Can you please explain how you make such great pasta?

We get asked this a lot! Our answer is the Metodode Cecco.

Slow Drying
In 1899, Filippo De Cecco invented the first low-temperature Slow Drying plant. We are still using the same method today. Even if it takes longer, it is more difficult, and costs more. But only in this way can we better preserve the flavours and aromas of the wheat and the natural colour of our semolina.

Coarse Grain Semolina
Using semolina with a large particle size allows us to maintain the integrity of the gluten, so your pasta will always be "al dente."

Fresh Water from the Majella Mountain
We only knead the dough with mountain water under 15°C, as this ensures optimal gluten development and perfect cooking resistance.

Rough Bronze Draw Plates
We draw our pasta using traditional bronze plates, so that it's rough, porous and able to absorb any type of sauce.

Tortiglioni with Eggplant, Pine Nuts and Raisins
Go to our website for the full recipe.

DE Cecco
The one and only.
www.dececco.com
A new season of Rachael Ray kicks off this month! Hover your phone’s camera here for our exclusive teaser.

GET YOUR SPACE READY FOR FALL—LESS CLUTTER, MORE COLOR!
Grill out s’more.

#SmoresSaturday
September
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Photograph by Johnny Miller
Food styling by Michelle Gatton
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EASY TO STAND
EASY TO FILL
EASY TO CHILL
now with an EXPANDABLE BOTTOM

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WALKING HAS NEVER BEEN SO COMFORTABLE.
No Struggle Here

One of the reasons I started my “30 Minute Meals” classes years ago, other than to sell groceries at the market where I worked, was that I wanted to empower people. It does a lot for your health and your emotional state to be able to cook meals for yourself and your loved ones. It gives you a sense of security knowing you can pull off a delicious dinner on any given night, even if you don’t have a ton of time or money. And you can! I’d say 70 percent of what you pay a premium for in the freezer aisle or order from a takeout place or eat at a restaurant is stuff literally anyone can make.

So when people say (or post) that the weeknight struggle is real, I like to remind them that if you have a job and a family that keep you busy and you’re able to put food on the table, then there’s nostrugglehere. (Hashtag alert: Go to @rachaelraymag on Facebook and Instagram and join the conversation!) If it feels daunting to make dinner after a long day, do these two things:

1. Set yourself up for success: Keep your tools clean and dried and put away. Buy a good knife that feels comfortable in your grip, and keep it sharp. Designate a large work surface so you don’t have to shuffle bowls as you go. Use a garbage bowl and work as close to the stove as possible to limit your running. Prep and plan. And, basically, do everything we’re telling you to do in “Cook Smarter, Not Harder” (page 70).

2. Adjust your attitude: This isn’t work. It should be a pleasure to cook for—or, even better, with—the people you love. When you step into the kitchen, pour a cup of tea or a glass of wine, turn on some Law & Order reruns (my personal fave), or queue up your favorite Spotify playlist. Do whatever chills you out. And don’t rush. If you have hungry people waiting, put out snacks. Just get into your happy place and start cooking.

XO,
GET FASTER SYMPTOM RELIEF
THAN THE LEADING PRESCRIPTION DRY EYE DROP™

From the #1 Doctor Recommended brand, SYSTANE® COMPLETE relieves symptoms of all major types of dry eye. With advanced nano-droplet technology, this soothing eye drop provides outstanding coverage.

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†The leading prescription eye drop for dry eye is indicated to increase tear production and not dry eye symptom relief.
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- Veggie-Packed Soba Noodle Bowls
- Veggie Egg Foo Yong

**GET SMART!**
Throughout this issue, look for these yellow smart codes. Hover your phone’s camera over them and they’ll take you to bonus recipes, videos, behind-the-scenes fun, and more!
**DRINKS & DESSERTS**

- Spicy Watermelon Margarita
- Apple & Thyme Cooler
- Cherry-Almond Ice Cream
- Orange Panna Cotta with Cardamom
- Berry Easy Dessert

**WHAT A TREAT!**
Extra marshmallows (and superfun flavor combos) make these crispy treats something special. PAGES 36 TO 37

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**SOUPS, SALADS & SIDES**

- Ribollita with Crispy Parmesan Toast
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- Parsnip & Fennel Soup
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**SAMMIES & BURGERS**

- DIY Desk Picnic
- Cobb Salad Sandwiches
- Cali Club Quesadillas
- Chicken Toastie
- Chicken Cubano
- Turkey Cheeseburgers

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Grant Melton of the Rachael Ray show created these awesome recipes. To see more, go to @grantmelton on Instagram.
WEEKNIGHT WONDERS

SEVEN SIMPLE WAYS TO GET A DELICIOUS DINNER ON THE TABLE FAST

RECIPES BY MARIANNE WILLIAMS
PHOTOGRAPHY BY JENNIFER CAUSEY
Lemony Gnocchi with Spinach

4 oz. chopped pancetta • 4 oz. baby spinach • 1 large egg • 2 large egg yolks • 1 cup grated Pecorino Romano • 1 lb. refrigerated gnocchi • 1/2 tsp. lemon zest, plus 1 tbsp. juice (from 1 lemon) ▶

In large skillet, cook pancetta over medium heat until crisp. Transfer to plate. Add spinach to skillet; toss with drippings until wilted. In bowl, whisk egg, egg yolks, and 1/2 cup cheese. In pot of salted boiling water, cook gnocchi until tender, 3 to 5 minutes. Drain pasta; reserve 1/2 cup of cooking water. Whisk cooking water and lemon juice into eggs. Add gnocchi, remaining 1/2 cup cheese, and eggs to skillet; cook, stirring, until sauce thickens, about 1 minute. Top with pancetta and lemon zest. Season with pepper. Serves 4.

Ribollita with Crispy Parmesan Toast

3-oz. piece of Parmesan with rind • 1 large loaf crusty white bread • 2 tbsp. olive oil • 1 large yellow onion, chopped • 2 carrots, chopped • 3 stalks celery, chopped • 4 cups vegetable stock • 1 can (28 oz.) crushed tomatoes • 1 can (15 oz.) cannellini beans, rinsed • 1 tbsp. sherry vinegar ▶

Cut rind from cheese. Tear small pieces of bread to measure 3 cups; cut 6 slices from remaining bread. In large saucepan, heat oil over medium-high. Add onion, carrots, and celery; cook until soft, about 10 minutes. Add stock, tomatoes, and cheese rind; bring to boil. Add beans and torn bread; simmer for about 10 minutes. Add vinegar; season. Shred cheese; divide among bread slices. Broil until golden, 3 to 5 minutes. Serve toasts with soup. Serves 6.
Pork Chops with Umami Butter & Mashed Potatoes

2 sticks butter, at room temperature • 1/2 cup drained, chopped sun-dried tomatoes packed in oil • 1 1/2 tbsp. grated Parmesan • 1 1/2 tsp. anchovy paste • 2 lb. russet potatoes, peeled and quartered • 1/2 cup heavy cream • 1 tbsp. olive oil • 4 bone-in pork chops (about 10 oz. each) • 2 tbsp. chopped fresh chives

For umami butter, mix 1 stick butter, tomatoes, cheese, and anchovy paste. In large pot, cover potatoes with water. Boil until tender, about 15 minutes. Drain potatoes; return to pot. Add remaining 1 stick butter and cream. Mash potatoes; season. In skillet, heat oil over medium. Season chops; cook, turning often, until cooked through, 15 to 18 minutes. Top chops with umami butter. Top potatoes with chives. Serves 4.

Instant Pot Mexican Beef Tacos

2 tbsp. canola oil • 1 1/2 lb. chuck steak, cut into 2-inch pieces • 1 cup beef stock • 1 can (about 15 oz.) diced tomatoes with green chiles • 2 tbsp. chopped chipotle chiles in adobo sauce • 8 corn tortillas • sliced avocado, crumbled cotija cheese, fresh cilantro sprigs, and lime wedges, for topping

Set 6-qt. multicooker (such as Instant Pot) to sauté. In multicooker, heat oil. Season beef; cook, turning often, until browned all over, about 3 minutes. Add stock, tomatoes, and chipotles; cover. Set multicooker to manual pressure on high; seal steam valve. Cook beef for 20 minutes. Quick-release steam. Transfer beef to cutting board; shred with 2 forks. Toss with 1 cup cooking liquid. Serve beef with tortillas and toppings. Serves 4.
Brussels Sprouts & Prosciutto Pizza

2 cups shaved Brussels sprouts • 1 1/2 tbsp. fresh lemon juice (from 1 lemon) • 1 ball (1 lb.) store-bought pizza dough • 1 tbsp. olive oil • 1 shallot, sliced • 1 cup shredded mozzarella • 2 tbsp. crumbled blue cheese • 2 oz. sliced prosciutto, torn • 2 tbsp. balsamic glaze

1/2 cup shopped Brusselss sprouts • 1 1/2 tbsp. fresh lemon juice (from 1 lemon) • 1 ball (1 lb.) store-bought pizza dough • 1 tbsp. olive oil • 1 shallot, sliced • 1 cup shredded mozzarella • 2 tbsp. crumbled blue cheese • 2 oz. sliced prosciutto, torn • 2 tbsp. balsamic glaze

Place rimmed baking sheet upside down in oven; preheat oven to 500°. In bowl, toss Brussels sprouts and lemon juice; season. On parchment paper, stretch dough into 12-inch round. Brush with oil; top with 1 cup Brussels sprouts, shallot, and mozzarella. Transfer pizza on parchment paper to baking sheet; bake until golden, about 10 minutes. Top with remaining ingredients. Serves 4.

Falafel-Crusted Chicken with Greek Tomato Salad

2 tomatoes, chopped • 1 cucumber, chopped • 1/3 cup halved, pitted kalamata olives • 1/3 cup crumbled feta • 2 tbsp. chopped fresh oregano • 6 tbsp. olive oil • 1/2 cup flour • 2 large eggs • 1 box (10 oz.) falafel mix • 1/2 cup panko • 4 chicken cutlets (6 oz. each)

Preheat oven to 350°. In bowl, mix first 5 ingredients and 2 tbsp. oil. In shallow bowl, season flour with salt. In second bowl, beat eggs. In third, combine falafel mix and panko. Dredge cutlets in flour, then eggs, and then falafel mix. In skillet, cook cutlets in 4 tbsp. oil over medium heat until golden, 2 to 3 minutes per side. Transfer to baking sheet; bake until cooked through, about 10 minutes. Serves 4.
Smoked Salmon Sushi Bowls

1/2 cup rice vinegar
• 3 tbsp. soy sauce
• 3 tbsp. toasted sesame oil
• 1 tsp. sugar • 1 tsp. wasabi paste
• 6 cups cooked basmati rice, at room temperature
• 4 oz. smoked salmon
• 1 cup shelled edamame
• 1 cup matchstick-size pieces of cucumbers
• 1/2 cup matchstick-size pieces of carrots
• 1/2 cup crumbled toasted nori sheets

In bowl, whisk first 5 ingredients for dressing. In bowl, toss rice with 1/4 cup dressing; divide among 4 bowls. Top with remaining ingredients and dressing. Serves 4.
Just a little bit of blue cheese adds a ton of flavor to the Brussels Sprouts & Prosciutto Pizza.
THIS IS BIG.

USDA ORGANIC

MADE WITH ORGANIC CHICKEN AND SIMPLE INGREDIENTS. NOW IN A FREEZER AISLE NEAR YOU.

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What’s more nostalgic than a white-bread sandwich? The squishy-soft bread used to bookend your lunch-box PB & J or ham and cheese—before everyone caught on to the wonders of whole grains. But now chefs across the country are revisiting the classic white-bread sandwich and elevating it for grown-up tastes.

The current sando trend is an offshoot of the katsu craze that dominated trendy eateries last year with crustless constructions of crunchy battered meats flanked by fluffy Japanese-style milk bread. But the latest take goes beyond the cutlet category. Konbi café in Los Angeles (konbila.com) blew up on Instagram, thanks to its egg-salad sandwich, which amps up the afternoon-tea staple with scallions and rice wine vinegar. “Sandos are undeniable,” says Konbi’s co-chef and co-owner, Akira Akuto. “Once you have one that’s actually good, you want them all the time.”

At David Chang’s fast-casual Peach Mart in New York City (peachmart.xyz), the souped-up sandos were “originally inspired by Japanese convenience stores,” says Momofuku CEO Marguerite Mariscal. One social media standout is the Black & White, a PB & J twist featuring black-sesame paste, cream cheese, and citron jam. To re-create the sando trend at home, opt for the whitest, fluffiest loaf you can find. “It’s more about texture than it is flavor,” says Mariscal. And always remember: Cut those crusts! —CHRISTINA IZZO
ON OUR RADAR

SAVANNAH SIGHTS

The genteel city in Georgia—the oldest in the state!—is a picturesque mix of modern cool and good old-fashioned charm.

TYBEE ISLAND
Affectionately known as Savannah Beach, this breezy getaway is a favorite of city locals and famous folk alike. (Sandra Bullock and John Mellencamp have lived there.) The barrier island is a mere 20-minute drive from Savannah proper, but its salt marshes, scenic lighthouse, and coastal wildlife make it feel light-years from the city center. tybeesland.com

ALLEY CAT LOUNGE
Savannah is “the hostess city of the South,” and there’s no easier way to enjoy that welcome than with a good drink. You’ll find plenty of them—32 menu pages’ worth—at this basement bar, tucked speakeasy-style in a back alley downtown. Along with Prohibition-era tipples, the newspaper-style menu features drinkers’ horoscopes, profiles on female bartenders, and literary excerpts by Hunter Thompson. But don’t mistake it for smoky—the Southern hospitality here goes down smooth. alleycat.com

BONAVENTURE CEMETERY
Popularized by the 1994 John Berendt novel, Midnight in the Garden of Good and Evil, the Bonaventure is as historically impressive as it is hauntingly beautiful. The cemetery offers free guided tours that point out notable inhabitants like songwriter Johnny Mercer, but you could also easily spend an afternoon just strolling under the 250-year-old moss-draped oak trees. bonaventurehistorical.org

SERVICE BREWING CO.
You’ll find more than beer at this brewery and taproom off the Savannah River. Owned by former U.S. Army commander Kevin Ryan and his wife, Meredith Sutton, the brewery works to spotlight military members, from the servicemen working behind the bar to the veteran-focused charities that receive donations with each launch of a new craft beer. Speaking of service members, keep an eye out for Blackhawk and Chinook, the cats who call the brewery home. servicebrewing.com

THE MANSION ON FORSYTH PARK
Set in a stately 1888 brick mansion (above left) overlooking its namesake park, this quirky-chic Kessler Collection hotel houses curiosities around every corner (century-old bonnets along a hallway, a one-of-a-kind Bösendorfer piano off the lobby), as well as a modern-art gallery, an on-site cooking school, and glamorous guest rooms outfitted with baroque headboards, crystal chandeliers, and velvet chaises. kesslercollection.com

THE GREY
It’s a treat to dine at a restaurant where the chef is at the top of her game. And at this Savannah hot spot, Mashama Bailey (above right) is straight-up crushing it. Her inventive Southern cooking (think foie gras and grits) garnered Bailey the James Beard Award for Best Chef this year. Pair that kitchen cred with art deco digs inside a renovated 1938 Greyhound bus terminal and you’ve got a destination spot. thegreyrestaurant.com

CLOCKWISE FROM TOP: MICHAEL TURK/GALLERY STOCK; QUENTIN BACON; COURTESY OF THE MANSION ON FORSYTH PARK.

—CI
FOR ADULTS WITH UNCONTROLLED MODERATE-TO-SEVERE ECZEMA (ATOPIC DERMATITIS)

HELP HEAL YOUR SKIN FROM WITHIN

DUPIXENT, the first eczema treatment of its kind, is not a steroid. It is a biologic treatment that helps manage the inflammation deep beneath the surface that causes the flare-ups you see and feel on your skin—and keeps working, even when your skin looks clear.

In Two Clinical Trials with Adults Taking DUPIXENT™

- Nearly half of patients saw 75th skin improvement and some even saw 90th improvement
- Almost 4 times more patients taking DUPIXENT saw clear or almost clear skin as compared with those not taking DUPIXENT—37% taking DUPIXENT as compared with 10% not taking DUPIXENT
- Patients experienced significant itch reduction, some patients as early as 2 weeks

*16-week trials compared to placebo.

INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines.

Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:
- Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects include injection site reaction, eye and eyelid inflammation, including redness, swelling and itching, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is given as an injection under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. DO NOT try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In adolescents 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see accompanying Brief Summary on next page.

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What is DUPIXENT?
• DUPIXENT is a prescription medicine used:
  – to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
  – with other asthma medications for the maintenance treatment of moderate-to-severe asthma in people aged 12 years and older whose asthma is not controlled with their current asthma medicines. DUPIXENT helps prevent severe asthma attacks (exacerbations) and can improve your breathing. DUPIXENT may also help reduce the amount of oral corticosteroids you need while preventing severe asthma attacks and improving your breathing.
• DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis and asthma.
• DUPIXENT is not used to treat sudden breathing problems
• It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.
• It is not known if DUPIXENT is safe and effective in children with asthma under 12 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
• have eye problems (if you also have atopic dermatitis)
• have a parasitic (helminth) infection
• are taking oral, topical, or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
• are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
• are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby’s health. You can talk to your healthcare provider or call 1-877-311-8972 or go to https://mothersandbaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.
• are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.
Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?
• See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.
• Use DUPIXENT exactly as prescribed by your healthcare provider.
• DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
• DUPIXENT is given as an injection under the skin (subcutaneous injection).
• If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In adolescents 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
• If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
• If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
• Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
• Eye problems. If you have atopic dermatitis, tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.
• Inflammation in your blood vessels: Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUPIXENT. Tell your healthcare provider right away if you have: rash, shortness of breath, persistent fever, chest pain, or a feeling of pins and needles or numbness of your arms or legs.

The most common side effects of DUPIXENT include:
• injection site reactions, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on your lips.
• Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a summary of the most important information about DUPIXENT. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: March 2019
Mary Pursell is the founder of Linens of Love (linensofloveinc.org), a nonprofit based in New Haven, Connecticut, that provides fresh linens and toiletries to community shelters and organizations dedicated to helping the homeless, veterans, and families.

What inspired Linens of Love? When my daughter was in high school, we participated in a community-service project feeding the homeless on a weekly basis. I noticed that there were no sheets, pillows, or blankets on the beds at the shelters. Basic toiletries were also a common request from the guests. The gratitude expressed for these basic necessities inspired us to do more. In 2015 Linens of Love was established to provide necessities to the homeless and those transitioning out of homelessness.

How do you see Linens of Love growing in the next few years? I’d like to see Linens of Love purchase its own delivery-and-pickup vehicle, open an online retail store for additional financial support, secure an additional storage facility, and increase the number of organizations and shelters we service.

What is your ultimate goal for the nonprofit? I would love for Linens of Love to expand nationally. Our goal is that we can be a reliable resource for those in homelessness and those transitioning to independent living. As they move into their own homes, basic items may seem trivial, but they help make for a new beginning. —CI

When it comes to appropriate dinner-party topics, Downton rules still hold. Avoid politics, sex, and religion, says the show’s etiquette expert, Alastair Bruce.

The Downton Abbey movie hits theaters on September 20, and we’re celebrating with some dinner-party rules from the film’s etiquette pros.

DON’T RUSH IT
If an hour-long sprint of a meal is what you’re after, a Downton dinner won’t be your jam. “It’s very much a tasting menu,” says Lisa Heathcote, the home economist and food stylist on the Downton Abbey series and upcoming film, who notes that dinner can stretch for more than three hours. “You might have oysters as an hors d’oeuvres. You’d have soup, a fish course, a small roast bird, and a main dish with sauces and vegetables. Then you’d have dessert, then fruit and cheese, and then you could possibly have another savory.” Save room!

HELP YOURSELF
The serving style at any Downton shindig would be butler service, Heathcote explains: “The member of staff would stand with the food, and the diner would help themselves off the tray that is offered to them. The servant does not dictate to the diner how much or what they’re going to eat—it’s entirely up to the individual. And there’s no such thing as seconds.”

DRESS TO IMPRESS
Not you—the food! While the post-Edwardian era in which Downton Abbey is set is slightly less decorated than its Victorian forebearer, Heathcote notes that the Abbey’s cook, Mrs. Patmore, would still be taken with over-the-top presentation because she’s in the countryside. “It was quite formal and structured,” she explains. To replicate it at your next dinner, Heathcote suggests presenting your food on platters, keeping color in mind—“red always pings out”—and serving “lots of watercress, always.”

GET JIGGLY WITH IT
“This is the world of aspic,” a savory gelatin made from a meat stock or consommé, says Heathcote. But if a dinner mold is too adventurous for your party, there are plenty of period-truth dishes that appeal to modern palates. According to Heathcote, you can’t go wrong with a charlotte russe cake (layers of mouse, ladyfingers, and fruit), a boiled ham, or cucumber sandwiches. “I’ve made acres of cucumber sandwiches over the years,” she says.

FOLLOW THE LEADER
“Every time you’d sit down at a dining room table in a proper house, you’d look to see which way the hostess turns to start talking,” explains Alastair Bruce, the historical adviser for the Downton Abbey series and film. “If she’s gone to the right, all the women turn to the right and all the men turn to the left. After the first course, they turn the other way. After the second course, they go back.”

MIND YOUR POSTURE (AND YOUR GLOVES!)
“What always surprised the actors is how upright they’d have to be,” says Bruce of the Downton cast. “They couldn’t lean back in their chairs. And if they weren’t holding their knives and forks, they’d have to leave them on the plates and place their hands in their laps.” And if you really want to have yourself an accurate party, wear gloves. “Women had to take them off to eat and put them back on afterward,” says Bruce. “If they wanted to play bridge, the gloves were off again.” —CI
Jennifer Garner has added plenty of accolades to her already-considerable résumé over the last year. She received a star on the Hollywood Walk of Fame in the summer, covered People magazine’s Beautiful Issue in the spring, and became a bona fide Instagram star charming 6 million followers with saxophone solos, throwback photos, and the bedtime stories she reads to her pup, Birdie.

But there are two jobs she’s focused on right now: getting three kids ready for the new school year and promoting *Once Upon a Farm* (onceuponafarmorganics.com), the startup specializing in cold-pressed baby food where she is chief brand officer. We chat with the actress-entrepreneur about the budding company, balancing mom duties, and her back-to-school routine.

**You joined the *Once Upon a Farm* team in 2017. What made you want to get involved?**
I saw products that I would’ve used as a mom, that would’ve really solved a problem for me and other parents who are trying to work and get things done while feeding children and taking care of themselves. So many businesses out there feel redundant, but this one doesn’t. It feels like this is the next iteration of healthy food for kids: all organic, no concentrates, no added sugars, no added flavors or colors. I wanted to be a part of it.

**There’s an influx of “natural foods” for babies and children these days. How do you think *Once Upon a Farm* stands out from the pack?**
You can see the vibrant color. You see the texture. You can taste the produce, the fiber. There’s just so much goodness there, compared to a pouch that’s probably been sitting on a grocery-store shelf for as long as your child has been alive. The process that we use to cold-press is a new technology for baby food. We pick produce at its ripest and lock in the nutrients by basically putting the pressure of nine oceans on it, which squeezes out the bacteria. Our baby food can be in the fridge for months, but it’s still fresh and full of vitamins.

**Earlier this year, *Once Upon a Farm* became the first refrigerated organic baby-food brand to be available to families eligible for the USDA’s Women, Infants, and Children Program (WIC). Why was that important to you?**
Cofounder John Foraker and I were determined early on that our food not just be for kids in Santa Monica, California, or upscale neighborhoods in New York City. This is something that should feed all kids. We’re WIC-eligible in four states—Florida, West Virginia, Vermont, and Connecticut—which means that parents can go to the grocery store and get their children the best possible nutrition.

**We’re officially in back-to-school season, which can be hectic for families. You have three young kids. How do you prep for the school year?**
I take each of them school-supply shopping alone. There’s usually ice cream involved. We’ll make a run to our grocery store, and I’ll ask, “Is there anything that you’d like to try at the top of the year?” I like the whole process of talking about it. You’re a team trying to tackle something nearly impossible, which is getting out of the house with everything you’re supposed to have, dressed, sunscreen on, with lunch in hand.

**Your *Pretend Cooking Show* is a hit with your Insta followers. Would you ever do an actual cooking show?**
I’m in the kitchen a lot and I do love food, but I don’t know that I have so much to offer. I like doing the Instagram show because it cracks me up and it’s three minutes long. If it were a whole production, I don’t know that I would be that helpful to people out there. We’re all better off watching Rachael and the other professionals do their thing! —CI

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CLIP ART
BARRETTE AND SCRUNCHIES ARE TRENDING, RACH’S STYLIST, CARA JAMMET, SHOWS YOU HOW TO GET THE GIRLISH LOOKS.

1. BAND AID
The headband of the moment is more boho-chic, less Blair Waldorf. This Noelle Wire Headwrap by Deepa Gurnani combines patterned fabric and colorful beads with copper wire to maintain a trendy scarf shape. $75, deepagurnani.com

2. IN A PINCH
Beat the late-summer heat by piling your locks up in an 8 Other Reasons Keke Hair Clip. Available in black or clear, the resin claw clip features a quintet of glass pearls for a girly touch. $29 for two, 8otherreasons.com

3. SCRUNCH TIME
A sweet retro ponytail is as easy as ABC with a silk Yucca Scrunchie Tie by I’m With the Band, which updates the Sandra Dee-esque style with a pop of cool acid green. The Tawnes Scrunche Tie also shown below, $28 each, im-with-the-band.com

4. BOBBY DAZZLER
Go beyond your basic bobby pins with a Rays of Sunshine Five-Piece Barrette Set by Elizabeth Cole. Each pin is fitted with bold multicolored crystals. $50, sakiz/fthavenue.com

5. A STAR IS BORN
Ben-Amun Star Crystal Art Deco Hair Pins may be intended for brides, but any day can be a special one with some Swarovski sparkle in your hair. $145 for two, ben-amun.com

6. SNAP HAPPY
Nineties-style snap clips were all the rage at fall shows like Chanel and Gucci. Pin on a single Kitsch Mini Rhinestone Snap Clip for a bookish vibe, or layer them for a high-fashion look. $12 for two, mykitsch.com —CI

PHOTOGRAPHY BY PETER ARDITO
sleeper HITS

Nighttime is the right time for beauty treatments, whether you're an overachiever or just too busy to get it all done during waking hours.

SOW YOUR OATS
Aveeno Oat Milk Blend Overnight Oats Hair Mask is a blend of oat and almond milks that goes on dry hair, then spends hours hydrating, softening, and smoothing while you snooze. $8.50, aveeno.com

ROSY CHEEDED
If you don't have time to sit with a goopy sheet on your face during the day, the Fresh Rose Deep Hydration Sleeping Mask will be your bedtime BFF. It combines rosewater and hyaluronic acid to help you wake up hydrated and dewy. $50, fresh.com

LIP SERVICE
Enriched with vitamin C and antioxidants, the Laneige Lip Sleeping Mask is a super balm. The formula locks in moisture for eight hours, softening and deflaking lips before your alarm goes off. $20, us.laneige.com

GLOW GETTER
Talk about multitasking: Charlotte Tilbury Overnight Bronze & Glow Mask is a gradual tanner and a moisturizing skin treatment in one. Smooth it on each night and you'll build a pretty glow in about three days. $55, charlottetilbury.com

SHINE ON
Chewing Olly Beauty Sleep Gummies before bed provides a double benefit. Ceramides hydrate and protect your skin's barrier, while melatonin and L-theanine (an amino acid) boost your sleep hormones. $14, oly.com

NIGHT WATCH
The Dermalogica Sound Sleep Cocoon gel-cream comes packed with tamarind seed extract to hydrate, Persian silk tree extract to reduce glycation (which weakens collagen), and lavender oil to encourage deep sleep. $80, dermalogica.com —ALYSSA HERTZIG
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THINGS I’M LOVING RIGHT NOW

SPICY WATERMELON MARGARITA

John says, “Summer’s not over until you say it is, so keep the season going with this fresh, fruity cocktail.”

6 slices of jalapeño chile
4 oz. St-Germain elderflower liqueur
4 oz. tequila blanco
3 oz. fresh watermelon juice
1 oz. fresh lime juice (from about 1 lime)
Ice cubes
2 sprigs fresh cilantro, for garnish

In the bottom of a cocktail shaker, using a muddler or wooden spoon, muddle the chile slices. Add the liqueur, tequila, watermelon juice, and lime juice. Fill the shaker with ice and shake well. Strain the cocktail into 2 rocks glasses filled with ice. Garnish with the cilantro sprigs. Makes 2.

HELMET SHELTER

Emilio Estevez took 12 years to make The Public, which he wrote and directed. It’s the story of a group of homeless people who seek shelter in a public library during a cold Cincinnati winter and the legal ramifications of that. It was mind-blowingly good with such an amazing cast: Christian Slater, Gabrielle Union, Alec Baldwin. And Michael K. Williams gives the performance of his life.

FOOD FOR THOUGHT

Dr. Will Li is the most “digestible” authority on food versus wellness that I’ve ever had the pleasure of meeting. His fans include U2, Dr. Oz, and the pope—literally! His book Eat to Beat Disease: The New Science of How Your Body Can Heal Itself, is the biggest thing I’ve read in a decade. It shows you how food can fight disease and transform your health. It’s a game changer. drwilliamli.com

HELLO GOOD

We all know that John is the drinks expert in our house. (Check out his cocktail recipe at left.) But the brand-new Hella Cocktail Bitters & Soda line makes it easy even for nonpros like me. They’re canned spritzes that you can drink on their own or mix with your favorite booze. Cheers! hellacocktail.co

BOHO CHIC

Elisabeth Hasselbeck was on the show not too long ago and gifted me some great pieces from the jewelry line Hearnej Good Co. Designer Leigh Hillenmeyer makes really cool boho necklaces and earrings—I have a fun feather pair with hammered-metal details. A portion of proceeds supports a community health clinic in Kenya, so win-win! hearnedrygoodsco.com

JOHN’S COCKTAIL

SPICY WATERMELON MARGARITA

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RASPBERRY-LEMON CHEESECAKE BARS

Prep Time: 15 min. | Total Time: 6 hours 5 min. | Makes: 16 servings

WHAT YOU NEED
2 cups graham cracker crumbs
1 cup plus 2 Tbsp. sugar, divided
6 Tbsp. butter, melted
3 cups (12 oz.) raspberries, divided
1 Tbsp. each zest and juice from 1 lemon
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
4 eggs

MAKE IT
HEAT oven to 325°F.
LINE 13x9-inch pan with foil, with ends of foil extending over sides.
Combine graham crumbles, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.
RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.
BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.
BAKE 35 to 40 min. or until center is almost set. Cool completely.
REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest. Use foil handles to remove cheesecake from pan before cutting into bars.

PERFECT Cheesecake IS MADE WITH

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1 Prosciutto & Pear Crostini
START TO FINISH: 15 MIN

12 baguette slices, toasted
• ¾ cup mascarpone cheese
• 6 prosciutto slices, torn
• 2 pears, thinly sliced • EVOO, for drizzling • torn fresh basil leaves, for garnish

Spread each toast with 1 tbsp. mascarpone; season. Divide prosciutto and pears among toasts. Drizzle with oil. Top with basil. Makes 12.
ARTICHOKE PREP
The best way to trim an artichoke? Cut about an inch off the top, then rub the cut end with the cut side of a halved lemon to prevent browning. Break off the dry outer leaves near the stem, and snip off the spiky tips of the leaves with kitchen shears. Cook the artichoke, then chow down!

APPLE & THYME COOLER
START TO FINISH: 15 MIN
(PLUS 15 MIN FOR COOLING)
1/2 cup sugar • 10 sprigs fresh thyme
• 21/2 cups apple juice • 1/2 cups club soda • ice • 1 cup bourbon (optional)
In small saucepan, bring sugar, 1/2 cup water, and 5 thyme sprigs to boil, stirring until sugar dissolves. Reduce heat to low; simmer for 10 minutes. Let thyme syrup cool to room temperature; strain into large pitcher. Stir in apple juice, club soda, ice, and bourbon (if using). Garnish with remaining 5 thyme sprigs. Serves 4.

STEAMED ARTICHOKE WITH ITALIAN SALSA VERDE
START TO FINISH: 15 MIN
(PLUS 30 MIN FOR COOLING)
2 large artichokes, trimmed • 1/4 cup EVOO • 2 tbsp. chopped fresh basil
• 2 tbsp. chopped scallions • 2 tbsp.
chopped shallots • 1 tbsp. chopped
drained capers • 1 tbsp. chopped
fresh flat-leaf parsley • 1 tsp. lemon
zest, plus 2 tbsp. juice
Place 1 artichoke, top-end down, in microwavable bowl with 1/4 cup water and 1/4 tsp. salt. Cover with plastic wrap; microwave on high for 8 minutes. Let sit, covered, for 5 minutes. Repeat with remaining artichoke. Uncover artichokes; chill until cool. Loosen leaves on artichokes. In bowl, mix remaining ingredients; season salsa. Serve with artichokes. Makes 2.
Halibut in Creamy Coconut Sauce

START TO FINISH: 20 MIN

4 boneless, skinless halibut fillets (6 oz. each) • 2 tbsp. olive oil • 1 can (13.5 oz.) unsweetened coconut milk • 2 scallions, finely chopped (about ¼ cup) • 1 tbsp. finely chopped fresh lemongrass • 1 tsp. lime zest, plus 1 tsp. juice • 1 tsp. grated peeled fresh ginger • 1 tsp. grated garlic • 4 cups chopped stemmed kale (from 1 bunch) • sliced red chile, for garnish

Season fish. In nonstick skillet, cook fish in oil over medium-high heat until flaky, 4 to 5 minutes per side. Transfer to plate. In same skillet, add coconut milk, scallions, lemongrass, lime zest and juice, ginger, and garlic; season. Bring to simmer. Cover; cook until fragrant, about 2 minutes. Add kale. Cover; cook for about 1 minute. Arrange fish on top of sauce. Cover; cook until kale is tender and fish is heated through, 1 to 2 minutes. Garnish with chile. Serves 4.
QUICK CORIANDER SALT

Yes, salt is magic, but flavored salt is even better. One of our favorites is tangy coriander salt. To make some, in a small skillet, toast 1 tbsp. whole coriander seeds over medium heat, stirring often, until fragrant, 2 to 3 minutes. Let cool, then finely grind in a spice grinder with 1/2 tsp. kosher salt. Sprinkle on the parsnip chips on page 34. Or try it with french fries, deviled eggs, or roasted carrots.

7 Cherry-Almond Ice Cream

START TO FINISH: 10 MIN (PLUS 20 MIN FOR SOFTENING AND 1 HR FOR FREEZING)

1 pint vanilla ice cream, softened • 1/3 cup frozen cherries, thawed and roughly chopped • 1/3 cup crumbled amaretti cookies • 1/3 cup chopped almonds

In medium bowl, using silicone spatula, fold all ingredients together. Transfer to airtight container; freeze until firm, at least 1 hour. Serves 4.

8 Celery Root & Apple Salad

START TO FINISH: 20 MIN

1/4 cup EVOO • 2 tbsp. chopped fresh thyme leaves • 2 tbsp. fresh lemon juice • 1 tbsp. honey • 1 small celery root, peeled and cut into matchsticks • 1 green apple, cored and cut into matchsticks • 1/2 cup pomegranate seeds • 1/2 cup toasted pine nuts • 1/4 cup grated Parmesan • chopped fresh flat-leaf parsley, for garnish

In large bowl, whisk first 4 ingredients; season dressing. Toss dressing with celery root, fruit, pine nuts, and half of cheese; season. Top with parsley and remaining cheese. Serves 4.
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GrownInIdaho.com
Breakfast Polenta Bowls

START TO FINISH: 20 MIN

4 oz. chopped pancetta • 1 cup fresh corn kernels (from 3 large ears) • 1 cup halved cherry tomatoes (about 10 oz.) • 5 cups whole milk • 1 cup instant polenta • 3 tbsp. butter • 4 poached eggs • 2 tbsp. sliced fresh basil • EVOO, for drizzling

In skillet, cook pancetta over medium-high heat, stirring often, until fat begins to render, about 4 minutes. Add corn and tomatoes. Cook until pancetta is crisp, about 4 minutes. In saucepan, bring milk to boil. Slowly whisk in polenta over medium heat until creamy, 3 minutes. Whisk in butter; season. Divide polenta among bowls. Top with corn mixture, eggs, and basil. Drizzle with oil. Serves 4.
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You probably have a grater for making wisps of zest, but it’s also worth investing in a five-hole citrus zester. This gadget creates slightly longer strips, which are great for garnishes and anywhere you want a little more citrus flavor.

Orange Panna Cotta with Cardamom Syrup

START TO FINISH: 25 MIN (PLUS 4 HR FOR COOLING)
2/3 cup sugar • 1 tbsp. crushed cardamom pods • 3 large oranges • 4 tsp. unflavored gelatin (from two 1/4-oz. packets) • 3 cups heavy cream • shaved white chocolate, for garnish

In pot, bring 1/3 cup sugar, 1/3 cup water, and cardamom to boil, stirring until sugar dissolves. Reduce heat to low; simmer for about 5 minutes. Strain syrup into bowl; let cool. Zest 1 orange. Juice all 3 oranges; strain enough juice into bowl to measure 1 cup. Whisk in gelatin.

In same pot, bring cream and remaining 1/3 cup sugar to boil. Off heat, whisk orange juice into cream; divide among 8 greased 4-oz. ramekins. Refrigerate panna cotta until set, about 2 hours. Unmold panna cotta. Drizzle with syrup. Garnish with orange zest and chocolate. Makes 8.
THE PACK SAYS ON-THE-GO. OSCAR MAYER SAYS DELICIOUS.

NO ARTIFICIAL INGREDIENTS. UP TO 18G OF PROTEIN.
Soy-Ginger Green Beans

START TO FINISH: 20 MIN

1 lb. green beans, trimmed • 3 cloves garlic, sliced • 2 tbsp. finely chopped peeled fresh ginger • ½ tsp. crushed red pepper • 2 tbsp. grapeseed or canola oil • ¼ cup soy sauce • 2 tbsp. honey • toasted sesame seeds, for garnish

In pot of salted boiling water, cook green beans until crisp-tender, about 3 minutes. Drain green beans. In skillet, cook garlic, ginger, and crushed red pepper in oil over medium-high heat, stirring often, until garlic is golden, about 1 minute. Add green beans, soy sauce, and honey; toss until heated through, about 1 minute. Garnish with sesame seeds. Serves 4.

Apple Cider Oatmeal with Sautéed Apples

START TO FINISH: 15 MIN

2 ½ cups apple cider • ½ tsp. Chinese five-spice powder • 2 cups old-fashioned rolled oats • 2 apples, cored and sliced • 2 tbsp. butter • ¼ cup toasted chopped pecans

In saucepan, bring cider, 1 cup water, five-spice powder, and ¼ tsp. salt to boil. Stir in oats; cook over medium heat until tender, 5 minutes. In skillet, cook apples in butter over medium heat until golden, 5 minutes. Top oatmeal with apples and pecans. Serves 4.

Coriander Chicken Cutlets with Preserved Lemon

START TO FINISH: 30 MIN

4 boneless, skinless chicken breasts, pounded to ½ inch thick • 1 tsp. ground coriander • ¼ cup quick-mixing flour (such as Wondra) • 2 tbsp. olive oil • ½ cup chicken stock • ½ cup dry (white) vermouth • 4 tbsp. butter • thinly sliced preserved lemon peel (from half of 1 preserved lemon) • 6 fresh bay leaves • ½ red onion, thinly sliced

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Here’s what you need to know about this often-overlooked root vegetable.

BUY These off-white roots look similar to carrots, but they have a sweet, nutty flavor. When you’re shopping, choose firm parsnips that are small to medium in size. Large ones can be tough and chewy.

PREP Parsnips have thin skins, so just give them a good scrub and you’re good to go. Cook them as you would carrots: roasted, boiled, steamed, or sautéed in a pan with some butter. They’re also tasty in a mash. We’re fans of a half-potato-half-parsnip mixture.

STORE Stash unwashed parsnips in a plastic bag in the crisper drawer. They’ll keep for up to 2 weeks.

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**Parsnip & Fennel Soup**

START TO FINISH: 25 MIN

4 parsnips, peeled and chopped
• 1 large bulb fennel, chopped, plus fronds reserved
• ¼ cup EVOO, plus more for drizzling
• 2 cloves garlic, chopped
• 2 shallots, chopped + 1 tsp. fresh thyme
• 1⅓ cups vegetable stock
• 1⅓ cups whole milk
• crumbled cooked bacon and thinly sliced mushrooms, for garnish

In pot, cook parsnips, chopped fennel, ¼ cup oil, garlic, shallots, and thyme over medium heat until vegetables are soft, about 10 minutes. Transfer to blender. Add stock; puree. Return soup to pot. Add milk. Heat soup over medium until heated through, about 5 minutes; season. Top with bacon, mushrooms, and fennel fronds. Drizzle with oil. Serves 4.

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**Parsnip Chips with Sriracha Mayo**

START TO FINISH: 30 MIN

1½ quarts vegetable oil
• 1 lb. medium parsnips, shaved into ribbons with vegetable peeler
• Quick Coriander Salt (recipe on page 26)
• ½ cup mayonnaise
• 2 tsp. sriracha

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Rethink your crispy rice bars with help from Grant Melton, culinary producer on the Rachael Ray show and our go-to guy for sweet stuff.

**1. Classy Confetti**

**MIX IT UP** Stir 2 tsp. vanilla bean paste (available at specialty-foods stores) or pure vanilla extract into the melted butter. Add 1 cup fancy sprinkles when you mix in the 2 cups marshmallows.

**TOP IT OFF** Top the warm treats with ¼ cup fancy sprinkles.

**2. Triple Chocolate**

**MIX IT UP** Stir 2 tbsp. cocoa powder into the melted butter. Replace the crispy rice cereal with chocolate-flavored crispy rice cereal. Chop up a 4-oz. bar of chocolate. Add the chocolate when you mix in the 2 cups marshmallows.

**TOP IT OFF** Melt ½ cup chocolate chips. Dip the treats in the chocolate and transfer to a baking sheet lined with wax paper. Sprinkle the treats with flaky sea salt. Let stand until set, about 1 hour.

**3. Oat, Raisin & Fennel Seed**

**MIX IT UP** Reduce the rice cereal to 4 cups and add 1½ cups quick-cooking oats, 1 cup golden raisins, 1 cup chopped walnuts, 2 tsp. fennel seeds, ½ tsp. ground cinnamon, and ½ tsp. freshly grated nutmeg.

**TOP IT OFF** In a small bowl, stir ½ cup confectioners’ sugar and 1 tbsp. water and, using a fork, drizzle over the treats. Let stand until set, about 1 hour.
4. Strawberries & Cream
MIX IT UP Replace the crispy rice cereal with strawberry-flavored crispy rice cereal. Add 1 cup white chocolate chips and ¾ cup freeze-dried strawberries when you mix in the 2 cups marshmallows.
TOP IT OFF Top the warm treats with ¼ cup freeze-dried strawberries.

5. Sweet & Salty Sesame
MIX IT UP Reduce the butter to 5 tbsp. and melt it with 1 tbsp. toasted sesame oil and 1 tbsp. soy sauce. Add 1 can (5 oz.) chow mein noodles and ¼ cup mixed black and white sesame seeds when you mix in the cereal.
TOP IT OFF Top the warm treats with ½ cup chopped crystallized ginger and 1 tbsp. sesame seeds. Drizzle with honey just before cutting and serving.

6. White Chocolate & Matchamallow
MIX IT UP Stir 2 to 3 tsp. matcha powder into the melted butter. Add 1 cup white chocolate chips when you mix in the 2 cups marshmallows.
TOP IT OFF Melt ½ cup white chocolate chips and, using a fork, drizzle over the treats. Let stand until set, about 1 hour.

7. Coconut-Almond
MIX IT UP Stir ¼ tsp. almond extract into the melted butter. Reduce the rice cereal to 4½ cups and add 1¾ cups toasted sweetened shredded coconut and ¾ cup toasted sliced almonds.
TOP IT OFF Top the warm treats with ¼ cup toasted sweetened shredded coconut and ¼ cup toasted sliced almonds.

Hover your phone’s camera here to see Grant turn these treats into something really cool. (Hint: It involves ice cream.)
30 MINUTES TO FLAVOR

In just minutes, make a meal so delicious it tastes like it took all day. Find your favorite flavor in the boxed-dinner aisle.

foodnetworkkitcheninspirations.com
VEGAN COOKING 101

Actor Isaiah Mustafa schools his college-bound daughter on easy healthy recipes that she can whip up right in her dorm room. By Alyse Whitney

Haley gets a knife-skills lesson from her dad while she preps the veggies for soba noodle bowls.
You might know Isaiah Mustafa as the smooth-talking Old Spice Guy or the smoldering werewolf, Luke, on Freeform’s Shadowhunters. But his role of a lifetime is dad to his 18-year-old daughter, Haley, who will be moving from their home in Los Angeles to Baylor University in Waco, Texas, this fall.

On many nights, you’ll find dad and daughter on the couch in their L.A. home, critiquing the horror movie they’re watching and devouring slices of buffalo cauliflower pizza from SunCafe, their favorite local restaurant. Before Haley heads off to school, Isaiah is giving her a cooking crash course so she can have a taste of home when she’s halfway across the country.

Because she’s on a scholarship for the varsity acrobatics and tumbling team at Baylor (2019 national champions!), Haley needs lots of good whole foods to fuel her active days. “I wanted to teach her how to make easy, good-for-you food that’s convenient to grab and go when she’s late for class,” says Isaiah, whom you can catch this month in It: Chapter Two (hitting theaters on September 6). She’ll be living in tight dorm quarters, so all the recipes Isaiah is teaching her (like vegetable-topped soba noodles and an avocado-cacao parfait) can be made using a toaster oven or a hot plate.

Since her dad adopted a vegan diet a few years ago, Haley has come around to eating plant-based meals when they’re together. Sort of. “I like eating vegan—when it tastes good,” says Haley in classic teenage-deadpan style. To bring her fully over to the vegan side, Isaiah created a snack inspired by their favorite cauliflower pizza.

When Haley gets homesick, Isaiah hopes she’ll make a big batch of cauliflower, turn on a movie—and call her dad.

### Yum-o!

For more mealtime fun, check out Yum-o!, Rach’s nonprofit organization (yum-o.org). You’ll find recipes, ideas for improving food in schools, and stories about people who are changing the way America eats. How cool is that!?
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(4.6/5 stars & over 5,500 reviews for Curel Hydra Therapy on Curel.com)
**Crispy Buffalo Cauliflower**

**SERVES 4 | ACTIVE: 15 MIN**

**TOTAL: 40 MIN**

- 3/4 cup almond flour
- 1 tbsp garlic powder
- 1 head cauliflower (about 2 lb.), cored and cut into bite-size florets (about 5 cups)
- 1 tbsp vegan butter or margarine
- 1 cup Frank’s RedHot or other hot sauce

**Vegan ranch dressing, for dipping**

1. Preheat the oven to 450°. Line a large rimmed baking sheet with parchment paper. In a large bowl, whisk the almond flour, garlic powder, and 3/4 cup water. Add the cauliflower; season with salt and pepper. Toss until coated; spread out on the baking sheet. Bake, rotating the sheet once, until the cauliflower is crisp-tender, about 20 minutes. Return the cauliflower to the bowl.

2. Preheat the broiler. In a small saucepan, melt the butter; stir in the hot sauce. Pour over the cauliflower; toss until coated. Return the cauliflower to the baking sheet, spacing the florets apart. Broil until charred in spots, 15 to 20 minutes. Serve with the ranch dressing.

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**Veggie-Packed Soba Noodle Bowls**

**SERVES 4 TO 6 | ACTIVE: 25 MIN**

**TOTAL: 25 MIN**

- 2 tbsp olive oil
- 4 cups chopped vegetables (such as a mix of bell peppers, carrots, chard, and zucchini)
- 2 to 4 tbsp sriracha
- 1 package (12 oz.) soba noodles
- 1 tbsp toasted sesame oil (optional)
- 1 tbsp toasted sesame seeds

1. Bring a large pot of water to a boil for the soba. In a large skillet, heat the olive oil over medium-high. Add the vegetables except any leafy greens (if using); cook, stirring often, until crisp-tender, about 3 minutes. Add the greens; toss until wilted, about 2 minutes. Mix in the sriracha.

2. Salt the boiling water and add the soba. Cook until al dente. Drain the soba. In a large bowl, toss the soba and sesame oil (if using). Mix in the vegetables. Top with the sesame seeds.
Mornings are busy, but don’t sacrifice flavor for convenience. These Honey Apple Oatmeal Cups are the perfect way to power you through your day. They’re naturally sweetened with honey and filled with hearty ingredients like oats, apples and pumpkin seeds. Try making these cups ahead of time and freezing them for an easy grab-and-go breakfast during the week.

September is National Honey Month and it’s the perfect time to add this flavorful ingredient to your morning routine!

For more honey recipes, inspiration and cooking tips, visit honey.com
When Haley was younger, I’d try to make something with what was in the refrigerator,” says Isaiah. “It was a crapshoot a lot of times! Now I’m more of a planner.”

Avocado Power Parfaits
SERVES 4 | ACTIVE: 10 MIN
TOTAL: 10 MIN
1 avocado, chopped
2 tbsp. cacao butter or coconut oil
1 tsp. stevia or agave syrup
1 cup coconut yogurt
1/2 cup granola
1/2 cup each fresh blueberries, blackberries, and pomegranate seeds

In a bowl, using a fork, mash the avocado, cacao butter, and stevia together until smooth. Divide among 4 bowls. Top with the yogurt, granola, and fruit.

Tool Time
Help your coed cook up something other than ramen with a few key items. You just might want some of them, too.

Yes, the Black + Decker 4-Slice Toaster Oven with Easy Controls fits a nine-inch pizza. But here’s hoping some veggies see the inside of it, too. $37, walmart.com

Send your kid off with a cute set of Opinel Essentials Small Kitchen Knives—and a few safety pointers. $40 for a set of four, opinel-usa.com

Close enough to deliver dinner now and then? The OXO Good Grips 3 1/2-Cup Smart Seal Glass Rectangle Container is leakproof and microwave-safe. $11, oxo.com

Speaking of cool stuff, can we talk about this faucet? Delta® VoiceIQ™ Technology lets you pair a number of Delta faucets with your voice-enabled devices so you can fill a pot, warm up water, and even shut off the stream using voice commands. VoiceIQ Technology module, $150 (faucet sold separately), deltafaucet.com/voiceiq
Ask Delta to do it for you.

Delegate everyday tasks with Delta VoiceIQ Technology. Turn on, turn off, measure custom amounts, and even warm up water all with just a voice command. Visit deltafaucet.com/voiceiq.

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Join us as we celebrate the food vendor showdown of the year! Sample all the best bites in New York City at the 15th Annual Vendy Awards. All proceeds benefit the Street Vendor Project, a non-profit street vendor advocacy group. Don’t miss out, tickets on sale now!

“N.Y.C. has so many great food events — but the Vendy Awards is the best of them.”

– GOTHAMIST
Make tasty toast and pack it up with your favorite meats and cheeses for a fun mix-and-match lunch, best served in a cute sectioned box. Pottery Barn Kids Spencer Bento Box, $17, potterybarnkids.com

THESE FOUR EASY RECIPES WILL MAKE YOU ACTUALLY LOOK FORWARD TO EATING AT YOUR DESK.

BY ALYSE WHITNEY

RECIPES BY JENNY PARK

DIY DESK PICNIC & APPLE PIE ENERGY BITES

recipes on next page

LOVE YOUR LUNCH
**Chicken-Ginger Dumpling Egg Drop Soup**

SERVES 4 | ACTIVE: 35 MIN  
TOTAL: 45 MIN  

1½ lb. ground chicken  
3 cloves garlic—1 finely chopped, 2 thinly sliced  
1 tsp. grated peeled fresh ginger  
3 scallions, thinly sliced  
1 tsp. toasted sesame oil  
3 large eggs, beaten  
16 wonton wrappers  
1½ quarts chicken stock  
4 shitake mushrooms, stemmed and sliced

1. In a small bowl, mix the chicken, chopped garlic, ginger, a third of the scallions, the sesame oil, 1½ tsp. salt, and ½ tsp. pepper. Fold in 2 tbsp. of the beaten eggs.  
2. Place the wonton wrappers on a work surface. Using a pastry brush or your fingertip, brush the edges of a wrapper with water. Place 1½ tsp. of the filling off-center on the wrapper. Fold the wrapper over to make a triangle, then press to seal. Fold the sides toward the center, then dab with water and press to seal. Repeat with the remaining wrappers and filling.  
3. In a large pot, bring the stock and sliced garlic to a boil over medium-high heat; season with salt and pepper. Add the dumplings and mushrooms and cook, stirring occasionally, until the dumplings are cooked through and the mushrooms are tender, 6 to 7 minutes.  
4. Reduce heat to medium. While stirring the soup gently, slowly drizzle in the remaining eggs. Simmer until the eggs are cooked, about 1 minute. Add three-quarters of the remaining scallions; season. Using a spoon, break up any large pieces of egg. Top with the remaining scallions.

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**Apple Pie Energy Bites**

MAKES ABOUT 18 | ACTIVE: 10 MIN | TOTAL: 10 MIN

3/4 cup walnuts, toasted  
1 1/2 tsp. ground cinnamon  
1 1/2 cups (packed) dried apple rings  
1 cup crispy rice cereal  
1/2 cup old-fashioned oats, toasted  
1/2 cup maple syrup  
1 tbsp. plus 1/2 tsp. peanut butter  
1/4 tsp. ground nutmeg

1. In a food processor, pulse 1/2 cup walnuts until finely ground. (Do not make a paste.) Transfer to a small bowl and mix in 1/2 tsp. cinnamon.  
2. In a food processor, pulse the remaining 1 1/2 cup nuts and 1 tsp. cinnamon with the remaining ingredients until finely chopped and blended. Using damp hands, roll rounded tablespoonfuls of the mixture into balls. Roll in the ground walnuts, pressing so the nuts adhere. Refrigerate in an airtight container for up to 1 week.
Eat in peace. For once.

For the win win
This pretty sandwich is crustless and cut into thirds, which gives it a high-tea vibe. Takenaka Expanded Bento Box, $32, bentoandco.com

**Spaghetti Pie**

SERVES 6 | ACTIVE: 20 MIN  
TOTAL: 1 HR, 20 MIN

- 8 oz. spaghetti, cooked according to the package directions and rinsed
- 1/2 cup marinara sauce
- 2 tsp. olive oil
- 3 sweet Italian sausages (12 oz. total), casings removed
- 2 large eggs
- 3/4 cup shredded mozzarella
- 1/2 cup grated Parmesan
- Crushed red pepper and fresh basil leaves, for garnish
- Store-bought refrigerated pesto, for serving

1. Preheat the oven to 375°. In a large bowl, toss the spaghetti with the marinara. In a 10-inch ovenproof skillet, heat the oil over medium. Add the sausages and cook, breaking up the meat with a spoon, until browned, about 6 minutes. Using a slotted spoon, transfer the sausages to the bowl of spaghetti.

2. In a small bowl, whisk the eggs, 1/2 cup mozzarella, and 1/4 cup Parmesan. Mix into the spaghetti and transfer to the skillet. Stir the spaghetti over medium-high heat until heated through, about 5 minutes. Cover with foil and bake until set, 25 to 30 minutes. Top with the remaining 1/4 cup mozzarella. Bake, uncovered, until the cheese browns in spots, 10 to 15 minutes. Let cool in the skillet for about 15 minutes.

3. Run a knife around the edge of the skillet to release the spaghetti pie. Slide it onto a cutting board and cut into wedges. Top with the crushed red pepper, basil, and the remaining 1/4 cup Parmesan. Serve with the pesto.

**Cobb Salad Sandwiches**

SERVES 2 | ACTIVE: 10 MIN  
TOTAL: 25 MIN

- 1/3 cup mayonnaise
- 1/4 cup crumbled blue cheese
- 1 1/2 tsp. ranch dressing-and-seasoning mix
- 3 large eggs, hard-boiled and chopped
- 1 plum tomato, seeded and chopped
- 2 slices bacon, cooked and chopped
- 1 scallion, thinly sliced
- 1/2 tbsp. finely chopped red onion
- 4 slices of brioche or country white bread (each 1/2 inch thick), crusts removed
- 2 leaves of green leaf lettuce

1. In a large bowl, whisk the mayonnaise, cheese, and ranch mix; season with salt and pepper. Mix in the eggs, tomato, bacon, scallion, and onion. Season the egg salad.

2. Build 2 sandwiches with the bread, egg salad, and lettuce. Cut the sandwiches from top to bottom into thirds.
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Barney Smooth Almond Butter: Blanched almonds make for a velvety, refined butter. $10.99 for a 16-oz. jar, barneynutbutter.com
Eliot’s Adult Nut Butters Oregon Hazelnut Chocolate Spread: Bread hides the fact that you’re indulging in what tastes like a Ferrero Rocher truffle. $15.99 for a 12-oz. jar, eliotadultnutbutter.com
Smucker’s Creamy Natural Peanut Butter: Just peanuts and salt for PB purists. The original still reigns supreme. $5.49 for a 26-oz. jar, smuckers.com
B. Nutty Irresistible Pretzel Gourmet Peanut Butter with Pretzels & White Chocolate: So extra: honey roasted peanuts plus pretzels and white chocolate. $8 for a 12-oz. jar, bnutty.com
Wild Friends Classic Creamy Peanut Butter: Most natural PBs need a stir, but this one’s incredibly spreadable from the get-go. $5.99 for a 16-oz. jar, wildfriendsfoods.com

THE JELLIES
American Spoon Wild Thimbleberry: This lavish jar tastes like a currant-raspberry hybrid with caviar-like seeds. $25 for a 9-oz. jar, spoon.com
Terrapin Ridge Farms Hot Pepper Bacon: Elvis loved bacon and PB, so why not schmear like the King—with a kick? $8.30 for an 11-oz. jar, terrapinridge.com
Inna Jam Blenheim Apricot: Savor fancy-pants Blenheim apricots in this nectarly preserve. $15.95 for a 10-oz. jar, innajam.com
Happy Girl Kitchen Co. Strawberry Summer: Sun, not sugar, ripens these berries for true-to-the-fruit brightness. $12 for an 8-oz. jar, happygirkitchen.com
Mountain Fruit Co. Raspberry Tart: The glossy, full-bodied jam has straight-from-the-bramble flavor. $5.99 for a 9.5-oz. jar, mountainfruit.com —ALIZA GANS
These old-school slices are our new go-tos.

**Deep Cuts from the Deli Case**

**Olive Loaf**
Are those pimento-dotted green eyes winking at you from behind the counter? Stuffed Manzanilla olives stud this cut (typically made with pork and beef or poultry) for a zestier sandwich. Layer with tomato, cheddar, romaine, and honey mustard.

**Liverwurst**
This underestimated German spreadable sausage has the worst name. Ask for a sample at the deli counter. The pork and/or veal liver makes for a rich, creamy lunch meat. We love it on rye with lettuce, mayo, and pickled red onions.

**Prosciutto**
Unlike hodgepodge American ham, this Italian version comes from the hind legs of the pig. It’s sliced so thinly that it catches the light like porky stained glass, and it all but dissolves on your tongue. Stack with Brie, apple, and grainy mustard.

**Spanish Chorizo**
Sold sweet or spicy, this meat gets its red color from paprika. Unlike Mexican-style chorizo, which is often sold raw in a bulk-sausage-size casing, the Spanish-style stuff is dry-cured. Try it with avocado, pickled peppers, and Manchego.

**Mortadella**
American bologna, meet your Italian godfather from Bologna. The spots are cubes of neck fat (the most melt-in-your-mouth part of the pig) that make this deli meat extra rich. Pair with roasted peppers, mozzarella, and pesto. —AG
Other seasonings can’t shake it like this.

Argentinean-Style Beef Empanadas

For the Filling:
- 2 tbsp. GOYA® Extra Virgin Olive Oil
- 1 cup small yellow onion, finely chopped
- 2 tsp. GOYA® Minced Garlic
- 2 tsp. GOYA® Paprika
- 1 tsp. GOYA® Cumin
- 1/8 tsp. GOYA® Crushed Red Peppers
- 1 lb. ground beef
- GOYA® Adobo with Pepper, to taste
- 2 hardboiled eggs (optional)
- 1/4 cup raisins (optional)
- 12 GOYA® Manzanilla Olives Stuffed with Minced Pimientos, chopped (about 1/4 cup)

For the Dough:
- 2 pkgs. (12 oz.) GOYA® Tapas Hojaldradas – Puff Pastry Dough for Turnovers, thawed
- 1 egg, lightly beaten

For step-by-step instructions, visit goya.com/empanadas

GOYA® Adobo All-Purpose Seasoning with Pepper – a vibrant and flavorful addition to any savory recipe. With the perfect blend of salt, pepper, garlic, oregano and other Latin spices, it guarantees your dish will be the guest of honor at any table. A simple shake is all it takes.

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MEAL KITS FOR KIDS

Why cook for your kids when you can cook with them? These mail-order meal kits are tailor-made for families. Here’s what staffers—and their tykes—liked the most. —KELSY SCHRADER

ONE POTATO
The organic recipes are ready in 30 minutes or less with simple prep and recyclable packaging. Photo-driven instructions with tips for involving kids mean quick, fun meals. The kits are currently available only on the West Coast but are coming east next year. From $59.99 per week for two meals for two people, plus $7.99 shipping. onepotato.com

GOBBLE
Gobble’s meals will excite both parents and kids. (Think Parmesan-crusted chicken and black truffle mac and cheese.) Fully prepped ingredients save time (yay!), but that also translates to lots of packaging (boo!). From $71.94 per week for three meals for two people, plus $6.99 shipping (available in most states). gobble.com

RADDISH
Looking for dinner inspiration without the expiration date? Raddish ships a surprise-themed monthly kit complete with recipes, shopping lists, kid-safe cooking tools (like a cool mold for grilling pancakes), and dinertime activities—without food that will expire. From $24 per month for one kit with free shipping. raddishkids.com

“Great instructions and cool techniques. We’ll definitely make the steak with mushroom sauce again.”—Phoebe Flynn Rich, creative director and mom to Roscoe, eight, and Harlow, 10

“I loved the laminated recipe-guide place mats. Even when we weren’t cooking, my little guy enjoyed the illustrations and the fun activities.”—Nina Elder, executive food editor and mom to Gus, five

SNACK ATTACK
CHECKOUT
From salty to sweet, crunchy to creamy, here’s the new stuff we’re noshing on now.

CHEDDAR MOON CHEESE $3.99 for a 2-oz. bag
These super-concentrated cheddar bombs are the snack I’d take to a deserted island. —Tara Cox, executive managing editor

ALTER ECO CLASSIC DARK TRUFFLES $7.99 for a 4.2-oz. bag of 10
When I see “plant-based” on packaging, my flavor expectations plummet. The snappy coating and rich, creamy center crushed my 3 P.M. dark-chocolate craving. —Janet Taylor McCracken, food director

BABYBEL MINI ROLLS $3.89 for a 2.99-oz. bag of five
Babybel rocks at fun-to-eat cheese. Now its cheddar comes in a pealable pinwheel that I want to turn into a desk toy. —Aliza Gans, associate food editor

McCLURE’S LIL’ PICKLE SNACK PACKS, DILL $2.79 for a 2.2-oz. bag
These pickle pouches are my 10-calorie solution for midday cravings. —Tara Holland, assistant food editor

NORA SNACKS ORIGINAL TEMPURA $3.99 for a 1.6-oz. bag
The airy crispiness of a pork rind meets the umami-rich punch of roasted seaweed, a.k.a. my spirit snack. —Alyse Whitney, senior food editor

The pizza balls, grass-fed burgers, and spinach salad were hits. And the kids learned how much of cooking is shopping. —Lauren Iannotti, editor in chief and mom to Hope, four, and Sophia, 12

Photograph by Paola + Murray
WHEN YOU START WITH A BETTER DOG, YOU CAN DO NO WRONG.

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*EXCEPT THOSE NATURALLY OCCURRING IN CELERY JUICE
If you’re a fan of the classic sausage and broccoli rabe orecchiette, this dish takes it to the next level. I use broccoli tops or broccolini because they don’t need to be blanched like broccoli rabe.

—Rach
Fall is here—thank God. Back to cooler temps. Back to school. Back to these transitional-weather dishes that use the best end-of-summer produce but can also warm a chilly night.

PHOTOGRAPHY BY KATE MATHIS
CREAMY ORECCHIETTE WITH HOT SAUSAGE, BROCCOLI & SUN-DRIED TOMATOES

SERVES 4 TO 6

About 1 cup sun-dried tomatoes (not packed in oil)
2 tbsp. olive oil
1 lb. hot Italian sausages, casings removed
About 2 cups chopped broccoli crowns or broccoli
1 small red or white onion, finely chopped
4 cloves garlic, thinly sliced or chopped
3 tbsp. sun-dried tomato paste
1/2 cup white wine or red wine
1 tsp. dried oregano
1 cup chicken stock
1/2 cup heavy cream
Salt
1 lb. orecchiette or other short cut pasta
About 1 cup grated Parmigiano-Reggiano
Crushed red pepper or black pepper, to taste
1/2 cup fresh basil leaves, torn or cut into thin ribbons

1. Bring a large pot of water to a boil for the pasta.
2. In a small bowl, cover the sun-dried tomatoes with very hot water. Let stand until softened, about 10 minutes. Drain and rinse, then chop or thinly slice.
3. In a large skillet, heat the oil, two turns of the pan, over medium-high. Add the sausages; cook, stirring often and breaking up the meat with a spoon, until browned, about 5 minutes. Add the broccoli and onion. Cook, stirring often, until the broccoli is crisp-tender, 3 to 4 minutes. Stir in the sun-dried tomatoes, garlic, and tomato paste. Cook until the tomato paste turns a shade darker, about 1 minute. Stir in the wine and oregano. Cook, stirring often, until the liquid is absorbed, 2 to 3 minutes. Add the stock. Reduce heat to medium-low. Simmer the sauce until slightly reduced, about 5 minutes. Add the cream. Reduce heat to low. Season the sauce with salt and let simmer while you cook the pasta.
4. Salt the boiling water and add the pasta. Cook until 1 minute shy of the package directions. Reserve 1 cup of the cooking water. Drain the pasta. Add the pasta and Parmesan:

 to the sauce. Add the cooking water if the pasta is dry. Season with salt and crushed red pepper.

Divide among bowls or serve in a large bowl. Top with the basil.

THAI SHRIMP & CORN CHOWDER

SERVES 4

5 ears of corn, shucked
3 tbsp. butter
1 large leek or 2 medium leeks—trimmed, halved lengthwise, and cut into 1/4-inch half-moons
1 red bell pepper, cut into 1/4-inch cubes
2 red or green chiles (such as jalapeño or Fresno), finely chopped
1/2-inch piece of fresh ginger, peeled and chopped or cut into matchsticks
4 large cloves garlic, chopped or grated
3 tbsp. red curry paste
1 quart chicken stock or vegetable stock
1 can (14 oz.) unsweetened coconut milk
1 tbsp. fish sauce
1 lb. medium to large shrimp, peeled and deveined, tails removed
2 limes—1 juiced (about 2 tbsp.), 1 cut into wedges for serving
1 cup fresh Thai basil or regular basil, torn or sliced into thin ribbons
1/4 cup fresh mint leaves or cilantro leaves, chopped

1. Invert a small bowl inside a large bowl. Stand 1 ear of corn on the small bowl. Using a sharp knife, cut off the kernels. Use the flat edge of the knife to scrape the juices from the cob. Repeat with the remaining ears of corn.
2. In a blender, puree half the corn with 1/2 cup water.
3. In a pot, melt the butter over medium-high heat. When it foams, add the leek, bell pepper, chiles, ginger, and garlic. Cook, stirring often, until the vegetables are tender, 3 to 4 minutes. Add the curry paste and stir until fragrant, about 1 minute more.
4. Add the corn puree, stock, coconut milk, and fish sauce. Bring to a boil. Add the shrimp, lime juice, and the remaining corn. Cook until the shrimp are cooked through, 3 to 4 minutes.
5. Divide the soup among bowls. Top with the herbs. Serve with the lime wedges.
THIS CHOWDER IS SWEET AND SPICY AND SO FAST TO MAKE!

— RACH
VEGGIE EGG Foo YONG

CHICKEN PARM FINGERS

FUSILLI MAC AND CHEESE WITH CRAB

RACH’S TIP
Stovetop mac and cheese is the way to go. The pasta stays firmer and moister than the baked version.

HOW DOES A FRIED OMELET WITH GRAVY ON TOP SOUND? GET HOOKED ON THIS EASY CHINESE AMERICAN DISH FROM BACK IN THE DAY.

— RACH
**CHICKEN PARM FINGERS**

SERVES 4

1 cup flour
Salt and pepper
4 eggs
1 1/2 cups plain breadcrumbs
1 cup grated Parmigiano-Reggiano
1 tbsp. dried parsley
1/2 tsp. each granulated garlic, granulated onion, and dried oregano
1 tsp. smoked paprika

About 1 cup olive oil or safflower oil

2 lb. chicken tenders; or 2 lb. chicken breast meat, cut into long strips
1 cup ketchup
3 tbsp. aged balsamic vinegar
1 lemon, cut into wedges

Giardiniera (Italian pickled vegetables), drained, for serving

- Arrange a rack in the center of the oven. Preheat oven to 325°. Set a wire rack inside a large rimmed baking sheet.
- In a shallow bowl, season the flour with salt and pepper. In a second shallow bowl, beat the eggs. In a third shallow bowl, stir the breadcrumbs, Parm, dried parsley, granulated garlic, granulated onion, dried oregano, and paprika.
- In a large skillet, heat 1/4 to 1/2 inch of oil over medium-high.
- Season the chicken. Working in 2 batches, coat the chicken in the flour and then the eggs, letting any excess drip back into the bowl. Coat the chicken in the breadcrumbs, pressing so the crumbs adhere and shaking off any excess. Add the chicken fingers to the skillet and cook, turning once, until golden brown and cooked through, 6 to 7 minutes. Transfer to the prepared baking sheet and place in the oven to keep warm.
- After you add the second batch to the oven, bake the chicken fingers for about 5 minutes.
- In a medium bowl, stir the ketchup and vinegar. Serve the chicken fingers with the balsamic ketchup for dipping and the lemon wedges for squeezing. Serve giardiniera on the side.

**FUSILLI MAC AND CHEESE WITH CRAB**

SERVES 4 TO 6

2 ears of corn, shucked, or 1 cup frozen corn kernels
4 tbsp. butter
1 bunch scallions, chopped
1 stalk celery with leafy top, finely chopped
2 jalapeño chiles, finely chopped
2 tbsp. fresh thyme, chopped
3 cloves garlic, finely chopped or grated
1 bay leaf
Salt and pepper
2 lb. king crab legs, shelled and coarsely chopped, or 1 lb. lump crabmeat
1 tbsp. Old Bay seasoning
2 tsp. Frank’s RedHot or other hot sauce
1 lb. fusilli

1 1/2 cups Monterey Jack or pepper Jack
1 1/2 cups shredded yellow cheddar
1 tbsp. plus 1/2 tsp. cornstarch
1 can (12 oz.) evaporated milk

- Bring a large pot of water to a boil for the pasta.
- Invert a small bowl inside a large bowl. Stand 1 ear of corn on the small bowl. Using a sharp knife, cut off the kernels. Use the flat edge of the knife to scrape the juices from the cob. Repeat with the remaining ears of corn.
- In a large skillet, melt 2 tbsp. butter over medium-high heat. When it foams, add the scallions, celery, chiles, thyme, garlic, bay leaf, and corn; season with salt and pepper. Cook, stirring often, until the vegetables soften, 5 to 6 minutes. Stir in the crabmeat, Old Bay, and hot sauce.
- Salt the boiling water and add the pasta. Cook until 1 minute shy of the package directions.
- In a large bowl, toss both cheeses with the cornstarch. Stir in the evaporated milk.
- Drain the pasta and return it to the pot. Add the remaining 2 tbsp. butter and the cheeses. Toss the pasta over medium heat until the cheeses melt and the sauce is blended, 1 to 2 minutes. Mix in the vegetables and crabmeat, season.

**VEGGIE EGG FOO YONG**

SERVES 4

**SAUCE**

About 1/2 cup chicken stock
2 scallions, finely chopped
3 tbsp. light soy sauce
3 tbsp. Shaoxing wine (Chinese rice wine) or sherry
1 1/2 tbsp. black vinegar or Worcestershire sauce
1-inch piece of fresh ginger, peeled and grated or finely chopped
2 large cloves garlic, grated or finely chopped
1 tbsp. toasted sesame oil
1 rounded tbsp. cornstarch

Omelets
10 large eggs
2 tbsp. less-sodium soy sauce
1 tbsp. toasted sesame oil
2 cups bean sprouts
1 can (8 oz.) whole water chestnuts, drained and thinly sliced
6 scallions, very thinly sliced on an angle

1/2 cup (a fat handful) snow peas or sugar snap peas, thinly sliced on an angle

1 red chile (such as Fresno), finely chopped
Peanut oil or safflower oil, for frying (about 1/4 cup)

- In a small saucepan, mix all the ingredients for the sauce except the cornstarch. In a small bowl, whisk the cornstarch and about 1/4 cup warm water, then whisk into the saucepan. Bring to a bubble over medium-high heat. Reduce heat to low. Simmer until the sauce thickens and the flavors meld, about 10 minutes.
- In a large bowl, whisk the eggs, soy sauce, and 1 tbsp. sesame oil. Stir in the bean sprouts, water chestnuts, scallions, snow peas, and chile.
- In a small nonstick skillet, heat 1 tbsp. peanut oil, one turn of the pan, over medium-high. Add a quarter of the eggs (about 1 cup). Cover and cook until the omelet puffs up and the bottom is browned, 3 to 4 minutes. Flip the omelet over and cook until browned, 2 to 3 minutes more. Slide the omelet onto a plate. Repeat with more peanut oil and the remaining eggs.
- Serve the omelets topped with the sauce.

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- In a small nonstick skillet, heat 1 tbsp. peanut oil, one turn of the pan, over medium-high. Add a quarter of the eggs (about 1 cup). Cover and cook until the omelet puffs up and the bottom is browned, 3 to 4 minutes. Flip the omelet over and cook until browned, 2 to 3 minutes more. Slide the omelet onto a plate. Repeat with more peanut oil and the remaining eggs.
- Serve the omelets topped with the sauce.
M A K E S  4  O R  6

CALI CLUB QUESADILLAS

4 large flour tortillas (11 to 12 inches) or 6 medium flour tortillas (8 to 10 inches)
Cooking spray

1 avocado, thinly sliced
1 large heirloom tomato or beefsteak tomato, seeded and chopped
Pickled jalapeño slices, fresh cilantro leaves, and lime wedges, for serving

In a large cast-iron skillet, heat the oil, one turn of the pan, over medium-high. Add the bacon. Cook, stirring often, until the fat begins to render, 2 to 3 minutes. Add the onion, chili, and garlic. Cook, stirring often, until the onion softens, 2 to 3 minutes. Add the turkey; season with salt and pepper. Cook, stirring occasionally and breaking up the meat with a spoon, until the turkey is browned, about 5 minutes. Season with the chili powder, coriander, cumin, and dried oregano. Add ½ cup water. Cook, stirring often, until the water is absorbed, 5 to 7 minutes. Reduce heat to low.

Servings per recipe: 4

CHIPOTLE CORN ‘N’ CHOPS

SERVES 4

4 bone-in pork chops (each 1 to 1¼ inches thick)
Salt and pepper
2 tbsp. olive oil
3 tbsp. butter
2 cups frozen fire-roasted corn kernels
1 bunch scallions, white and light-green parts only, chopped
10 to 12 cherry tomatoes, halved
2 jalapeño chilies, finely chopped
2 to 4 tbsp. chipotle Tabasco or 1 finely chopped chipotle pepper in adobo sauce
2 tbsp. light agave syrup or honey
2 tbsp. fresh thyme, chopped
4 cloves garlic, chopped

Preheat the oven to 400°.

Heat a large cast-iron skillet over medium-high. Season the chops generously with salt and pepper. In the skillet, heat the oil, two turns of the pan. Add the chops and cook until browned, about 5 minutes per side. Transfer the chops to a plate.

Add the butter to the skillet. When it foams, add the corn, scallions, tomatoes, chilies, Tabasco, agave, thyme, garlic, and dried oregano. Nestle the chops in the corn in the skillet. Roast in the oven until an instant-read thermometer inserted horizontally into the chops registers 145°, 10 to 15 minutes.
I like to use Chipotle Tabasco instead of Chipotles in Adobo because it’s milder, but either would work in this recipe.

—RACH
CREAMY SPAGHETTI WITH MARINARA & MASCARPONE
SERVES 4 TO 6
3 tbsp. olive oil
1 small onion, finely chopped
4 cloves garlic, finely chopped
Salt and pepper
About 3 tbsp. sun-dried tomato paste
1 tbsp. Calabrian chile paste or 1 tsp. crushed red pepper
1 1/2 tsp. (about 1/2 palmful) dried oregano
1 tsp. (about 1/2 palmful) smoked paprika
1/2 cup sweet (red) vermouth or vodka
1 tbsp. aged balsamic vinegar
1 can (28 oz.) chopped or crushed Italian San Marzano tomatoes
1 lb. spaghetti
1 cup mascarpone cheese
Grated Pecorino-Romano, for topping
Torn fresh basil leaves, for topping

- Bring a large pot of water to a boil for the pasta.
- In a large deep skillet, heat the oil, three turns of the pan, over medium to medium-high. Add the onion and cook, stirring often, until softened, about 5 minutes. Add the garlic; season with salt and pepper. Stir the onion and garlic until aromatic, about 1 minute. Add about 1/4 cup water and cook, stirring often, until absorbed, 3 to 5 minutes. Add the tomato paste, chile paste, dried oregano, and paprika and stir until blended, about 1 minute. Add the vermouth and cook until absorbed, about 1 minute. Stir in the vinegar, then the tomatoes. Bring to a bubble. Reduce heat to low. Let the sauce simmer while you cook the pasta.

- Salt the boiling water and add the pasta. Cook until 1 minute shy of the package directions. Scoop out about 1/2 cup of the cooking water. Drain the pasta.
- Stir the mascarpone into the sauce. Add the pasta and toss. Add some of the reserved cooking water if the pasta is dry. Toss the pasta until coated well, about 1 minute. Top the pasta with Pecorino and basil.

CREAMY CHICKEN & MUSHROOM EGG NOODLES
SERVES 4 TO 6
4 tbsp. butter
12 oz. cremini mushrooms, wiped clean and sliced
1 rotisserie chicken
2 shallots or 1 small onion, finely chopped
1 carrot, finely chopped or grated
1 stalk celery with leafy top, finely chopped
2 tbsp. fresh thyme leaves, chopped
1 tbsp. fresh rosemary leaves, finely chopped
3 cloves garlic, grated or finely chopped
1 bay leaf
Salt and pepper
3 tbsp. flour
About 1/3 cup Marsala
About 1/2 cups chicken stock
About 1/2 cup heavy cream or crème fraîche
12 oz. extra-wide egg noodles or 12 oz. egg tagliatelle or pappardelle
1/2 cup mixed fresh herb sprigs (such as parsley, dill, or chives), finely chopped

- Bring a large pot of water to a boil for the noodles.
- In a large skillet, melt the butter over medium-high heat. When it foams, add the mushrooms and cook, stirring often, until browned, 10 to 12 minutes.
- Meanwhile, shred or chop the chicken meat. (Reserve the skin and bones for stock.)
- Add the shallots, carrot, celery, thyme, rosemary, garlic, and bay leaf to the mushrooms; season with salt and pepper. Cook, stirring often, until the celery and shallots soften, 3 to 5 minutes. Sprinkle with the flour. Cook, stirring constantly, until the flour is mixed in, about a minute. Add the Marsala and stir until absorbed, about 3 minutes. Stir in the stock. Reduce heat to low. Stir in the cream. Mix in the chicken. Let the sauce simmer while you cook the noodles.
- Salt the boiling water and add the noodles. Cook until 1 minute shy of the package directions. Scoop out about 1/2 cup of the cooking water. Drain the noodles.
- Toss the egg noodles and half the herbs with the sauce. Add some of the reserved cooking water if the noodles are too dry. Divide among bowls or serve in a large bowl. Top with the remaining herbs.

GINGER-GARLIC GLAZED ALMOST-ANYTHING OVEN PACKET WITH LETTUCE OR CABBAGE SLAW
SERVES 4
PACKET
3 tbsp. hoisin sauce
or black bean sauce
About 2 tbsp. honey
About 2 tbsp. rice vinegar
1 lime, juiced (about 2 tbsp.)
1 tbsp. sriracha or sambal oelek
1 tbsp. toasted sesame oil
1/2-inch piece of fresh ginger, peeled and finely chopped or grated
cloves garlic, finely chopped or grated
2 lb. salmon fillets; boneless, skinless chicken thighs; thin pork loin chops; or jumbo shrimp, peeled and deveined, with tails
Salt and pepper
1 bunch scallions, sliced on an angle into 1/2-inch pieces

- Preheat the oven to 400°. Line a rimmed baking sheet with 2 layers of foil, shiny-side down.
- In a medium bowl, whisk the hoisin, about 2 tbsp. each honey and rice vinegar, the lime juice, sriracha, sesame oil, ginger, and garlic for the glaze.
- Season the protein with salt and pepper and arrange in a single layer on the prepared baking sheet. Top with the scallions, then the glaze. Place a sheet of foil on top and crimp the edges of the top and bottom layers of foil to seal the packet tightly.
- Bake until the protein is almost cooked through, about 15 minutes for the salmon, chicken, and pork or about 7 minutes for the shrimp. Remove the top layer of foil. Bake until the protein is just cooked through and the glaze sets, about 10 minutes more for the salmon, chicken, and pork or about 5 minutes more for the shrimp.
- In a large bowl, whisk 3 tbsp. rice vinegar, the vegetable oil, and sugar. Toss with the lettuce; season with salt and pepper.
- Arrange the slaw on plates. Top with the protein. Garnish with the sesame seeds.

SLAW
3 tbsp. rice vinegar
2 tbsp. vegetable oil
2 tsp. superfine sugar or granulated sugar
1 head iceberg lettuce or 1 small white or red cabbage—cored, quartered, and very thinly shredded
Salt and pepper
3 tbsp. toasted sesame seeds

- Preheat the oven to 400°. Line a rimmed baking sheet with 2 layers of foil, shiny-side down.
- In a medium bowl, whisk the hoisin, about 2 tbsp. each honey and rice vinegar, the lime juice, sriracha, sesame oil, ginger, and garlic for the glaze.
- Season the protein with salt and pepper and arrange in a single layer on the prepared baking sheet. Top with the scallions, then the glaze. Place a sheet of foil on top and crimp the edges of the top and bottom layers of foil to seal the packet tightly.
- Bake until the protein is almost cooked through, about 15 minutes for the salmon, chicken, and pork or about 7 minutes for the shrimp. Remove the top layer of foil. Bake until the protein is just cooked through and the glaze sets, about 10 minutes more for the salmon, chicken, and pork or about 5 minutes more for the shrimp.
- In a large bowl, whisk 3 tbsp. rice vinegar, the vegetable oil, and sugar. Toss with the lettuce; season with salt and pepper.
- Arrange the slaw on plates. Top with the protein. Garnish with the sesame seeds.

FOIL OR PARCHMENT POUCHES ARE A GREAT NO-FUSS METHOD OF COOKING. I FIND THAT FOIL IS EASIER TO USE, BUT YOU CAN TAKE YOUR PICK. —RACH
CREAMY SPAGHETTI WITH MARINARA & MASCARPONE

RACH’S TIP
To up the protein in this meal, add pulled rotisserie chicken or simmer some medium shrimp in the sauce.

CREAMY CHICKEN & MUSHROOM EGG NOODLES

GINGER-GARLIC GLAZED SALMON PACKET WITH CABBAGE SLAW
**MAKE LIFE EASIER:**
**4 TIME-SAVING TIPS FOR PARENTS**

LEARN ALL THE WAYS YUMMYTODDLERFOOD.COM FOUNDER AND MOM-OF-THREE AMY PALANJIAN SIMPLIFIES KEY DAILY TASKS — AND HOW TARGET HELPS HER GET THINGS DONE FASTER — SO SHE CAN FOCUS MORE ON FAMILY AND LESS ON HER TO-DO LIST.

1. **USE TARGET DRIVE UP FOR ALL YOUR ESSENTIALS**
   Having three young kids means I need to buy things like snacks, diapers, and cleaning supplies in bulk—but it also means that I have my hands full most of the time. Using Target Drive Up makes my life so much easier. I can buy these important items and have them delivered right to my car without having to juggle shopping bags and my kids. It also gives us back valuable time so we can have more fun as a family.

2. **GIVE YOURSELF A WEEKDAY WARDROBE**
   I try to streamline the time it takes me to get ready each morning by cultivating a signature look for my weekdays. Skinny jeans with button-down tops, leggings with tunics, or chambray shirts with black or white denim are great options. The key is to cut down on the choices so it's easier to get ready in less time.

3. **NEVER RUN OUT OF BIRTHDAY PRESENTS**
   To avoid chaos before parties, I use Drive Up to purchase a slew of generic, fun gifts. It means I spend less time on last-minute trips to the store since my kids can just choose from the options we already have. Ideas include watercolor paints and paper, modeling clay, puzzles, and games.

4. **STOCK THE CAR WITH MUST-HAVES**
   Reducing the time it takes to get everyone into the car for Saturday sports practice is key. I do this by packing necessities like healthy snacks (think breakfast bars and energy bites), sunscreen, and an activity box filled with crayons, notebooks, and stickers for siblings watching from the sidelines. Drive Up helps me keep all of these items stocked at all times.

Have your essentials delivered right to your car with Target Drive Up and add an element of ease to everything you do. Visit Target.com/DriveUp to learn more.
Drive Up.
Easier than sitting in the sun.

Delivered to your car door so you can cheer more.
Try Drive Up today in the Target App.
cook smarter,
A great and surprising weeknight dinner does not require lots of prep or hours of meal planning on the weekends. Use our genius shortcuts to streamline your cooking and make even a simple Tuesday night dinner taste like a masterpiece.

By Alyse Whitney  Recipes by Lauren Schaefer  Photography by Johnny Miller
When prepping a lot of ingredients, keep them organized on a baking sheet to contain the mess.
find your formula

Can't decide what to cook? These quick ideas will help you leverage what you have on hand so you can stop thinking—and start eating.

start with pasta

- cooked pasta
- a few slices of bacon, cooked and chopped
- kale, Swiss chard, or other greens, thinly sliced
- a couple of garlic cloves, grated

Bacon & Greens Pasta

start with yogurt

- plain yogurt
- berries or other fresh fruit
- sugar
- your favorite cookies, crumbled

Berry Easy Dessert

start with puff pastry

- a square of puff pastry, baked
- mushrooms or your favorite vegetables, sautéed
- Gruyère or other melty cheese, grated
- fresh thyme or other herbs

Broiled Veggie Flatbread
WHIP UP A 5-MINUTE BREAKFAST

Think you don’t have time for a real meal in the morning? Your microwave begs to differ.

POACHED EGGS
Crack 1 to 2 eggs into a mug filled halfway with water. Microwave on high for 1 to 1½ minutes.

BACON
Place 6 slices of bacon on a double layer of paper towels. Microwave on high until crisp, about 4 minutes.

TOAST
While the eggs and bacon cook, you have time for toasting.

freeze everything

Instead of doing full-on meal prep, just freeze your leftover ingredients—like that half of an onion on the cutting board or the lonely lemon that needs to be used now. Ice cube trays are great for stuff you use in small quantities. Muffin tins are great for things that you want a little more of. And gallon-size freezer bags are perfect for storing sides and sweets.

IN ICE CUBE TRAYS
finely chopped garlic
pestos and other oil-based sauces (like chimichurri)
citrus juices
leftover egg whites
leftover wine

IN MUFFIN TINS
stock
crushed onions
cooked leafy greens
leftover chopped vegetables
marinara sauce
gravy

IN GALLON-SIZE RESEALABLE PLASTIC BAGS
cooked rice
raw greens for smoothies
any fruit (freeze on a baking sheet first)
leftover baked goods

For easy-to-peel garlic, zap whole cloves in the microwave on high for 20 seconds. They’ll slip right out of the skins!
bust out of your rotisserie chicken rut

It’s the ultimate supermarket shortcut. Here are 12 ways to make that bird even better.

1. Chicken Flautas
   Wrap shredded chicken in corn or flour tortillas and pan fry until crisp. Serve with sour cream, salsa, and fresh cilantro.

2. Chicken Carbonara
   In a large bowl, toss 1 lb. spaghetti (cooked and still hot), 4 beaten eggs, grated Parm, cooked bacon, shredded chicken, and thawed frozen peas.

3. Chicken Toastie
   Build a sandwich with buttered bread, apricot jam, shredded chicken, cheddar, and a sprinkle of curry powder. Cook in a skillet like it’s a grilled cheese.

4. Chicken Fried Rice
   Sauté shredded chicken with scallions, cooked rice, soy sauce, scrambled eggs, thinly sliced bok choy, and sambal oelek. Top with sliced scallions.

5. Chicken Cubano
   Build a sandwich with a roll, mustard, pickles, sliced chicken, and Swiss cheese. Place in a greased skillet; top with a heavy skillet. Cook until the cheese melts.

6. Chicken Flatbread
   Top store-bought garlic naan with sour cream, sliced red onions, shredded chicken, and cooked bacon. Bake at 400° until hot, about 5 minutes.

7. Buffalo Chicken Baked Potato
   Toss shredded chicken with hot sauce. Top a baked potato with the chicken, blue cheese, and ranch dressing. Garnish with celery leaves.

When you’re shopping, pick an evenly browned bird that feels heavy for its size. That extra weight is moisture, meaning you’ll get juicier meat.
8. Chicken Curry Noodle Soup
SERVES 4 | ACTIVE: 20 MIN
TOTAL: 25 MIN
2 tbsp. coconut oil or vegetable oil
2 tbsp. Thai red curry paste
2-inch piece of fresh ginger, peeled and grated
2 cloves garlic, grated
1 tsp. ground turmeric
2 cans (about 14 oz. each) unsweetened coconut milk, shaken well
2 limes—1 juiced (about 2 tbsp.), 1 cut into wedges
3 cups chicken stock
2 tsp. sambal oelek, plus more for serving
1/2 rotisserie chicken, skin removed and meat shredded
1 package (8 to 9 oz.) rice vermicelli noodles, cooked according to the package directions
1 1/2 cups bean sprouts
Fresh herbs (such as mint, basil, or cilantro), for serving

1. In a medium pot, heat the oil over medium. Whisk in the curry paste, ginger, garlic, and turmeric. Whisk until the paste is fragrant and begins to incorporate into the oil, 2 to 3 minutes. (Do not let it brown.) Gradually whisk in 1 can of coconut milk. Add the lime juice. Reduce heat to low. Whisk in the remaining can of coconut milk, the stock, and 2 tsp. sambal oelek. Stir the chicken into the soup.

2. Divide the noodles among 4 bowls. Top with the sprouts, then the soup. Garnish with the herbs, lime wedges, and a spoonful of sambal oelek.

9. Za'atar-Spiced Chicken Salad with Whipped Feta
SERVES 4 TO 6
ACTIVE: 20 MIN
TOTAL: 25 MIN
2 tbsp. olive oil, plus more for drizzling
1 tbsp. za'atar
2 rotisserie chicken breasts, with skin
7 oz. feta in brine, drained, plus 1 tsp. brine
1 tsp. lemon zest, plus 1 tsp. juice (from 1 lemon)
1 clove garlic, grated
2 large heirloom tomatoes, cut into wedges
8 oz. small cucumbers (about 4), cut into bite-size pieces
Small fresh mint leaves, for garnish
Crumbled pita chips, for garnish (optional)

1. Preheat the oven to 325°. In a small bowl, toss the cabbage and vinegar. Let marinate while preparing the rest of the bowl.

2. Place the chicken on a baking sheet. In a small bowl, whisk the chile-garlic sauce and 1 tsp. sesame oil for the sauce. Using a pastry brush, brush the sauce over the chicken. Bake until the chicken is heated through and the za'atar is fragrant, 5 to 7 minutes. Slice the chicken.

3. In a food processor, puree the feta and brine, lemon zest and juice, and garlic until smooth, about 3 minutes. Season the whipped feta with salt and pepper.

4. Using the back of a large spoon, spread the whipped feta on plates. Top with the chicken, tomatoes, and cucumbers. Drizzle the salad with oil; season. Garnish with mint. Top with pita chips (if using).

ON THE COVER
10. Chile-Glazed Rotisserie Chicken Rice Bowl
SERVES 4 | ACTIVE: 20 MIN
TOTAL: 25 MIN
3 cups shredded red cabbage (about half of a small head)
1/4 cup seasoned rice vinegar
2 rotisserie chicken breasts, skin removed
1/4 cup chile-garlic sauce
3 tsp. toasted sesame oil
3 cups cooked rice
3 scallions, thinly sliced on an angle

11. Chicken & Fennel Gratin with Crispy Chicken Skin
SERVES 4 | ACTIVE: 20 MIN
TOTAL: 50 MIN
2 tbsp. butter
3 tbsp. flour
1/3 cup white wine
1 cup whole milk
3 bulbs fennel—trimmed, quartered, and thinly sliced, plus fronds reserved for garnish
1/4 cup grated Parmesan

1. Preheat the oven to 375°. In a medium pot, melt the butter over medium-low heat. Whisk in the flour. Cook, whisking constantly, until the flour is absorbed, 1 to 2 minutes. Gradually whisk in the wine, then the milk. Bring the sauce to a simmer, whisking constantly. Fold in the sliced fennel. Let the sauce simmer until thickened, about 5 minutes. Stir in the Parmesan and Dijon; season with salt. Cook until the sauce is smooth, about 5 minutes. Remove from heat.

2. In a bowl, mix the chicken skin, almonds, oil, and 1/2 tsp. salt.

3. Spoon half the fennel sauce into a baking dish. Top with the chopped chicken meat and the remaining fennel sauce. Top with the chicken skin. Bake until the gratin is bubbling and the top is light golden brown, 25 to 30 minutes. Garnish with the fennel fronds.

12. Easy Rotisserie Chicken Stock
MAKES 1 QUART
ACTIVE: 20 MIN
TOTAL: 6 HR, 20 MIN
To make a simple chicken noodle soup. simmer sliced carrots and celery in this stock until tender. Stir in shredded rotisserie chicken and top with fresh herbs.

Bones and skin from 1 rotisserie chicken
1 head garlic, halved
2 onions, quartered
3 carrots, broken in half
4 stalks celery, broken in half
Aromatics
like ginger, fresh parsley, or peppercorns (optional)

1. In a large pot, bring all the ingredients and 4 quarts of water to a boil over medium-high heat. Reduce heat and simmer the stock, uncovered, for 3 hours. Skim off any foam that rises to the top and add water as needed to maintain the same level of liquid in the pot.

2. Cover the pot and simmer until a rich stock forms, about 3 hours more. Let cool slightly. Using a fine-mesh strainer, strain the stock into a large bowl; season with salt. Let cool. Transfer to an airtight container. Refrigerate for up to 1 week or freeze for up to 3 months.

Wash herbs when you get them home and roll them up in a damp paper towel. They’ll last longer in the fridge.
RETHINK YOUR UTENSIL DRAWER

Step away from the single-use gadgets. These multitaskers will help you speed through all kinds of kitchen tasks.

SCISSORS
Slice a pizza or a quesadilla. Slice scallions or chives. Break down chicken. Cut whole tomatoes right in the can. Trim fat from meat. Cut up dried fruit.

COOKIE SCOOP
Transfer any kind of batter (muffin, cupcake, etc.). Portion meatballs.

BENCH SCAPER
Cut any dough. Clean off counters. Transfer chopped vegetables from a cutting board to a skillet.

FISH SPATULA
Flip pancakes. Remove poached eggs from water. Or, yes, turn fish over.

METAL MEASURING SPOONS
Core halved pears. Make melon balls.
Reach your #momgoals by crafting the yummiest and “I love you”-inducing after school snack with Green Giant® Veggie Tots.

**Green Giant**
Give your kids more reasons to be jolly with Green Giant® Veggie Tots. This great potato alternative provides one full serving of vegetables with no artificial flavors or preservatives.

**Do the Dip!**
Straight-up ketchup is a tasty option, but try mixing things up with other condiment combos. Give these a chance: mayo mixed with ketchup, mustard with honey, or, if your kids are the adventurous types, heat things up with sriracha-spiked mayo.

This school year, visit your local grocer for these kid-friendly and #momapproved products.
Kristi hangs out in her home office, where she handles the logistical end of her art-and-textile business: taking calls, answering emails, and planning new product lines.
Kristi, perhaps best known for her bold striped pieces sold on Minted and One Kings Lane, has always understood the importance of a neutral base. When she and her husband, Matt, bought their home 13 years ago (a year before their son, Owen, was born), they were after its prime North Shore location—a short bike ride to downtown—and its great bones. As for decor, “I didn’t want to distract from the moldings, windows, and big hallways,” says Kristi. So she chose gray paint for the walls, added trim to the rooms that didn’t have any, and shopped for warm wood furnishings. Then came the best part: layering in pops of vibrant color.

While sprinkling her bold art throughout the house, Kristi made a few smart moves to add some calm. In the living room, she chose a Chesterfield sofa in navy velvet to ground her rainbow-colored line-and-drip canvases and rug. Symmetry is another tool in her bag of tricks: Pairs of paintings, mirrors, and pillows soothe the eye. Finally, because Kristi’s work skews modern, every space finds balance with at least one traditional piece, whether it’s a curved-leg desk in her home office or chairs with caned backs in the dining room. “These oppositions—old and new, neutral and bright—are what create the energy that makes our home happy,” says Kristi.
I love mixing styles,” says Kristi. “The architecture is pretty traditional and so is our furniture. But the artwork—both my pieces and those from artist friends—adds a funky, eclectic edge.”
The coffee table in Kristi’s living room (left) looks like a vintage column capital, but it’s actually a replica from Restoration Hardware. The dining area (above) gets its traditional-with-a-twist vibe from the juxtaposition of the upholstered Louis XVI-style chairs and the bold floral canvases by artist Megan Coonelly. All of Kristi’s product lines, from the pillows and poufs (near right) to her artwork and rugs, can be purchased at kristikohutstudio.com. She has also designed a collection of scarves; one of them adds some punchy color to her mudroom (far right).

“Beige can be boring, but I’m not against all neutrals,” says Kristi. “Silvery gray is calming and reflects light like a white but has more depth. My go-to shade is Benjamin Moore’s Sterling 1591.”
MAKE THE GRADE

YOU’RE NEVER TOO OLD FOR A LITTLE BACK-TO-SCHOOL SHOPPING. PERK UP YOUR WORK CUBE OR HOME OFFICE WITH THIS GET-MOTIVATED GEAR. BY DANIELLE BLUNDELL

IN THE BAG
The MZ Wallace Metro Backpack is big enough for a laptop, gym clothes, a water bottle, and whatever small stuff you want to stash in its detachable pouch. Quilted nylon fabric makes it water-resistant, durable, and, most important, ultra lightweight. $245, mzwallace.com

HOLD IT!
Graf Lantz Fiaru Folders may look like regular old manila, but they’re actually luxe leather. You don’t need a million—just one for important documents, old handwritten recipes, or special family photos. $88 each, graf-lantz.com

SHELF HELP
The Cost Plus World Market Emerson Rolling Cart is all business filled with books, writing supplies, and a houseplant. It’s a party on wheels stocked with bottles, glasses, and bar tools. $180, worldmarket.com

TASK MASTERS
There’s still no better feeling than crossing something off an analog to-do list. Our favorite productivity combo? The Moglea Weekly Pad Alma and a Pilot Pen FriXion Clicker Erasable Gel Ink Pen, which can be customized with your name or a logo. Pad, $14, shop.moglea.com. Pen, $3.67 each (with a minimum order of 12), pilotpen.us

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TECH SUPPORT
Add a little edge to your desktop with the Slash Objects Gem Rubber Mousepad. Who knew shredded recycled tires could look this chic? $32, slashobjects.com

DESK TO IMPRESS
With its all-wood construction and clean lines, the Blu Dot Stash Desk is built to last. And at only 24 inches deep, it’s small enough to tuck into a corner, so you can create a workspace just about anywhere. $399, bludot.com

LIGHT UP
The IKEA × Sonos Symfonisk Table Lamp frees up space by offering both illumination and a Wi-Fi speaker. Sounds pretty good to us! (Get it?) $179, ikea-usa.com

SIDE NOTES
Your grade-school journal has nothing on an Appointed Notebook. Choose from lined, grid, or blank paper, and put your monogram on the cloth cover to look extra fancy at your next big meeting. $24, plus $10 for a monogram, appntd.com

TOTES ADORBS
This fun washable SoYoung Linen Block Lunch Poch just might make you start packing meals. Its roomy insulated interior features a removable divider. $39, us.soyoung.ca

BREW SENSATIONS
Coffee or tea? You can make either with a double-walled West Elm Good Thing Twin Carafe. The center of the silicone lid works like a pour-over brewer, and its ridged underside filters loose tea. While you’re at it, upgrade your cup collection with the pretty handmade East Fork Mug. Carafe, $29, westelm.com. Mug, $36, eastfork.com
1 WONDER WALLS
Take advantage of vertical space by tacking up notes and reminders with pretty washi tape, which won’t leave holes or damage finishes. Hang a shared family calendar here for everyone to see.

2 STORAGE SOLUTIONS
To cut down on visual clutter, mount a wall organizer with pockets for notepads, pens, and other supplies. Similarly, a simple shelf can hold planners, journals, and your current reads.

3 POWER UP
Always competing for charging cables or forgetting where your phone is? Stop the madness by including a USB charging station for all family tablets, wearables, and phones in this area. Bonus: It’ll help keep devices out of beds.

4 DESIRE TO INSPIRE
This spot doesn’t have to be all work and no play. Add a little fun to the mix with your kids’ artwork, favorite photos, postcards, and magazine pages you love. Rotate regularly so you’re always looking at something fresh.

5 FILE SYSTEM
An inbox here means no more school forms, invites, or bills on the kitchen counter. Choose a desk with a nook for important papers, or set up an inbox on top and sort weekly. Tuck manuals, receipts, and other nonurgent papers in a nearby drawer.

COMMAND CENTER
HERE’S HOW TO TURN A HIGH-TRAFFIC ZONE (HEY, KITCHEN CORNER!) INTO H.Q. FOR YOUR FAMILY’S BUSY LIFE. BY DANIELLE BLUNDELL

PHOTO: JULIEN FERNANDEZ/ GAP INTERIORS

RACHAELRAYMAG.COM | SEPTEMBER 2019
FIND THE COLOR IN ANY MOMENT. EASY.

With the redesigned ProjectColor™ app from The Home Depot, finding the perfect color is easier than ever. Just upload a photo and find the paint to match, it’s a colorful new experience at homedepot.com/projectcolor.
WE’VE GOT YOU COVERED

Should you buy pet insurance for your pup? How does it work? We dug up everything you need to know to keep your fur baby safe and sound without losing your shirt. BY LISA FREEDMAN

PRICING VARIES
On average, expect to pay $35 to $55 each month per pet. (Cats will cost less than dogs.) “Price is determined using a number of factors, including species, breed, and age, as well as deductible, annual limit, and reimbursement percentage,” says Liz Watson, vice president of ASPCA Pet Health Insurance. And there’s usually a deductible—either per year or per incident, “which means you cover that each time you file a claim,” says Watson. As with health insurance for humans, the higher your monthly premium, the lower your deductible.

A PLAN COULD SAVE YOU A BUNCH
With most pet plans, you front the money and get paid back when your pet’s health takes a turn. (Refunds are based on a percentage of the bill or the national average fee for the treatment.) “My dog had cancer, and her treatment totaled $14,000 in one year,” says Jodi Andersen, chief dog expert at How I Met My Dog, a site that matches shelter dogs and owners. “Insurance reimbursed me for 90 percent of that. It can help you avoid being in a situation where you have to choose between your pet and your budget.”

THERE ARE DIFFERENT TYPES OF PLANS
There are illness plans (if your dog gets sick), wellness plans (for checkups), accident plans (if your dog gets hit by a car), and combinations of the three. “Some pet policies don’t cover well-care visits,” Andersen points out. If you have a healthy dog, your best bet is probably the lower-premium, higher-deductible plan—but don’t take our word for it. “When it comes to pet health insurance, do your homework and research the offerings,” says Watson. “Check out the policies so you can make an educated decision.”

AND NOW FOR THE FINE PRINT
There usually aren’t in-network providers versus out-of-network ones, so you can take your pet to any licensed veterinarian. But preexisting conditions are not typically covered (which is why Watson suggests purchasing pet insurance while your fur babe is still young and healthy), and neither are certain hereditary conditions. Talk to your veterinarian about whether pet insurance is right for you. As with all things, prepare for the worst, hope for the best, and enjoy every furry snuggle.
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CHILL OUT

Whether your concerns are big, like debt or aging parents, or small, like planning a dinner party, living your life can add up to lots of stress. Being in a constant state of tension is, no surprise, not great for your health. “People who are stressed for prolonged periods can be at risk for serious mental health issues, including anxiety and depression,” says Nina Ellis-Hervey, Ph.D., a psychologist and professor at Stephen F. Austin State University in Nacogdoches, Texas. “This can lead to a lack of fulfillment or relationship difficulties and even take a toll on the heart.” A few simple acts of self-care can help you recalibrate. Here’s how to calm yourself when it feels like the world is pressing in.

TAKE IT OUTSIDE Going for a run or a walk can help you zen out—but only if you’re not focusing on, say, that giant pile of laundry at home. Try some outdoor exercise but also pay attention to your breathing and notice your surroundings, even if they’re familiar. A study out of Penn State University published in Psychology of Sport and Exercise suggests these distractions can ease anxiety.

STRIKE A POSE Can’t fit a full yoga class into your day? Hillary Wright, director of continuing education at Y7 Studio in New York City, suggests this move to de-stress: Lie on your back on a mat or rug, parallel to a wall and as close to it as possible. From here, swing your legs up the wall so your body is making an L shape. Focus on your breathing, close your eyes, and stay put for at least five minutes. “This posture brings more oxygenated blood to the heart, so it doesn’t have to work as hard,” says Wright. “And lengthening the exhale can activate the ‘rest and digest’ response of the nervous system.” Consider this position a reboot button for your body.

CROON A TUNE Get your carpool karaoke on, even if you don’t have Rihanna’s pipes. New research from Iowa State University found that Parkinson’s disease patients who sang experienced benefits similar to taking medication. Singing boosted their moods and even reduced indicators of stress, including heart rate, blood pressure, and cortisol levels.

JUST BREATHE Meditation is hard, but it’s worth the effort. If you can’t quiet your thoughts entirely, try to breathe mindfully. “Practice taking long, slow breaths in through your nose and holding for three seconds,” says Ellis-Hervey. “Slowly release through your lips while keeping your jaw relaxed.” Perform this exercise for a few minutes during a tough task or when you’re getting worked up. “Focusing on your breath lets you return to a normal, more relaxed state,” says Ellis-Hervey.

YOU ASKED...
CAN FOOD AFFECT STRESS?

The brain’s connection to the belly is no joke. Just as calming your mind can help you fight stress, eating certain foods can slow the negative mind-gut loop that can keep you anxious. Settle yourself down with these picks.

FERMENTED FOODS
Adding things like kimchi, sauerkraut, kefir, and pickles to your diet can boost the number of good live bacteria, or probiotics, in your gut, which studies have shown help reduce anxiety. Look for labels that say “naturally fermented” to ensure efficacy.

PREBIOTIC FIBER
Probiotics feed on prebiotics, a kind of indigestible fiber. Research suggests upping prebiotic-fiber intake with foods like oats, garlic, asparagus, and onions can help probiotics multiply and thrive. So when life is stressful, get your gut on your side by adding prebiotics to your plate.
THICK & RICH
RUNS IN THE FAMILY

NOTHING ELSE TASTES LIKE HEINZ
EST. 1869

© 2019 The Kraft Heinz Company
WHAT’S YOUR MOST GENIUS WEEKNIGHT SHORTCUT?

**Shredded rotisserie chicken breast. There are so many options with just this one ingredient, from soup to superquick chicken tikka masala to chicken salad.**
—BROOKE MINORE

**We do breakfast for dinner. It’s quick, cheap, and always a hit with the whole family. Whether it’s pancakes, French toast, or eggs, it always makes for a fun night.**
—BRITTANEY FREEMAN

**On my drive home, I call my wife and ask her to take out steaks from the fridge. On the way into the house, I light the grill, then I season the meat. Dinner’s ready in 45 minutes.**
—DAVID SCOTTI

**Menu planning. I plan meals for the week and post the menu on the fridge. The night before, I assemble the ingredients so I can cook when I get home. Weeknight lifesaver!**
—HAYLEY SMITH

**One-pot pastas have been a game changer for us. I was skeptical at first, but my husband changed my mind. They’re so easy!**
—DAGMARA KLESMITH

**One of my favorite shortcuts is to steam different vegetables in the microwave. You can find all types of recipes for steaming flavorful vegetables. It helps to cut the time in half, especially when I’m cooking vegetarian dishes.**
—MARYANNE MCGETTIGAN

**I make a pot of beans and a pot of rice or farro for dinner, and I’ll have the leftovers for taco or burrito night. Or I’ll make a quick soup another night.**
—CHERYL HOOVER

**I meal-prep dinners on Sunday, and I mix it up each week so our family doesn’t get bored. Some faves are Italian meatballs and tacos.**
—KIRSTIN MAINS
We went to cooking school so you don’t have to.

MAKE YOUR RAMEN ROCK WITH THESE TASTY MIX-INS AND TOPPINGS.

AMERICAN CHEESE
Drape a slice over cooked ramen and watch it melt like a warm, comforting cheesy blanket. Stir it up for a creamy broth.

SEAWEED SNACKS
For that ramen-shop look, garnish your bowl with a square or two. It'll dissolve for a hit of extra-briny, umami-packed flavor.

EGGS
A soft-boiled egg is a classic ramen topper, but you can also crack one into the hot broth, then stir until it’s rich and silky, à la egg drop soup.

FRESH VEGGIES
Slice ’em thinly and drop into the pot with the seasoning packet. The veggies will be crisp-tender when the noodles are done.

SPICY THINGS
Hot sauce, a teaspoon of Thai curry paste, pickled jalapeños, kimchi, or crushed red pepper—all of these will finish your bowl with a kick.

HERBS
We always marvel at what a dash of fresh green can do for a dish. Cilantro, parsley, chives—any chopped herb will liven up those noodles.

CRUNCHY STUFF
Add fried onions (the green bean topper), crumbled bacon, sesame seeds, or bean sprouts. Then slurp and munch!

—ALIZA GANS

INSTANT UPGRADE
**NOT RIPE? NOT AN ISSUE**

We’re giving you the green light to eat these fruits before they’re ready.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Advice</th>
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<tbody>
<tr>
<td><strong>Mangoes</strong></td>
<td>Give the mango’s bright and crunchy side a try. Look for firmness and a color more green than yellow, or head to an Asian market to find deliberately unripe mangoes. Go the Indian route and chop one up to make a quick pickle with vinegar, sugar, and chiles. —AG</td>
</tr>
<tr>
<td><strong>Plantains</strong></td>
<td>When sweet, soft, and yellow or brown, they’re called maduros (“mature” in Spanish). Before they’re ripe, you’ll need a knife to cut off the peels. The starchy, mild fruit is then treated like a potato and fried, steamed, braised, or mashed.</td>
</tr>
<tr>
<td><strong>Tomatoes</strong></td>
<td>Anyone who grows tomatoes knows that this time of year, there are always some green stragglers that are firmer and tart. In the South, they’re dredged in cornmeal and fried. In Jewish delis, they’re pickled for a grassy flavor and crunchiness. We endorse both methods.</td>
</tr>
<tr>
<td><strong>Papayas</strong></td>
<td>You’ve probably tasted the pulpy, musky fruit when ripe, but a green one is another animal: white, crunchy, and slightly spongy inside, like a raw zucchini. In Thailand, papayas are shredded for salad. Got a spiralizer? Toss green papaya curlicues in a peanutty dressing.</td>
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**BAKING SODA SAVES THE DAY**

Four genius ways to use what’s in that orange box

1. **SOOTHE A BURN** Make a paste with baking soda and water, then carefully spread it over the burn to ease the ouch. Also works for bee stings!
2. **TAME THE TRASH** You probably already stash a box in the back of your fridge to keep odors at bay, but you can sprinkle some in the bottom of your trash can, too.
3. **SCRUB STUFF** Dust the inside of that marinara-stained plastic food-saver with baking soda and add a little water to make a slurry, then scrub those stains away. The same trick will work on that silicone spatula that smells like last night’s curry.
4. **STOP A SMOKING OVEN** Oops. You filled that lasagna pan a bit too high, and now it’s bubbling all over the oven. Sprinkle some baking soda over the drip zone to instantly stop the smoke.

—JANET TAYLOR MCCracken
COOKBOOK CRUSH

Even as a trained cook, I often find myself looking at an ingredient thinking, What can I do with this? A recipe provides one answer, but The Nimble Cook, by chef, recipe developer, and cooking teacher Ronna Welsh, holds ingredients up to a kaleidoscope. In Welsh’s hands, a leek isn’t just chopped for soup. The tops are blanched for a pesto, a side dish, or a flavored cream cheese, and the stalks get braised for pastas, meatballs, salads, and dumplings. Each ingredient-based section of the book (leaves, aromatics, heads and bulbs, fish and shellfish, etc.) gives readers basic recipes, like an onion jam, plus things to do with those building blocks, like the Fast French Onion Soup. Welsh focuses on using everything up, helping you make the most of your grocery haul. Her treatment of ingredients helped changed the way I cook and saved me money. So be nimble, be quick, and get a copy! —RENAE E. WILSON

GET SHREDDED!

Any crunchy veggie that tastes good raw can be spun into a slaw with a food processor. Dig out your slicing and shredding disks and give them a whirl.

SLICER DISK

BROCCOLI & CAULIFLOWER STEMS
Remove the thick skins with a peeler before slicing. Pair with apples, dried fruit, and toasted nuts. Dress with an orange vinaigrette.

FENNEL
Use only the bulb. (Save the fronds for garnish.) Pair with orange slices, feta, arugula, parsley, and slivered almonds. Dress with lemon juice and EVOO.

RADISHES
They’re extra ravishing when thinly sliced. Pair with cucumbers, mint, dill, and ricotta salad. Dress with lime juice and grapeseed oil.

SHREDDER DISK

BEETS
Give them a scrub first—no need to peel. Pair with shredded carrots, toasted nuts, scallions, and mint. Dress with yogurt that’s spiced with curry powder and thinned with lemon juice.

KOHLRABI
This tastes like a cabbage-radish hybrid. Pair with apples and hearts of palm. Dress with mayo, sugar, salt, and cider vinegar.

CELERY ROOT
Cut off the scruffy skin. (It’s too thick for a veggie peeler.) Pair with hazelnuts, grapefruit, and dill. Dress with grainy mustard, salt, pepper, and EVOO. —DANIELLE CENTONI
BE A SQUASH BOSS

Looking for an easier way to prep this hard-to-chop veggie? Try these methods for cutting butternut squash (and not yourself).

MICROWAVE

A microwave is a powerful gourd-softening tool. Nuke it for 4 to 6 minutes. Let it cool, then peel, halve, and scrape out the seeds. Bake the squash to soften it completely, or pop it back in the microwave. Best for cubing or slicing.

SLOW COOKER

If you aren’t in a hurry, a slow cooker will soften squash while you go about your day—or while you sleep. After 4 to 5 hours on high (or 6 to 8 on low), the squash will be creamy and easy to peel. Let it cool, then cut lengthwise to scoop out the seeds. Best for mashing.

OVEN

This one is super simple: Put the squash on a baking sheet (no need to prick the skin) and roast at 400°F until a bit tender, about 40 minutes. Once it’s slightly cooled, it’ll peel easily. To get softer squash, bake for about 1 hour. Best for cubing, slicing, or mashing.

GRILL

Wrap a squash in Reynolds Wrap Heavy Duty Aluminum Foil. Cover it with the embers under the grill grate and let it bake until soft, about 1 hour. Best for mashing —ARIEL KNUTSON

FROM THE TEST KITCHEN

Oven

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Grill

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**Turkey Cheeseburgers with Bacon & Apple-Onion Relish**

**Makes 4**

- 2 tbsp. butter
- 2 onions, chopped
- 1 bay leaf
- Salt and finely ground black pepper
- 2 Honeycrisp or Gala apples, peeled and chopped
- ½ cup pure maple syrup
- 2 tbsp. fresh thyme leaves, finely chopped
- ⅛ tsp. freshly grated nutmeg
- ½ cup grainy Dijon mustard
- 12 slices meaty smoked bacon
- 1½ lb. ground turkey, a blend of dark and light meat
- 2 tbsp. Worcestershire sauce
- 1 tsp. each coarsely ground black pepper, ground white pepper, and granulated garlic
- 1 tbsp. vegetable or olive oil
- 8 oz. sharp white cheddar, sliced or crumbled
- 4 brioche buns or other burger buns, lightly toasted
- Sliced bread-and-butter pickles or dill pickles

**Preheat the oven to 400°.** In a medium skillet, melt the butter over medium heat. Add the onions and bay leaf; season with salt and finely ground pepper. Cook, stirring occasionally, until the onions soften, about 15 minutes; reduce heat if the onions begin to brown. Add ½ cup water. Increase heat a bit. Cook, stirring often, until the apples are golden, about 15 minutes. Add the apples, maple syrup, thyme, and nutmeg. Cook, stirring often, until the apples soften, 10 to 15 minutes. Stir in the Dijon.

**Meanwhile, arrange the bacon on a slotted broiler pan or on a wire rack set inside a baking sheet lined with foil. Bake until very crisp, about 20 minutes.**

**Heat a large cast-iron skillet over medium-high.**

**In a medium bowl, mix the turkey, Worcestershire, coarsely ground black pepper, white pepper, and granulated garlic; season with salt. Form into 4 patties (thinner in the centers for even cooking).**

**Add the oil to the skillet, one turn of the pan. Add the patties; cook, turning occasionally, until cooked through, 7 to 8 minutes.**

**Tent the cheese. Turn off heat. Tent the skillet with foil until the cheese melts, about 2 minutes.**

**Arrange some pickles on the bun bottoms. Top with the burgers, bacon, and apple-onion relish. Set the bun tops in place.**

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**The first few leaves that blush pink and gold make me feel as excited as a little kid. This burger is all about my love affair with fall, and it will get you in the mood for my favorite season.**

— Rachael Ray
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