

**Special:** Mario Batali's ultimate veg pizza recipes

# vegetarian

times

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31

easy, healthy  
recipes

## eat in season!

**Clean up your diet**  
8 spring detox foods

**Light & luscious**  
Asian noodle dishes

BOK CHOY  
SKILLET SUPPER,  
p. 64

**GMOs**  
What you  
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Spring-clean your diet with eight fresh and natural detox foods.

BY MATTHEW KADEY, RD, AND  
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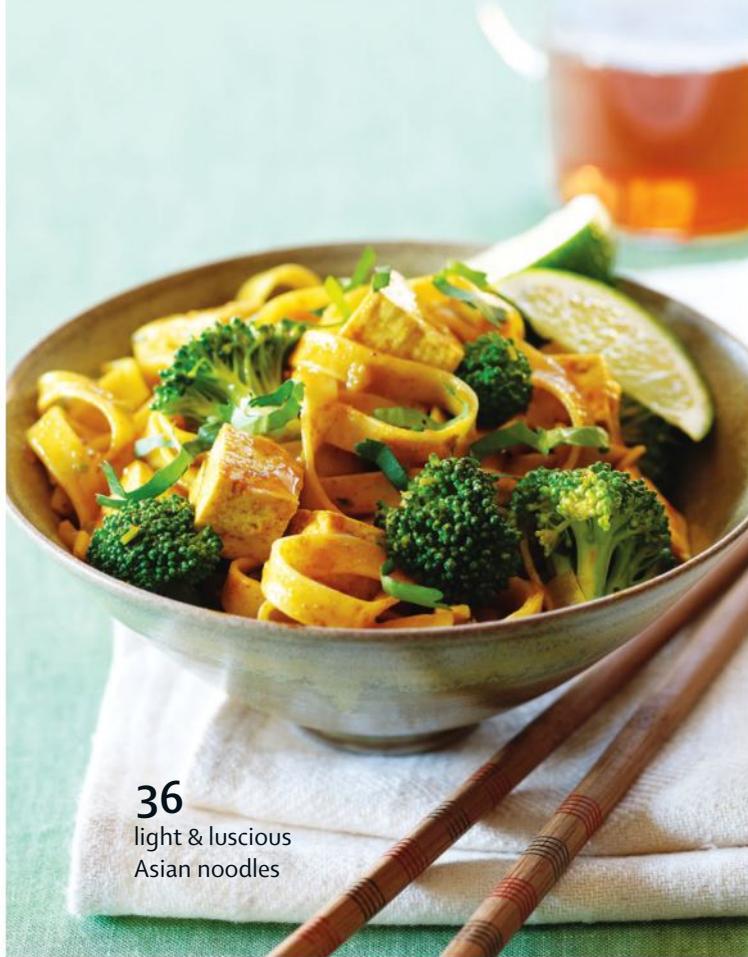
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Romulo Yanes

Food styling by  
Paul Grimes

Prop styling by  
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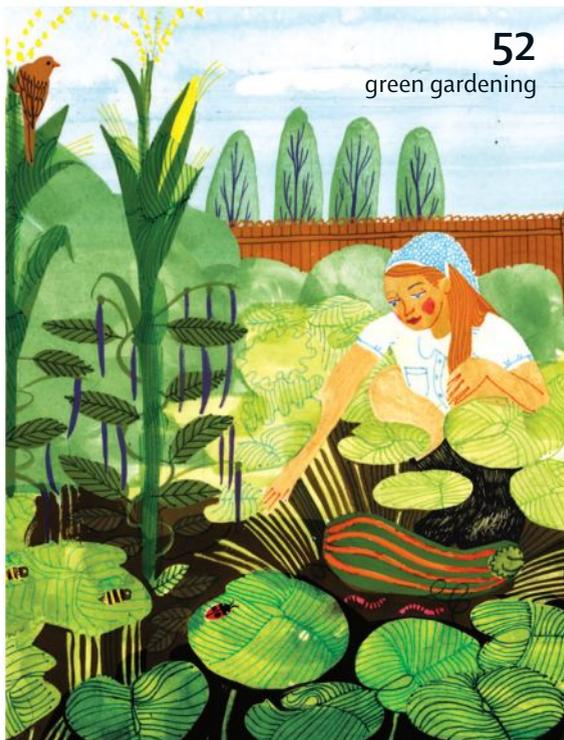
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## spring forward

**Earth Day is April 22**, and this issue of *VT* is filled with fresh ways to celebrate the occasion. Los Angeles foodie and longtime vegetarian Nancy Eisman had a bright idea: to parlay her love of veg cooking into a social happening, she started a veg potluck club using *VT* recipes. “The New Supper Club” (p. 78) features her tips for creating a dining club experience that will keep members coming back for more.

While Nancy was thinking up ways to wow a crowd with veggies, *VT* associate editor Tami Fertig was investigating greener ways to grow her own. For her story “Kinder, Gentler Gardening” (p. 52), Tami delved into the world of biodynamic gardening and brought back some easy, eco-friendly ideas you can try at home.

In one of the more thrilling examples of the less-is-more approach, Italian culinary rock star Mario Batali shares his best vegetarian pizza recipes in “Pizza Perfecta!” (p. 66), plus his secrets for making a perfect crust. Finally, if you get a little carried away eating sublime Batali-style pizzas, you can always turn to “Detox Delicacies” (p. 60), which highlights eight seasonal greens with naturally cleansing properties, and easy recipes to get more of them in your diet.

*Buon appetito!*

Elizabeth Turner

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## contributors

### Nancy Eisman

Writer, "The New Supper Club," p. 78

**What's your No. 1 pantry staple?** Chunky peanut butter—for a protein pick-me-up or added to salad dressings, sauces, soups, or marinades.

**What's your favorite piece of cookware?**

A little white plastic gyoza press to put together all sorts of yummy dumplings and pot stickers.

**What was your most memorable dining experience?** A nine-course vegetarian tasting menu at Tru restaurant in Chicago. Each course was outstanding—beautifully presented and delicious. I was the only one in a party of eight who had the vegetarian menu, but everyone oohed and aahed at each of my dishes.

**Write your memoir in six words:** Loved to cook. Hated doing dishes.



### Paul Grimes

Food Stylist, "Detox Delicacies," p. 60; "Pizza Perfecta!" p. 66

**What's your favorite piece of cookware?**

I have two very old Le Creuset pieces I got in France in the late '70s and an old copper pan the late French cookbook author Simone Beck gave me that was her mother's. I use them all the time.

**What fruit or veggie best describes you and why?** Maybe an avocado. If I hang around long enough, I soften up.

**What's your most treasured family food tradition?**

Russian Easter dinner at my grandmother's house. The whole place smelled like freshly baked bread, which my grandmother made the day before we all got there. Every time I smell saffron, it reminds me of the beautifully braided loaves we slathered with sweet butter or homemade paskha cheese.

### Pat Crocker

Writer and Recipe Developer, "DIY Yogurt," p. 44

**What was your best improvisatory moment in the kitchen?** One time I let pomegranate molasses cook too long and discovered pomegranate "syrup," which I then used in a variety of sweet and savory recipes.

**What's your most treasured family food tradition?**

When my daughter was young, my husband and I ran seasonal "herb walks"—day-long events from our 150-year-old cabin that culminated in a wild-harvested gourmet meal. Now, we three still hunt fiddleheads and leeks for our own spring celebration dinner or lunch.

**What fruit or veggie best describes you and why?** I guess I'm a lot like the stinking rose: all fire and brimstone up front, but soft and mellow if handled right. 🌿





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# letters

## SOME LIKE IT HAUTE

Thanks so much for “Star Chefs” (March, p. 74). The food featured is beautiful and a great response to people who have said to me, “Oh, I couldn’t go vegetarian—I’m too much of a foodie.” I will definitely try these recipes. Eating at L’Arpège in Paris is one of my and my husband’s favorite meal memories, so I’ll start with Alain Passard’s Arlequin du Potager en Aigre-Doux (Sweet and Sour Vegetable Assortment) on p. 77! Thanks for showing us elegant, high-end vegetarian as well as everyday food.

EVE LYNCH | SAN FRANCISCO

## SOME DON’T

I have a question about the Arlequin du Potager en Aigre-Doux (Sweet and Sour Vegetable Assortment): who would eat that?! It is more or less a pool of oil with garnishes on it. I want a magazine with recipes I could feed to my family without them thinking I’d hit myself in the head with a frying pan before cooking dinner. Vegetarianism has to be made more approachable, and trust me, Arlequin du Potager en Aigre-Doux is not approachable!

REBECCA ROBERTSON | ONTARIO

## BETTER THAN POPCORN

I loved the Roasted Chickpeas in the January/February issue (Letters, p. 15). I used a bit less olive oil and added a bit of curry to one batch and dry barbecue rub to another. Great movie snack! Thanks to fellow reader TJ Dupree for sharing.

NANCY LYNNE SULLIVAN | CRANSTON, R.I.

## GRATIN GRATITUDE

I’ve been a subscriber for almost as long as I’ve eaten vegetarian—about 10 years—and I’ve got to say, the recipes just keep getting better. The Baked Leek and Sweet Potato Gratin (January/February, “Instant Classics,” p. 50) tasted like it took three times the work it actually did.

HALLE KOSTANSEK | VIA E-MAIL



## star/Chefs

MICHELIN-RATED RESTAURANTS AROUND THE GLOBE GO VEG

By Public Market

FOR OVER A CENTURY, the Michelin Guide has been leading travelers and connoisseurs to some of the world’s best cuisine. The guide, which originated in France and recently expanded coverage to three cities in Scandinavia, awards stars to only a handful of exceptional restaurants.

Think haute cuisine rates only to omnivores? We talked to four top chefs—in Italy, France, England, and America—who’ve earned the coveted Michelin designation and who offer gourmet vegetarian menus. But you won’t need reservations (or deep pockets) to taste their mouth-watering creations. On the following pages, our contributors share recipes that’s easy enough to make at home and elegant enough to warrant bringing out your fanciest silverware.

## SHARE: Reader Recipe Black-Eyed Pea Cakes and Confetti Corn

SERVES 6

Melissa O’Connor, from Long Island, loved the black-eyed pea cakes she tasted at vegan restaurant Blossom in New York: “I thought the idea of beans and potatoes together was a great way to add protein to a dish—especially for kids!” At home, she reworked the appetizer into a hearty potato pancake.

- 6 small red potatoes (2 lb.), peeled and quartered
- 2 cups fresh or frozen corn kernels
- ¼ onion, finely chopped (¼ cup)
- ½ medium red or green bell pepper, chopped (½ cup)
- 2 Tbs. chopped cilantro
- 4 Tbs. chopped fresh parsley, divided
- 2 Tbs. plus 1 tsp. vegan margarine, such as Earth Balance, divided
- 1 15-oz. can black-eyed peas, rinsed and drained
- ½ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 2 Tbs. chopped fresh basil
- 4 tsp. vegetable oil

1. Cover potatoes with salted water, and bring to a boil in medium saucepan. Boil 30 minutes, or until soft. Drain.

2. Meanwhile, toss together corn, onion, bell pepper, cilantro, and 2 Tbs. parsley in bowl. Season with salt and pepper, if desired. Set aside.

3. Mash potatoes with 2 Tbs. margarine and remaining 2 Tbs. parsley, and season with salt and pepper, if desired. Stir in black-eyed peas. Shape mixture into 6 3-inch cakes, and chill 15 minutes.

4. Stir together panko breadcrumbs, Parmesan, and basil on plate. Season with salt and pepper, if desired. Coat cakes in panko mixture, and set on plate. Chill again.

5. Heat remaining 1 tsp. margarine in medium skillet over medium heat. Add corn mixture, and cook 10 minutes, or until peppers and onions are softened.

6. Heat 2 tsp. vegetable oil in large skillet over medium heat. Gently add 3 cakes to pan, and cook 2 to 3 minutes on each side, or until browned and crispy. Transfer to paper-towel-lined plate. Repeat with remaining oil and cakes. Serve cakes topped with corn mixture.

PER SERVING (1 CAKE AND ½ CUP CORN):

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## tell vt What's your favorite veggie that gets no respect, and how do you like to prepare it?

What vegetable is more shunned than Brussels sprouts? Minds will change when you prepare them the following way: Shred raw Brussels sprouts in your food processor. Place in a skillet with melted butter, and cook over medium-low heat, turning often, 12 to 15 minutes, or until the sprouts are wilted. Add some roasted pine nuts—delicious!

—KAREN LANGTRY

Kale! Sure, it's bushy and unruly, but it cooks down fast. Caramelize red onions in olive oil, then throw in chopped kale, balsamic vinegar, and some water, and toss around until the kale is wilted.

—BETH ETHIER | VIA FACEBOOK

Sweet potatoes get totally ruined at Thanksgiving with too much added sugar. I like to roast them with just a little oil and a fajita seasoning mix. —CHRISSEY

Eggplant. I think even its name puts people off, but it is so creamy and good on its own or in a variety of dishes from Italian to Asian. I slice one lengthwise (no peeling), rub oil on the cut side, and place cut-side down on a cookie sheet, then bake at 410°F till a knife slides in easily, cool, and scrape the flesh out of the peel. It bulks up casseroles and adds flavor or creaminess to any dish, especially pasta. —CYNTHIA L.C. WOOD

The lowly turnip is my favorite. I boil or steam turnips in a covered dish in the microwave until tender, drain well, season with salt and pepper, and pulverize in the food processor. Then I add milk or half-and-half until the turnips resemble mashed potatoes. We love them! —CHERYL LL

Parsnips. Roasted, in soup, even baked into muffins. Yummy. —MARLA

Beets! If you don't like the red ones because they stain, try golden beets. They taste great oven-roasted with olive oil, salt, and pepper.

—ANGELA MCKENDREE | VIA FACEBOOK

Okra! My mom is a Southerner, and growing up in our house, okra was always a treat. Don't be afraid to apply heat. Sauté in a skillet with onions, tomatoes, salt, and pepper, and scorch it a little—that takes away the sliminess people don't like.

—DONNA VAN GUNDY

### next question: What did you learn about cooking from your dad?

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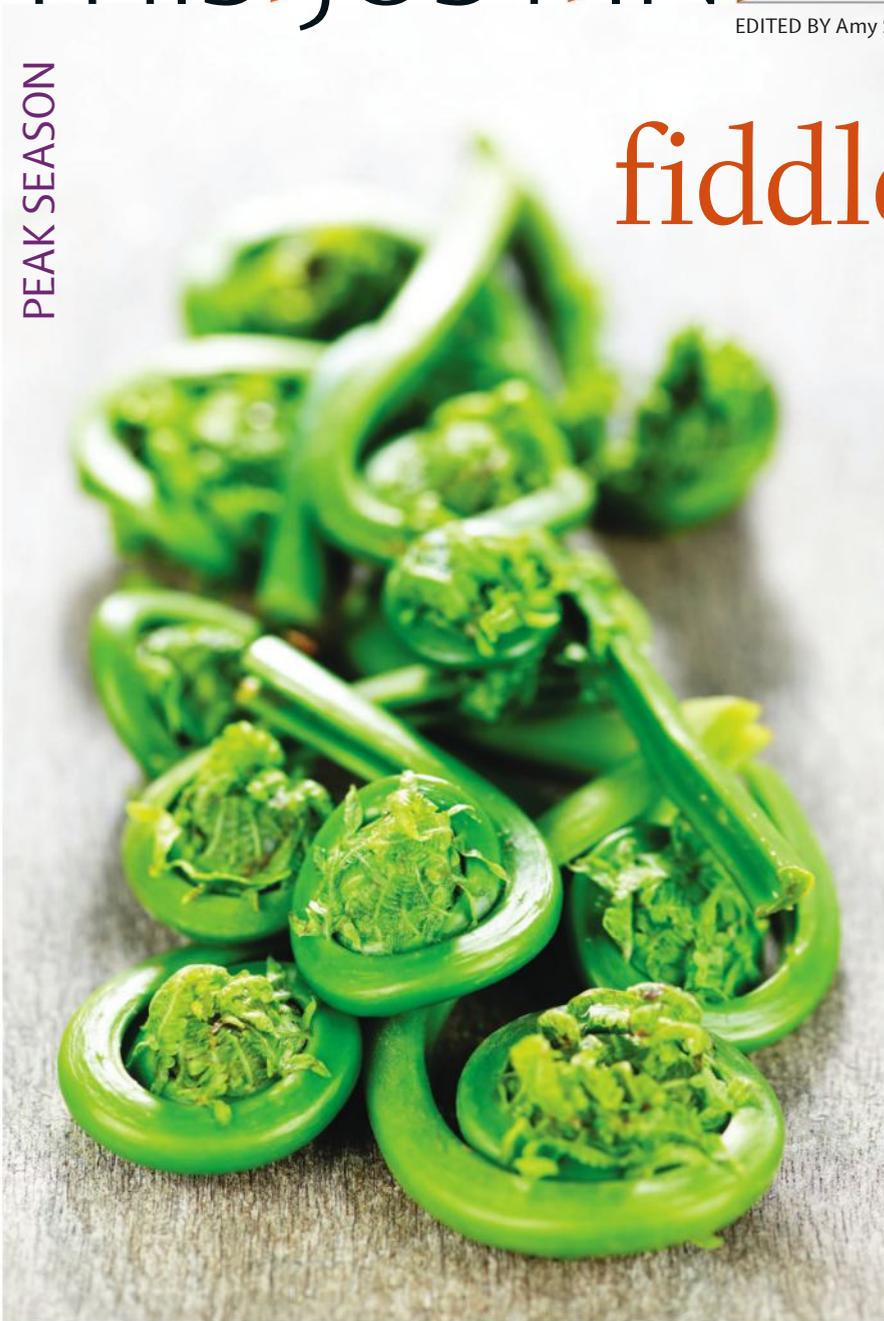
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## fiddleheads

**When temperatures rise,** fiddlehead aficionados can be found foraging the riverbanks and forest floors of Canada and parts of the U.S. for this spring-time delicacy. The young, unfurled frond of the ostrich fern is named for its resemblance to the scroll of a violin. "Fiddleheads have a flavor that wanders between asparagus and broccoli," says Nick Secord, owner of NorCliff Farms near Port Colborne, Ontario. The edible fern is interchangeable with asparagus or broccoli in recipes.

**HOW TO SELECT & STORE** Only forage for fiddleheads if you're expert at identifying them, as some fern varieties are toxic. Fortunately, fiddleheads are available at farmers' markets and more and more grocery stores. Choose jade-colored, tightly coiled greens. "If the middle coil easily falls out, the fiddlehead is past its prime," notes Secord. Rinse fiddleheads to remove any grit, snip off the brown ends—leaving 1 to 2 inches of stem attached—and place in the fridge in a bowl of water with lemon juice; with regular water changes, fiddleheads can last three weeks. They freeze well, so buy a bunch when you can. Blanch, then keep in the freezer in an airtight bag.

**PREPTIPS** "I enjoy fiddleheads raw," says Secord, "but most people prefer boiling or steaming them whole for 5 to 10 minutes, and then seasoning with sea salt." When steamed, fiddleheads may still taste bitter; boiling mellows their flavor. Or sauté them with olive oil until tender, about 7 minutes, and season as desired. —MATTHEW KADEY, RD



### TRY THIS!

- Steam or boil fiddleheads until tender, and blend with walnuts, basil, garlic, olive oil, lemon juice, and Parmesan cheese for a riff on pesto.
- Simmer fiddleheads with potato, rice, and cumin; purée into a soup.
- Toss steamed fiddleheads with prepared soba noodles, sun-dried tomatoes, arugula, and olive oil.
- Combine fiddleheads with eggs, mushrooms, tomatoes, and thyme for a springtime frittata.

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THIS JUST IN



TIMOTHY COOK

## [SCIFIND] FEED YOUR HEART

**WHAT** When it comes to reducing inflammation in the body, a risk factor for heart disease, the variety—rather than quantity—of fruits and veggies we eat may be key, suggests a study in the *American Journal of Clinical Nutrition*.

**WHY** The antioxidant powers of a host of nutrients found in fruits and veggies may work in concert to dampen inflammation. (Think synergy: the whole being greater than the sum of its parts.)

**SO WHAT?** Heart disease remains the leading cause of death in the United States.

**TIPS** Follow the example of the heart-healthiest study participants, and aim to eat eight or nine different fruits and veggies per week. To encourage adventurousness, American Dietetic Association spokesperson Dawn Jackson Blatner, RD, recommends that every week you prepare two new recipes featuring produce you haven't eaten in a while or have never tried.

Simply  
great taste.

[QUIZ] which veggie is no. 1 ?  
with U.S. adults, according to a *Consumer Reports* poll

- A. Broccoli      B. Carrots      C. Corn      D. Lettuce or salad greens



ANSWER: D. LETTUCE OR SALAD GREENS.  
78 PERCENT OF RESPONDENTS SAID  
THEY ATE THEM AT LEAST ONCE A WEEK.

## farmers' market bonus



MARIO DE LOPEZ

When given the choice, low-income Americans demand fresh fruits and vegetables: that's what the nonprofit Wholesome Wave (wholesomewave

.org) is discovering as it tracks data at farmers' markets around the country. Partnering with nonprofits in communities nationwide, the organization raises matching funds to double the value of food stamps (known as SNAP benefits) used at participating markets—which means a shopper with \$10 in SNAP benefits can spend \$20 on fresh produce. At 160 markets and growing, Wholesome Wave endeavors to make fresh, locally grown foods affordable for low-income folks, while at the same time supporting struggling small-scale farmers. "For someone in an underserved rural or urban community to buy locally grown fruits and vegetables benefits everybody," says founder Michel Nischan. —HANNAH WALLACE



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[TASTE TEST]

## HOLE IN ONE

Not keen on packaged bagels loaded with preservatives and empty calories? Check the refrigerated or frozen aisle of your supermarket for these breakfast-worthy alternatives. —TAMI FERTIG



**Hot Click!**

[yourenew.com](http://yourenew.com)

Clearing out old phones, laptops, or other electronic gizmos as you spring-clean? Mail them off to this site (which pays shipping costs), and you'll get cash back, or at least make recycling them easier for you. Committed to "encouraging the full life cycle of a device," the site's staff does its darnedest to restore it to use. Plus, for every item you send, they'll donate to the environmental nonprofit [carbonfund.org](http://carbonfund.org) or [americanforests.org](http://americanforests.org), your choice.



MIKE LORRIG

[ECOTIP]

If you're seeing orange and yellow tips on your gas stove's burner flames, call your gas company: the burners are slacking on the job, and producing too many pollutants.

Source: [sierraclubgreenhome.com](http://sierraclubgreenhome.com)

	TOP NOSHES	WHY THEY'RE DELI-CIOUS	SHOPPING INFO
	<b>French Meadow Bakery Sprouted 16 Grain &amp; Seed Bagels</b>	Crunchy seeds and sprouted grains add hearty taste.	\$4.99/17.5 oz.; <a href="http://frenchmeadow.com">frenchmeadow.com</a>
	<b>Alvarado St. Bakery Sprouted Wheat Original Bagels</b>	Doughy, sprouted-wheat-berry center holds up nicely to toasting.	\$4.49/20 oz.; <a href="http://alvaradostreetbakery.com">alvaradostreetbakery.com</a>
	<b>Spelt Right Everything Emma Spelt Bagels</b>	Mellow spelt flavor balances well with savory dried onions and garlic.	\$6/15 oz.; <a href="http://speltrightbaking.com">speltrightbaking.com</a>



## Relax, it's the good fats.

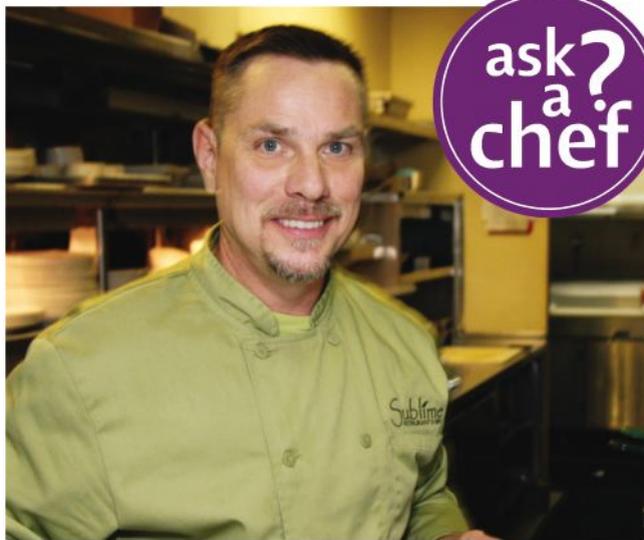
Your body needs the monounsaturated fats found in Avocados from Mexico.

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*Avocado and  
Black Bean Salad*





ask a chef

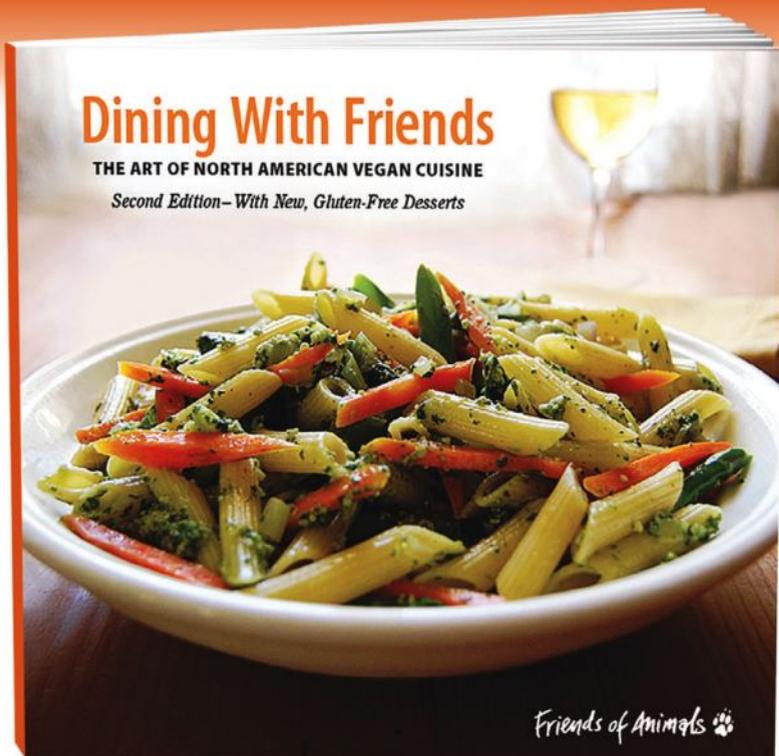
**“How can I create a vegan Caesar salad as bold and sassy as the original?”**

We asked **John Lenhard**, culinary team leader at Sublime Restaurant & Bar in Fort Lauderdale, Fla., a vegan hot spot counting Paul McCartney and Alicia Silverstone among its clientele. What’s more, 100 percent of Sublime’s profits help support animal welfare. Here’s what Lenhard said:

- At the heart of the salad is a firm head of romaine lettuce. For a traditional-style salad, keep leaves whole. Chill until ready to use to ensure crispness.
- To achieve the consistency of traditional Caesar dressing without adding eggs or cheese, use 2 cups of Follow Your Heart Vegenaise. For vegan anchovy flavor, use 1½ teaspoons of The Wizard’s Worcestershire sauce. And garlic, garlic, garlic! Slow-roast 1 tablespoon of chopped raw garlic in extra virgin olive oil in a sauté pan, and add to the dressing, along with 2 tablespoons of chopped raw garlic.
- Croutons make or break a Caesar: Slice day-old bread on the diagonal into ¼-inch-thick cubes. Brush with extra virgin olive oil, dust with garlic powder, and bake in a 325°F oven for 10 minutes; let cool.
- To follow tradition, toss the salad in a wood bowl; use enough dressing to coat the lettuce. If assembling on a plate, arrange the romaine leaves with tips pointing outward. Garnish with croutons and freshly ground black pepper. —NEAL WEBSTER TURNAGE

GREG BARE

***New Second Edition • Featuring a Gluten-Free Dessert Section by an Artisan Pastry Chef***



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**THE ART OF NORTH AMERICAN VEGAN CUISINE**  
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All proceeds support the animal advocacy work of Friends of Animals. *Dining With Friends* costs \$19.95 plus \$3.00 for shipping and handling.

Order online at  
**[www.friendsofanimals.org](http://www.friendsofanimals.org)**

Friends of Animals

Circle reply #38 on Info Center card

## NATURAL Rx

**PROBLEM:** Muscle pain after exercise    **SOLUTION:** Ginger

**THE SCOOP:** While you may relish gardening in the fresh spring air, those early days of digging and planting could leave you with achy muscles. A popular spice offers a remedy: a study in *The Journal of Pain* reported that supplementing daily with ginger significantly reduced muscle pain and tenderness resulting from exercise. Sheila Kingsbury, ND, chair of Botanical Medicine at Bastyr University, explains that the complex of flavors in *Zingiber officinale*—a trio of pungent gingerols, shogaols, and paradols—may help relieve pain by reducing inflammation.

### WHAT TO LOOK FOR:

Kingsbury recommends taking a standardized supplement containing up to 500 milligrams of ginger root powder, two to four times daily. —VICTORIA SMITH



**Try:** Oregon's Wild Harvest Ginger, \$11.99/90 veg caps; [oregonwildharvest.com](http://oregonwildharvest.com)

# 80%

Farmers make up this segment of Africa's population.

[Source: Worldwatch Institute]

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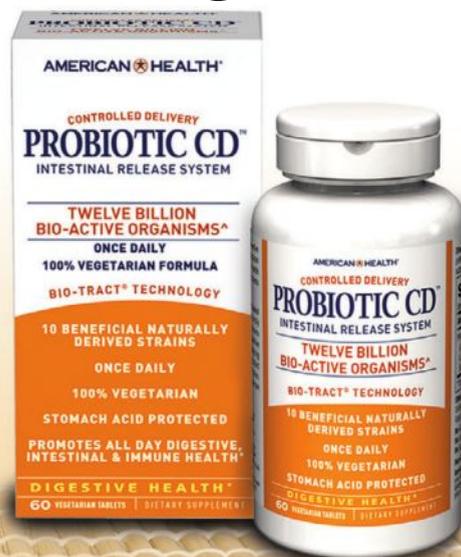
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\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. <sup>^</sup>At time of manufacture.

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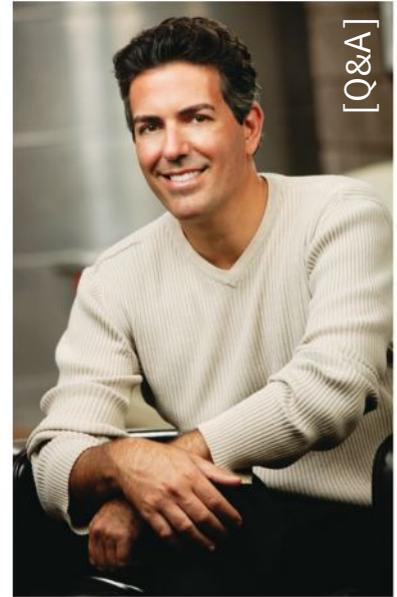
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THIS JUST IN

## Humane Matters

Long before becoming president and CEO at the Humane Society of the United States in 2004, Wayne Pacelle went vegan. "I didn't want to contribute to the killing of animals for my palate preference," says the author of the newly published book *The Bond: Our Kinship with Animals, Our Call to Defend Them*. Pacelle spoke to VT from his Washington office. —MICHAEL KAMINER



[Q&A]

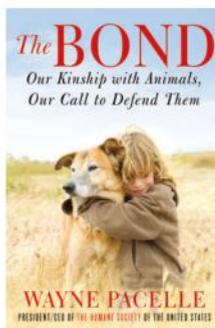
PAUL MARKOW PHOTOGRAPHY

**Q** In *The Bond*, you propose a "humane economy." What does that mean?

**A** It means there's no conflict between economic progress and compassionate treatment of animals. Killing animals, consuming them, and using their hides are 19th-century approaches. Wildlife watching, for example, is more productive than hunting, and generates billions of dollars in places like Kenya.

**Q** Your book claims that our primal connection to animals is broken, but notes we spend \$100 billion a year on pets and wildlife. Isn't that a huge disconnect?

**A** A major thesis of the book is that we have conflicting attitudes. We profess our love and affection toward animals, but confine them to factory farms, raise dogs in puppy mills, and club seals for their fur. The use of animals is so ingrained in our culture, and human beings have an incredible capacity to rationalize or excuse conduct. We have all sorts of moral problems surrounding this, but we also have moral opportunities, opportunities to do good, because we confront these problems every day.



**Q** What can each of us do to "repair our relationship with animals," as you urge us in *The Bond*?

**A** The book ends with 50 things you can do. There's no category of animal exploitation bigger than food production: whether you go vegetarian or vegan, reduce consumption, or stop buying products from factory farms, everyone can do something. 🌱

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# FRESH FACED

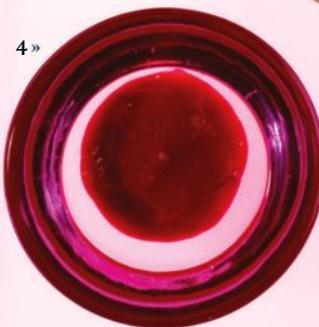
Get glowing with complexion-clearing AHAs

**Fruits and other** naturally sweet treats are brimming with alpha hydroxy acids (AHAs), powerful exfoliators proven to smooth skin texture. Sweeping dead cells from skin's surface for a more vibrant complexion, AHAs also help rejuvenate your appearance by boosting production of skin-firming collagen. Here, our pick of AHA products.

1. **DeVita High Performance Glycolic Acid Blend** (\$32.95/1.7 oz.; devita.net) reaps AHAs from sugarcane, apples, and molasses.
2. Indigenous Australian quandong and desert lime deliver AHAs in **Jurlique Fruit Enzyme Exfoliator** (\$45/1.7 oz.; jurlique.com).
3. Fruits including black currant and bilberry supply AHAs in **Aubrey Organics Natural AHA Fruit Acids with Apricot Exfoliating Mask** (\$20.83/4 oz.; aubrey-organics.com).
4. Apples, grapes, and rhubarb lend AHAs to **MyChelle Dermaceuticals Fruit Fiesta Peel** (\$28.39/1.2 oz.; mychelle.com).

## AHA Smarts

Widely used in chemical peels offered in doctors' offices, AHAs are available in over-the-counter products at concentrations of 10 percent or less and pHs of 3 or greater to curtail such side effects as itchiness and irritation. "Since AHAs can thin the outermost layer of skin and make it more sensitive to ultraviolet light, you need to augment your skin care with a sunscreen that provides both UVA and UVB coverage," says Washington-based dermatologist Lily Talakoub, MD. Also, limit yourself to just one AHA-based item (to avoid the redness and peeling that can accompany overuse of AHAs); for optimal effectiveness, opt for a product that absorbs into skin, such as a serum or mask, rather than a cleanser.



PHOTOGRAPHY Mike Lorrig  
PROP STYLING Andrea Kraus



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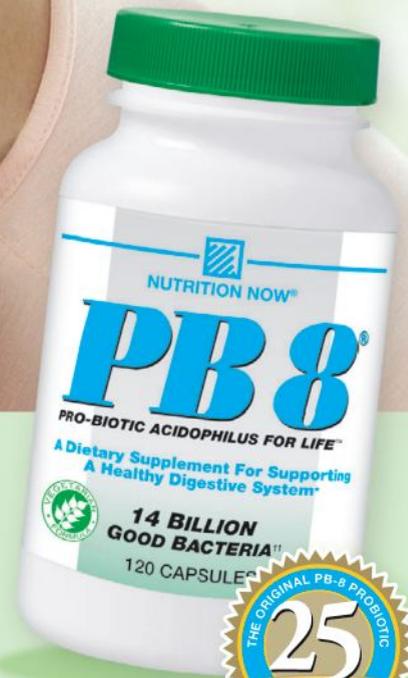
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[nutritionnow.com](http://nutritionnow.com)

 Search: PB 8

# weird science



## Should you say no to GM foods?

**Q** I hear a lot about genetically modified foods. But what does GM actually mean?

**A** In the old days, farmers used simple breeding techniques to develop new strains of plants or animals. They selected the traits they desired in each succeeding generation. Today, food scientists have a whole new toolbox. Using viruses to smuggle genes inside cells or physically inserting genes into nuclei, the scientists alter DNA—the fundamental blueprints that make organisms what they are.

Why do it? Scientists are looking for traits that Mother Nature never thought

of—or perhaps thought better of. In 1994, Calgene (later a subsidiary of Monsanto) introduced the Flavr Savr tomato, designed to ripen without becoming overly soft, giving it a longer shelf life. According to a study published in 2006, University of Missouri researchers developed pigs with a roundworm gene that converts other fats into omega-3s.

Genetic modification has become routine with feed crops for animals. By creating corn and soybeans that resist herbicides, farmers can kill weeds without killing their crops. And by engineering insect-resistant corn, producers aim to increase yields and

reduce pesticide use. Some have suggested that this kind of genetic engineering is the only way to feed an expanding human population.

**Q** How can I tell if I've got GM foods in my shopping cart?

**A** In the U.S. and Canada, manufacturers are not required to label genetically modified foods. Even so, there are a few ways to tell:

- Most of the acreage of corn, soybeans, cotton, Hawaiian papaya, and canola in the United States is GM. But if you are picking up an apple, orange, banana, broccoli, or most any other fruit or vegetable, it is likely not GM.
- On fresh produce, check the little sticker with the four-digit price look-up (PLU) code (the one that tells cashiers how to ring up fruits and vegetables). If the code is preceded by an 8, it is genetically modified.
- Food products labeled ORGANIC are not GM. A package of tofu labeled ORGANIC is GM-free, while one without this label may well have come from genetically modified soybeans. Organic produce is indicated by a 9 prefix on the PLU sticker.

**Q** Are GM foods dangerous?

**A** Who knows? A 2004 National Academy of Sciences report noted that testing methods must be improved before firm conclusions can be drawn.

Could genes from food insinuate their way into your own DNA? Could they enter the bacteria that normally inhabit your digestive tract, giving them traits we don't want? For example, if plants that are genetically engineered to produce their own pesticides were to transfer this

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## Environmentalists worry that implanted genes can easily spread as far and wide as the wind can carry them.

ability to your gut bacteria, the result could be unintended toxicity.

Some argue that GM foods are safe, having shown no adverse effects on humans. However, a report published in 2009 in the journal *Nutrition Reviews* suggests that the effects of eating GM foods may be subtle, affecting cellular functions without any grossly obvious abnormalities.

New foods can spell new allergies. When soybeans were engineered to contain a transferred Brazil nut gene, people who were allergic to Brazil nuts were also allergic to the modified soybeans.

Environmentalists worry that implanted genes can easily spread as far and wide as the wind can carry them,

modifying the biology of plants or animals along the way.

### Q Should I avoid eating GM foods?

A In my view, yes. They provide no health benefits, and no one is sure about the risks.

Health concerns aside, a major reason to avoid GM foods relates to the welfare of animals. When animals are made to mature faster, grow larger, or produce more milk, they are likely to suffer in the process, as seen with the obese chickens and turkeys and overproducing dairy cows on “conventional” farms. Genetic engineering may further push the limits of what animals can be forced to do.

Animal experiments are, of course, integral to producing genetically modified animals. And producers of genetically modified plants typically subject the new foods to animal tests to prove their safety. Meanwhile, GM opponents conduct animal tests of their own to prove its dangers.

I would suggest that the foods best supporting human health are those to which we have adapted over the millennia. When confronted by challenges in feeding an expanding human population, we may do better to promote plant-based diets, which feed people more efficiently than feeding grains to animals, and to consider how to contain population growth, rather than look to biotechnology to try to keep pace with human fecundity. ●

*Neal D. Barnard, MD, lives in Washington and steers clear of genetically modified foods.*



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# hemp seed

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## supplement savvy

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**HOW IT HEALS** The only “high” you’ll get from the seed of the *Cannabis sativa* plant is confidence that you’re nurturing your body with its wealth of healthful contents. The variety of hemp grown for food production in Canada—commercial cultivation is not legal in the U.S.—harbors virtually no THC (tetrahydrocannabinol), the active ingredient in marijuana. What hemp does provide is an ideal ratio (roughly 3 to 1) of omega-6 to omega-3 fatty acids. “When these essential fats are consumed in this ratio, the anti-inflammatory effect helps fend off a number of conditions, including diabetes, certain cancers, and autoimmune and heart diseases,” says Bastyr University associate professor and certified nutritionist Jennifer Adler. What’s more, hemp seed is a rich source of gamma-linolenic acid, an omega-6 fatty acid that may quell inflammation, improve skin health, and inhibit cancer cell growth.

Additionally, hemp seed’s store of essential amino acids is replete with arginine; research in the journal *Nutrition* suggests that consuming foods abundant in arginine could lower your risk for cardiovascular disease. The bounty of nutrients in hemp seed also includes vitamin E. “As an antioxidant, vitamin E can help neutralize cell-attacking free radicals,” Adler notes.



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## healing foods

**EAT IT UP** The nutty flavor of shelled hemp seeds makes them an appealing garnish for soups, salads, stir-fries, puddings, fruit pies, oatmeal, or yogurt. Or toss a handful into the batter of such baked goods as quick breads, cookies, and muffins. To preserve freshness, refrigerate the seeds after opening, and store in a tightly sealed container.

The oil produced by cold-pressing hemp seeds adds earthy notes to pestos, dips, and salad dressings. Because hemp oil's wealth of unsaturated fats aren't heat stable, cooking with it isn't advised.

Mix hemp milk, made by grinding hemp seeds with filtered water, into smoothies, hot cocoa, or pancake batter; stir into your morning coffee; or pour over cold cereal (but watch out for added sweeteners in flavored versions). Spread creamy hemp seed nut butter on toast, whole-grain crackers, or sliced apples.

### Grated Carrot and Celery Root Salad with Hemp Seeds

SERVES 4 | 30 MINUTES OR FEWER

Dark flecks of shelled hemp seed play off the bright color of carrots in this salad.

- 2 medium carrots, peeled
- 8 oz. celery root, peeled
- 3 green onions, chopped (¼ cup)
- ¼ cup shelled hemp seed
- 2 tsp. Dijon mustard
- 2 tsp. white wine vinegar
- 4 tsp. hemp seed oil

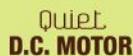
**1.** Grate carrots and celery root using finest grater setting of food processor. Transfer to bowl, and stir in green onions and hemp seed.

**2.** Whisk together mustard and vinegar in small bowl. Whisk in hemp seed oil. Season with salt and pepper, if desired. Add vinaigrette to carrot and celery mixture, and toss to coat.

PER ½-CUP SERVING: 119 CAL; 4 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 135 MG SOD; 2 G FIBER; 3 G SUGARS

Canada-based food writer Matthew Kadey, RD, would be lost without his hemp seed yogurt p.m. snack.

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There is no flashing red light to warn you of a calcium deficiency. In fact, it is usually not detectable until irreversible damage has already been done. Calcium deficiency is hard to detect because the calcium level in the blood may appear to be normal even in extreme cases. Why? Because the body has a calcium bank in the form of teeth and bones. The need for calcium to control muscular contractions (including the heart), blood-clotting, transmission of nerve impulses and other requirements, take priority. In short, a series of biochemical reactions is triggered and a check is written on your calcium bank.

It may be decades before you know for sure when loose teeth, receding gums or a fractured hip demonstrate how brittle and chalky your bones have become. There is no known cure for osteoporosis but it seems to be afflicting people at increasingly younger ages. The progression towards this disaster takes years, but you may be sure it is going on unnoticed right now in a substantial percentage of our population. Here are the facts that explain why the problem of calcium deficiency is so widespread.

Calcium is not easily absorbed. Perhaps no more than 10-20% of that which is found in the foods consumed is actually metabolized. There are a lot of reasons why this is so. A meal high in fats can form insoluble calcium soaps causing the calcium to pass through the system unabsorbed. The calcium in certain vegetables may be inhibited from release by oxalates found naturally in such foods as rhubarb, kale, spinach and broccoli or phytates in grains and cereals and, of course, a supply of Vitamins A and D must be present for the absorption and use of calcium.

In addition, calcium requires an acid environment for absorption – a special problem for older people who tend to have a lower production of digestive acids. There is more. Amino acids – leucine, arginine and serine – are needed for the formation of calcium-amino acid complexes. Magnesium and phosphorous must be present in an appropriate ratio. Without all these, and other factors, you may lose a lot of the benefit no matter how much calcium you may be ingesting.

You will find quite an array of calcium supplements on the shelf in your health food store. Some will be simple calcium carbonates – others will be calcium carbonate in so-called natural forms, such as oyster shells or eggshells. You will find bone-meal, di-calcium phosphate, dolomite, calcium lactate, calcium glutonate and many others. True, they all contain calcium but they vary in the amount of actual calcium content from 40% for calcium carbonate to around 9% for calcium glutonate. Carbonate has the highest percentage of calcium but it is an antacid. The catch is that calcium can only be absorbed by the body in an acid environment so this may make the calcium carbonate a somewhat self-defeating exercise, especially for older people who often suffer from digestive acid deficiency. Calcium carbonate from oyster shells is no different from calcium carbonate in any other form. It is, after all, a mineral. However, oyster shells carry the additional risk of being contaminated with heavy metals that naturally occur in the oyster bed environment.

Calcium phosphate may be the best source of calcium for us since it has a hydrogen bond and the principle calcium in the body is calcium

hydrogen phosphate. Probably the best combination of calcium sources is found in one of Lewis Laboratories' products called **RDA™**. In this product, calcium phosphate is included with calcium carbonate.

Another advantage of **Lewis Labs' RDA™** is the beneficial result of its being a complete broad spectrum nutritional supplement. It is not just a calcium supplement. While each daily portion contains *100% of the daily calcium requirement*, **RDA™** also contains all the other factors associated with the *efficient utilization of calcium*. It naturally stimulates the digestive acids to overcome the antacid of calcium carbonate.

**Lewis Labs' RDA™** contains all 34 nutrients (vitamins, minerals and protein) with an ideal balance of the eight essential amino acids recognized as essential for human nutrition. It has been formulated to assure synergistic interaction between all the nutrients for most effective results. It is a *complete* nutritional supplement.

**RDA™** is supplied in one pound cans and may be acquired at leading health food stores throughout the United States. Other products from Lewis Labs' include: 100% Pure Premium Brewer's Yeast\*, Fiber Yeast, Fabulous Fiber\*, Super Fabulous Fiber, The Lecithin from Lewis Labs\*, Over 40\*, Staminex, Staminex with Stevia Extract\*, Staminex with Ginseng and Weigh Down\*.

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# Powerful Russian Health Secret Finally Revealed.

## Used by champion athletes and more

The secret is chaga mushroom, which grows wild on birch trees. Now, you know why Russian athletes were so powerful that no one could beat them. North American Herb & Spice's chaga is the most potent kind known. The best quality wild chaga grows in the far northern forests, where the ecosystem is intact. This is crucial, because there is a vast difference between wild plants and farm-raised plants. Thriving in this wild environment, chaga takes up to twenty years to mature, giving it a potency and power that is unmatched. There is now man-made chaga grown in vats and labs that takes only days to produce. The levels of key active ingredients in wild chaga, the sterols, are up to 1000 times higher than the synthetic type. Sterols make the body stronger and are needed for all cell membranes. Everyone needs more strength, so everyone benefits from chaga. Do not accept cheap imitations made artificially. North American Herb & Spice's chaga is 100% wild, providing the quality you need.

### "Gift from God"

Rather than soft like a mushroom, chaga is hard, almost as hard as wood. It is unique, nothing like common mushrooms. In fact, chaga is the most nutritionally dense of all tree growths. Known by the Siberians as the "Gift from God" and the "Mushroom of Immortality," this vibrant growth has been used by humans to support health for thousands of years. The Japanese call it "The Diamond of the Forest," while the Chinese deem it "King of Plants." For the Chinese that is remarkable, since they have an immense history with countless plants. Now, you can get the great, powerful secret of the Orient through North American Herb & Spice's wild chaga supplements. Despite chaga's exceptional status throughout the world, most Americans are unaware of it.

To survive in harsh climates chaga concentrates natural compounds for its own protection. You get these compounds when you consume it. It makes potent phytochemicals, including sterols, phenols, and enzymes. Chaga is part of the birch tree's immune system. That's why chaga is used in Europe and Russia for immune support.

### Nutrient Dense

Chaga is powerful, because it contains the nutrients—the biological force—of actual trees. Because of their exceptionally potent substances, trees live long, far longer than other plants. Some trees live as long as 10,000 years or more. Thus, they are the most powerful living beings in the world. Concentrating this power, chaga contains numerous B vitamins, flavonoids, phenols, minerals, and enzymes. It is rich in pantothenic acid, and this vitamin is needed by the adrenal glands, as well as digestive organs, and contains riboflavin and niacin in significant amounts. Over 90% of Americans are deficient in these nutrients.

Chaga is highly rich in special phenols which are pigment-like. These phenolic compounds are known as chromogenic complex. Chaga can be up to 30% chromogenic complex by weight. Found only in chaga, the chromogenic complex protects all tissues. In a cream base this chromogenic complex nourishes and beautifies the skin, even improving skin color, since it contains natural melanin.

Chaga contains wild-source minerals and is particularly high in copper, calcium, potassium, manganese, zinc, and iron. Yet, its most potent ingredient is a special substance known as superoxide dismutase (SOD). This enzyme halts oxidation, especially blocking the toxicity of a free radical known as singlet oxygen. This oxygen causes aging and organ damage, somewhat like a nail rusting in the air. SOD blocks this damage by quenching the

singlet oxygen free radical. The SOD content per gram of chaga is exceedingly high and accounts for many of its powers. Tests performed on North American Herb & Spice's wild chaga prove that it contains some 10,000 to 20,000 active SOD units per gram. This is an exceedingly high amount, far higher than that found even in typical SOD pills. Plus, the type in pills is impossible to absorb, while the wild chaga type is well-utilized by the body.

### Ancient Chinese regarded it as a longevity factor

Yet, here is the main thing you need to know. Chaga is a health food which supports the entire system. The Siberians drink it daily. Could this be why they are so long-lived? The chaga drinker lives 85 to 100 years, while the non chaga-drinking person, the Inuit, lives only about 50 years. This suggests that natural phytochemicals, the ones found in chaga, do make a difference. Yet, there is a more traditional use that proves its powers. The ancient Chinese regarded it as a longevity factor, which is why they deemed it the most beneficial of all plants. Even today, in much of Siberia, Russia, and Eastern Europe it is still an essential beverage. Chaga has been used as an essential whole food supplement for many years by Russia's long-lived tribespeople, as well as long-lived villagers of Japan and Korea. These village people consume it as a daily beverage. They prefer it over common drinks such as tea and coffee. Because of its cleansing properties, in primitive Siberia the chaga drink was known as "soup water," although its taste is a pleasant combination of tea and coffee. Yet, it is far more nutrient dense than tea or coffee.

### Chaga is validated by Moscow's Medical Academy of Science

In his book *The Cancer Ward* Alexander Solzhenitzyn wrote about the health benefits of chaga. His character in the novel took it with positive results. Regardless, chaga was then validated by Moscow's Medical Academy of Science, 1955, and was extensively used by the public. It is one of Russia's state secrets for power and strength and was heavily used by champion Russian athletes who defeated all others, including the best teams America could offer. So, the Russians, Siberians, Poles, Romanians, Koreans, Japanese, and Chinese all use it. This alone shows the importance of this essential whole food for Americans. Plus, it can be used with beneficial effects by people of all ages.

Here is what the Russians discovered. They determined that certain plants help your body fight the effects of stress and disease. They called these plants adaptogens. They discovered that chaga is the most potent adaptogen known. This is why it is the basis for the fight against premature aging and for the prevention of serious diseases. Now you too can experience the health benefits of wild chaga, the plant responsible for the exceptional health, long life, and strength of the Siberian tribespeople.

### Wild chaga is the most powerful adaptogen

Since the 1950s the government of the Soviet Union, in conjunction with approximately 1200 prominent scientists, conducted over 3000 experiments involving 500,000 people to study the effects of adaptogens. An adaptogen is a substance which modifies the human body's response to stress. The results of these studies were a Soviet secret for 40 years. The Soviet government commanded athletes, astronauts, and others to take adaptogens daily to improve physical and mental work capacity. Chaga was one of these adaptogens and classified as the most powerful. It is now believed that up to 80% of all diseases are mainly due to stress. Thus, daily use is desirable.

# Wild chaga mushroom, “King of all Herbs”

North American Herb & Spice created the original, unique forms of wild chaga including a wild chaga-birch bark tea (with organic purple maca), sublingual emulsified drops, chaga plus wild oregano capsules, a pleasant, ready-to-drink beverage in an 8-ounce bottle, a delicious chocolate-like syrup, and face or skin creams. For best results use this original chaga, which is truly wild from the far northern wilderness and free of all chemicals and solvents. North American Herb & Spice harvests their chaga in an ecologically friendly way. Accept no cheap imitations made commercially in labs. Buy only real, wild forest chaga.

The effects of this forest plant are truly incredible. The only way you’ll know is to try it. The tea is a delightful way to get the daily energy you need without stimulants. No matter which chaga product you take, you’ll feel the difference.

Unless it is the truly wild kind, as used exclusively by North American Herb & Spice, it can’t even be called chaga. Never be fooled. Get only the real chaga with North American Herb & Spice’s exclusive handpicked, handmade, wild chaga supplements.

## Chaga is available in several unique forms

Relax with a cup of chaga beverage, or experience the power of the raw chaga drops under the tongue. Soothe yourself with the wild, raw chaga experience. Get the strength you need to make it through the day and much more. Feel the power of the wild forest through North American Herb & Spice’s chaga. Take advantage of it for your health and the health of your loved ones and anyone else in need.

### How to use the real wild chaga:

- **Chag-o-Charge wild forest tea**—Combining wild chaga with wild birch bark, this is the ideal way to make your own maca-infused chaga drink. Have your hot brew every day.
- **Chag-o-Power**—Take as raw drops under the tongue. Also dab these enzyme-rich drops on any region to soothe, especially skin irritations.
- **ChagaMax**—A convenient way to get your chaga in easy-to-take 500 mg capsules.
- **Chaganol Strength Drink**—The immediate sports drink, hot or cold—it’s for everyone—drink straight from the bottle or diluted 50% with water.
- **ChagaSyrup**—Use the raw, honey-based syrup in whole organic milk, over yogurt, or on healthy desserts. Or simply take a teaspoon daily (ideal for children).
- **Chaga creams**—Apply exotic creams containing raw chaga emulsion in an organic, raw beeswax base and much more, one for the face and sensitive areas and the other for the rest of the body.



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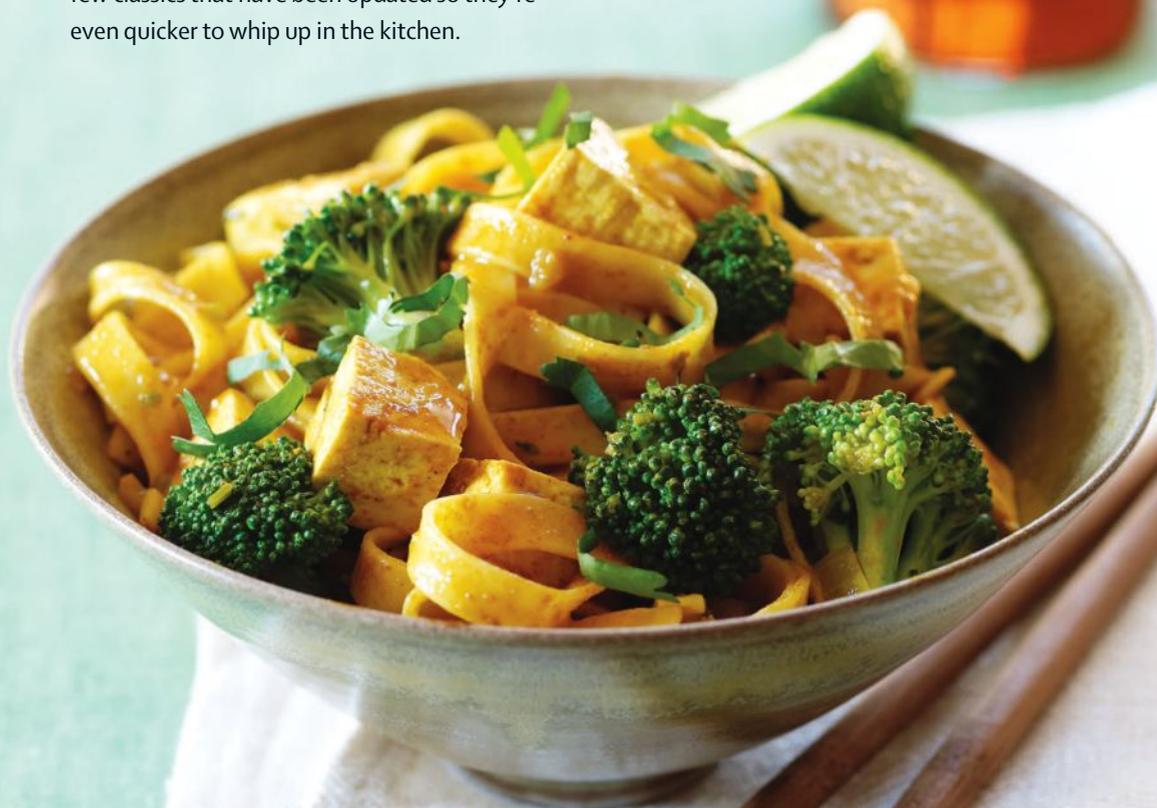
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# noodlemania

Rev up weeknight meals with  
5 favorite Asian noodle dishes

**A quick meal of Asian-style noodles** has lately meant a bowl of instant ramen or take-out pad thai, but speedy noodle dishes have been a standard in most Asian cuisines for centuries—and they're surprisingly easy to prepare at home. The following pages offer a few classics that have been updated so they're even quicker to whip up in the kitchen.



THAI CURRIED NOODLES WITH  
BROCCOLI AND TOFU, p. 38



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### Stir-Fried Rice Noodles

SERVES 4 | 30 MINUTES OR FEWER

After a brief soaking, rice noodles are ready to be tossed into a quick stir-fry for a noodle dish that gets to the table in record time. Feel free to make the dish with different vegetables or omit the eggs to make it vegan.

- 6 oz. rice sticks or rice vermicelli
- 2 tsp. toasted sesame oil, divided
- 2 large eggs
- ¼ tsp. white pepper
- ½ lb. asparagus, trimmed and sliced diagonally into 1-inch pieces (2 cups)
- 7 oz. snow peas, trimmed and sliced lengthwise into ½-inch-wide strips (2½ cups)
- 3 cloves garlic, minced (1 Tbs.)
- ¾ cup low-sodium vegetable broth
- 2 Tbs. low-sodium soy sauce
- 2 tsp. sriracha sauce
- 3 green onions, thinly sliced (½ cup)

**1.** Soak rice sticks in large bowl of hot water 8 minutes. Drain well.

**2.** Meanwhile, heat 1 tsp. oil in nonstick skillet over medium-high heat. Whisk eggs in small bowl with 2 tsp. water and white pepper, and season with salt, if desired. Pour eggs into skillet, and swirl pan so eggs cover bottom in even layer. Cook 1 to 2 minutes, then carefully flip omelet. Cook 1 minute more, then transfer to cutting board, and slice into strips.

**3.** Heat remaining 1 tsp. oil in skillet; add asparagus and snow peas. Stir-fry 3 to 4 minutes, add garlic, and cook 1 minute more. Whisk together broth, soy sauce, and sriracha in bowl. Add mixture to pan; bring to a simmer. Stir in rice sticks, and cook 3 to 5 minutes, or until liquid is absorbed. Mix in egg strips and green onions.

PER 2-CUP SERVING: 256 CAL; 9 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 43 G CARB; 93 MG CHOL; 385 MG SOD; 3 G FIBER; 4 G SUGARS

### Thai Curried Noodles with Broccoli and Tofu

SERVES 6 | 30 MINUTES OR FEWER

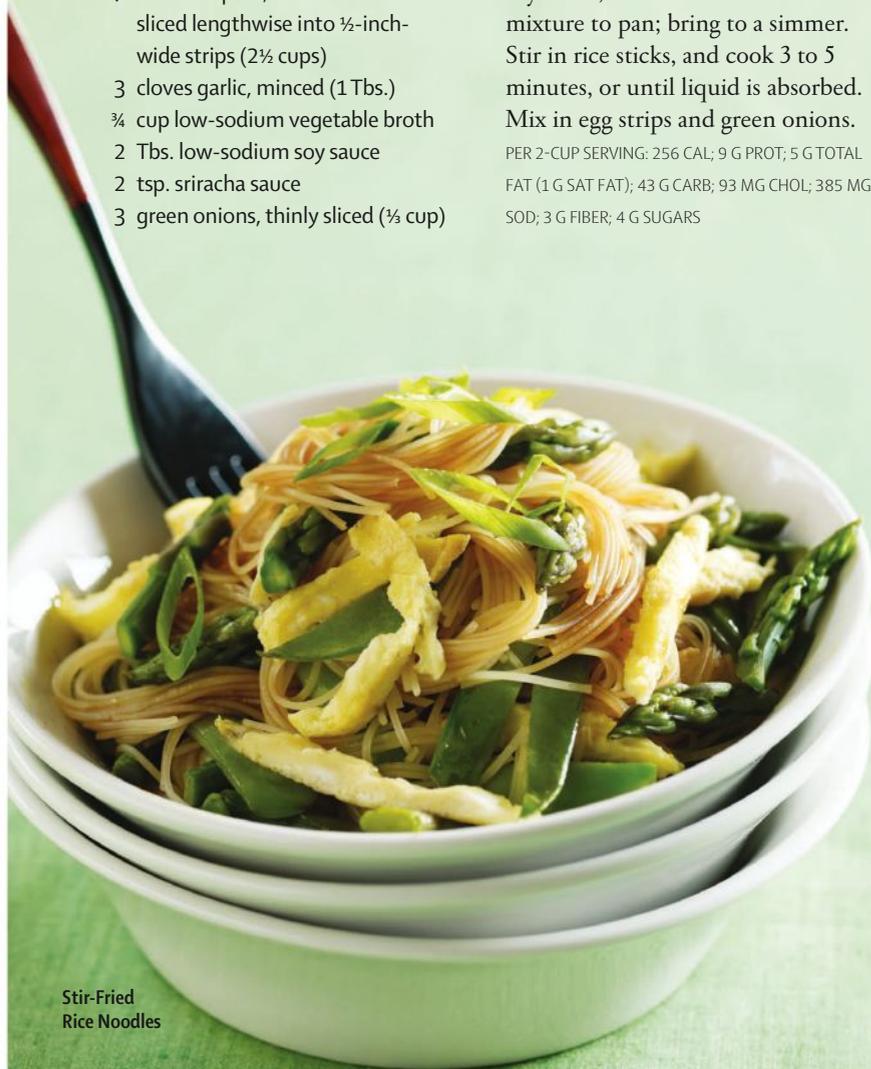
This creamy, golden noodle dish is modeled after the Thai dish *kbao soi*, which combines sweet, spicy, and sour flavors in one bowl.

- 2 tsp. vegetable oil
- 2 large shallots, chopped (1 cup)
- ¼ cup finely chopped cilantro stems, plus ¼ cup chopped cilantro leaves, for garnish
- 2 Tbs. yellow or red Thai curry paste
- 1 tsp. curry powder
- 1 tsp. ground turmeric
- 1 15-oz. can light coconut milk
- ¾ cup low-sodium vegetable broth
- 2 tsp. light brown sugar
- 1 12-oz. pkg. firm tofu, drained and cut into ½-inch cubes
- 5 oz. dry fettuccine
- 5 cups broccoli florets
- 6 lime wedges, for garnish

**1.** Heat oil in medium pot over medium-high heat. Sauté shallots in oil 2 minutes. Add cilantro stems, curry paste, curry powder, and turmeric; cook 1 minute. Stir in coconut milk, broth, and brown sugar, and bring to a simmer. Reduce heat to medium, and cook 5 minutes, then stir in tofu. Simmer 10 minutes.

**2.** Cook fettuccine in large pot of boiling salted water according to package directions. Add broccoli to pot for last 2 minutes of cooking time. Drain, and add to tofu-curry mixture. Mix well, and serve with lime wedges and chopped cilantro.

PER 2-CUP SERVING: 263 CAL; 11 G PROT; 11 G TOTAL FAT (4 G SAT FAT); 31 G CARB; 0 MG CHOL; 138 MG SOD; 4 G FIBER; 5 G SUGARS 



Stir-Fried Rice Noodles

# INDIGESTION

## THE BITTER TRUTH



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sharing the essence of health



30 minutes

## Crispy Noodle Cake with Kale and Mushrooms

SERVES 4 | 30 MINUTES OR FEWER

You'll need some dexterity to flip the noodle cake, but it's worth the effort. Cooked ramen or angel hair pasta can be substituted for *yakisoba* noodles.

- 2 Tbs. plus 2 tsp. peanut oil, divided
- 1 17-oz. pkg. precooked yakisoba noodles
- 1 large bunch kale, stems and ribs removed, coarsely chopped (4 cups)
- 1 medium carrot, peeled and thinly sliced (1 cup)
- 8 oz. fresh shiitake mushrooms, thinly sliced (4 cups)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. minced fresh ginger
- $\frac{3}{4}$  cup low-sodium vegetable broth
- 2 Tbs. low-sodium soy sauce
- 1 Tbs. dry sherry
- 1 tsp. sugar
- 2 tsp. cornstarch

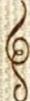
**Crunchy on the outside,** chewy on the inside, noodle cakes make impressive dinner party fare.

1. Preheat oven to 325°F, and set baking sheet on rack inside.
2. Heat 1 Tbs. oil in large nonstick skillet over medium heat. Arrange noodles in even layer, pressing down firmly. Cook 4 to 5 minutes, or until noodles are golden brown on bottom. Carefully place large plate over skillet, and invert noodles onto plate. Add 1 Tbs. oil to skillet, and slide noodles from plate back into skillet to brown second side. Cook 2 to 3 minutes more, then slide noodles onto hot baking sheet in oven.
3. Add 1 tsp. oil to skillet, and heat over medium-high heat. Add kale, and sauté 2 to 3 minutes, or until just wilted. Transfer to plate. Heat

remaining 1 tsp. oil in skillet, and add carrot. Cook 2 minutes, then add mushrooms, and cook 3 minutes more. Stir in garlic and ginger; cook 1 minute. Combine broth, soy sauce, sherry, and sugar in small bowl, then add to skillet. Bring to a simmer, and cook 3 to 4 minutes, or until mushrooms are tender. Whisk cornstarch with 2 Tbs. water, and add to skillet, stirring until thickened. Stir in kale. Remove noodles from oven, and transfer to large platter. Pour mushroom mixture over noodles, and serve.

PER 2-CUP SERVING: 388 CAL; 8 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 62 G CARB; 0 MG CHOL; 366 MG SOD; 4 G FIBER; 10 G SUGARS 

  
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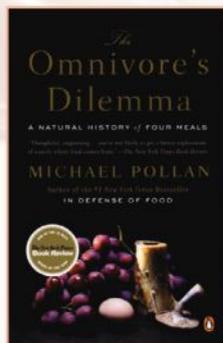
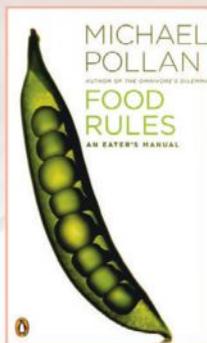
# MICHAEL POLLAN

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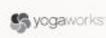
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PEACE



LOVE



DAIRY



## 30 minutes

Japanese udon and soba noodles can be used in place of harder-to-find Chinese noodle varieties.

### Uighur-Inspired Noodles with Peppers and Sweet Potatoes

SERVES 4 | 30 MINUTES OR FEWER

The cuisine of the Uighur people of Northwestern China is very different from most Chinese cooking. This cumin-and-coriander-seasoned dish is traditionally made with thick, chewy homemade noodles, but udon noodles provide a quick substitute.

- 1 large sweet potato, peeled and cubed (2 cups)
- 1 Tbs. toasted sesame oil
- 1 small sweet onion, chopped (1 cup)
- 1 medium red bell pepper, cut into 1-inch pieces (1 cup)
- 1 medium yellow bell pepper, cut into 1-inch pieces (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 1½ tsp. ground cumin
- 1 tsp. ground coriander
- ½ tsp. Aleppo pepper
- 1 28-oz. can diced tomatoes
- 1 12-oz. pkg. precooked udon noodles
- ½ cup chopped cilantro

1. Place sweet potato cubes in microwave-safe bowl, and cover bowl with plastic wrap. Microwave on high power 4 minutes.

2. Heat oil in large pot over medium-high heat. Add onion and bell peppers, and cook 2 to 3 minutes, or until slightly softened. Add garlic, cumin, coriander, and Aleppo pepper, and cook 1 minute more. Stir in sweet potatoes, tomatoes, and 1½ cups water. Cover, bring to a simmer, and reduce heat to medium-low. Cook, uncovered, 10 to 12 minutes, or until sweet potatoes are tender. Stir in noodles, and season with salt, if desired. Serve with cilantro sprinkled on top.

PER 2-CUP SERVING: 271 CAL; 5 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 54 G CARB; 0 MG CHOL; 501 MG SOD; 7 G FIBER; 13 G SUGARS

### Szechuan Dan Dan Noodles

SERVES 4 | 30 MINUTES OR FEWER

This dish gets its distinctive flavor from Szechuan peppercorns, which have a mild, peppery heat. Expect to have about 1 cup extra sauce left over—it's delicious served over brown rice.

- 2 tsp. peanut oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. ground Szechuan peppercorns
- 3 medium carrots, grated (2 cups)
- 1 12-oz. pkg. soy crumbles, such as Yves Meatless Ground
- 3 Tbs. creamy peanut butter
- 2 Tbs. low-sodium soy sauce
- 1 Tbs. white miso paste
- 1 tsp. sugar
- 1 Tbs. balsamic vinegar
- 1 8-oz. pkg. soba noodles
- 4 green onions, thinly sliced (½ cup)
- ½ cup chopped toasted cashews

1. Heat oil in large skillet over medium heat. Add garlic and Szechuan pepper, and cook 1 to 2 minutes. Stir in carrots, and cook 3 minutes more. Add soy crumbles, and cook 3 minutes.

2. Whisk together peanut butter, soy sauce, miso, sugar, and 1 cup hot water in medium bowl. Pour into skillet, and stir well. Bring to a simmer, and cook 3 to 4 minutes. Add balsamic vinegar, and set aside.

3. Meanwhile, cook noodles according to package directions. Drain noodles, and place in large bowl. Toss with 2 cups sauce, and sprinkle with green onions and cashews. Serve hot.

PER 1-CUP SERVING: 421 CAL; 21 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 60 G CARB; 0 MG CHOL; 616 MG SOD; 9 G FIBER; 7 G SUGARS

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# DIY yogurt

Always wanted to make homemade yogurt? Here's how—and why



FRUIT-ON-THE-BOTTOM  
YOGURT, p. 46

**With so many delicious** yogurt options at the grocery store, why bother making your own? Two words: quality control. Homemade yogurt lets you achieve just the right consistency and flavor—without fillers or thickeners. Adding your own fresh fruit or preserves allows you to manage sugar levels and create flavors you won't find in the supermarket. Plus, freshly fermented yogurt is a rich source of probiotics, since the live cultures haven't diminished due to long transport or storage periods. Refrigerated right away, yogurt will stay fresh for up to a week. And now that yogurt makers are less expensive and more reliable than ever, it's easy to produce a perfect batch at home.

## WHAT YOU'LL NEED

- Freeze-dried live yogurt culture or store-bought plain organic yogurt (look for "live, active cultures" on the label)
- Milk, half-and-half, or heavy cream
- Large saucepan
- Instant-read thermometer
- Yogurt maker



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## technique



### Perfect Plain Low-Fat Yogurt

SERVES 8

An extra boost of skim milk powder is added to this all-purpose recipe to increase the proteins in the mixture for a thicker yogurt. Be sure to use instant skim milk powder, which completely dissolves in the milk.

- 4 cups skim or low-fat milk
- $\frac{1}{2}$  cup instant skim milk powder, optional
- $\frac{1}{4}$  cup organic live-culture plain yogurt or 5 g freeze-dried yogurt culture

**1.** Heat milk to scalding point (170°F; 77°C) in saucepan over low heat, stirring frequently. Whisk in skim milk powder, if using. Remove from heat, and let cool 30 minutes to 1 hour, or until milk temperature reaches 110° to 120°F (44° to 49°C) on instant-read thermometer, stirring once or twice.

**2.** Whisk together yogurt and  $\frac{1}{2}$  cup cooled milk in bowl. Whisk this mixture into remaining cooled milk. Pour into clean container(s), secure lid(s), and place in yogurt maker. Set timer for 8 to 10 hours. (The longer yogurt ferments, the firmer its texture and tangier its flavor.) Check 1 container after 8 hours; if yogurt has reached desired tartness and texture, remove cups from yogurt maker, and refrigerate. If not, replace test cup, and continue to ferment 1 to 2 hours more. Chill completely before serving.

PER  $\frac{1}{2}$ -CUP SERVING: 46 CAL; 4 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 4 MG CHOL; 55 MG SOD; 0 G FIBER; 6 G SUGARS

### Fruit-on-the-Bottom Yogurt

SERVES 8

A lightly sweetened vanilla yogurt is prepared over fruit preserves for a stir-in option. For best results, choose preserves that aren't too firm.

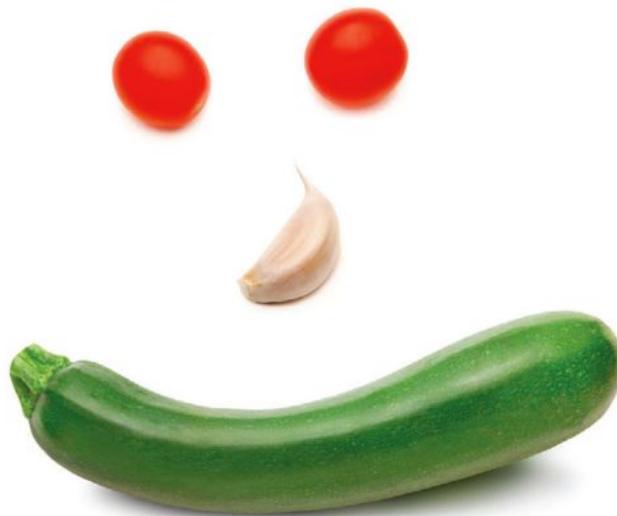
- 4 cups low-fat milk
- $\frac{1}{2}$  cup instant skim milk powder, optional
- 2 Tbs. honey
- 1 Tbs. vanilla extract
- $\frac{1}{2}$  cup fruit preserves, such as fruit-only jam
- $\frac{1}{4}$  cup organic live-culture plain yogurt or 5 g freeze-dried yogurt culture

**1.** Heat milk to scalding point (170°F; 77°C) in saucepan over low heat, stirring frequently. Whisk in skim milk powder, if using. Remove from heat, and stir in honey and vanilla. Cool 30 minutes to 1 hour, or until milk temperature reaches 110° to 120°F (44° to 49°C) on instant-read thermometer, stirring once or twice.

**2.** Spoon 1 Tbs. preserves into each empty yogurt cup.

**3.** Whisk together yogurt and  $\frac{1}{2}$  cup milk mixture in bowl. Whisk yogurt mixture into remaining milk mixture. Pour into cups over preserves, and place in yogurt maker. Set timer for 8 hours. Check 1 container after 8 hours; if yogurt has reached desired texture, remove cups from yogurt maker. If not, replace test cup, and ferment 1 to 2 hours more. Chill.

PER  $\frac{1}{2}$ -CUP SERVING: 116 CAL; 4 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 7 MG CHOL; 58 MG SOD; <1 G FIBER; 18 G SUGARS



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## technique

### Rich Chocolate Yogurt

SERVES 8

It took more than a few tries to get this chocolaty-smooth dessert just right. The secret is shaking the yogurt jars or stirring with a spoon before popping them into the refrigerator; this prevents a darker chocolate layer from sinking to the bottom.

- 4 cups whole milk
- ½ cup natural dark chocolate sauce or topping, such as Fran's Dark Chocolate Sauce
- ½ oz. good-quality dark chocolate (at least 70% cocoa), finely grated
- ⅓ cup instant skim milk powder, optional
- ¼ cup organic live-culture plain yogurt or 5 g freeze-dried yogurt culture

**1.** Heat milk to scalding point (170°F; 77°C) in saucepan over low heat, stirring frequently. Turn off heat, but leave pan on burner. Whisk chocolate sauce into milk until completely dissolved.

**2.** Place grated chocolate in bowl, and whisk in 1 cup chocolate milk mixture. Return chocolate milk mixture to remaining milk in saucepan, and whisk until chocolate is completely dissolved. Whisk in instant skim milk powder, if using. Cool 30 minutes to 1 hour, or until milk temperature reaches 110° to 120°F (44° to 49°C) on instant-read thermometer, stirring once or twice.

**3.** Whisk together yogurt and ½ cup chocolate milk mixture in bowl. Whisk into remaining chocolate milk mixture. Pour into clean container(s), secure lid(s), and place in yogurt maker. Set timer for 8 hours. Check 1 container after 8 hours; if yogurt has reached desired texture, remove cups from yogurt maker, shake well, and refrigerate. If not, shake well, return to yogurt maker, and set timer for 15 minutes or longer in order to reach desired consistency. Shake again, and chill completely before serving.

PER ½-CUP SERVING: 158 CAL; 5 G PROT; 7 G TOTAL FAT (4 G SAT FAT); 18 G CARB; 13 MG CHOL; 97 MG SOD; <1 G FIBER; 14 G SUGARS

### HOW YOGURT WORKS

When live bacterial cultures (*Streptococcus thermophilus* and *Lactobacillus bulgaricus*) are added to warm milk, they feed on the milk's natural sugars. The milk then ferments, which creates acids that cause milk proteins to coagulate to make thick, creamy yogurt.

### Creamy Old-Fashioned Yogurt

SERVES 8

Full-fat yogurts are gaining popularity with foodies in search of extra-creamy, dessert-worthy taste. Serve with fresh fruit, fruit preserves, or maple syrup.

- 2 cups whole milk
- 2 cups light or heavy cream
- ⅓ cup instant skim milk powder, optional
- ¼ cup organic live-culture plain yogurt or 5 g freeze-dried yogurt culture

**1.** Heat milk and cream to scalding point (170°F; 77°C) in saucepan over low heat, stirring frequently. Whisk in skim milk powder, if using. Remove from heat, and let cool 30 minutes to 1 hour, or until milk temperature reaches 110° to 120°F (44° to 49°C) on instant-read thermometer, stirring once or twice.

**2.** Whisk together yogurt and ½ cup milk mixture in bowl. Whisk yogurt mixture into remaining milk. Pour into clean container(s), secure lid(s), and place in yogurt maker. Set timer for 8 to 10 hours. Check 1 container after 8 hours; if yogurt has reached desired tartness and texture, remove cups from yogurt maker, and refrigerate. If not, replace test cup, and continue to ferment 1 to 2 hours more. Chill completely before serving.

PER ½-CUP SERVING: 159 CAL; 4 G PROT; 14 G TOTAL FAT (9 G SAT FAT); 6 G CARB; 47 MG CHOL; 54 MG SOD; 0 G FIBER; 3 G SUGARS



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## technique

### GEAR UP

A yogurt maker is basically an incubator—it heats milk and bacterial cultures at the optimum temperature to make yogurt. Here are two we like.

#### Yolife Yogurt Maker

\$39.95; [tribestlife.com](http://tribestlife.com)

This versatile machine comes with seven 6-ounce glass jars, plus an extra-tall dome lid that lets you use larger jars to make a single big batch of yogurt.

#### Cuisipro Donvier Electronic Yogurt Maker

\$49.90; [amazon.com](http://amazon.com)

The Donvier's eight 8-ounce jars fit snugly into the yogurt maker and are made of unbreakable, dishwasher-safe plastic, making it a good choice for butterfingering cooks or families with small children. 🍋



**The longer yogurt ferments,** the firmer it will be and the tarter it will taste.

A collage featuring a jar of Frontier Organic Cayenne Ground, a bowl of food, and a paper insert with text and photos. The jar is in the foreground, showing the label with 'ORGANIC FRONTIER NATURAL PRODUCTS CO-OP CAYENNE GROUND' and 'NET WT. 1.70 OZ. (48g)'. The paper insert has the Frontier logo and the text 'Taste that Makes a Difference'. Below the text is a 'well earth' logo and a URL: 'www.frontiercoop.com/wellearth'. There are also photos of red chili peppers and people working in a field.

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Circle reply #23 on Info Center card



# kinder, gentler gardening

Our down-to-earth guide to  
growing biodynamic veggies

ILLUSTRATIONS Genevieve Simms

**You've probably heard** wine connoisseurs toss around the term “biodynamics,” but what the heck does it mean? Despite more and more vineyards embracing the system, an air of mystery surrounds its more esoteric practices (such as planting and harvesting by the phases of the moon). Yet at its heart, biodynamics is simply a sustainable way of working the land. Instead of buying fertilizers and pesticides, biodynamic growers foster native plants and animals to nourish and protect soil.

Winemakers aren't the only ones going biodynamic. The claim that biodynamic ways yield richer-tasting grapes could be made about veggies grown on biodynamic farms too. “The more you get into biodynamics, the better your product becomes,” says Mac Mead, program director of the Pfeiffer Center, an educational facility in Chestnut Ridge, N.Y., that offers biodynamic training courses and workshops. In fact, Austrian

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Circle reply #17 on Info Center card

## Biscotti Marone

*These are not typical biscotti. Instead of being dry, these cookies are moist and chewy. Surprisingly, they are baked only once.*

- 1 cup Florida Crystals® Organic Brown Sugar
- 1 cup Florida Crystals® Organic Granulated Sugar
- 1/3 cup vegetable oil
- 2 large eggs
- 2 tablespoons water
- 2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 2 teaspoons baking powder
- 2 1/2 cups all-purpose flour
- 2 cups sliced almonds
- 1 additional egg for glazing

In large mixing bowl, stir together brown and granulated sugars. With heavy mixing spoon, stir in vegetable oil, eggs and water. In medium size bowl, mix together cinnamon, cloves, baking powder and flour. Stir dry ingredients into wet mixture, one third at a time, until well mixed. Add almonds and mix well. Cover bowl with plastic wrap and chill for one hour (or overnight).

Preheat oven to 375°F. Lightly grease hands with vegetable oil and roll dough into 4 logs, 8 to 9 inches long, approximately 1 1/2 inches in diameter, and place on lightly greased cookie sheets, 2 logs per sheet. In small bowl, lightly beat remaining egg with a fork. Using a pastry brush, baste cookie logs with beaten egg. Bake cookies on middle oven rack for 20 minutes. Allow to cool and then slice diagonally into 1-inch slices.

Makes 4 dozen.

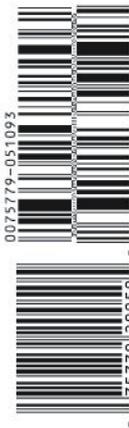
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philosopher Rudolf Steiner developed the system in the 1920s in response to farmers' complaints that chemical fertilizers yielded scrawny produce.

Think biodynamics is beyond the scope of your tomato patch? Here, we shed light on a few basics you can easily get down and dirty with in your garden, no matter how big or small.

### Get into the Soil

Go outside and observe your garden, even if that means slugs and dandelions at the moment. Consider each element—every passing critter and wayward plant—as a piece of a puzzle; the key to healthy, crop-nurturing soil is to make all these puzzle pieces fit. “It’s not a Band-Aid approach that just looks at one problem,” says Jim Barausky, manager of Frog Belly Farm in Longmont, Colo., and regional coordinator of the North American Biodynamic Apprenticeship Program. “It’s a method that tries to heal the whole garden and the earth.”

**Try this** Getting a soil test is a safe bet to determine if, and how, your soil may be

ailing, but you can also learn a lot by observing what’s currently growing—or, in the case of weeds, overgrowing. “Weeds can be really informative,” says Barausky. “They’re just plants that are in the wrong place. Some indicate a story of what’s happened there. Maybe the soil’s too wet, or somebody’s abused it.” The broad leaves of curly dock, for example, may warn of compacted soil, which stifles root growth.

### Compost with a Difference

Not only does composting cut down on waste, within about six months you’ll have rich, crumbly organic matter (aka humus) to feed your garden’s soil. Think of it as a cheap, premium fertilizer that adds nutrients and stimulates plant growth. If you already own a compost bin for recycling kitchen waste and yard trimmings, you’re halfway there. Supplementing everyday compost ingredients, biodynamic farmers add a mixture of fermented plant extracts (dandelion, chamomile, yarrow, oak bark, valerian, and stinging nettle) called preparations. A Washington State

## DIG DEEPER

with these tools

**DEMETER USA** U.S. chapter of the international certifier of biodynamic farms, vineyards, and products ([demeter-usa.org](http://demeter-usa.org))

**BIODYNAMIC FARMING AND GARDENING ASSOCIATION** Hub for all things biodynamic, including training programs ([biodynamics.com](http://biodynamics.com))

**BIODYNAMICS** Quarterly journal offering recipes, book reviews, farm profiles, and scientific reports ([biodynamics.com/journal](http://biodynamics.com/journal))

**GROW A GARDEN AND BE SELF-SUFFICIENT** Ehrenfried Pfeiffer and Erika Riese’s beginner-friendly book on how to cultivate a small biodynamic garden (available at [biodynamics.com](http://biodynamics.com))

**ONE MAN, ONE COW, ONE PLANET** Thomas Burstyn’s 2007 documentary following soil scientist Peter Proctor as he teaches biodynamics to farmers in India ([onemanonecow.com](http://onemanonecow.com))

University study published in *Biological Agriculture & Horticulture* suggests that “preps” may break down compost faster, speeding its ability to benefit soil.

**Try this** Order Pfeiffer BD Compost Starter—which contains all the biodynamic preps in a ready-to-use powder—from the Josephine Porter Institute for Applied Bio-Dynamics ([jpibiodynamics.org](http://jpibiodynamics.org)). Every time you add scraps to your compost bin, sprinkle a tiny bit of starter on top, advises Daron Joffe, who runs Farmer D Organics, an Atlanta-based garden center that makes biodynamic compost from Whole Foods Markets’ green waste. “Even if you decide not to

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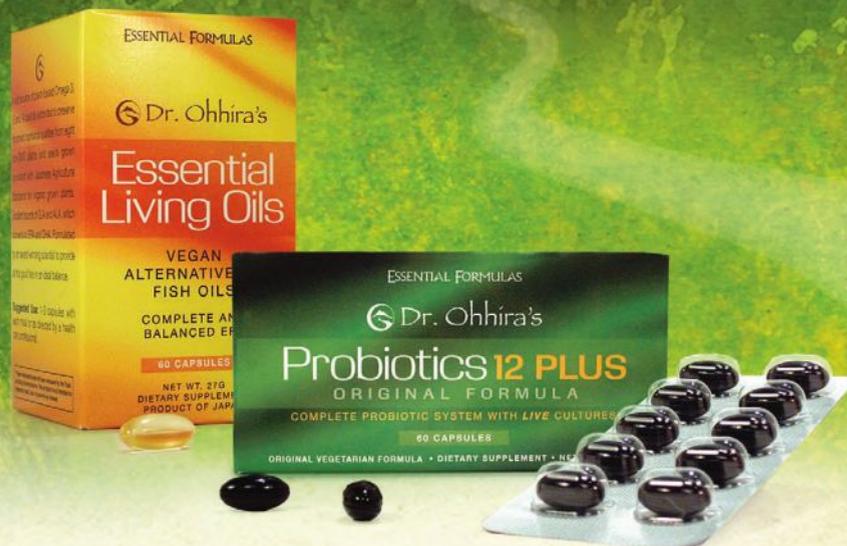
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## planet home

use the preps, having the herbs in your garden is healing unto itself," he says. "Stinging nettle actually leaves the soil richer after growing in it." Composting chamomile after steeping it in your teacup doesn't hurt either, he adds.

### Put It on Heavy Rotation

When selecting seeds, reflect on what you've planted in the past. In spots where you've grown "heavy feeders"—such as lettuce, corn, cabbage, squash, tomatoes, and eggplants—notorious for gobbling up nutrients from the soil, sub in less needy plants from different botanical families. Not only does this aid in replenishing the soil, it prevents lingering disease and confuses pests too. "You want to move crops around so that bugs are always on the hunt," Joffe explains. "Don't make it easy for them."

**Try this** In contrast to heavy feeders, cover crops such as legumes help revive a weary plot of earth, so you'll want to plant them in depleted areas. "Just like a human, the soil needs to rest," says Mead. "Having cover crops is a way to rest the soil and enhance the life element in it." At the end of the season, cover crops can be tilled into the ground for "green manure," tossed into your compost, or harvested for your kitchen table—fava bean flowers, for instance, double as an edible garnish. In the same spot next year, grow light feeders (such as potatoes), followed by heavy feeders the following year, and so on.

### Use the Buddy System

Before plunking seeds into the ground, keep in mind that some crops get along better than others. "Certain plants benefit from growing near certain other

## fun fact

Biodynamic farms show higher microbial diversity (a sign of healthy ecosystems) than conventional or even organic farms, according to a study published in *Science* in 2002.

## no backyard required

**You don't need to grow veggies yourself to go biodynamic**

**JOIN A COMMUNITY SUPPORTED AGRICULTURE PROGRAM** Become a shareholder of a biodynamic farm, and you'll get weekly or biweekly boxes of sustainably grown veggies (plus other perks such as newsletters and members-only potlucks on the farm). Type "biodynamic" in the search field at [localharvest.org](http://localharvest.org) for a list of CSAs in your area.

**SIGN UP FOR A WORK SHARE** Some biodynamic farms, including Jubilee Farm in Carnation, Wash., will knock a few dollars off your CSA share if you put in a few hours of farmwork at harvest time. You will need to be in decent physical shape and willing to get dirty. Spots tend to fill up quickly, so ask early about getting involved.

**VOLUNTEER** What better way to support local agriculture and learn about biodynamics? Farms often need help with tasks such as transplanting, weeding, and harvesting. (Summer and fall are usually busiest.) If you're lucky, you'll get treated to a farm lunch.

plants," explains Joffe. That can mean anything from improving a neighbor's growth to enhancing its flavor. Companion planting dates back to at least ancient Greece and Rome, so it's of special use to biodynamic gardeners looking to return to more traditional practices.

**Try this** Decide which plants, when paired up, make caring and supportive soil mates. Leeks, for instance, repel carrot flies. Okra shields peppers from wind. Tall crops provide a canopy for short ones, such as lettuce and spinach, which prefer partial shade in the heat. Try grouping beans, corn, and squash à la the Native American three-sisters method: beans fix nitrogen into the soil, and they also climb up corn stalks, saving you from buying a trellis, while squash leaves cover the ground and stifle weeds. (Check out a list of compatible duos and trios at [companionplanting.net](http://companionplanting.net).)

### Invite the Birds and the Bees

Not all creepy crawlies are out to destroy your garden. To the contrary, ladybugs and hoverflies snack on the very aphids that terrorize tomatoes. Think of these and other beneficial bugs—along with

birds, who bring the added bonus of music to your garden—as natural pesticides. Additionally, you'll want bees for pollinating, and worms for adding still more nutrients to the soil. If you provide decaying organic matter such as compost and cover crops, "worms will just be happening," says Mead.

**Try this** To attract beneficial wildlife, offer them nectar, pollen, and water. Scatter flowering herbs and perennials throughout your garden and around the edges, and allow some veggies to go to flower. "You want to develop a tableau where there are lots of characters, and lots of life," says Barausky. "If you don't harvest all your carrots, some will flower four or five feet tall. You'll have these beautiful, delicate flowers, and all these little [pest-controlling] predator wasps will come." To make feathered friends, install a small pond or set up a birdbath near a dense tree or shrub. "The more life you invite, the more it engenders life," notes Barausky. "You're trying to garden, but you're also trying to create a niche for all sorts of creatures." The happier these critters are, the happier—and healthier—your garden will be. 

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Circle reply #20 on Info Center card

# masa harina

Get to know this south-of-the-border staple food



## Pupusas with Curtido

SERVES 8

This Salvadoran classic is made by filling masa dough with cheese or black beans. Keep leftover curtido in the fridge for up to two weeks.

### CURTIDO

- 4 cups shredded cabbage
- 1 medium carrot, coarsely grated
- ½ cup thinly sliced onion
- ½ jalapeño chile, finely diced, optional
- ½ cup white vinegar
- 2 tsp. salt
- 2 tsp. sugar
- 1 tsp. dried oregano

### PUPUSAS

- 4 cups masa harina, such as Maseca
- 2 tsp. ground cumin
- 1 tsp. baking powder
- 1 tsp. salt
- ½ cup vegetarian refried black beans
- ½ cup crumbled Cotija cheese
- 8 tsp. vegetable oil

1. To make Curtido: Pour 4 cups boiling water over cabbage, carrot, onion, and jalapeño in bowl. Steep 5 minutes; drain.
2. Bring vinegar, ½ cup water, salt, sugar, and oregano to a boil in saucepan. Pour over cabbage mixture. Cover, and cool.
3. To make Pupusas: Combine masa harina, cumin, baking powder, and salt in bowl. Stir in 3 cups warm water, adding more, if needed, to form soft dough. Cover, and let stand 30 minutes.
4. Line baking sheet with wax paper. Roll dough into 16 balls. Make indentation in centers; fill 8 balls with 1 Tbs. refried beans; fill remaining 8 balls with 1 Tbs. cheese. Fold edges over fillings, and roll into balls once more. Press into 4-inch disks. Place on prepared baking sheet.
5. Heat 2 tsp. oil in skillet over medium-high heat. Add 4 Pupusas at a time to skillet; cook 5 to 6 minutes, turning once. Serve with Curtido.

PER SERVING (2 PUPUSAS PLUS ¼ CUP CURTIDO): 304 CAL; 9 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 48 G CARB; 9 MG CHOL; 806 MG SOD; 6 G FIBER; 2 G SUGARS  

*Colorado-based food writer Lisa Turner has no problem finding masa in the supermarket.*

**The scoop:** Made from ground, lime-soaked corn kernels, *masa* (which means “dough” in Spanish) is one of the cornerstones of Latin and South American cuisines. Masa harina is dried, powdered masa, which can either be reconstituted with water or used as a flour. Both masa and masa harina have a sweet corn flavor and smooth texture that’s less grainy than polenta or cornmeal.

**How it’s used:** Masa is the main (and sometimes only) ingredient in corn tortillas, tamales, empanadas, and fritter-like *sopes*, *arepas*, and *pupusas*. Add water, and masa harina can do the same things; it can also be used to make batters, dust fried foods, and replace part of the flour in muffin, pancake, dumpling, and bread recipes.

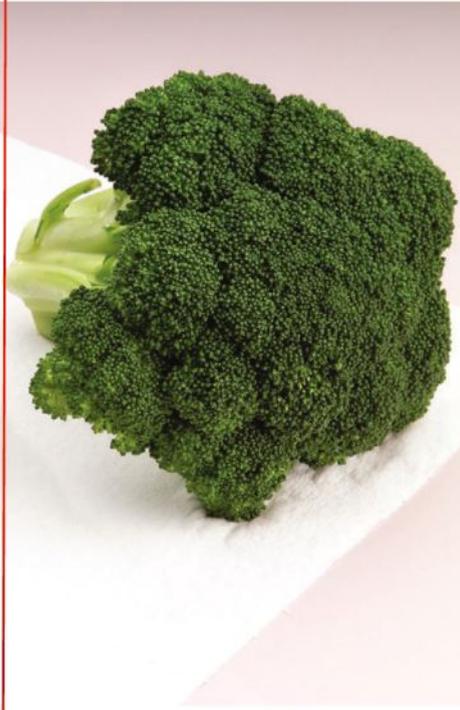
**Shopping and storage:** Fresh masa can sometimes be found in the refrigerated section of Latin markets or bought from tortilla factories. Masa harina is widely available in the baking or Latin American section of supermarkets (Maseca is a common brand). Store masa harina in the refrigerator or freezer to prevent it from turning rancid.

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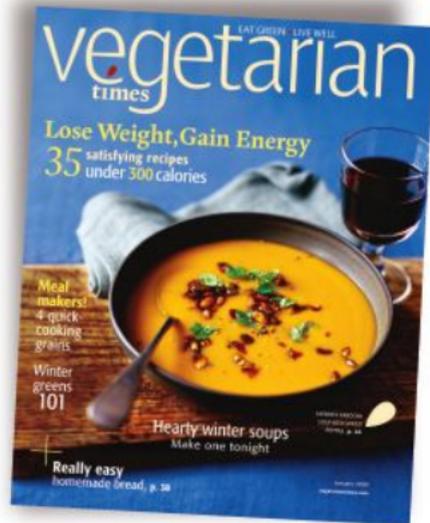
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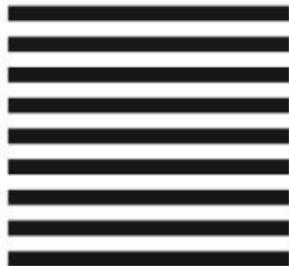
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BY Matthew Kadey, RD

RECIPES By Mary Margaret Chappell

## Watercress Soup

SERVES 4

Rather than using broth to help flavor this soup, we've turned to ground fenugreek, a spice found in curry powders.

- 2 tsp. canola oil
- 1 small onion, chopped (1 cup)
- 2 cloves garlic, minced
- ½ tsp. ground fenugreek
- 2 medium russet potatoes, peeled and diced
- 2 sprigs fresh thyme
- 4 cups watercress leaves (4 oz.), plus 4 sprigs for garnish
- ½ cup low-fat buttermilk, optional

**1.** Heat oil in saucepan over medium heat. Add onion, and sauté 3 to 4 minutes. Stir in garlic and fenugreek, and cook 1 minute more. Add potatoes, thyme sprigs, and 4 cups water; season with salt and pepper, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes. Stir in watercress leaves, and cook 3 to 4 minutes, or until watercress is wilted and tender, but still bright green.

**2.** Remove thyme sprigs, and purée soup with hand blender until smooth. Stir in buttermilk, if using, and warm 2 to 3 minutes, without boiling. Serve garnished with watercress sprigs and ground black pepper.

PER 1½-CUP SERVING: 117 CAL; 3 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 20 MG SOD; 2 G FIBER; 3 G SUGARS 

## Braised Leeks

SERVES 4 | 30 MINUTES OR FEWER

Cooked leeks make a light-but-satisfying side dish. White wine is used to deglaze the pan, but can be omitted.

- 4 medium leeks
- 2 Tbs. olive oil, divided
- ½ cup dry white wine, optional
- 1 cup low-sodium vegetable broth
- 2 tsp. honey
- 2 tsp. white wine or rice vinegar

**1.** Cut green tops from leeks, and trim ends without removing bottoms. Halve each leek, and rinse to remove grit.

**2.** Heat 1 Tbs. oil in skillet over medium-high heat. Add leeks cut-side down, and cook 3 minutes,

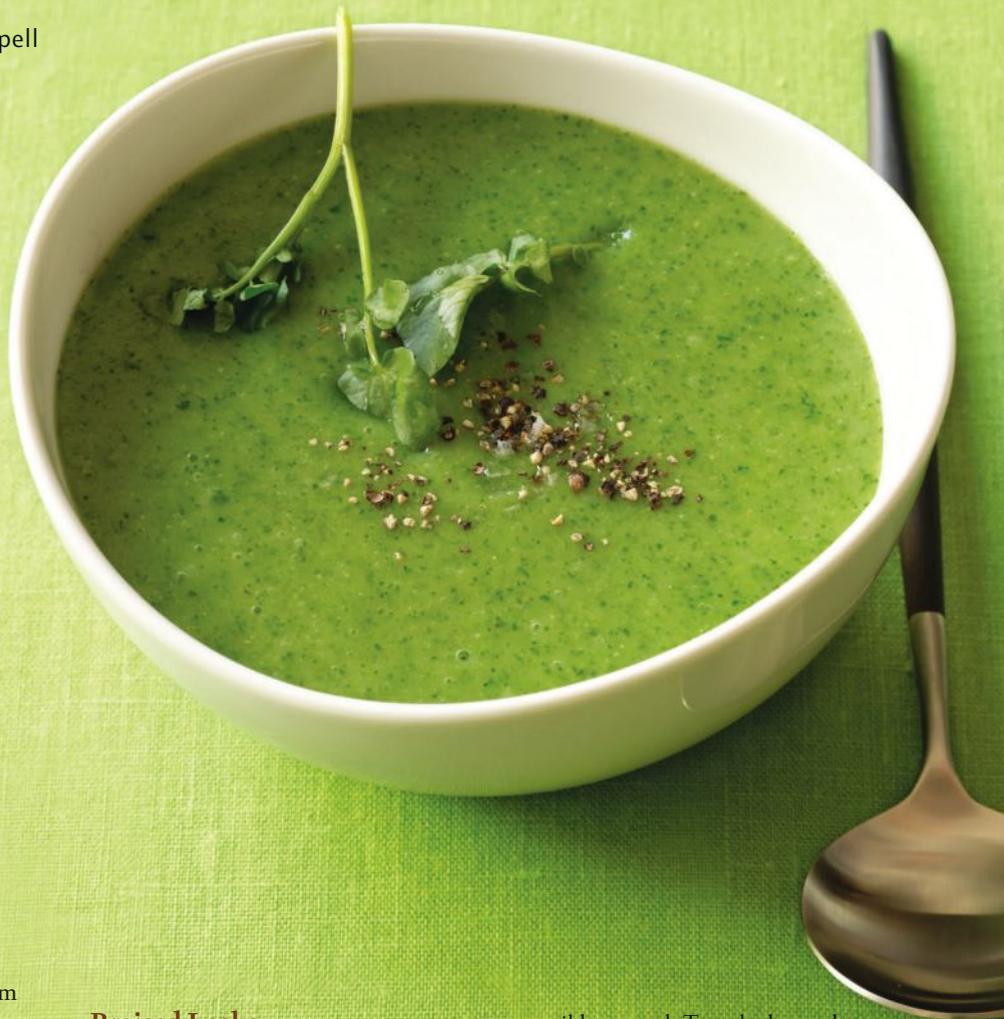
or until browned. Turn leeks, and brown 3 minutes more.

**3.** Add wine, if using, and cook 2 to 3 minutes, or until most of wine has evaporated. Add broth, honey, and 1 cup water, and season with salt and pepper, if desired. Partially cover, and simmer over medium-low heat 20 to 25 minutes, or until leeks are tender.

**4.** Whisk together vinegar and remaining 1 Tbs. olive oil in bowl. Season with salt and pepper, if desired.

**5.** Transfer leeks and cooking liquid to casserole dish. Drizzle with vinegar mixture. Serve warm or at room temperature.

PER SERVING (2 LEEK HALVES): 128 CAL; 1 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 16 G CARB; 0 MG CHOL; 53 MG SOD; 2 G FIBER; 7 G SUGARS 



PHOTOGRAPHY Romulo Yanes FOOD STYLING Paul Grimes PROP STYLING Cindy DiPrima



## Asparagus

Since Roman times, this harbinger of spring has been eaten to cleanse the digestive system. Asparagus is a top food source of glutathione, an antioxidant that helps support the body's main detox center, the liver. High levels of fiber in asparagus act as an intestinal broom, sweeping out toxins as it winds its way through your digestive tract.

## Dandelion Greens

So much more than a weed, the jagged leaves of the dandelion plant are a natural diuretic; urination helps remove sodium and water from the body and lower blood pressure. Dandelion greens are grown commercially and can also be foraged from fields year-round. Just be sure to snip young greens and stay away from dandelions in parks and public lawns that may have been sprayed with chemicals.

## Watercress

Was Hippocrates, the father of medicine, onto something when he plied patients with watercress as a blood purifier? A study published in the *European Journal of Nutrition* discovered that watercress may help reduce cancer risk by stimulating the production of detoxifying enzymes. Also, Irish researchers found that munching on this green can safeguard health by reducing DNA damage and improving blood antioxidant levels.

THE HIGH WATER CONTENT  
OF FRESH GREENS MAKES THEM  
ESPECIALLY LOW IN CALORIES.

## Bok Choy

Traditional Chinese medicine credits bok choy with promoting digestion. This relatively mild-flavored Chinese cabbage lends a tender sweetness to dishes while packing a wallop of vitamin C, carotenoids, and phytonutrients that help strengthen the immune system and may reduce the risk of some cancers.

## Mustard Greens

Related to kale, cabbage, and other cruciferous vegetables, peppery mustard greens are high in glucosinolates, compounds that rev up detoxification enzymes and help protect liver cells and other organs. The leaves are an excellent source of vitamin C and beta-carotene.

## Celery

At a mere 16 calories per cup, celery is a dieter's dream. But this veggie can do more than just fill you up without a heavy calorie toll. Celery's potassium and water content works as a diuretic to promote toxin removal and kidney support.

## Leeks

In *French Women Don't Get Fat*, author Mireille Guiliano kicks off her diet with Magical Leek Soup to nourish and cleanse her system. The science behind the magic involves leeks' high fiber content and mild diuretic properties. Leeks, like their garlic and onion cousins, contain sulfur compounds that play detoxifying and cancer-fighting roles in the body. Also, leeks have a healthful dose of vitamin K, which, according to a study published in 2010 in *Diabetes Care*, may help reduce type 2 diabetes risk.

## Parsley

In herbal medicine, parsley is prescribed as a depurative (system cleanser), a stomach soother, and even a breath freshener. The tasty herb, which goes with just about everything, is high in vitamin C, beta-carotene, lutein, and niacin (vitamin B<sub>3</sub>), which may help reduce the risk of environmental pollutants in the body.



## Bok Choy Skillet Supper

SERVES 4 | 30 MINUTES OR FEWER

Bok choy halves are steamed over bulgur as it cooks for a one-pot meal that can go directly from stove to table.

- 2 tsp. garlic-flavored olive oil, divided, plus more for drizzling
- 8 oz. button mushrooms, sliced (2 cups)
- 8 cherry or grape tomatoes, halved
- 2 shallots, finely chopped (¼ cup)
- 1 cup bulgur
- 1 cup mushroom broth
- 1 sprig fresh thyme plus 1 tsp. fresh thyme leaves, divided
- 4 small bok choy, halved.

1. Heat 1 tsp. garlic oil in skillet over medium-high heat. Add mushrooms, and cook 5 minutes, or until browned. Transfer to plate. Add tomatoes to skillet cut-side down, and cook 2 minutes, or until browned. Transfer to plate.
2. Add remaining 1 tsp. garlic oil to skillet. Stir in shallots, and sauté 2 to 3 minutes. Stir in bulgur until grains are coated with oil. Add broth, thyme sprig, and 1½ cups water; season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 5 minutes.
3. Arrange bok choy halves on top of bulgur with leaves pointing outward (like spokes in a wheel). Sprinkle mushrooms and tomatoes between bok choy halves. Cover, and simmer 5 minutes more.

Remove from heat, and let stand 10 minutes. Sprinkle with thyme leaves, and drizzle with garlic oil.

PER 1½-CUP SERVING: 202 CAL; 8 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 34 G CARB; 0 MG CHOL; 217 MG SOD; 9 G FIBER; 3 G SUGARS **V**

## Asparagus with Creamy Orange Sauce

SERVES 4 | 30 MINUTES OR FEWER

The heat of fresh-cooked asparagus brings out the orange flavor in the sauce, so be sure to spoon the sauce over the stalks while they are piping hot.

- ½ cup soy mayonnaise
- ½ cup fresh orange juice
- 2 tsp. grated orange zest
- 2 tsp. Dijon mustard
- 2 lb. asparagus, trimmed

1. Whisk together mayonnaise, orange juice, orange zest, and mustard in bowl.
2. Cook asparagus in boiling salted water 1 to 3 minutes, or until crisp-tender. Drain, and place on serving plate. Pour sauce over bottom halves of asparagus.

PER SERVING (½ LB. ASPARAGUS PLUS 3 TBS. SAUCE): 217 CAL; 3 G PROT; 18 G TOTAL FAT (2 G SAT FAT); 10 G CARB; 0 MG CHOL; 309 MG SOD; 2 G FIBER; 3 G SUGARS **V** **GF**

## Wilted Dandelion Salad with Pine Nuts and Crispy Garlic

SERVES 4 | 30 MINUTES OR FEWER

Slow-cooking pine nuts and garlic slices in olive oil infuses the oil with a nutty, garlicky flavor as the crunchy salad add-ins are being prepared. The hot oil tenderizes the dandelion greens and tones down some of their bitterness. The recipe will also work with frisée, chicory, or other firm salad greens.

- ¼ cup pine nuts
- 4 cloves garlic, peeled and sliced
- 2 Tbs. olive oil
- 2 oranges
- 1 lb. dandelion greens, trimmed and cut into 2-inch lengths (8 cups)
- 1 Tbs. balsamic vinegar

1. Place pine nuts, garlic slices, and olive oil in small skillet, and cook over low

heat 20 minutes, or until pine nuts and garlic are golden brown.

2. Meanwhile, stand 1 orange upright, and remove peel and pith with knife, following curve of fruit from top to bottom. Cut sections along membranes as if slicing out a wedge, and release wedges one by one. Repeat with remaining orange, and set aside.
3. Place dandelion greens in large bowl. Pour hot oil with garlic and pine nuts over dandelion greens, and toss with tongs until leaves are wilted. Add balsamic vinegar, and toss to coat. Divide among serving plates, and top with orange segments.

PER 1½-CUP SERVING: 208 CAL; 5 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 22 G CARB; 0 MG CHOL; 86 MG SOD; 6 G FIBER; 8 G SUGARS **V** **GF**

## Bloody Mary Salsa

MAKES 2 CUPS

This fat-free salsa skips the garlic and cilantro and gets its distinctive flavor from celery, celery leaves, and celery salt. Serve with carrot sticks, cucumber slices, endive leaves, or baked pita chips.

- 1 8-oz. container cherry or grape tomatoes, or 2 large beefsteak tomatoes, cut into quarters
- ½ small onion, coarsely chopped (½ cup)
- 3 stalks celery, coarsely chopped (½ cup), plus 2 Tbs. celery leaves
- ½ cup watercress or arugula leaves
- 1 Tbs. lemon juice
- 2 tsp. prepared horseradish
- ½ tsp. celery salt
- 2–3 Tabasco sauce

Place all ingredients in food processor, and pulse until vegetables are chopped and salsa is smooth. Season with salt and pepper, if desired. Let stand at least 30 minutes to allow flavors to develop.

PER ¼-CUP SERVING: 13 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 91 MG SOD; <1 G FIBER; 2 G SUGARS **V** **GF**

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## Parsleyed Israeli Couscous

SERVES 4

This satisfying salad makes the most of the flavor of parsley and green onions. It works as well with large, chewy grains such as spelt, farro, or wheat berries.

- 1 cup Israeli couscous
- 1 small cucumber, seeded and diced (1 cup)
- 8 green onions, finely chopped (1 cup)
- 1 cup finely chopped fresh parsley
- $\frac{3}{4}$  cup lemon juice
- 2 Tbs. olive oil

1. Cook Israeli couscous according to package directions. Drain, and rinse under cold water. Drain again.
2. Transfer couscous to large bowl, and stir in remaining ingredients. Season with salt and pepper, if desired. Let stand at least 30 minutes before serving.

PER 1-CUP SERVING: 221 CAL; 6 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; 9 MG SOD; 4 G FIBER; 3 G SUGARS 

## Thai Red Curry Eggplant and Mustard Greens

SERVES 4 | 30 MINUTES OR FEWER

Curry pastes vary widely in pungency and spice, so you may have to add more or less to this recipe according to the type you use. Both Asian mustard greens (which are pale and have a strong, spicy flavor) and leafy mustard greens will work in the recipe, or you can substitute Swiss chard or watercress.

- 2 Tbs. Thai red curry paste
- 1 Tbs. sugar
- 1 clove garlic, minced (1 tsp.)
- 1 Tbs. vegetable oil
- 1 small eggplant (8 oz.) cut into 1-inch-thick chunks, or 2 cups round Thai eggplants, halved
- 1 small onion, quartered and sliced (1 cup)
- 1 lb. mustard greens, trimmed and cut into 1-inch pieces
- $\frac{3}{4}$  cup light coconut milk
- Lime wedges, for garnish

1. Whisk together curry paste, sugar, garlic, and 2 Tbs. water in small bowl. Set aside.
2. Heat oil in wok or large skillet over medium-high heat. Add eggplant and onion, and cook 5 minutes, or until eggplant is browned. Stir in curry mixture, and cook 30 seconds, or until vegetables are coated.
3. Add mustard greens, and cook 1 to 2 minutes, or until leaves are wilted. Stir in coconut milk and  $1\frac{1}{2}$  cups water, and season with salt, if desired. Cover, and bring to a simmer. Reduce heat to medium-low, and simmer 10 to 15 minutes, or until eggplant is tender. Serve with lime wedges.

PER 1 $\frac{1}{2}$ -CUP SERVING: 103 CAL; 3 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 13 G CARB; 0 MG CHOL; 151 MG SOD; 4 G FIBER; 7 G SUGARS   

*Nutrition writer Matthew Kadey, RD, is gearing up to start plucking fresh-grown greens from his local farmers' markets.*



Thai Red Curry Eggplant and Mustard Greens



Celebrated chef **Mario Batali** shares his pizza secrets and recipes

# PIZZA! PERFECTA!

Veg pizza lovers, rejoice! Here, for the first time, star chef Mario Batali shares some of his best meat-free pizza recipes in one delicious collection. From a perfect parbaked crust to topping combinations that leave lots of room for improvisation (with wine tips from a sommelier thrown in for good measure), there's everything you need to re-create the Batali pizza experience right in your own kitchen.

ALL RECIPES COURTESY OF *MOLTO GUSTO: EASY ITALIAN COOKING*, BY MARIO BATALI (ECCO 2010)

PHOTOGRAPHY Romulo Yanes FOOD STYLING Paul Grimes PROP STYLING Cindy DiPrima

## Funghi and Taleggio Pizza

MAKES 1 10-INCH PIZZA

Truly Italian ingredients, such as sliced truffles and Taleggio cheese, make this simple pizza a show-stopper. The flavor of the roasted mushrooms is rich enough that the cheese could be omitted if you want to make the pizza vegan.

- 2 oz. shiitake mushroom caps, sliced ¼-inch thick (2 cups)
- 1 small shallot, sliced ⅛-inch thick
- 2 Tbs. olive oil, divided
- Maldon or other flaky sea salt, for seasoning mushrooms
- Coarsely ground black pepper, for seasoning mushrooms
- 1 Tbs. balsamic vinegar

- 1 Tbs. fresh lemon juice
- ¼ tsp. finely chopped fresh rosemary
- 1 oz. sliced canned truffles in oil or 1½ tsp. extra virgin olive oil
- 1 Parbaked Pizza Crust (recipe, p. 73)
- 2 oz. cremini mushrooms, thinly sliced (¾ cup)
- 2 oz. Taleggio cheese, rind removed, cut into 8 slices
- 12 fresh Italian parsley leaves

**1.** Preheat broiler. Toss together shiitake mushrooms, shallot, and 1 Tbs. olive oil in small bowl, and season to taste with sea salt and pepper. Spread on baking sheet, and broil 8 to 10 minutes, or until mushrooms are tender and slightly charred, stirring several times. Remove mushrooms from broiler; leave broiler on.

**2.** Meanwhile, whisk together vinegar, lemon juice, and rosemary in separate bowl. Stir in truffles with their oil.

**3.** Spoon shiitake mushrooms evenly over Parbaked Pizza Crust, leaving ½-inch border. Scatter cremini mushrooms over top, and drizzle with truffle vinaigrette. Broil 7 to 8 minutes, then arrange Taleggio slices on pizza, and drizzle with remaining 1 Tbs. olive oil. Broil 1 minute more to melt cheese, if desired. Scatter parsley over top; cut into 6 slices.

PER SLICE: 146 CAL; 4 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 12 G CARB; 8 MG CHOL; 404 MG SOD; <1 G FIBER; 1 G SUGARS





Creamy goat cheese is the perfect foil for sweet cipollini onions.

## Balsamic, Onion, and Goat Cheese Pizza

MAKES 1 10-INCH PIZZA

Only a handful of glazed cipollini onions get used on each pizza, so save the rest in a jar in the fridge to sprinkle on salads or serve as hors d'oeuvres.

### BALSAMIC-GLAZED ONIONS

- 1 Tbs. olive oil
- ½ Tbs. unsalted butter
- 8 oz. small cipollini or pearl onions, peeled
- ¼ cup balsamic vinegar
- 1½ tsp. sugar

### PIZZA

- 2 oz. fresh creamy goat cheese, softened
- 1 Parbaked Pizza Crust (recipe, p. 73)
- Fresh Italian parsley leaves, for garnish
- 1 Tbs. olive oil

**1.** To make Balsamic-Glazed Onions: Heat oil and butter in large skillet over medium-high heat until foam subsides. Add onions, and cook 7 to 9 minutes, or until browned, turning once or twice. Add vinegar, sugar, and ¼ cup water, stirring to dissolve sugar. Reduce heat to medium-low, and boil gently 12 minutes, or until onions are tender and liquid has reduced to syrupy glaze, turning occasionally. Remove from heat, and cool. (Onions can be refrigerated up to 3 days; bring to room temperature before using.)

**2.** To make Pizza: Preheat oven to broil. Spread goat cheese evenly on Parbaked Pizza Crust, leaving ½-inch border around edge. Halve 8 Balsamic-Glazed Onions; reserve remaining onions for another use. Arrange onion halves on goat cheese. Broil 7 to 8 minutes, then sprinkle with parsley, and drizzle with olive oil. Cut into 6 slices, and serve.

PER SLICE: 137 CAL; 4 G PROT; 8 G TOTAL FAT (3 G SAT FAT); 13 G CARB; 6 MG CHOL; 328 MG SOD; 1 G FIBER; 3 G SUGARS

Olive oil, thinly sliced garlic and chiles, and fresh parsley leaves let the flavors of a light, crispy crust shine through.

## Mario Batali's approach to pizza is simple: Don't add too much stuff. Less is more.

### Marinara Pizza

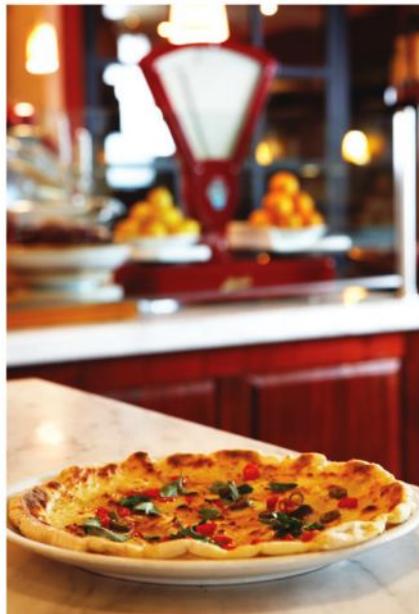
MAKES 1 10-INCH PIZZA

Marinara pizzas provide a base for other toppings. "Just keep it simple," advises Batali. "Don't try anything too avant-garde, but do experiment with flavors and see what happens."

- ¼ cup strained tomatoes, such as Pomi
- 1 Parbaked Pizza Crust (recipe, p. 73)
- 1 Tbs. olive oil
- 1 clove garlic, thinly sliced
- ¼ serrano chile, thinly sliced
- 12 fresh marjoram or oregano leaves

Preheat oven to broil. Spread strained tomatoes over Parbaked Pizza Crust, leaving ½-inch border. Drizzle olive oil over tomatoes, and scatter with sliced garlic and chile. Broil 7 to 8 minutes, then sprinkle with herb leaves. Cut into 6 slices, and serve.

PER SLICE: 81 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 317 MG SOD; <1 G FIBER; <1 G SUGARS 



### Aglio, Olio, and Pepperoncino Pizza

MAKES 1 10-INCH PIZZA

This simple flat bread-like pizza makes a good accompaniment to antipasti plates and salads. "I like to serve this with lentils or eggplant caponata," says Batali. (Caponata is a classic Sicilian stew. To make it at home, search "caponata" on [vegetariantimes.com](http://vegetariantimes.com).)

- 1 Parbaked Pizza Crust (recipe, p. 73)
- 1 Tbs. olive oil
- 1 clove garlic, thinly sliced
- 1 red finger chile or serrano chile, thinly sliced
- 12 fresh Italian parsley leaves

Preheat oven to broil. Broil Parbaked Pizza Crust 1 to 2 minutes, or until set and lightly toasted. Drizzle with oil, scatter with sliced garlic, and sprinkle with chile and parsley leaves. Cut into 6 slices, and serve.

PER SLICE: 78 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 9 G CARB; 0 MG CHOL; 292 MG SOD; <1 G FIBER; <1 G SUGARS 





## Pesto Benno Pizza

MAKES 1 10-INCH PIZZA

Named after one of Batali's sons, this pizza is a weekly special at Otto Enoteca Pizzeria in New York. Even if you don't make the pizza, try the pesto recipe; it's great on pasta and sandwiches.

### PESTO

- 3 cloves garlic, peeled
- 2 cups lightly packed fresh basil leaves
- 3 Tbs. pine nuts
- 1 generous pinch Maldon or other flaky sea salt
- $\frac{1}{2}$  cup plus 2 Tbs. olive oil
- $\frac{1}{4}$  cup freshly grated Parmigiano-Reggiano cheese
- 3 Tbs. grated Pecorino Romano cheese

### PIZZA

- 1 Parbaked Pizza Crust (recipe, p. 73)
- $\frac{1}{2}$  cup grated fresh mozzarella (4 oz.)

**Do what Otto diners do and go with a variety of pizzas to share.**

**1.** To make Pesto: Drop garlic into running food processor, and process until finely chopped. Add basil, pine nuts, and salt, and pulse until basil and pine nuts are coarsely chopped. Scrape sides of bowl, then process until finely chopped. With food processor motor running, drizzle in oil. Transfer to small bowl, and stir in Parmigiano-Reggiano and Pecorino Romano.

**2.** To make Pizza: Spread 6 Tbs. Pesto over Parbaked Pizza Crust, leaving  $\frac{1}{2}$ -inch border; reserve remaining Pesto for another use. Scatter mozzarella over Pesto. Broil 7 to 8 minutes, cut into 6 slices, and serve.

PER SLICE: 243 CAL; 7 G PROT; 20 G TOTAL FAT (5 G SAT FAT); 11 G CARB; 19 MG CHOL; 429 MG SOD; <1 G FIBER; <1 G SUGARS





## PIZZA PAIRINGS

"Pairing wines with pizza is fun because you can pick almost anything," explains Chris Peterman, the wine director at Otto Enoteca Pizzeria in New York. "There's a lot of richness on pizza that you can play up with different types of wines." Here, his picks for Italian wines to serve with your home-made pizza creations:

### REDS

**Chianti** The classic; "always a good choice"

**Piemonte** Big, bold flavor from Nebbiolo grapes can play off light vegetable toppings

**Primitivo** Full-bodied, with "nice spice"

**Puglia, Sicilia** Rich and hearty choices from Italy's southernmost regions

### WHITES

**Friulano** Good with rich foods, so it suits heartier pizzas

**Gavi** From a small region inside Piemonte, a dry white with a mineral quality that pairs well with vegetarian pizzas

## Start with a Great Crust

Partially baking pizza dough on a hot griddle keeps the crust thin and crisp. It's a technique used in Mario Batali's restaurants for convenience—the crusts can be prepared in advance, then topped to order. At home, crusts can be refrigerated overnight or wrapped well in plastic wrap and frozen for up to 2 weeks. Batali favors “00” flour, an Italian flour milled especially for pizzas; it can be found online or in specialty stores. When you're ready to assemble pizzas, add toppings, and broil 7 to 8 minutes, or according to directions.



## Parbaked Pizza Crusts

MAKES 8 9- TO 10-INCH PARBAKED CRUSTS

This is it. The recipe that keeps diners flocking to Batali's pizza restaurants on both coasts. While you may not have a pizza oven to finish off the pizzas you make, the parbaking step yields excellent results, even in a home kitchen.

- 1 0.25-oz. pkg. active dry yeast
- 1½ tsp. sugar
- 3½ cups 00 Italian-style pizza flour, or all-purpose flour, plus more for dusting work surface
- 2 Tbs. salt
- ¼ cup olive oil, plus more for oiling dough
- Semolina flour, for dusting work surface

1. Whisk together yeast, sugar, and 1¼ cups warm water (95°F) in small bowl. Let stand in warm place 10 minutes, or until yeast is foamy.
2. Combine flour and salt in bowl of stand mixer fitted with dough hook, and mix well. With mixer on low, add yeast mixture and oil, and mix well. Continue to mix, gradually increasing mixer speed to medium-high. Beat 3 to 4 minutes, or until dough is smooth and elastic. Transfer dough to lightly floured surface, and knead several times; it will still be slightly sticky.
3. Transfer dough to large oiled bowl, turning to coat dough with oil; cover

with kitchen towel or plastic wrap, and let rise in warm place 1 to 1½ hours, or until doubled in size.

4. Punch down dough, and turn out onto well-floured work surface. Divide into 8 pieces (about 4 oz. each), and shape each piece into ball. Cover with kitchen towel, and let stand 15 minutes. Or, for easier handling, transfer to floured baking sheet, and refrigerate until just below room temperature (about 60°F).
5. Dust work surface with mixture (about 60:40 ratio) of 00 or all-purpose and semolina flours. Preheat large griddle pan or 10- to 12-inch skillet over medium heat 5 minutes, or until very hot (375°F). Press and stretch 1 dough ball with hands into 9- to 10-inch round, dusting work surface with just enough flour mixture to keep dough from sticking. Using one hand as guide, slope slightly thicker rim all around dough circle. Carefully place dough round on preheated griddle pan or skillet, and cook 2 to 3 minutes, or until barely tan and browned in a few spots. Press any undercooked parts against pan. Flip crust, and cook 1 minute more. Transfer to wire rack or baking sheet, brushing off any excess flour, and cool. Repeat with remaining dough balls.

PER CRUST: 338 CAL; 9 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 54 G CARB; 0 MG CHOL; 1,748 MG SOD; 3 G FIBER; 1 G SUGARS  



## CHEF'S SECRETS

Here are Mario Batali's tips for making pizzas that are perfectly round, crisp, and delicious.

1. Make sure the dough is slightly below room temperature (about 60°F). Don't stretch it cold.
2. Don't overwork the dough; if it resists or shrinks as you shape it, let it rest briefly before proceeding.
3. Press firmly around the edges of the dough to make the rim and form a good "crown." This helps the pizza hold its shape—and its toppings.
4. When it comes to toppings, less is always more. You don't want to drown the pizza.
5. Adjust the broiler as necessary. Move the pizza away from the heat source if ingredients are cooking too fast, or move the pizza closer to the heat source for more color. By the end, the crust should be charred and blistered in spots.

# 1 FOOD 5 WAYS

BY Mary Margaret Chappell



To be a better cook, get to know your onions

## onions

There isn't a cook in the world who doesn't take onions for granted. "Onions grow in a lot of different climates and can be stored a long time, so they're a basic element in all cooking cultures," explains Steffanie Smith, CEO of River Point Farms, an onion producer based in Hermiston, Ore. The inexpensive, always-available bulbs provide essential flavor in everything from Asian stir-fries to Italian tomato sauces. But only rarely do onions get a starring role in recipes, such as the ones here that (finally!) give the tasty bulbs the attention they're due.

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Dani Fisher

## French Onion Soup Tartines

SERVES 4

French onion soup gets its full-bodied taste from slow-cooked, caramelized onions. Here, we call for three types of onions for rich, balanced flavor, but the recipe will work with any combination or just one variety. The onion mixture can be made up to two days ahead. Serve with a green salad.

- 2 Tbs. olive oil, divided
- 1 medium sweet onion, quartered and sliced
- 1 medium red onion, quartered and sliced
- 3 small yellow onions, peeled and cut into ¼-inch-thick slices
- 2 Tbs. dry white wine
- 2 cups low-sodium vegetable broth

- ½ tsp. honey
- 1 sprig fresh thyme
- 4 large slices country bread
- 2 oz. grated Comté, Emmental, or Gruyère cheese (½ cup)

1. Heat 1 Tbs. oil in saucepan over medium heat. Add sweet onion and red onion, cover, and cook 15 to 20 minutes, or until onions begin to brown.
2. Heat remaining 1 Tbs. oil in large skillet over medium heat. Add yellow onion slices, and cook 5 minutes on each side, or until browned. Transfer to paper-towel-lined plate. Set aside 12 prettiest yellow onion slices, and chop remaining yellow onions.
3. Add chopped yellow onions to sweet and red onions. Cook, uncovered,

5 minutes, or until all onions are browned. Add wine, and cook 1 to 2 minutes, or until most liquid has evaporated. Stir in broth, honey, and thyme; season with salt and pepper, if desired. Partially cover, and simmer 10 to 20 minutes, or until most liquid has evaporated.

4. Preheat oven to broil. Place bread slices on baking sheet. Spread ¼ cup cooked onion mixture on each slice of bread. Top with grated cheese. Lay 3 reserved sautéed onion slices on top of each tartine. Broil 2 to 3 minutes, or until cheese begins to bubble and brown.

PER TARTINE: 277 CAL; 8 G PROT; 12 G TOTAL FAT (4 G SAT FAT); 35 G CARB; 13 MG CHOL; 332 MG SOD; 4 G FIBER; 11 G SUGARS



## Classic Greek Salad

SERVES 4

Soaking onion slices in a red wine vinaigrette tames their bite while flavoring the vinaigrette with onion.

- 1 medium red or sweet onion, halved and thinly sliced
- 3 Tbs. olive oil
- 2 Tbs. red wine vinegar
- ½ tsp. sugar
- ¼ tsp. dried oregano
- 2 cups chopped romaine lettuce
- 2 medium cucumbers, peeled, quartered, and cut into ½-inch-thick slices (2 cups)
- 2 tomatoes, cut into wedges (2 cups)
- ½ cup crumbled reduced-fat feta cheese
- ¼ cup kalamata olives, optional

1. Place onion, oil, vinegar, sugar, and oregano in 1-qt. resealable plastic bag. Seal, and shake to coat onion with liquid. Refrigerate 4 hours, or overnight.

2. Toss together lettuce, cucumbers, tomatoes, feta, and olives (if using) in bowl. Add onions and vinaigrette, and season with salt and pepper, if desired.

PER 1½-CUP SERVING: 162 CAL; 5 G PROT; 13 G TOTAL FAT (3 G SAT FAT); 8 G CARB; 5 MG CHOL; 243 MG SOD; 2 G FIBER; 4 G SUGARS  

### TAKE YOUR PICK

#### Red, white, yellow, or sweet?

Choose the right varieties for your recipes.

**YELLOW** Full-bodied flavor makes these the go-to onions for cooking.

**RED** Their color and not-too-strong taste tout them as raw and grilled options.

**WHITE** These onions are worth seeking out for their mild flavor when chopped or sautéed.

**SWEET** Vidalia onions from Georgia and Walla Walla onions from the Pacific Northwest are prized for their lack of typical onion "bite." EverMild, a variety hitting stores this year, is a biteless sweet onion option during the winter months.

## Austrian Pickled Red Onions

MAKES 2 CUPS

In Austria, pickled red onions are served with rye bread and a paprika-flavored cheese spread. The onions make a great topping for sandwiches, veggie burgers, and tacos.

- ½ cup apple cider vinegar
- ½ cup sugar
- ½ tsp. black peppercorns
- ½ tsp. salt
- 6 whole allspice
- 1 small clove garlic, peeled
- 1 small bay leaf
- 1 large red onion, halved and thinly sliced (2 cups)

Bring vinegar, ½ cup water, sugar, peppercorns, salt, allspice, garlic, and bay leaf to a boil in saucepan. Add onion slices, and return to a boil. Remove from heat, and transfer to bowl or jar. Cover, and cool. Let stand at room temperature 24 hours before serving. Onions will keep up to 2 weeks in fridge.

PER ¼-CUP SERVING: 29 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 74 MG SOD; <1 G FIBER; 5 G SUGARS  

## Pakistani Potatoes and Onions

SERVES 4 | 30 MINUTES OR FEWER

It's hard to beat a crispy mixture of pan-roasted potatoes and fried onions. If you like more spice, add up to ½ teaspoon of cayenne pepper.

- 3 Tbs. vegetable oil
- 2 medium yellow onions, halved and thinly sliced (2 cups)
- 1 lb. fingerling or new potatoes, cut into ¼-inch-thick slices (3 cups)
- 1 tsp. ground turmeric
- ½ tsp. ground cumin
- ¼ tsp. cayenne pepper

1. Line baking sheet with double layer of paper towels. Heat oil in nonstick skillet over medium heat. Add onions, and cook 10 to 15 minutes, or until onions are browned and crispy. Transfer to prepared baking sheet with slotted spoon, and spread in single layer to drain.

2. Add potatoes, turmeric, cumin, and cayenne to remaining oil in skillet, and stir to coat potatoes with spices. Cook 5 minutes, stirring occasionally. Cover, reduce heat to low, and cook 10 to 15 minutes more, or until potatoes are crisp on the outside and cooked through. Transfer to bowl. Stir in onions, and season with salt and pepper, if desired.

PER ½-CUP SERVING: 197 CAL; 3 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 26 G CARB; 0 MG CHOL; 10 MG SOD; 3 G FIBER; 3 G SUGARS  





Austrian Pickled Red Onions

## Baked Onion Rings

SERVES 4

Crunchy on the outside, tender and sweet on the inside, these battered and baked onion rings have a fraction of the calories of their deep-fried cousins.

- 1 cup all-purpose flour
- $\frac{3}{4}$  tsp. salt, divided
- $\frac{3}{4}$  cup tonic water
- 1 cup plain breadcrumbs
- 1 Tbs. vegetable oil
- 2 medium sweet onions, cut into  $\frac{1}{2}$ -inch-thick slices

1. Coat baking sheet with cooking spray. Whisk together flour and  $\frac{1}{2}$  tsp. salt in bowl. Whisk in tonic water, adding more, if necessary, to make pancake-like batter.
2. Combine breadcrumbs, oil, and remaining  $\frac{1}{4}$  tsp. salt in shallow bowl.
3. Separate onions into rings. Dip each onion ring into batter, shaking off excess, then dip into breadcrumbs, coating completely. Place on prepared baking sheet, then place baking sheet in freezer 20 minutes to set batter on rings.
4. Preheat oven to 450°F. Bake onion rings 7 to 10 minutes, or until they begin to brown on bottoms. Flip, and bake 7 to 10 minutes more, or until golden. Season with salt, if desired.

PER SERVING (6 ONION RINGS): 321 CAL; 8 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 60 G CARB; 0 MG CHOL; 650 MG SOD; 4 G FIBER; 15 G SUGARS  



### KEEP 'EM FRESH

Buy onions that have dry outer skins with no soft spots or bruises; whole onions shouldn't produce a lot of scent until you cut into them. Store onions in a cool (40° to 60°F), dry place. Keep them out of plastic bags, which can collect humidity and cause onions to mold or sprout.

What better way to honor Earth Day than to win over friends and loved ones to the delights of plant-based eating? Here's how to start your own veg dining club

the new

# SUPPER CLUB



The author, center, kicks off the club with friends in Hermosa Beach, Calif.



Liesl Maggiore, flexitarian (above); Debbie Fogel, veg sympathizer (left)

**I've been incubating the idea** of a veg supper club for several years. As a vegetarian for more than two decades, I've faced many challenges in breaking bread with friends and family who didn't embrace my plant-based lifestyle. Hosting a dinner party is hard work. When you add to that the anticipated questions—"What do you mean there isn't any meat?" "How do you get enough protein?" and "Tofu is really gross, right?"—it's no wonder that though I fantasized about countless dinner parties, I actually held only a few.

But that was then and this is now. More and more people are paying respectful attention to the benefits of a plant-based diet. Meatless Mondays have become de rigueur at restaurants worldwide, and Tofu Thursdays are popular in the blogosphere. Gail Simmons, food critic and judge on Bravo TV's *Top Chef*, recently proclaimed, "The year of the vegetables is upon us!" Since people are opening their minds to the idea of vegetarian eating, I decided now would be the perfect time to throw open my pantry, kitchen, and dining room to veg-curious friends and family.

The idea is simple: enlist a few friends, pick a mutually convenient day, and divvy up cooking assignments. For best results, follow my simple steps to supper club success.





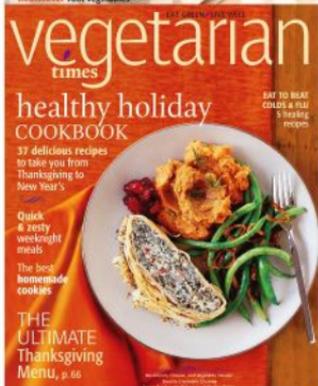
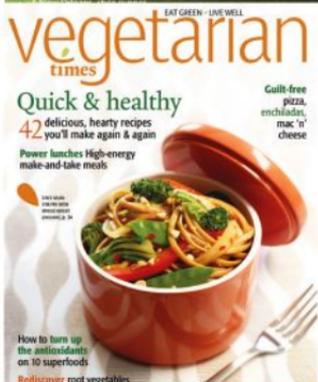
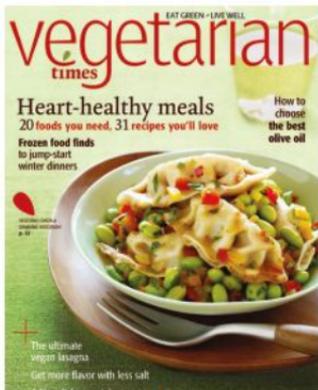
## MY INAUGURAL 4-STAR MENU

I built this menu using four-star spring recipes from the VT Web site. To get all these recipes, plus more party menu ideas, visit [vegetariantimes.com/supperclub](http://vegetariantimes.com/supperclub).

- Three Citrus Basil Cocktails or mocktails
- Indian Spinach Dip with fresh veggie sticks
- Radicchio, Radish, and Fennel Salad
- Spicy Grilled Tofu
- Sweet Potato Wedges with Cider Reduction
- Ice Cream–Strawberry Strata



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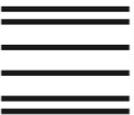
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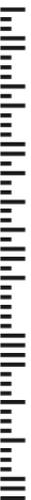
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Vegetarian Laura Dove (foreground) and aspiring vegetarian Shannon Salmon



Five-year-old Stellan Swanlund is a lifelong vegetarian.



### No. 1 | Don't Guess Who's Coming to Dinner

Start with a core of four to six friends who share a passion or interest in plant-based dining. Include both vegetarians and veg-curious omnivores to make for a well-rounded group. While you're at it, bring in at least one or two seasoned cooks. For me, finding friends who were up for the idea was much easier than it would have been just a couple of years ago. Most people I know are still not completely vegetarian,

but nearly all of them eat plenty of plant-based meals and are interested in expanding their veg horizons.

### No. 2 | Make It Potluck

Rather than preparing the entire menu yourself, invite each guest to prepare one dish to bring to the communal meal. Potluck dinners were invented with the express purpose of sharing food and friendship—everyone shares in the work and the expense.

### No. 3 | Pick a Theme, Any Theme

Day of the Mushroom (April 16), National Salad Month (May), foods starting with the letter N. For my kickoff dinner, I put together a spring-themed menu of four-star seasonal recipes from [vegetariantimes.com](http://vegetariantimes.com). Another option would

*continued on p. 83*



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## The New Supper Club

be to agree on a theme, and invite each member of the club to choose an appropriate recipe in an assigned category (appetizer, salad, entrée, etc.). Go with whatever theme sparks the greatest interest among the group.

### No. 4 | Choose the Menu

While old-school potlucks are more come-as-you-are and bring-what-you-want, the modern approach involves a little bit of planning yet leaves plenty of room for creativity. Consider your friends' culinary abilities and inclinations when choosing the recipes. Keep in mind personal likes, dislikes, allergies, etc., and if you know someone prefers cooking over baking, plan accordingly. On the other hand, a supper club can be a great opportunity to coax someone out of their comfort zone.

### No. 5 | Get the Word Out

The host will act as team leader, but a supper club is a collaborative effort, and communication is key. While more than a dozen potluck and dinner party invitation templates are available on evite.com, you can use sites such as signupgenius.com and luckypotluck.com to keep fellow potluckers in the loop on everything from menu and recipe sign-ups to head count and driving directions.

### No. 6 | Show and Tell

If you're the host and you've selected the menu, plan to print out at least one copy of each recipe for everyone to look over at some point during or after dinner. (If guests select their own recipe contributions, ask them to bring copies to share, and invite them to talk about their recipe choices and cooking experience.)

### No. 7 | Set the Stage

Create a comfortable, welcoming space for guests—whether you set the dinner table for a sit-down feast or arrange a buffet around the coffee table. You'll also want to have plates, cutlery, glasses, and napkins, plus a few extra platters or bowls and serving utensils for anyone who didn't bring their recipe ready-to-serve. For a smaller group of four to six people, one recipe per course works great. When your club grows, you can prorate the recipes accordingly (e.g., double up on the entrée; assign another appetizer, side dish, and a second oh-no-you-didn't dessert to new members).

### No. 8 | Alcohol Protocol

The host can provide water and a nonalcoholic drink, but cocktails and wine should be a participatory sport. Let the menu be the guide to what guests contribute to the drinks portion of the evening. And don't forget the ice!

### No. 9 | That Was Great ... Let's Do It Again

Take 15 minutes or so while basking in the afterglow of a great first meal to discuss plans for future get-togethers. Once a month, dinner, the occasional brunch/lunch? Pick a mutually convenient day and time for the next event, identify the next host, and pass along any party-planning wisdom you've gained.

With social media technology available to everyone, there's no time like the present to get in touch with your inner social butterfly and help feed our collective need for community. A supper club is the perfect setting to expand your culinary experiences, inspire one another, and exchange ideas for living the best plant-based *vida loca* you can. 🌱



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Preheat oven to 350°. Blend ingredients in order given. Drop from teaspoon on oiled baking sheet. Bake for 12 minutes or until browned.

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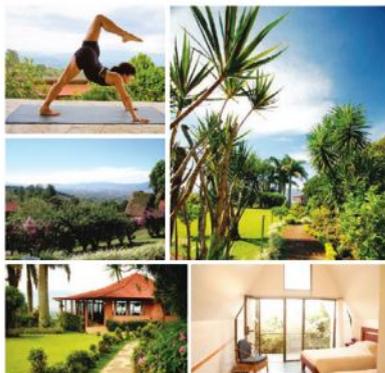


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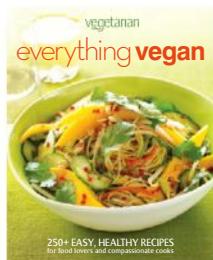
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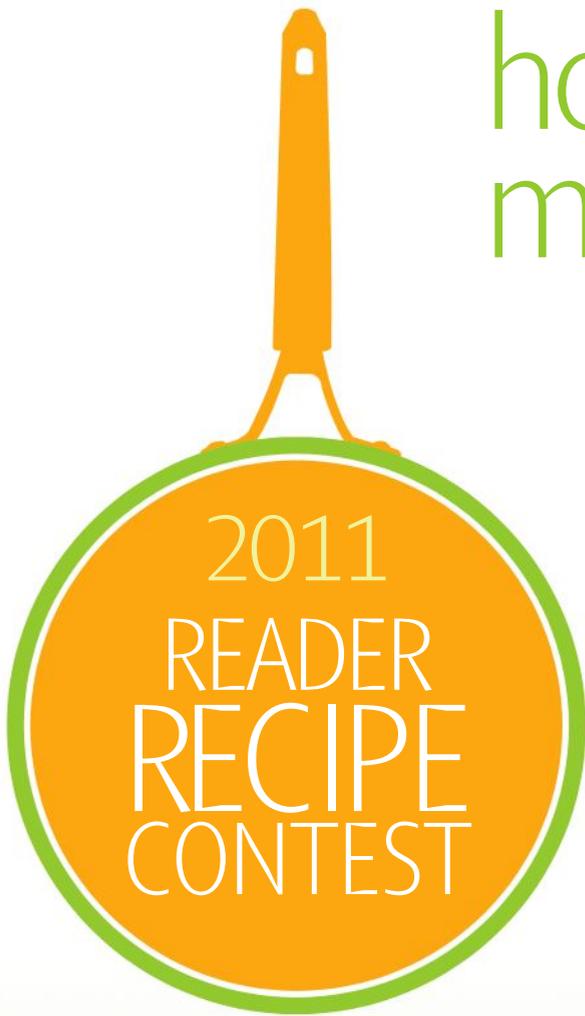
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Send your original vegetarian or vegan entrée recipe (using one or more of the ingredients from the sponsors below), by June 30, 2011. Winning recipes and their creators will be featured in the December issue of Vegetarian Times.

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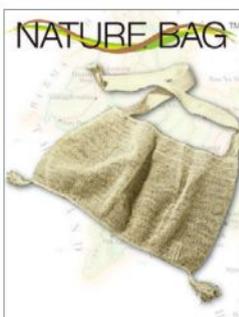


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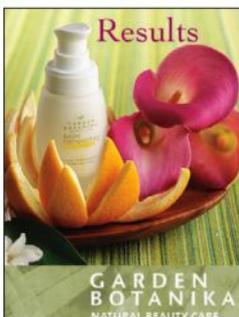


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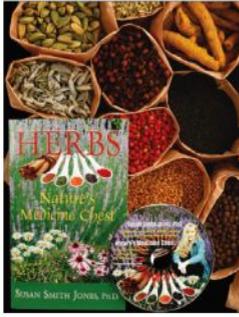
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# Mayim Bialik

This actress spotlights her real-life role as a mom



**After starring** in the sitcom *Blossom* in the 1990s, Mayim Bialik took her beyond-her-years braininess to UCLA, where she earned a PhD in neuroscience in 2007. Along the way she started a family, and is passing her veg values on to her sons, Miles, 5, and Frederick, 2; a spokesperson for the national Holistic Moms Network, Bialik is writing a book on parenting, available in spring 2012. She's also returned to acting, with a recurring role in the CBS comedy *The Big Bang Theory* and a film, *The Chicago 8*, due in theaters this fall.

**Q** What brought you back to acting?

**A** After finishing my degree, I got pregnant with Frederick; acting offered a more flexible schedule than being a research professor. I'm very grateful to have scored the part on *The Big Bang Theory*. I hadn't really tried acting as an adult; that I was able to start getting work from auditioning is a lot of luck.

**Q** What inspired you to go veg at age 19?

**A** A taste aversion stopped my eating meat, then my deep love and respect for animals started informing more and more of my decisions. I had an innate sense of wanting to be vegan, but I needed more information. The change was gradual, which let me think through every step. I was still eating dairy when my first son was born; he couldn't tolerate my breast milk, and I realized I had a dairy allergy. So, it kept evolving. I read *Eating Animals* by Jonathan Safran Foer, and that did it.

**Q** What's one of your biggest challenges in raising veg kids?

**A** For me, it's trying to find the balance between giving age-appropriate information to children and letting them come to an awareness about food on their own. I don't want them to feel superior *or* deprived.

**Q** Which veg meals and snacks top the list for growing children?

**A** I'm most focused on healthy fats. I create lots of cheeses out of nuts. The cashew and macadamia cheeses I make are supereasy. We'll put nut cheese on crackers and eat it with veggies. I also use nut cheese in place of ricotta;

I make spanakopita [a savory pie] with it. And avocado—my favorite—is one of the best foods you can give kids.

My own mom was pretty progressive for her time. She was always making us raw trail mix; we never had sugary cereal. I was raised with a lot of that, but never appreciated it until I became a parent myself.

**Q** How would you define "attachment parenting," which is the subject of your book?

**A** "Attachment parenting" is an umbrella term based on the theory of raising a securely attached child, as described by [psychologist] John Bowlby. Attachment parents tend to aim for these things: breast-feeding, sleeping close to your baby, carrying your baby in a sling next to your body, and practicing gentle discipline. Obviously, parents vary, and not everyone necessarily does all these things, but they're the principles that many think of as attachment parenting.

**Q** What is Passover like for an observant vegan Ashkenazi [a member of the European branch of Jews]?

**A** Traditional Jews of Ashkenazi descent avoid rice, beans, and corn in addition to the five grains we don't eat during Passover. Imagine being vegan when you can't eat oats, barley, wheat, spelt, or flax. And no rice or beans means no tofu or soy anything or rice milk. So I make my own almond milk for Passover, and we eat a lot of quinoa. We eat very healthily and very creatively. With two kids, we somehow make it through! 🌱

*Los Angeles–based writer Chris Mann thanks Blossom for making sunflowers bip.*

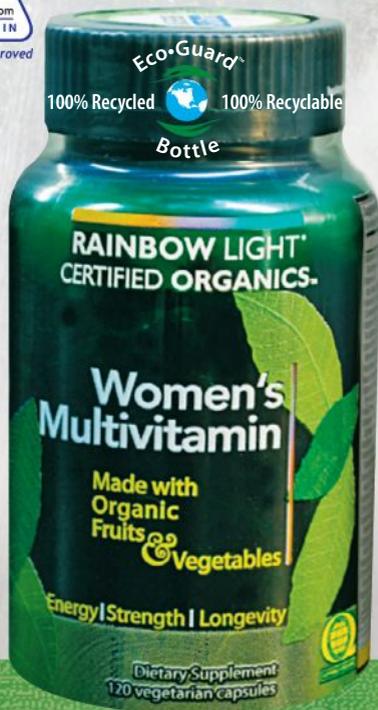
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