g prot; 3 g total fat (<1 g sat fat); 4 g carb; 0 mg chol; 352 mg sod; 1 g fiber; 2 g sugars  

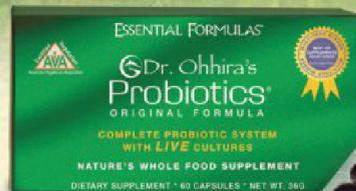
Canada-based dietician Matthew Kadey, MS, RD, will always cast his line for sea greens.

**FIND IT!** Look for wakame on amazon.com or in the Asian foods aisle of supermarkets such as Whole Foods. Our picks: Maine Coast Sea Vegetables Alaria Wild Atlantic Wakame and Eden Foods Wakame Sea Vegetable.

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# RECIPE CONTEST

## BEST of the BRUNCH



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

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

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

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## technique

# BROILER BASICS

Elaine R. Cwynar, associate professor at Johnson & Wales University in Providence, R.I., offers these tips for broiling success.

**PREHEAT** High heat is key to broiling (lower temperatures will bake or steam), so be sure your oven broiler is fully preheated—most broiler settings are at about 500°F; infrared broilers can get up to 1,850°F—before cooking foods.

**ADD A LITTLE OIL** Fat conducts heat, protects foods from drying out, and gives dishes a gorgeous sheen.

**USE A BROILER PAN** The slotted tray over the pan allows fat and liquids to drip down so that foods don't bake or steam in their juices.

**ADJUST DISTANCE FROM HEAT AS NECESSARY** Start foods about 5 inches from the heating element to allow them to cook thoroughly and evenly. Use a timer, turn your items once, keep a close eye on broiling progress, and adjust rack height, if desired. Move foods higher and closer to the heating element for faster browning, or lower to slow things down and prevent burning.

## Spicy Glazed Pineapple

Serves 6 | 30 minutes or fewer

A ginger glaze that gets caramelized under the broiler adds a completely new dimension to sweet-tart pineapple. Feel free to try this technique on other firm sliced fruits such as mangoes, peaches, nectarines, grapefruit, or bananas. Serve with a fruit or coconut sorbet or granita.

- 12 rings fresh pineapple
- 6 Tbs. grapeseed oil
- ¾ cup. turbinado sugar
- 1 tsp. ground ginger
- 1 tsp. kosher salt
- ½ tsp. chili powder

**1** | Preheat broiler. Spray broiler pan with cooking spray. Arrange pineapple rings in single layer (this may need to be done in batches).

**2** | Stir together remaining ingredients until combined, and brush each pineapple ring with glaze mixture.

**3** | Broil pineapple 3 minutes, until fruit begins to brown. Rotate tray, and broil 2 to 3 minutes more, or until each pineapple ring is caramelized.

**PER SERVING (2 PINEAPPLE RINGS)** 300 cal; 2 g prot; 14 g total fat (1 g sat fat); 47 g carb; 0 mg chol; 329 mg sod; <1 g fiber; 35 g sugars **V** **GF**



## OPEN-DOOR POLICY

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Elaine R. Cwynar of Johnson & Wales University recommends keeping the oven door slightly open while broiling to let air circulate and keep the element lit. Some broilers automatically shut the element off if the temperature gets too high.

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**WILL  
GATHER  
MY FAMILY  
AROUND  
THE KITCHEN.**



**GLUTEN FREE  
EASTER BASKET TREATS™**

1 serving = 1 basket  
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WILL  
HELP THEM  
DISCOVER  
SMALL  
JOYS.



GLUTEN FREE  
EGG MUNT TREATS™



1 serving = 2 bars  
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## technique

### White Bean and Red Bell Pepper Dip with Pita Crisps

Serves 6 | 30 minutes or fewer

Broiling makes quick work of blackening and roasting red bell peppers, which are then blended into a hearty dip served with crisped pita wedges.

- 2 large red bell peppers
- 1 tsp. grapeseed oil
- 2 15-oz. cans cannellini or great Northern beans, rinsed and drained
- 2 Tbs. plus 2 tsp. olive oil, divided
- ½ tsp. sweet paprika
- ¼ cup chopped fresh chives
- 3 whole-wheat pita rounds, each cut into 8 triangles and split

**1** | Preheat broiler. Spray broiler tray with cooking spray. Rub outside of bell peppers with grapeseed oil. Place on

broiler tray, and broil 6 to 8 minutes, or until skin is black and blistered all over, turning occasionally.

**2** | Transfer bell peppers to bowl, cover bowl with plastic wrap, and set aside 10 minutes.

**3** | Peel bell peppers, and remove seeds. Dice 1 bell pepper, and set aside.

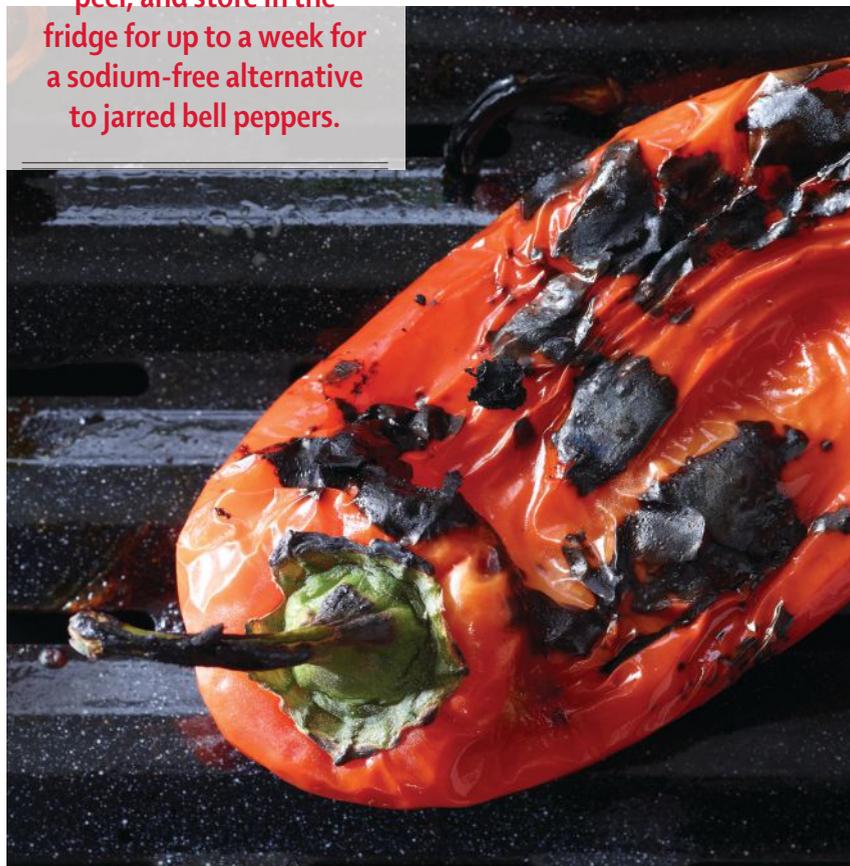
**4** | Place remaining bell pepper, beans, 2 Tbs. olive oil, and paprika in bowl of food processor. Pulse until smooth. Stir in diced bell pepper and chives. Season with salt and pepper, if desired.

**5** | Arrange half of pita triangles in single layer on broiler tray lined with foil. Drizzle with 1 tsp. olive oil, and season with salt and pepper, if desired. Broil 2 to 3 minutes, or until pitas are crisp, rotating tray to prevent burning. Repeat with remaining pita triangles and olive oil.

**PER SERVING (½ CUP DIP AND 8 PITA CHIPS)**

261 cal; 9 g prot; 8 g total fat (<1 g sat fat); 41 g carb; 0 mg chol; 390 mg sod; 8 g fiber; 2 g sugars **V**

Broil extra bell peppers, peel, and store in the fridge for up to a week for a sodium-free alternative to jarred bell peppers.



## Broiled French Onion Soup

Serves 6

Traditional French onion soup recipes call for slowly caramelizing sliced onions. In this speedy version, onions are caramelized under the broiler, which is also used to make accompanying Swiss cheese toasts.

- 6 large onions, halved and sliced crosswise (6½ cups)
- 1½ Tbs. grapeseed oil
- 1 tsp. kosher salt
- ½ tsp. white pepper
- 3 cloves garlic, minced (1 Tbs.)
- 4 cups low-sodium vegetable broth
- 1 Tbs. chopped fresh thyme
- 1½ tsp. red wine vinegar
- 18 ¼-inch-thick slices baguette
- 2 tsp. olive oil
- ¾ cup grated Gruyère or Swiss cheese

**1** | Preheat broiler. Spray broiler tray with cooking spray. Spread onions on broiler tray. Drizzle with grapeseed oil, and sprinkle with salt and white pepper. Broil 10 minutes, stir, then broil 10 minutes more, or until onions begin to brown. Stir in garlic. Broil 2 minutes more. (Some onions will be slightly charred.)

**2** | Transfer onions to pot, and cover with broth and 2 cups water. Bring to boil, stir in thyme and vinegar, reduce heat to medium-low, and simmer 10 minutes.

**3** | Meanwhile, arrange baguette slices in single layer on broiler tray lined with foil. Drizzle with olive oil, and season with salt and pepper, if desired. Sprinkle each slice with 2 tsp. grated cheese. Broil 2 minutes, or until cheese has melted and toast begins to brown.

**4** | Ladle soup into 4 bowls. Float 3 toasts in each bowl.

**PER SERVING (1 CUP SOUP AND 3 TOASTS)** 238 cal; 9 g prot; 9 g total fat (3 g sat fat); 30 g carb; 15 mg chol; 643 mg sod; 4 g fiber; 7 g sugars

**For classic onion soup, broil bread slices and cheese atop hot soup in ovenproof bowls.**

## Penne with Basil and Ricotta and Crispy Pine Nut Topping

Serves 6 | 30 minutes or fewer

Think of this casserole as mac and cheese for adults. Ricotta adds extra creaminess to the sauce, and pine nuts make the breadcrumb topping extra-crunchy.

- 1½ cups penne pasta
- 1 Tbs. plus 1 tsp. olive oil, divided
- 1 shallot, finely chopped (2 Tbs.)
- 1 clove garlic, minced (1 tsp.)
- 1½ tsp. all-purpose flour
- ¾ cup low-fat milk
- 1½ cups low-fat ricotta cheese
- ¾ cup grated Parmesan cheese, divided
- ¾ cup chopped fresh basil
- 2 Tbs. pine nuts
- 2 Tbs. panko breadcrumbs
- ¾ tsp. dried basil

**1** | Cook pasta in boiling salted water until al dente. Drain, then drizzle with 1 tsp. oil. Keep warm.

**2** | Preheat broiler. Coat 6 ½-cup ramekins with cooking spray, and place on baking sheet.

**3** | Heat 1½ tsp. oil in large saucepan over medium heat. Add shallot, and sauté 3 minutes. Add garlic, and sauté 1 minute, or until fragrant. Stir in flour until paste forms. Gradually whisk in milk. Bring to a boil, reduce heat to medium-low, and cook until sauce thickens. (If sauce becomes too thick, add a few spoonfuls of water.) Whisk in ricotta, then gradually whisk in ¾ cup plus 2 Tbs. Parmesan cheese. Remove sauce from heat. Stir in fresh basil, and season with salt and white pepper, if desired. Stir penne into sauce. Spoon heaping ¾ cup penne mixture into each prepared ramekin.

**4** | Combine remaining 2 Tbs. Parmesan cheese, remaining 1½ tsp. oil, pine nuts, panko breadcrumbs, and dried basil in bowl. Season with salt and pepper, if desired. Sprinkle each ramekin with 1 Tbs. pine nut mixture.

**5** | Broil ramekins 2 to 3 minutes, or until topping turns golden brown.

**PER ½-CUP SERVING** 294 cal; 16 g prot; 14 g total fat (5 g sat fat); 28 g carb; 30 mg chol; 371 mg sod; 1 g fiber; 5 g sugars



## Rice Krispies Gluten Free HIDDEN SURPRISE EASTER EGG TREATS™

### INGREDIENTS

- 12 plastic snap-apart 3 x 2-in. Easter eggs
- 3 tablespoons butter or margarine
- 4 cups miniature marshmallows
- 6 cups Kellogg's® Rice Krispies® Gluten Free cereal
- ½ cup of M&M'S® Brand Chocolate Candies
- Canned frosting or decorating gel (optional)

Since product formulations vary from one brand to another, be sure to always read the ingredient listings to be sure that the brands you selected are gluten free.

### DIRECTIONS

1. Clean, then coat inside of plastic eggs with cooking spray. Set aside.
2. In a large pan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add KELLOGG'S RICE KRISPIES Gluten Free cereal. Stir until well coated.
3. With greased hands, firmly press 1/4 cup of cereal mixture into each plastic egg half. Make hollow centers in each half. Remove from molds. Place on wax paper. Cool slightly.
4. Place about 6 candies in one half of each egg. Gently press the two halves together until they stick. Cool completely.
5. Decorate as desired with frosting and candies.

Serving size = 1 egg

FOR MORE RECIPES  
AND NUTRITION INFORMATION,  
VISIT [RICEKRISPIES.COM](http://RICEKRISPIES.COM)



Watch how to make Hidden Surprise Easter Egg Treats™. Scan for a link to a video.

Message and data rates may apply. Check your carrier for details.

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# **a** COOK UP STORM

WHIP UP  
A WEEK'S WORTH  
OF TASTY, HEALTHFUL  
DINNERS IN  
ONE WEEKEND  
AFTERNOON

**BACK WHEN MY HUSBAND AND I COMMUTED** two hours a day, the last thing either of us wanted to do when we got home was cook. One weekend when I found myself with spare time and an overflowing refrigerator, I decided to put my skills as a recipe developer to work, and cook all our dinners for the week ahead. I planned dishes that would last a few days in the fridge or freezer and taste as good (or even better) when reheated. Most importantly, I sketched out a game plan that would let me work on several recipes simultaneously without wasting any time.

Monday came, as it always does. When I got home and opened the fridge to figure out what was for dinner, I remembered that dinner was ready! And dirty dishes? They were practically nonexistent. Ready to try it for yourself? The following pages feature six delicious dinner recipes and a simple plan to make them all in about three-and-a-half hours.

BY Carolyn Malcoun PHOTOGRAPHY Mario De Lopez FOOD STYLING Liesl Maggiore PROP STYLING Dani Fisher





Follow this timeline to have all six recipes on the following pages ready in about **3 1/2 HOURS**

## THE GAME PLAN

### SPRINT 1 /

30 MINUTES

- > Cook lentils for Middle Eastern Stuffed Cabbage Rolls.
- > Preheat oven to 450°F.
- > Prep vegetables for Roasted Vegetable Soup and Broccoli-Tomato Galette.

### SPRINT 2 /

35 MINUTES

- > Roast vegetables for Roasted Vegetable Soup.
- > Make sauce and filling for Zucchini-Corn Cannelloni.

### SPRINT 3 /

30 MINUTES

- > Put large pot of water on to boil.
- > Roast vegetables for Broccoli-Tomato Galette.
- > Blend Roasted Vegetable Soup, and transfer to storage container.
- > Cook lasagna noodles for Zucchini-Corn Cannelloni, then cabbage leaves for Middle Eastern Stuffed Cabbage Rolls in a single pot of boiling water. (Remove with tongs or slotted spoon so you use only one pot.)

### SPRINT 4 /

1 HOUR 15 MINUTES

- > Reduce oven heat to 375°F.
- > Assemble and bake Broccoli-Tomato Galette.
- > Assemble Middle Eastern Stuffed Cabbage Rolls, and place in oven.

### HOME STRETCH /

45 MINUTES

- > Reduce oven heat to 350°F.
- > Assemble and bake Zucchini-Corn Cannelloni.
- > Make Thai Sloppy Joes.
- > Make Mushroom Paprikash.



Mushroom Paprikash, p. 57



Broccoli-Tomato Galette, p. 57



Thai Sloppy Joes, p. 58



Roasted Vegetable Soup, p. 59



Middle Eastern Stuffed Cabbage Rolls, p. 60



Zucchini-Corn Cannelloni, p. 77



## Mushroom Paprikash

Serves 4 | 30 minutes or fewer  
 Making this stew ahead gives the flavors a chance to develop. Serve over egg noodles, gnocchi, or pan-fried polenta slices.

- 1 Tbs. olive oil
- 4 cups sliced mushrooms (10 oz.)
- 1 medium bell pepper, diced (1 cup)
- 1 medium onion, diced (1½ cups)
- ½ cup dry white wine
- 2 Tbs. all-purpose flour
- 1 Tbs. hot or sweet paprika
- 1 15-oz. can crushed tomatoes
- ¾ cup reduced-fat sour cream

Heat oil in skillet over medium-high heat. Add mushrooms, and cook 7 minutes. Stir in bell pepper and onion; reduce heat to medium. Sauté 5 minutes, or until onion is translucent. Add wine, and cook 2 minutes. Stir in flour and paprika. Add tomatoes and ½ cup water, and cook 3 minutes, or until sauce has thickened.

**STORE/SERVE** Cool, and refrigerate in airtight container up to 5 days. Warm in saucepan over medium-low heat. Stir sour cream into warm paprikash mixture just before serving.

**PER 1-CUP SERVING** 159 cal; 6 g prot; 6 g total fat (2 g sat fat); 23 g carb; 8 mg chol; 160 mg sod; 5 g fiber; 6 g sugars

## Broccoli-Tomato Galette

Serves 4  
 This rustic pie takes up less space in the fridge or freezer than a typical pizza.

- 4 plum tomatoes, halved and seeded
- 3 cloves garlic, sliced
- 1 Tbs. chopped fresh oregano
- 4 cups broccoli florets
- ½ small onion, sliced (½ cup)
- 4 tsp. olive oil
- 1 12-oz. pkg. prepared whole-wheat pizza dough, at room temperature
- ¾ cup prepared pesto
- ¾ cup shredded fontina cheese

**1** | Preheat oven to 450°F. Line baking sheet with foil. Place tomato halves cut side up on baking sheet. Insert 2 slices of garlic in each tomato half; sprinkle with oregano. Roast 30 minutes.

**2** | Toss together broccoli, onion, and oil in baking dish. Roast 20 minutes, or until tender. Cool 10 minutes.

**3** | Roll dough into 10-inch circle. Transfer to baking sheet coated with cooking spray or lined with parchment paper. Spread pesto on crust; sprinkle with cheese. Top with vegetables, leaving 2-inch rim. Fold 1 inch of crust edge inward. Reduce oven temperature to 375°F; bake 40 minutes, or until golden.

**STORE/SERVE** Cool, wrap in foil, and refrigerate up to 2 days, or freeze 1 month. Reheat 15 minutes at 350°F before serving (thaw first if frozen).

**PER SLICE** 395 cal; 15 g prot; 19 g total fat (5 g sat fat); 48 g carb; 21 mg chol; 632 mg sod; 9 g fiber; 4 g sugars



## Thai Sloppy Joes

Serves 4 | 30 minutes or fewer

These spicy sandwiches need no garnish to be satisfyingly delicious, but you could add freshness and crunch by topping them with watercress or arugula, a tomato slice, a few fresh basil leaves, and some chopped dry-roasted peanuts.

- 1 Tbs. canola oil
- 1 small onion, finely chopped (1 cup)
- 1 8-oz. pkg. tempeh, crumbled
- 1 cup light coconut milk
- 2–3 tsp. Thai red curry paste
- 4 tsp. light brown sugar
- 1 Tbs. lime juice
- 4 whole-wheat hamburger buns

Heat oil in large saucepan over medium heat. Add onion, and sauté 3 to 5 minutes. Add tempeh, and cook 3 minutes, or until beginning to brown. Stir in coconut milk and curry paste.

Simmer 10 minutes, or until liquid is mostly absorbed, stirring occasionally. Stir in brown sugar and lime juice. Simmer 2 minutes more.

**STORE/SERVE** Cool to room temperature, and refrigerate in airtight container up to 5 days, or freeze up to 3 months. If frozen, thaw overnight in refrigerator. Reheat with  $\frac{1}{4}$  cup water over medium-low heat, and fill each bun with  $\frac{1}{2}$  cup Sloppy Joe mixture.

**PER SANDWICH** 347 cal; 17 g prot; 15 g total fat (4 g sat fat); 40 g carb; 0 mg chol; 248 mg sod; 9 g fiber; 10 g sugars 



**tip**

**FOR A SLOPPY JOE WITHOUT THE SOGGY BUN, TOAST THE BUN BEFORE YOU FILL IT.**

## Roasted Vegetable Soup

Serves 4

This chunky soup is low in calories yet surprisingly satisfying. It tastes delicious hot or cold.

- 1 head garlic
- 3 pt. cherry tomatoes
- 2 large bell peppers, cut into ½-inch chunks
- 2 medium zucchini, cut into ½-inch chunks
- ¼ cup olive oil
- ½ tsp. smoked paprika
- 1 cup frozen corn kernels, thawed

4 Tbs. sherry vinegar or red wine vinegar

- 1 | Preheat oven to 450°F.
- 2 | Rub papery skin off garlic, and cut off top of head to expose clove tips. Place on square of foil, and drizzle with 1 Tbs. water. Wrap garlic, and roast 35 to 40 minutes, or until soft.
- 3 | Toss tomatoes, bell peppers, zucchini, and oil with paprika in large bowl. Season with salt and pepper, if desired. Spread on 2 baking sheets, and roast 35 to 40 minutes, or until vegetables are browned and tender, stirring once. Cool 10 minutes.

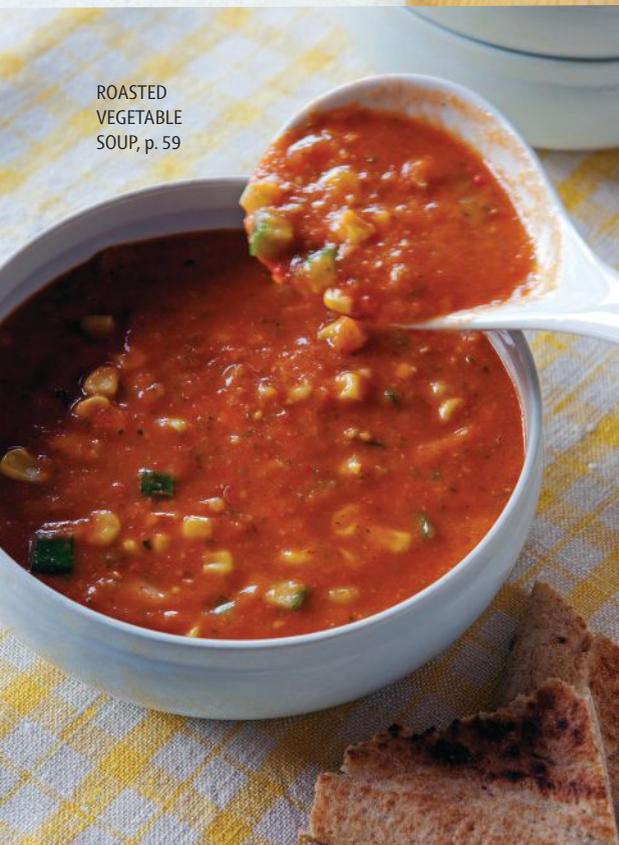
4 | Squeeze roasted garlic cloves into bowl of food processor; add half of roasted vegetables and 1 cup water. Blend until smooth, then transfer to large bowl or saucepan. Pulse remaining vegetables in food processor until chopped, then stir into puréed soup with corn and vinegar. Warm, if necessary.

**STORE/SERVE** Refrigerate up to 3 days, or freeze up to 3 months. If frozen, thaw in refrigerator overnight. Serve hot or cold.

**PER 1-CUP SERVING** 239 cal; 6 g prot; 15 g total fat (2 g sat fat); 25 g carb; 0 mg chol; 25 mg sod; 6 g fiber; 13 g sugars  



MIDDLE EASTERN STUFFED CABBAGE ROLLS



ROASTED VEGETABLE SOUP, p. 59

## Middle Eastern Stuffed Cabbage Rolls

Serves 4

Crinkly savoy cabbage leaves (which pull apart more easily than white cabbage) are stuffed with a combination of lentils, currants, and olives, then blanketed in a spicy tomato sauce. Serve over rice.



### step 1

Pat cabbage leaf flat on work surface. Spoon  $\frac{1}{3}$  cup lentil mixture in center of leaf.



### step 2

Fold in ruffly sides of cabbage leaf to enclose filling.



### step 3

Fold rib end over filling until mostly covered.



### step 4

Tightly roll stem end toward tip of leaf. Place roll seam side down.

1 Tbs. olive oil

1 small onion, finely chopped (1 cup)

2 cloves garlic, minced (2 tsp.)

$\frac{3}{4}$  cup dried French or du Puy green lentils

8 large savoy cabbage leaves, ribs removed

$\frac{1}{3}$  cup dried currants

$\frac{1}{2}$  cup pitted Kalamata olives, quartered

3 Tbs. lemon juice, divided

1 15-oz. can low-sodium tomato sauce

2 tsp. ground cumin

1 $\frac{1}{2}$  tsp. dried marjoram

$\frac{1}{4}$  tsp. ground allspice

**1** | Heat oil in saucepan over medium heat. Add onion, and cook 3 minutes. Add garlic, and cook 30 seconds. Add lentils and 4 cups water. Bring to a boil, reduce heat to medium-low, and simmer 15 minutes, or until tender. Drain.

**2** | Bring pot of water to a boil. Blanch cabbage leaves 6 minutes, or until tender. Rinse under cold water, and drain.

**3** | Mash half of lentil mixture in bowl. Stir in remaining lentils, currants, olives, and 1 Tbs. lemon juice.

**4** | Combine tomato sauce,  $\frac{1}{2}$  cup water, remaining 2 Tbs. lemon juice, cumin, marjoram, and allspice in bowl. Spray 8-inch square baking dish with cooking spray, then coat bottom with  $\frac{1}{2}$  cup sauce.

**5** | Lay 1 cabbage leaf on work surface. Spoon  $\frac{1}{3}$  cup lentil mixture in center of leaf, fold sides inward, and roll tightly. Place seam side down in dish. Repeat with remaining leaves and filling. Pour remaining sauce over rolls; cover with foil.

**STORE/SERVE** Refrigerate 3 days, or freeze 1 month. If frozen, thaw overnight in refrigerator. To bake: Preheat oven to 375°F. Bake cabbage rolls, covered, 1 hour. Uncover, baste with sauce, bake 10 minutes more, and serve.

**PER SERVING (2 ROLLS)** 303 cal; 12 g prot; 9 g total fat (1 g sat fat); 49 g carb; 0 mg chol; 632 mg sod; 11 g fiber; 18 g sugars **V** **GF**

CONTINUED ON p. 77



ZUCCHINI-CORN CANNELLONI, p. 77



CELEBRATE THE FIRST  
FLAVORS OF SPRING WITH A LIGHT,  
ELEGANT EASTER MENU

*your*  
**EASTER  
FINEST**



LIBECO LAGAE LINENS FROM HEATHCERAMICS.COM

*forget* ham, lamb, and all the other “trappings” of a traditional Easter dinner. The early spring holiday offers the ideal occasion for celebrating in splendid veg style. We’ve put together a menu that features the best flavors of the season: baby greens, asparagus, and, of course, carrots in some amazing carrot cupcakes that are sure to start a new Easter dessert tradition.



CHILLED PEA SOUP

## EASTER *menu*

Chilled Pea Soup

Mini Artichoke and  
Onion Tarts

Peter Rabbit Salad with  
Thousand Island Dressing

Bulgur and Asparagus Salad

Carrot Cupcakes with  
Goat Cheese Frosting

## Chilled Pea Soup

Serves 8

Serve this soup in small, clear drinking glasses (shot glasses are great for hors d'oeuvres) to show off its bright green color. Meyer lemons are worth seeking out for the fragrant, floral flavor of their zest and juice. The soup can be made up to two days ahead.

- 1 Tbs. olive oil
- 1 small shallot, chopped (2 Tbs.)
- 1 lb. frozen peas, thawed
- $\frac{1}{4}$  cup silken tofu
- $\frac{1}{8}$  tsp. white pepper
- $\frac{1}{4}$  cup large fresh mint leaves, plus more for garnish
- $1\frac{1}{2}$  tsp. grated Meyer lemon zest or grated lemon zest
- $1\frac{1}{2}$  tsp. champagne vinegar

**1** | Heat oil in medium saucepan over medium heat. Add shallot, and cook 2 to 3 minutes, or until soft and translucent. Add  $2\frac{1}{2}$  cups water, and bring to a boil. Remove saucepan from heat; add peas, tofu, and white pepper; and season with salt, if desired.

**2** | Blend with immersion blender or in stand blender or food processor until smooth. Add mint leaves and lemon zest, and blend 30 seconds, or until very smooth.

**3** | Chill. Stir in vinegar just before serving. Garnish each serving with 1 mint leaf.

**PER  $\frac{1}{2}$ -CUP SERVING** 66 cal; 4 g prot; 2 g total fat (<1 g sat fat); 9 g carb; 0 mg chol; 1 mg sod; 3 g fiber; 3 g sugars  

## Mini Artichoke and Onion Tarts

Makes 12 tarts

Individual pastries are ideal for spring buffets; they taste good hot from the oven or at room temperature. These savory tarts feature mild, fresh farmer cheese.



### FILLING

- 2 Tbs. olive oil
- 2 large yellow onions, thinly sliced
- 3 Tbs. chopped fresh thyme
- 2 cloves garlic, minced (2 tsp.)
- 1 lb. frozen artichoke hearts, thawed and quartered
- 2 cups pitted black olives, optional

- $\frac{1}{4}$  cup Italian parsley leaves
- 1 Tbs. grated Meyer lemon zest or grated lemon zest
- 1 large egg, lightly beaten, for brushing, optional
- $1\frac{1}{2}$  cups farmer cheese or low-fat ricotta cheese, divided

### DOUGH

- $3\frac{3}{4}$  cups all-purpose flour
- 8 oz. (2 sticks) cold unsalted butter, cut into small pieces
- 1 tsp. sugar
- 1 tsp. salt
- 2 large eggs
- $\frac{1}{2}$  cup low-fat milk

**1** | To make Filling: Heat oil in skillet over medium-high heat. Add onions, and sauté 7 minutes, or until beginning to brown. Add thyme and garlic, and sauté 1 minute. Remove from heat, and stir in artichokes, olives (if using), parsley, and zest. Cool.

**2** | To make Dough: Place flour, butter, sugar, and salt in bowl of food processor; pulse until mixture resembles fine meal. Add eggs and milk, and pulse until Dough comes together. Shape into log. Slice log into 12 rounds. Roll out each round into  $\frac{1}{8}$ -inch-thick circle with rolling pin on well-floured work surface.

**3** | Preheat oven to 375°F; coat baking sheet with cooking spray. Brush Dough rounds with beaten egg (if using). Spoon 2 heaping tsp. cheese in center of each Dough round, then top with 3 Tbs. Filling, leaving 1-inch border. Sprinkle each tart with 2 tsp. cheese, then fold in edges to partially cover Filling. Brush edges with beaten egg (if using), and sprinkle with salt, if desired. Bake 20 to 30 minutes, or until tarts are golden.

**PERTART** 390 cal; 11 g prot; 22 g total fat (12 g sat fat); 38 g carb; 82 mg chol; 280 mg sod; 4 g fiber; 3 g sugars

## Peter Rabbit Salad with Thousand Island Dressing

Serves 8 | 30 minutes or fewer

Here's a way to inspire the kids at the table eat every last bite of salad: tell them the ingredients for this one are what Peter Rabbit took from Mr. McGregor's garden, then encourage them to use their fingers to dip the veggies in a homemade Thousand Island dressing.

### DRESSING

- 1 cup lite silken tofu
- 2 Tbs. lemon juice
- 2 Tbs. finely chopped red onion
- 2 Tbs. white vinegar
- 2½ tsp. Dijon mustard
- 1½ tsp. grated Meyer lemon zest or grated lemon zest
- ¾ tsp. salt
- ½ tsp. tamarind paste, optional
- ½ tsp. sriracha hot sauce, optional

### SALAD

- 4 English cucumbers, roughly peeled
- 8 cups baby lettuce leaves or mesclun greens
- 16 steamed green beans
- 16 baby carrots
- 16 French breakfast radishes

**1 |** To make Dressing: Place tofu in bowl of food processor, and purée 2 minutes, or until smooth. Transfer to bowl, and stir in remaining ingredients. Season with salt and pepper, if desired.

**2 |** To make Salad: Peel each cucumber into wide strips with vegetable peeler until you reach seed core, turning cucumber between each stroke of peeler to keep strips same width. Discard core. Wrap 3 or 4 strips together to make 3-inch-diameter rings. Set rings on serving plates, and fill with lettuce leaves and green beans as if filling a vase.

**3 |** Divide Dressing into 8 small bowls or ramekins, and place next to Salads on plates. Arrange carrots and radishes around edges of plates.

**PER SERVING** 42 cal; 3 g prot; <1 g total fat (<1 g sat fat); 7 g carb; 0 mg chol; 294 mg sod; 2 g fiber; 3 g sugars **V** **GF**

## Bulgur and Asparagus Salad

Serves 8

The first fresh asparagus of the season is the star ingredient in this simple side dish.

- 2 cups medium-grain bulgur wheat
- 2 tsp. salt
- 1 lb. fresh asparagus
- ½ cup toasted almond slivers
- ¼ cup olive oil
- 4 tsp. grated Meyer lemon zest or grated lemon zest
- ¼ cup Meyer lemon juice or lemon juice

**1 |** Place bulgur and salt in bowl, and pour 4 cups boiling water over top. Cover, and let steep 15 minutes, or until all liquid is absorbed. Cool.

**2 |** Bring large pot of salted water to a boil. Add asparagus, return pot to a rolling boil, and cook 1 minute. Drain asparagus, and dunk in large bowl of ice water. Drain, pat dry, and cut into 1½-inch pieces.

**3 |** Stir asparagus, almonds, oil, and zest into bulgur, and season with salt and pepper, if desired. Stir in lemon juice.

**PER 1-CUP SERVING** 232 cal; 7 g prot; 11 g total fat (1 g sat fat); 31 g carb; 0 mg chol; 50 mg sod; 8 g fiber; 1 g sugars **V**

## Carrot Cupcakes with Goat Cheese Frosting

Makes 12 cupcakes

Candied ginger and creamy goat cheese add flair to moist, spicy carrot cupcakes.

### CUPCAKES

- 1 stick (4 oz.) unsalted butter, softened
- ¾ cup light brown sugar
- 2 large eggs
- 1½ tsp. vanilla extract
- 2½ tsp. baking powder
- 1¼ tsp. baking soda
- 1 ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground ginger
- ½ tsp. salt
- 1¼ cups shredded carrots
- 1½ Tbs. poppy seeds
- ½ cup raisins
- ¼ cup chopped candied ginger
- 1½ cups all-purpose flour

### FROSTING

- ¾ cup confectioners' sugar
- ¾ cup soft goat cheese, softened
- ½ cup plus 2 Tbs. low-fat cream cheese
- 2 Tbs. maple syrup

**1 |** To make Cupcakes: Preheat oven to 350°F, and line 12-cup muffin pan with paper liners.

**2 |** Cream butter and brown sugar with electric mixer until light and fluffy. Beat in eggs one at a time, then beat in vanilla, baking powder, baking soda, cinnamon, nutmeg, ground ginger, and salt. Stir in carrots and poppy seeds, then raisins and candied ginger. Fold in flour until just combined. Divide batter among prepared muffin cups, and bake 20 to 25 minutes, or until toothpick inserted in center comes out clean. Cool.

**3 |** To make Frosting: Sift confectioners' sugar into bowl, and set aside.

**4 |** Beat together goat cheese and cream cheese with electric mixer. Beat in confectioners' sugar, then fold in maple syrup with spatula. Let rest 1 hour.

**5 |** Drizzle and spread Frosting on cooled Cupcakes.

**PER CUPCAKE** 340 cal; 7 g prot; 14 g total fat (9 g sat fat); 47 g carb; 65 mg chol; 482 mg sod; 1 g fiber; 30 g sugars **V**

WANT MORE VEGGIES? ADD YOUR FAVORITE SPRING PRODUCE TO THE PETER RABBIT AND BULGUR SALADS.

*As chef-manager of Little House Cafe in Alameda, Calif., Donna Meadows likes to keep her recipes unfussy but sophisticated.*



CARROT CUPCAKES WITH GOAT CHEESE FROSTING

# 1 FOOD 5 WAYS

RECIPES BY Selma Brown Morrow

**The small round legumes are unique in the bean world—and endlessly adaptable**

**As legumes go,** chickpeas (aka garbanzo beans) are in a class all their own. The USDA lumps other pulses into such categories as dry beans, dry peas, and lentils, but chickpeas get their very own group. With their distinct shape and firm yet creamy texture, they're just as at home in hummus as they are in spicy stews, atop pizzas, or even blended into breakfast crêpes.

# chickpeas

PHOTOGRAPHY Beatriz Da Costa STYLING Virginie Martin

## Mixed-Grain Tabbouleh with Roasted Eggplant, Chickpeas, and Mint

Serves 4

Mixing quinoa with bulgur improves the texture and nutritional profile of this tabbouleh. The quinoa is tender, light, and full of protein.

- 3 medium eggplants, cut into ½-inch cubes (8 cups)
- ¾ tsp. salt, divided
- ¾ tsp. ground black pepper, divided
- 3½ Tbs. olive oil, divided
- ¾ cup quick-cooking bulgur
- ¾ cup quinoa, rinsed and drained
- ¾ cup chopped fresh mint, plus sprigs for garnish
- ½ cup chopped cilantro
- 1 cup small grape tomatoes, halved
- 2 Tbs. lemon juice
- 1 cup cooked chickpeas
- ½ cup finely chopped red onion

**1** | Preheat oven to 450°F. Coat large rimmed baking sheet with cooking spray. Spread eggplant cubes in single layer on baking sheet, spray lightly with cooking spray, and sprinkle with ¼ tsp. each salt and pepper. Drizzle with 1½ Tbs. oil; toss to coat. Roast eggplant 20 minutes. Turn; stir, then roast 10 minutes more, or until tender and browned. Cool on baking sheet.

**2** | Bring large pot of salted water to a boil. Add bulgur, and boil 4 minutes. Mix in quinoa, and boil 12 minutes, or until both grains are tender, but still have some texture. Drain. Transfer to large bowl, and

cool, fluffing with fork. Mix chopped mint and cilantro into grains, then mix in cooled eggplant and tomatoes.

**3** | Whisk together lemon juice, remaining 2 Tbs. oil, ½ tsp. salt, and ½ tsp. pepper in medium bowl. Add chickpeas and red onion; marinate 15 minutes, then fold chickpea mixture into grains. Garnish with mint sprigs.

**PER 1¼-CUP SERVING** 395 cal; 11 g prot; 16 g total fat (2 g sat fat); 56 g carb; 0 mg chol; 694 mg sod; 12 g fiber; 10 g sugars 





CHICKPEA  
BREAKFAST  
CRÊPES WITH  
MAPLE-  
RASPBERRY  
SAUCE, p. 76

## Chickpea and Red Cabbage Pita Pizzas with Toasted Cumin

Serves 6

Generous toppings make this a fork-and-knife pizza. Save leftover cabbage for sandwiches.

- 1½ Tbs. olive oil, divided
- 6 cups thinly sliced red cabbage
- ¼ cup balsamic vinegar
- 2 Tbs. honey
- 2 tsp. whole cumin seeds
- 1 large clove garlic, peeled
- ¼ tsp. salt
- 1½ cups cooked chickpeas, or 1 15-oz. can chickpeas, drained, liquid reserved, divided
- ½ tsp. ground black pepper
- 4 Tbs. chopped cilantro, divided
- 6 6-inch pita rounds (preferably not perforated)
- 4 oz. chilled soft fresh goat cheese, crumbled

**1** | Position rack just below center of oven. Place large rimmed baking sheet on rack, and preheat to 450°F.

**2** | Heat 1 Tbs. oil in large skillet over medium heat. Add cabbage, and toss to coat. Add vinegar and ¼ cup water. Bring

to simmer. Cover, and cook 15 minutes, or until cabbage is just tender. Remove from heat, stir in honey, and season with salt and pepper, if desired.

**3** | Toast cumin in small skillet over medium heat 3 to 4 minutes, or until seeds get darker and very fragrant. Cool. Grind in spice grinder or coffee grinder.

**4** | Drop garlic and salt into food processor while running, and finely chop. Add 1½ cups chickpeas, ¼ cup water or reserved chickpea liquid, 1½ tsp. cumin, and pepper. Blend to coarse purée. Transfer to bowl, and mix in 3 Tbs. cilantro.

**5** | Brush tops of pitas with remaining 1½ tsp. oil. Heat heavy skillet over high heat. Add 1 pita, oiled side down, to

skillet. Cook 2 minutes, or until crisp on bottom, pressing flat with spatula. Repeat with remaining pitas.

**6** | Spread chickpea purée on crisp side of each pita leaving ½-inch border. Top each with ⅓ cup red cabbage, then dot with cheese. Press remaining ¼ cup whole chickpeas into topping. Sprinkle each pita with large pinch of remaining ½ tsp. cumin. Transfer pizzas to baking sheet with spatula, and bake 6 to 8 minutes, or until toppings are heated through. Sprinkle with remaining 1 Tbs. cilantro.

**PER PIZZA** 369 cal; 14 g prot; 9 g total fat (4 g sat fat); 58 g carb; 9 mg chol; 611 mg sod; 6 g fiber; 13 g sugars

CONTINUED ON p. 76

### 3 WAYS TO COOK 'EM

**Stove top** Cover dried chickpeas with cold water in bowl, and soak 12 hours, or overnight. Drain, transfer to large pot, and cover with cold water. Bring to a boil, and simmer 1 to 1½ hours, or until tender.

**Pressure cooker** Place dried chickpeas in pressure cooker, and cover with 1 inch water. Seal cooker, and heat to high pressure. Cook 45 minutes at high pressure.

**Slow cooker** Place dried chickpeas in slow cooker, and cover with 1 inch water. Cook 4 hours on high power or 8 hours on low power, or until tender.



# FEED *Your* BRAIN



# How to eat to sharpen your memory today, and protect against Alzheimer's for the long haul

**My mother's father** was a small-town doctor. Back in the days when there was no health insurance, he delivered babies, took care of children and adults, and helped people through serious illnesses. When he was about 60, he suffered a heart attack. Soon, it became clear that something else was wrong. He became forgetful and confused. Sometimes he left the house without knowing where he was going. Once in a while, a patient would pick him up and bring him back home. No one knew what was wrong, but he went steadily downhill and died in his mid 60s.

My grandmother lived much longer, but she suffered from memory problems too. "By the time I get to the end of a magazine article," she told me, "I can't remember the beginning." As her dementia worsened, she lost her ability to remember even simple things and no longer recognized her family members. My father's parents suffered the same devastating memory loss; so did my father.

Alzheimer's disease attacks half of us by age 85. In dollars and cents, the disease is a disaster—a person with Alzheimer's now averages nearly \$45,000 a year in medical costs, which can get to almost \$70,000 if residential care is needed. But the personal cost—the loss of everything that ever mattered to us—is incalculable.

In case these terms are mysterious, *dementia* is a general term referring to a loss of cognitive function. Alzheimer's

disease is one type of dementia marked by the presence of specific abnormalities in the brain.

Memory problems are not just an issue for older folks. They can hit at any age. How often have you said to yourself, "It's on the tip of my tongue"? Or you see a familiar face, but you can't come up with the name?

Researchers have been working hard to understand what causes memory to sputter and fail. A genetic trait, called the APOE epsilon 4 allele, is strongly linked to Alzheimer's risk. Yet some people with this gene stay free of the disease, while others with no apparent genetic risk succumb to Alzheimer's.

As research studies tease apart the contributors to memory problems, more and more evidence is pointing to foods. Some foods are memory boosters, while others increase the risk of memory lapses.

## CLUES FROM CHICAGO

In 1993, Martha Clare Morris and her team of researchers with the Chicago Health and Aging Project began studying thousands of people in three Chicago neighborhoods, examining their diets, exercise patterns, and overall health. The researchers then waited to see who stayed mentally clear and who did not.

Ten years later, the study identified two key culprits for heightened Alzheimer's risk. First, saturated fat—the solid fat found in bacon, butter, and other animal-derived foods. Specifically, a person eating 25 grams of saturated fat per day was three times more likely to develop the disease, compared with people eating about half that much.

Culprit No. 2: trans fats, the hydrogenated oils often found in doughnuts, cupcakes, and other snack foods, had an

even stronger link to Alzheimer's disease than did saturated fat.

Research teams in New York and Finland found much the same thing. "Bad fats" that had already been known to increase the risk of heart problems appeared to be linked to Alzheimer's disease too. They also played a role in a condition called mild cognitive impairment, which applies to a person whose day-to-day life is more or less normal but whose memory has slipped a notch or two. Researchers with Finland's Cardiovascular Risk Factors, Aging and Dementia study found that a high intake of saturated fat more than doubled the risk of mild cognitive impairment. Among people with the APOE epsilon 4 allele, a fatty diet increased the risk five-fold.

## WHAT IS FAT DOING TO YOUR BRAIN?

How does this happen? For starters, "bad fats" tend to increase your cholesterol levels. And that can spell blocked arteries, slowing the flow of blood and oxygen to the brain. Indeed, California researchers following a group of 9,844 people for three decades found that cholesterol levels measured in a person's 40s predicted Alzheimer's risk in their 70s.

High cholesterol levels don't just block arteries. They also appear to encourage the formation of microscopic collections of protein and cholesterol in the brain—called beta-amyloid

plaques—that are the hallmarks of Alzheimer's. Looking like tiny meatballs through a microscope, these plaques are believed to damage brain cells.

The take-home message is clear enough. It pays to minimize the saturated fats that are abundant in animal products and scarce in typical grains, beans, vegetables, and fruits, and to steer clear of the trans fats in highly processed snack foods—you'll see them on labels listed as partially hydrogenated oil.

## METAL DETECTION

Bad fats are not the only problem. As researchers examine plaques, they find more than just beta-amyloid protein. They have also found certain metals. Iron, for starters. Yes, your body needs iron. It is a key part of the hemoglobin that your red blood cells use to carry oxygen in your blood stream. But excess iron is hazardous. In the same way that a cast-iron pan rusts—that is, oxidizes—iron can oxidize in your body. In the process, it encourages the production of free radicals—unstable molecules that attack your cell membranes, your DNA, and even your brain connections.

So when it comes to brain health, iron is a balancing act. You want to get enough so that your red blood cells can carry oxygen. But you want to avoid excesses that can harm your brain. In a study published in 2011, Chicago researchers found what might be the

iron sweet spot: People most likely to preserve their mental functioning had hemoglobin levels just below 14 grams per deciliter. People who were much lower or much higher tended to lose brain function as the years passed.

Which foods will get you there? The best choices are our neglected friends, beans and green leafy vegetables. They have a special form of iron called non-heme iron, which is more absorbable when your body needs iron and less absorbable when your body has enough already. The worst choice: red meat. Long revered as a source of iron, we now know that it can have too much of a good thing. The iron in meat, called heme iron, is highly absorbable whether you need it or not. Cast-iron pans can add unneeded iron too.

Speaking of metals, you also need a certain amount of copper in your diet—not quite 1 milligram daily—to keep various metabolic enzymes running properly. Three servings of vegetables get you the copper you need. But some people unknowingly get a lot more than that. It can come from copper pipes, and it's packed into most multiple vitamins (although it is possible to find vitamin formulations without added copper).

Studies in Rome and in San Diego examined older people whose memory function was generally in the normal range. In both studies, people with higher levels of copper in their blood



## Pump Up Your Brain

You know exercise is good for your heart. It is also good for your brain. At the University of Illinois, researchers asked volunteers to take a brisk 10-minute walk three times a week. Each week, they added 5 minutes until everyone was taking 40-minute walks.

Over the next year, this simple exercise program reversed the age-related shrinking of the brain that occurs in most sedentary people, particularly in the hippocampus, a part of the brain that is critical for memory. The researchers then tested the volunteers' memory, and found that, yes, it had improved as well.

The keys are aerobic exercise and frequency. The idea is to get your pulse going for 40 minutes three times a week. A brisk walk, a step class, dancing, tennis—these are all effective.

had more trouble on memory and cognition tests. In the Chicago Health and Aging Project, researchers zeroed in on people whose diets were on the fatty side—a diet pattern we now know to be linked to Alzheimer's. Copper made everything worse. Those who got more copper in their diets tended to have exaggerated memory problems as the years went along.

Researchers are also debating the role of aluminum in memory problems. Some view it as a contributor to dementia; others don't. While they are fighting it out, I suggest a cautious approach: avoid uncoated aluminum cookware, and check the labels on antacids, baking powder, frozen foods, and antiperspirants, some of which contain aluminum. Some municipalities have aluminum in tap water. If you're unsure, bottled water or a reverse osmosis filter (the greener option) are good bets.

Iron, copper, and aluminum end up in the beta-amyloid plaques in the brain, so you'll want to protect yourself. Beans, greens, fruits, and grains give you the iron and copper you need, without the risk of overdoing it. If you take a multivitamin, it's best to choose one that's iron-free, unless you've been diagnosed as iron-deficient and advised by a caregiver to take supplemental iron. However, I would go a step further. Because typical multivitamins contain copper, and most everyone gets more than enough copper from foods, it's best to choose a multi that is labeled as "vitamins only." It takes a little label-reading, but they are available.

## BENEFICIAL VITAMINS

If iron and copper encourage the formation of free radicals—malicious molecules that are like sparks burning holes in your brain cells—vitamin E is your fire extinguisher. It is a powerful antioxidant—it neutralizes free radicals. You'll find it in spinach, mangoes, and sweet potatoes, and in much larger amounts in nuts and seeds.

It makes a real difference. In the

# Get Your Z's

When memory lapses occur in young, healthy people, the culprit is often a simple lack of sleep. So do your brain a favor and go to sleep early. Your brain needs that time to file away memories, experiences, and emotions, and you'll be that much sharper in the morning. Plus, the production of beta-amyloid proteins slows down when you sleep—and that's a good thing.

Chicago study, people who ate these vitamin E-rich foods had less than half the Alzheimer's risk, compared with people who were missing vitamin E. The amount that made a difference was 8 milligrams per day—which you'll find in just 1½ ounces of almonds.

Vitamin E should come from foods, rather than from supplements. Typical supplements lack the full range of vitamin E forms available in foods.

Vitamin E isn't the only micronutrient that has brain researchers smiling. At the University of Oxford, investigators found that a trio of B vitamins—folate, B<sub>6</sub>, and B<sub>12</sub>—helped people preserve their memories and even slowed brain shrinkage.

The vitamins apparently work by knocking out a toxic chemical called homocysteine that can damage the heart and the brain. Your doctor can check your homocysteine level, and if it is high, these vitamins can reduce it.

Even if your homocysteine level is normal, you don't want to miss these B vitamins. You'll find folate in green leafy vegetables, and vitamin B<sub>6</sub> in foods such as chickpeas, bananas, and potatoes. Vitamin B<sub>12</sub> is supplemented in breakfast cereals and soy milk. It is also in vitamin supplements.

## GRAPE JUICE AND BLUEBERRY JUICE

Several studies have shown that red wine, consumed in modest amounts, helps protect the brain. So a group of researchers at the University of Cincinnati asked the logical question: What if the benefit comes, not from

alcohol, but from the grapes themselves? In a small study of people averaging 78 years of age, everyone drank two cups of Concord grape juice each day. Within a few weeks, the participants' ability to learn and recall improved measurably. The researchers found much the same result with blueberry juice.

Neither study was very large. But they do suggest that anthocyanins, the dark pigments in these fruits, appear to have protective effects.

## YOUR BRAIN HEALTH CHECKLIST

The processes that can lead to memory lapses over the short term and more serious problems over the long term could be at work in your brain now. Take action today to protect yourself.

- Avoid "bad fats."
- Limit exposure to iron, copper, and aluminum.
- Eat plenty of vegetables, fruits, beans, and whole grains.
- Occasionally eat nuts and seeds for vitamin E.
- Be sure to have a reliable source of vitamin B<sub>12</sub>, such as fortified foods or a supplement.
- Get at least 40 minutes of vigorous physical activity three times per week.
- Get plenty of sleep. 🍀

Neal D. Barnard, MD, is an adjunct associate professor of medicine at the George Washington University School of Medicine and president of the Physicians Committee for Responsible Medicine. His latest book is *Power Foods for the Brain*.

## 1 FOOD 5 WAYS

CONTINUED FROM p. 71

### Crêpes with Maple-Raspberry Sauce

Serves 4

These crêpes would also taste great with savory fillings such as sautéed mushrooms, creamed spinach, or scrambled eggs.

- 3 large eggs
- ½ cup whole milk
- 1 cup plus 1½ Tbs. plain 2% Greek yogurt, divided
- ¾ cup plus 1 Tbs. pure maple syrup, divided
- ¾ tsp. salt
- 1 cup cooked chickpeas
- ¾ cup all-purpose flour
- 1 12-oz. pkg. frozen unsweetened raspberries, thawed, or 3 cups fresh raspberries
- 1 large banana, thinly sliced on diagonal

- 1 | Preheat oven to 350°F.
- 2 | Blend eggs, milk, 1½ Tbs. yogurt, 1 Tbs. maple syrup, and salt in blender 15 seconds. Add chickpeas, then flour; blend until smooth. Let stand 15 minutes.
- 3 | Heat skillet over medium-high heat. Coat with cooking spray. Pour in ¼ cup batter, tilting and rotating skillet to completely coat bottom. Cook 2 minutes, or until crêpe is set and browned on edges. Lift edge of crêpe, and flip. Cook 1 minute more, or until bottom is flecked with brown. Slide onto paper towel, and cover with another paper towel. Repeat with remaining batter, stacking paper towels between crêpes. Wrap stack in foil, and warm in oven 15 minutes.
- 4 | Purée 1 cup berries in blender. Add remaining ¾ cup maple syrup; blend until smooth. Strain into bowl with remaining berries.
- 5 | Fold crêpes in quarters. Arrange 2 crêpes on each plate with ¼ cup yogurt and ½ cup raspberry sauce. Garnish with banana slices.

**PER SERVING** 343 cal; 16 g prot; 7 g total fat (3 g sat fat); 56 g carb; 147 mg chol; 335 mg sod; 8 g fiber; 29 g sugars

### Chickpea Tortilla Soup with New Mexico Chile Salt

Serves 4

Chickpeas add body to this smoky-flavored soup. Dried New Mexico chiles are available in the Latin foods or produce sections of most supermarkets.

- 2 large dried New Mexico chiles, stemmed, seeded, and cut into small pieces
- 1 tsp. salt
- 4 5½-inch corn tortillas
- 2½ Tbs. olive oil, divided
- 4 medium red bell peppers, stemmed, seeded, and quartered (1½ lb.)
- 4 large shallots, chopped (1 cup)
- 2 cups low-sodium vegetable broth
- 1 15-oz. can low-sodium chickpeas, rinsed and drained, divided
- 1 canned tomato, drained and chopped
- 1 small avocado, diced
- ½ cup chopped cilantro

- 1 | Preheat oven to 400°F. Coat small baking sheet with cooking spray. Grind chiles and salt in spice grinder until reduced to fine powder.
- 2 | Cut 3 tortillas in half, then slice halves crosswise into thin strips. Toss strips with 1½ tsp. oil and ¾ tsp. chile salt on prepared baking sheet. Roast 10 minutes, or until golden. Hold remaining tortilla with tongs directly over gas burner flame on high heat 30 to 45 seconds, or until blackened in spots, turning once or twice. Tear into pieces.
- 3 | Dice 15 bell pepper quarters. Hold remaining bell pepper quarter with tongs over gas burner on high heat; char skin side only, turning to blacken every spot. Cool, then dice with skin left on.
- 4 | Heat remaining 2 Tbs. oil in large skillet over medium-high heat. Add diced bell peppers, shallots, and charred tortilla. Sauté 5 minutes. Add broth, ¼ cup chickpeas, tomato, and 1 tsp. chile salt; bring to a boil. Cover; reduce heat to medium-low, and simmer 20 minutes, or until bell peppers are tender. Purée soup in batches in blender until almost

smooth. Transfer to medium saucepan. Warm over low heat, stirring in 1½ tsp. chile salt and pepper to taste.

- 5 | Divide remaining chickpeas among 4 bowls. Ladle hot soup over chickpeas. Top with tortilla strips, avocado, and cilantro. Serve with remaining chile salt.
- PER 1¼-CUP SERVING** 355 cal; 11 g prot; 15 g total fat (2 g sat fat); 48 g carb; 0 mg chol; 733 mg sod; 11 g fiber; 9 g sugars  

### Chickpea and Potato Picadillo

Serves 4 | 30 minutes or fewer

Like most versions of the hash-like Latin American classic, this picadillo would be great served with rice, polenta, or tortillas.

- 2 medium Yukon gold potatoes, peeled and cut into ½-inch cubes (2 cups)
- 3 Tbs. olive oil
- 1 Tbs. ground cumin
- 1 15-oz. can chickpeas, drained, juices reserved
- ⅓ cup dark raisins
- 1 tsp. dried Mexican oregano, crumbled
- 1 15-oz. can diced tomatoes
- 1 Tbs. red wine vinegar
- ⅓ tsp. ground cloves
- 1 cup chopped green onions

- 1 | Place potatoes and ¼ cup water in medium microwave-safe bowl. Cover, and cook on high power 3 minutes. Uncover potatoes; cool 10 minutes.
  - 2 | Heat oil in large skillet over medium heat. Add cumin, and stir 10 seconds. Add chickpeas, raisins, oregano, and potatoes; sauté 2 minutes. Add tomatoes with juice, vinegar, and cloves. Bring to a simmer, stirring occasionally. Cover; reduce heat to medium-low, and simmer 10 minutes to blend flavors. (Add reserved chickpea liquid if mixture seems dry.) Stir in ½ cup green onions. Serve sprinkled with remaining ⅓ cup green onions.
- PER 1-CUP SERVING** 331 cal; 9 g prot; 12 g total fat (1 g sat fat); 48 g carb; 0 mg chol; 437 mg sod; 7 g fiber; 13 g sugars   

*Selma Brown Morrow is a Los Angeles–based recipe developer.*

## COOK UP A STORM

CONTINUED FROM p. 60

### Zucchini-Corn Cannelloni

Serves 4

Baked cannelloni is a lighter alternative to lasagna and has the same big, bold flavors.

#### SAUCE

- 1½ tsp. olive oil
- ½ small onion, finely chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. rubbed sage
- ½ tsp. dried oregano
- 1 14.5-oz. can diced fire-roasted tomatoes
- 1 tsp. balsamic vinegar

#### CANNELLONI

- 1 Tbs. olive oil
- 1 medium onion, chopped (1½ cups)
- 1 medium zucchini, finely diced (1½ cups)
- ½ cup fresh or frozen corn kernels
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. rubbed sage

- 1 cup low-fat ricotta cheese
- 4 Tbs. Parmesan cheese, divided
- 1 large pinch ground nutmeg
- 6 no-cook lasagna noodles
- ½ cup low-fat shredded mozzarella cheese, optional

**1** | To make Sauce: Heat oil in saucepan over medium heat. Add onion, and sauté 7 minutes, or until soft. Add garlic, sage, and oregano; stir until combined. Add tomatoes and vinegar, and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 10 minutes. Purée with immersion blender.

**2** | To make Cannelloni: Heat oil in skillet over medium heat. Add onion; sauté 10 minutes. Add zucchini and corn; increase heat to medium-high. Sauté 3 to 5 minutes, or until beginning to brown. Stir in garlic and sage; remove from heat. Stir in ricotta, 2 Tbs. Parmesan, and nutmeg.

**3** | Bring large pot of salted water to a boil. Add noodles, and cook 3 minutes, or

until noodles bend without breaking. Drain, and cool in large bowl of cold water. Drain again, pat dry, and stack on cutting board. Halve noodles width-wise.

**4** | Preheat oven to 350°F. Spoon ½ cup Sauce into 9-inch square baking dish.

**5** | Spoon 3 Tbs. zucchini mixture down center of 1 halved noodle. Roll into a tube, and place seam side down in dish. Repeat with remaining noodles and filling. Sprinkle with remaining 2 Tbs. Parmesan and mozzarella, if using. Bake 25 minutes, or until cheese melts and Sauce is bubbly.

**STORE/SERVE** Cool, and cover tightly with foil. Refrigerate 3 days, or freeze up to 1 month. Thaw, and reheat, covered, in 350°F oven 20 to 25 minutes, or until hot in center.

**PER SERVING (3 CANNELLONI)** 314 cal; 15 g prot; 10 g total fat (4 g sat fat); 42 g carb; 24 mg chol; 536 mg sod; 4 g fiber; 12 g sugars

Carolyn Malcoun is a writer and recipe developer in Portland, Maine.

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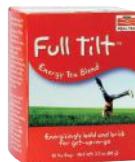
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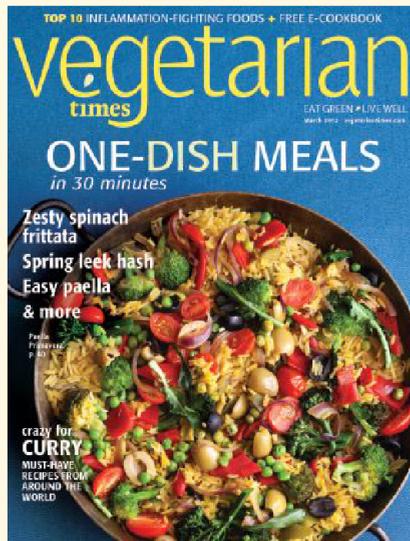
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What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.



James Beard Foundation Award–winner Deborah Madison, founding chef of San Francisco’s pioneering veg restaurant Greens and author of *Vegetable Literacy*, due in bookstores in March

## tarragon & asparagus

If tomatoes have basil and carrots have dill, asparagus has a special friend in the world of herbs as well, and that’s tarragon. Tarragon is one of the early spring herbs, just as asparagus is a spring vegetable, and their seasonal affinity is, I believe, what makes them pair so well. Not that asparagus wouldn’t be right with basil, dill, or the classic fines herbes mixture of tarragon, chervil, parsley, and chives—it is—but really, the anise notes of tarragon make this herb on its own somehow even more right.

Tarragon is an herb best used fresh. French tarragon, not Russian, is the one you want. Russian just doesn’t have much in the way of flavor. A better substitute than Russian is Mexican tarragon, which isn’t really tarragon at all but a member of the marigold family. It has a flavor similar to French tarragon.

Use the tarragon, finely chopped, in an herb butter, a salsa verde, or a vinaigrette—all are naturals with asparagus whether steamed, simmered, roasted, or eaten raw in a salad. ●

### TIP

“If you wish to grow tarragon, buy a start at a nursery and plant it in the ground or in a pot. As a perennial it will come back year after year.”

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