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Mardi Gras
No need to head on down to Bourbon Street. Here’s a menu that everyone will love. So grab the beads, and start cooking — this Fat Tuesday party will be one your guests will never forget.

Meal Planning
Take the stress out of the weeknight dinner blues. Shop once, then eat “nutrish-ish” all week with these five tasty and simple dinners. We’ve also provided a grocery list for you.

Steak & Cake
Elizabeth Karmel created this stunning new cookbook simply pairing two classics, steak and cake. Enjoy steakhouse worthy recipes in the comfort of your home with a side of dessert.

Recharge Your System
Get the scoop on how to maintain a healthy immune system from Michele Burklund, a holistic health expert. You’ll learn ways to strengthen your immune system, and the signs of a weak system.
DEPARTMENTS

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76 **Grand Finale:** Chocolate Cream Pie
   With layers of chocolate flavor, and a smooth as silk texture, one bite of this pie and you’ll be lovestruck.

"Having never tried a moon pie, I didn’t know what to expect, but this homemade version far exceeded my expectations. And my hubby (who grew up on moon pies) said these are 10X better than the original packaged version!" — Haley J. Wilson
Happy New Year! The holidays may be over, but we still have plenty of reasons to celebrate. First on the calendar is the Chinese New Year, which begins January 25th. Senior editor Haley Wilson created a feast to commemorate this annual event. From dumplings and spring rolls, to noodles, steamed whole fish, and sesame balls, this traditional menu is sure to bring good fortune and longevity to you.

Next up is the Super Bowl on February 2nd. The only thing more important than the game on Super Bowl Sunday is the food. You’ll score big points with these party bites. Not only are these recipes crowd-pleasers, they’re actually healthyish.

Of course, Valentine’s Day is February 14th, which means bring on the chocolate, and we did with the Dark & White Chocolate Cream Pie on pg. 77. And for a superb Valentine’s dinner, try the Steak Diane, Cheesy Twice-Baked Potatoes, and the Retro Chocolate Cupcakes from Elizabeth Karmel’s book Steak & Cake. You can’t go wrong.

Also, Mardi Gras is observed on February 25th this year, so we planned another party. This menu of gumbo, dirty rice, hushpuppies, and moon pies is motive enough to adorn yourself with beads.

Life is a party, so start planning, open your doors, and invite friends to celebrate with you.

KIM SAMUELSFON
EDITOR

@CUISINEATHOMEMAGAZINE @CUISINEATHOME PINTEREST.COM/CUISINEATHOME TWITTER.COM/CUISINEATHOME
THE BUZZ | WHAT’S YOUR FAVORITE COMFORT FOOD TO MAKE IN THE WINTER?

Winter is all about staying cozy and warm. From crafting and Netflixing to keeping warm by the fire and spending time with your loved ones, you’re likely spending more time inside than you do any other season. Hopefully, that gives you more time to get in the kitchen and get cooking, too! Our team shared some of their favorite comfort foods they love to cook when the weather turns cold and snowy. Let us know what your favorites are on Facebook or Instagram by using the hashtag #comfortfoodfaves, and don’t forget to tag us @cuisineathome.

WHAT’S TRENDING ON CUISINEATHOME.COM

COMFORT FOOD

Head over to our website for some seriously comforting recipes, from soups and stews to casseroles and braises. Don’t forget to check out our Cheesy Potato Soup, Winter Pork Stew, and Pot Roast with root vegetables (also some of the most popular recipes on our website!). And find more easy and delicious recipes, how-to videos, and helpful tips at cuisineathome.com.

LOOK FOR OUR NEW PODCAST

We’re launching a podcast all about — guess what? — food! Must Love Food is for people who love to cook, eat, and learn about food. Each episode will feature a variety of content — from interviews with food industry experts, test kitchen talks with our team, and answers to your questions. Look for our upcoming podcast wherever you listen to podcasts. cuisineathome.com/podcast

ON THE NEWSSTAND NOW!

Cuisine’s Newest Publication: Feel Good Food

This new book is chock-full of recipes for eating well-balanced meals, with a focus on healthy ingredients to keep you on track. From superfood bowls to menu makeovers, eating right has never been easier. Order online at cuisineathome.com.
JUST WING IT

Homemade chicken stock is great, but I don’t always have time to make it. For a quick version when making soup, I add chicken wings (at least six) to the pot with the veggies, aromatics, and water. Remove the wings after simmering about an hour — they’ll contribute flavor and body. Just stir in noodles and finishing touches for a fabulous soup.

JOSHUA DUBIN
NEW YORK, NY
HANDY TIMESAVERS

EGGCELLENT
Using a ladle makes perfectly poached eggs. First, I coat the ladle with nonstick spray and add an egg. Then, I submerge the ladle into a pot of simmering water. Once the egg white sets, I release the egg into the water and cook it until the yolk is soft, 1–2 minutes. It sure beats dropping the egg into the water and hoping for the best!

SARA SCHOBER
JACKSONVILLE, FL

REFRIG REORG
I enjoy experimenting with ethnic cooking, which leads to lots of condiments in my refrigerator. To quickly grab what I need, I’ve dedicated each shelf of the refrigerator door to an ethnicity of condiments — Asian, Mexican, Italian, etc.

MAYA POCOCK
OAKLAND, CA

MEASURE UP
When baking, I prefer to weigh flour, but not all recipes provide weights. For quick reference, I’ve made a conversion chart for standard cup measurements on a file card, which is laminated and kept in my kitchen drawer.

SUSAN THOMAS
EL DORADO HILLS, CA

THE WAY THE CAKE CRUMBLES
Recently, I wanted to make a pie but didn’t have anything for a crumb crust. I did, however, have a boxed cake mix. I baked the cake, crumbled it, then toasted the crumbs. Next, I put the crumbles into a food processor with nuts and melted butter to make fine crumbs, and pressed them into a pie plate. It made a very flavorful crust for my lemon curd pie!

PATTY OLSON
OMAHA, NE

KALE PREP
Here’s my favorite way to have kale on hand and ready to use in recipes. First, I wash and dry the kale before placing it in a resealable freezer bag, then I remove as much air as possible, and freeze. Once frozen, I remove the bag from the freezer, and without opening, knead the kale until the leaves fall off the stems. Remove the stems and you have crushed kale.

JANE DANIELS
FOREST HILL, MD
HERBAL “TEA”

When making a sachet with fresh or dried herbs, paper tea infuser bags work perfectly. I simply add the herbs to one bag, fold the top over, and insert it upside down into a second bag. Fold the top down and it’s ready to add directly to the cooking pot.

M. SUZANNE ROLAND
MARINA, CA
FRY TIP

OIL CHECK

My mom taught me an easy way to determine when the oil in a wok (or pot or pan) is hot enough for frying. I submerge the tip of a wooden chopstick into the hot oil until the tip is saturated. If bubbles form and rapidly bead up around the tip of the chopstick, the oil is hot enough for frying.

ERIC NYKAMP
GRAND RAPIDS, MI

WASTE NOT, WANT NOT

The tough stalk of broccoli is often overlooked and tossed out. But instead of letting it go to waste, I cut off the florets, then shred the stalk. It’s perfect in salads or soups.

BONNIE WORTHEN
ST. PETERSBURG, FL

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IN THE NOW
WHAT’S HAPPENING IN FOOD

SAFFRON GOLD BAR
Say goodbye to stained fingers — crushing saffron threads is a thing of the past. This Saffron Gold Bar is made with the company’s own Italian-grown saffron that’s been infused into ethically and sustainably sourced cocoa butter to form a gold bar that’s both beautiful and functional. Simply grate or shave the bar over risotto, pasta, popcorn, and vegetables, then wait for the shards to melt, revealing their beautiful yellow-gold color.
Zafferanomatteobertoli.com

MIRACLE-GRO TWELVE
If you’ve ever wanted to grow your own fresh herbs or lettuces indoors, Miracle-Gro Twelve makes it simple. There’s space to start four different types of seeds, or plants. This hydroponic growing system features a light that turns on/off on its own. It holds up to 2 gallons of water that circulates to the roots of the seedlings (or plants). Plus, it’s built right into an end table, so you can watch your herbs and lettuces grow right in the comfort of your own home. And don’t forget to download the app to get notifications about when it’s time to add more water, fertilizer, and when to harvest.
Miraclegrotwelve.com
It’s both! Legally Addictive started when founder Laura Shafferman had to make ends meet after a non-compete clause prevented her from working in real estate. After baking her favorite childhood cookies, toffee-and-chocolate-covered crackers, and selling out of them, she knew they had some real potential. Check out all four flavors of her cracker-cookies, The O.G., Everything, Peppermint Crunch, and Surprise Party — they’re addictively good! Legallyaddictivefoods.com

“Real food. Real energy.” is the concept Kate’s Real Food was founded on. These energy bars were created out of necessity — to fuel Kate’s snow-filled adventures on the slopes. And with all high-quality organic, Non-GMO, gluten-free ingredients, and six different flavor combos to choose from, you’re likely to find one to fuel your adventures, too. Katesrealfood.com
New Year’s Feast

Steamed Whole Fish with Fermented Black Bean Sauce,
page 15
Also called Spring Festival, or Lunar New Year, CHINESE NEW YEAR celebrates the beginning of the new year on the traditional Chinese calendar. And along with the celebration comes food that carries a lot of symbolism. Those foods all have different meanings and are said to collectively bring family reunion, wealth, good fortune, prosperity, long life, and happiness, to name a few. And this menu is just a sampling of what is traditionally served.

Dumplings are probably the most popular food consumed during the celebration, and our recipe for Pork Dumplings, page 14, can be cooked three different ways — steamed, pan-fried, or boiled — depending on your preference. You’ll also find another favorite — fried spring rolls with chicken, plus, stir-fried noodles with shiitakes, and a (very traditional) whole steamed fish. And to round out the menu, there’s something a little sweet. If you’ve never had sesame balls before, you’re in for a treat. They’re crisp and chewy all at once with a sweetened red bean filling — you won’t be able to stop at just one.
Choose one, or all, of the methods shown here to cook your dumplings. You might just be surprised by which one is your favorite.

Pork Dumplings
Don’t want to make your own dough for the dumplings? It’s OK to use purchased pot sticker wraps instead, though cooking time may vary.

Makes about 35 dumplings
Total time: 2 hours

FOR THE DOUGH, COMBINE: 3 cups all-purpose flour 3/4 cup + 3 Tbsp. hot water 1/2 tsp. table salt

FOR THE FILLING, TOSS: 4 oz. napa cabbage, finely shredded (3 cups) 1/4 cup minced canned water chestnuts 2 1/2 tsp. kosher salt, divided

FOR THE SAUCE, DISSOLVE: 1 Tbsp. each sugar and hot water 3 Tbsp. low-sodium soy sauce 1 Tbsp. rice vinegar 1 Tbsp. thinly sliced scallion greens 1/2 tsp. sesame oil Chili garlic sauce to taste

For the dough, combine flour, water, and salt in a bowl with a fork until flour is nearly incorporated. Gently knead dough until smooth. Divide dough into three portions and shape each into a ball. Wrap dough balls with plastic wrap and let rest at least 30 minutes.

For the filling, toss cabbage and water chestnuts with 2 tsp. salt; cover and let stand 30 minutes.

Rinse cabbage mixture, then wring dry with kitchen towels.

Combine cabbage mixture, pork, scallions, ginger, garlic, sesame oil, soy sauce, mirin, remaining 1/2 tsp. salt, and sugar.

Portion filling into balls using a #100 scoop (2 tsp.) onto a parchment-lined baking sheet; cover, and refrigerate at least 30 minutes.

Roll one dough ball out on a floured surface to 1/16-inch thick. Using a 3 1/4-inch-round cutter, cut dough into rounds. Cover rounds with plastic wrap. Repeat rolling and cutting with remaining dough balls. Reroll dough scraps as necessary.

Fan fold each dough round by folding five pleats with your fingers on one side of the dough, using one hand to form the pleats and the other hand to hold the finished pleats in place. (Pleats should not overlap.) Place the filling into the formed pocket; seal by pressing together pleated and unpleated edges of the dumpling.

Cook dumplings according to one of the methods, right.

Transfer dumplings to a paper-towel-lined plate to drain.

For the sauce, dissolve sugar in water, then stir in soy sauce, vinegar, scallion greens, and sesame oil; season with chili garlic sauce.

Per pan-fried dumpling: 57 cal; 3g total fat (1g sat); 5mg chol; 213mg sodium; 6g carb (0g fiber, 0g total sugars); 2g protein

VIDEO: HOW TO FORM DUMPLINGS CUISINEATHOME.COM/MAGAZINE

Prepare a bamboo steamer and wok according to directions on page 55. Place dumplings inside prepared steamer and cover with lid. Set steamer basket in wok of boiling water; steam dumplings 7 minutes.

Heat 1 Tbsp. sesame oil in a large sauté pan over high. Place half the dumplings in the pan; reduce heat to medium.

Fry dumplings 3 minutes. Carefully add 1/4 cup water, cover pan, and reduce heat to low. Steam dumplings 6 minutes. Uncover pan, increase heat to medium-high, and cook until bottoms are crisp, about 3 minutes. Repeat pan-frying with remaining dumplings, 1 Tbsp. oil, and 1/4 cup water.

Add half the dumplings to a large pot of boiling salted water. Once dumplings float to the surface, cook 5 minutes. Repeat boiling with remaining dumplings.
Steamed Whole Fish with fermented black bean sauce

*Shaoxing is a Chinese rice cooking wine. If you’re having trouble finding it, use dry sherry instead.*

Makes 4 servings
Total time: about 30 minutes

**SOAK:**
- Julienned ginger, julienned scallions, and cilantro sprigs

**PLACE:**
- Scallion greens
  - (about 1/2 a bunch)
  - Ginger slices (2-inch knob), divided
- 1 whole fish (1–1 1/2 lb.), scaled and gutted (such as red snapper or branzino)

**SIMMER:**
- 1/4 cup Shaoxing wine
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. sugar
- 2 Tbsp. chopped fresh garlic
- 3 Tbsp. fermented black beans, rinsed and drained
- 1/4 tsp. red pepper flakes

**Soak** julienned ginger, scallions, and cilantro in a bowl of cold water; drain right before using.

**Place** scallion greens and half the ginger slices on a plate; set fish on top. Score slits, crosswise, into fish 3–4 times down to the bone; tuck remaining ginger slices into slits.

**Set** a metal ring or steamer rack in the bottom of a wok, fill with a few inches of water, then bring to a boil over high heat.

**Set** plate on top of ring in wok, cover, and steam fish until flesh is opaque, 8–10 minutes. Drain any liquid from the plate and discard ginger slices from slits.

**Simmer** wine, soy sauce, sugar, garlic, fermented beans, and pepper flakes in a saucepan over medium heat until reduced by half, 4–5 minutes; pour over fish.

**Top** fish with julienned ginger, scallions, and cilantro.

---

Long Life Noodles with shiitakes, ginger & scallions

Look for noodles labeled *yi mein,* or *e fu,* for this dish. But if you can’t find them, *any long wheat and egg-based noodle will work here...just don’t break them.*

Makes 8 servings (9 cups)
Total time: 45 minutes

**COMBINE:**
- 1/4 cup each low-sodium soy sauce, sweet soy sauce, and Shaoxing wine
- 2 Tbsp. oyster sauce
- 1 Tbsp. sugar
- 1/2 tsp. white pepper

**COOK:**
- 11 oz. longevity noodles
- 3 Tbsp. sesame oil, divided

**TOSS:**
- 3/4 lb. stemmed and sliced shiitake mushrooms (2 lb. mushrooms)
- 2/3 cup julienned ginger
- 2 bunches scallions, cut into 3-inch pieces, whites and light greens quartered lengthwise, greens halved lengthwise
- 1 1/2 tsp. red pepper flakes
- 4 Tbsp. vegetable oil

**Combine** soy sauce, sweet soy sauce, wine, oyster sauce, sugar, and white pepper for the sauce.

**Cook** noodles according to package directions, then drain and toss with 1 Tbsp. sesame oil.

**Toss** together shiitakes, ginger, scallions, and pepper flakes.

**Stir-fry** shiitake mixture, in 4 batches, in 1 Tbsp. vegetable oil per batch, in a wok over high heat until shiitakes release their liquid and it evaporates, 2–3 minutes per batch; transfer to a bowl.

**Stir-fry** noodles in remaining 2 Tbsp. sesame oil in same wok over high heat, 2 minutes. Add shiitake mixture and sauce to wok; stir-fry, tossing until sauce coats the noodles, 2 minutes.

Per serving: 257 cal; 16g total fat (2g sat); 12mg chol; 542mg sodium; 24g carb (4g fiber, 15g total sugars); 5g protein
Fried Spring Rolls with chicken

Find this "smooth" style of spring roll wraps at an Asian market in the freezer section. The wraps you'll find at a regular grocery store contain egg, fry up "bumpy", and are not nearly as crisp.

Makes 18 spring rolls
Total time: 1 1/4 hours + resting & frying

Heat remaining 1 Tbsp. vegetable oil in wok over high until shimmering.
Add cabbage mixture, chicken, scallions, oyster sauce, remaining 2 Tbsp. soy sauce, ginger, and garlic; reduce heat to medium and cook until cabbage wilts, 3–4 minutes. Let filling cool to room temperature, 1 hour.
Combine water and cornstarch for the slurry. Place one spring roll wrap on a surface with one corner facing you.
Scoop 2 Tbsp. filling into center of wrap. Pull bottom corner up and over filling, fold in both sides, then roll up, sealing the end with the cornstarch slurry.

Place spring roll, seam side down, on a parchment-lined baking sheet and cover with a towel. Repeat assembly with remaining wraps and filling.

Heat a few inches of oil in a wok over medium-high to maintain a temperature of 350°.

Fry spring rolls, in batches so you don't crowd the wok, until golden brown, 5–6 minutes; drain on a paper-towel-lined baking sheet. Serve spring rolls with sauce.

Per spring roll: 135 cal; 7g total fat (1g sat); 11mg chol; 270mg sodium; 14g carb (1g fiber, 1g total sugars); 3g protein

**WHISK:**
3 Tbsp. low-sodium soy sauce, divided
1 Tbsp. Shaoxing wine
1/2 tsp. sesame wine
1/2 tsp. cornstarch
1/4 tsp. white pepper
8 oz. ground chicken

**TOSS:**
6 cups shredded napa cabbage
1 cup shredded carrots
1 can bamboo shoots (4.9 oz.), drained and julienned
1 Tbsp. kosher salt

**HEAT:**
2 Tbsp. vegetable oil, divided
1/2 cup chopped scallions
3 Tbsp. oyster sauce
1 tsp. each grated fresh ginger and garlic

**COMBINE:**
2 Tbsp. water
2 tsp. cornstarch
1 pkg. frozen spring roll wraps (25 wrappers), such as Spring Home Tyj Spring Roll Pastry, thawed
Vegetable or peanut oil
Dipping sauce (such as Mae Ploy)

**Whisk** together 1 Tbsp. soy sauce, wine, sesame oil, cornstarch, and white pepper. Mix in chicken; cover and let stand 30 minutes.

**Toss** cabbage, carrots, and bamboo shoots with salt; cover and let stand 30 minutes. Rinse cabbage mixture, then wring dry.

**Heat** 1 Tbsp. vegetable oil in a wok or large sauté pan over high until shimmering. Add chicken mixture and stir-fry until cooked through, 2–3 minutes; transfer to a bowl.
Sesame Balls (Jian Dui) with red bean paste

Makes 18 sesame balls
Total time: 1 1/4 hours + resting

1/2 cup water
1/4 cup sugar
1 1/2 cups glutinous rice flour (do not use standard rice flour)
1/2 tsp. sesame oil
3/4 cup purchased sweetened red bean paste
1/3 cup sesame seeds
Vegetable oil

Heat water and sugar together in a saucepan over medium heat to a boil, stirring to dissolve sugar; stir in flour.

Add sesame oil, then knead until dough is smooth. Transfer dough to a bowl, cover with plastic wrap, and let dough come to room temperature, about 30 minutes. (If dough is sticky, knead in more flour; if it’s dry, knead in more water.)

Roll dough into an 18-inch log; cut into 18 pieces. Roll one dough piece into a ball, then shape into a “pot”, flouiring hands as necessary. Scoop 2 tsp. bean paste into center of dough “pot”, then seal dough around paste and reroll into a ball.

Dip dough ball into a dish of water, then into a dish of sesame seeds and gently press the seeds into the dough to coat completely. Repeat assembly until all dough pieces and paste are used.

Heat several inches vegetable oil in a wok or saucepan to maintain a temperature of 325°.

Fry sesame balls, in 2 batches, turning constantly. (Sesame balls will sink when added to the hot oil. Keep moving them around until they float to the top.) Gently press and roll balls with a mesh skimmer or heatproof spatula against the side of the wok until lightly golden, 14–15 minutes. Drain sesame balls on a paper-towel-lined plate.

To be sure the sesame balls cook evenly, use a ruler as a guide to cut the dough into 1-inch pieces.

So the bean paste doesn’t leak out of the dough ball, be sure to carefully seal the dough around it.

Gently press and roll sesame balls against the side of the wok to thin the dough, helping them cook.
IF YOU'RE A FAN OF ONE-POT MEALS, THESE SHEET PAN SUPPERS ARE FOR YOU. WITH MAXIMUM EASE AND MINIMAL CLEAN UP, THEY GO FROM THE OVEN TO THE TABLE IN NO TIME.
Don’t care for chicken thighs? You can use breasts, but you might need to adjust the cooking time.

Rosemary-Lemon Sheet Pan Chicken with potatoes & spinach

If you prep your veggies and make the rosemary mixture ahead, this easy meal becomes even more streamlined — ideal for weeknights.

Makes 4 servings
Total time: about 1 hour

**TOSS:**
1 lb. Yukon gold potatoes, cut into eighths
8 cloves garlic
4 shallots, quartered
4 Tbsp. olive oil, divided
Salt and black pepper

**MEANWHILE, COMBINE:**
2 Tbsp. each minced fresh rosemary and garlic
1 Tbsp. honey
1 tsp. kosher salt
1/2 tsp. black pepper

**COAT:**
8 bone-in, skin-on chicken thighs (6–7 oz. each)
1 lemon, thinly sliced
4 cups fresh baby spinach

Preheat oven to 450° with a baking sheet inside.
Toss potatoes, garlic cloves, and shallots with 2 Tbsp. oil; season with salt and pepper. Arrange potato mixture on preheated baking sheet and roast 15 minutes; flip. Meanwhile, combine rosemary, minced garlic, remaining 2 Tbsp. oil, honey, 1 tsp. salt, and 1/2 tsp. pepper. Coat thighs with rosemary mixture. Add thighs and lemon slices to baking sheet; roast until potatoes are fork-tender and a thermometer inserted into thighs, near, but not touching bones, registers 165°, 25–30 minutes more, adding spinach to baking sheet during the last 3 minutes, cooking until wilted.

Per serving: 431 cal; 9g total fat (2g sat); 192mg chol; 739mg sodium; 37g carb (4g fiber; 8g total sugars); 46g protein

**IT’S NO SECRET THAT THE SIMPLE BAKING SHEET IS SO MUCH MORE THAN A VESSEL FOR BAKING COOKIES.**

It’s able to leap tall buildings in a single bound. Okay, so that’s a bit of a stretch. But this versatile pan is certainly able to knock out all-in-one meals with little effort on your part. It’s no wonder sheet pan meals have become the go-to for quick and easy weeknight fare. And these three complete menus will have you debating which to make first — we know you’ll want to make them all again and again.

**ROASTED CHICKEN THIGHS** on a bed of potatoes, shallots, and spinach is as comforting as it sounds. Seriously, if roasted Sunday chicken is your thing, this one’s for you. But the healthy SHEET PAN SALMON WITH MAPLE AND MUSTARD is not only a perfect weeknight meal, it’s impressive enough for company and special occasions, too. Plus, it can conveniently adapt to any season — simply substitute the winter vegetables with your preferred seasonal choices. And when you have a hankering for Tex-Mex food, these SHEET PAN FAJITAS rival any you’ve had in the past. A quick marinade adds tons of flavor and the broiler makes fast work of charring the peppers and onions and sizzling the steak. So kick back, grab a margarita, and enjoy, because weeknight dinners have never been so uncomplicated or tasted so good.
Maple-Mustard Sheet Pan Salmon with delicata & broccoli
Makes 4 servings
Total time: 45 minutes

**WHISK:**
- ¼ cup pure maple syrup
- 2 Tbsp. each olive oil and Dijon mustard
- 1 Tbsp. each stone-ground mustard and cider vinegar
- 1 Tbsp. minced fresh thyme
- Salt and black pepper

**TOSS:**
- 1 medium delicata squash (1 lb.), halved lengthwise, seeded, and cut into ¼-inch-thick slices
- 1 bag fresh broccoli florets (12 oz.), tossed with 2 Tbsp. olive oil and seasoned with salt and black pepper

**BRUSH:**
- 4 fillets skinned salmon (6 oz. each; about 1 ¼-inch thick)

Preheat oven to 425° with a baking sheet inside.

**Whisk** together maple syrup, oil, Dijon, stone-ground mustard, vinegar, and thyme; season with salt and pepper.

**Toss** squash with half the maple syrup mixture; season with salt and pepper. Arrange squash on preheated baking sheet and roast 10 minutes. Flip squash and add broccoli florets to baking sheet; roast 10 minutes more.

**Brush** fillets with 2 Tbsp. maple syrup mixture, then add fillets to baking sheet; roast until vegetables are fork-tender and a thermometer inserted into centers of fillets registers 125–130° for medium-rare, 8–10 minutes more, or to desired doneness.

Drizzle remaining maple syrup mixture over fillets and squash.

Per serving: 474 cal; 22g total fat (3g sat); 87mg chol; 387mg sodium; 27g carb (3g fiber, 17g total sugars); 42g protein

Look for wild Pacific salmon, if possible. It has more complex flavor and is more nutritious than farm-raised.

Because of its size and composition, a heavy-duty, stainless-steel baking sheet (18×13-inch) with 1-inch sides is the ideal pan to use. It holds all of the ingredients and it’s less likely to warp at high temperatures.
Creamy Pasta with Spinach and Mushrooms

PREP: 10 minutes
COOK: 25 minutes

MAKES: 8 servings

WHISK:
1 Tbsp. olive oil, divided
1/4 cup white wine
1 medium onion, chopped
2 cloves garlic, minced
1/2 cup sliced mushrooms
1 (8-ounce) package fresh spinach
1/2 cup heavy cream
1/4 cup grated Parmesan cheese
Salt and pepper

ADD:
1 lb. bowtie pasta

To a large pot of boiling salted water, add pasta. Cook until al dente, about 8 minutes. Meanwhile, preheat oven to 375°F.

In a large skillet, heat 1 Tbsp. oil over medium-high heat. Add onion and garlic; cook until softened, about 5 minutes. Add mushrooms; cook until softened, about 5 minutes. Add wine; cook until reduced by half, about 5 minutes. Add spinach; cook until wilted, about 3 minutes. Stir in cream. Bring to a simmer. Stir in Parmesan and salt and pepper to taste. Add pasta; toss to coat. Transfer to a 9 x 13-inch baking dish. Top with the remaining 1 Tbsp. oil; drizzle with some of the sauce. Bake until hot, 15 to 20 minutes.

Per serving: 407 cal; 21g total fat (13g sat); 270mg chol; 1051mg sodium; 39g carb (6g fiber, 6g total sugars); 13g protein

**Sheets Pan Steak Fajitas**

**Makes 6 servings**
**Total time: about 45 minutes**

**WHISK:**
1/2 cup fresh lime juice
1/3 cup vegetable oil
3 Tbsp. minced fresh garlic
2 Tbsp. each cider vinegar and Worcestershire sauce
1 Tbsp. each kosher salt, honey, and ground cumin
2 tsp. each ground oregano, chili powder, and ground coriander

**ADD:**
1 each red, yellow, and green bell pepper, sliced
1 red onion, sliced
1 1/2 lb. flank steak, thinly sliced against the grain 1/4-inch thick

**SERVE:**
12 flour tortillas (8-inch), warmed
Chopped fresh cilantro, sour cream, lime wedges, salsa, and guacamole

Preheat broiler to high with rack 6 inches from element and a baking sheet inside. Whisk together lime juice, oil, garlic, vinegar, Worcestershire, salt, honey, cumin, oregano, chili powder, and coriander in a bowl for the marinade. Add bell peppers and onion to marinade; let stand 10 minutes. Transfer vegetables to preheated baking sheet using tongs, letting excess marinade drip back into bowl. Add steak to marinade; let stand 10 minutes. Meanwhile, broil vegetables until beginning to char, 10 minutes; flip, then add steak to baking sheet using tongs, letting excess marinade drip off, and broil until steak is cooked through, about 3 minutes. Serve steak and vegetables in tortillas; top with cilantro, sour cream, limes, guacamole, and salsa.

Per serving: 545 cal; 18g total fat (6g sat); 74mg chol; 1198mg sodium; 59g carb (4g fiber, 6g total sugars); 33g protein

**SHEET PAN SUCCESS**

Preheating the pan allows moisture to evaporate almost instantly (due to heat coming from the hot surface, as well as from the oven) so browning and caramelization occur more quickly and evenly.

To heat the tortillas, wrap them in foil and place them on the bottom rack in the oven while you broil the vegetables and steak.
Easy Sipping

Whether you’re giving “Dry January” a try, or you just want to change things up, nonalcoholic drinks are quite the rage right now. And this array of four “mocktails” makes it easier to keep your resolutions, while quenching your thirst, too.

Pear & Apple Cider

Warm up with an easy spiced cider — a mug of this is certain to chase those cold winter nights away.

Makes 8 servings (8 cups)
Prep time: 15 minutes
Cook time: 7 hours (low)

4 pears (such as Bartlett), chopped
4 apples (such as Fuji), chopped
1/2 cup packed brown sugar
3 cinnamon sticks (3-inch)
2 tsp. whole allspice
1 tsp. whole cloves
1 knob fresh ginger (1-inch), peeled and thinly sliced
1 vanilla bean, halved lengthwise, seeds scraped
5 cups water

Place pears and apples in a 5- to 6-qt. slow cooker; top with brown sugar, cinnamon, allspice, cloves, ginger, and vanilla bean. Add water to slow cooker; cover and cook cider on high setting 2 hours, or low setting 6 hours. Smash fruit with a potato masher, then cook cider 1 hour more. Strain cider through a fine-mesh sieve, or cheesecloth, into a pitcher or pot; serve warm.

Per serving: 143 cal; 0g total fat (0g sat); 0mg chol; 5mg sodium; 38g carb (5g fiber, 30g total sugars); 0g protein
These days, more and more people are looking for booze-free beverage options. Us too. So to help reinforce this choice, we created two hot and two cold nonalcoholic libations. For you toddy loving drinkers, there's Pear & Apple Cider and Hot Spiced Turmeric Milk. Both will take the chill off all winter long. And the aromas, with all of those fragrant spices, are just as enticing. Or, for something a little fresher, there's Pineapple & Mango Agua Fresca and Blood Orange Shrub. These concoctions go down so easy, you might drink an entire pitcher in one sitting — but we won’t tell. Best of all, with so many options, you’re sure to stick with your resolutions.

**Hot Spiced Turmeric Milk**

*Move over hot cocoa — there's a new bedtime beverage that's perfect for when you're feeling under the weather or just want a pick-me-up.*

Makes 4 servings (4 cups)
Total time: 20 minutes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>4 cups oat, almond, coconut, or whole milk</td>
<td>4 cups</td>
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<tr>
<td>2 Tbsp. raw honey or pure maple syrup</td>
<td>2 Tbsp.</td>
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<tr>
<td>2 Tbsp. grated fresh turmeric</td>
<td>2 Tbsp.</td>
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<tr>
<td>2 cardamom pods, slightly crushed</td>
<td>2 cardamom pods</td>
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<tr>
<td>1 cinnamon stick (3-inch)</td>
<td>1 cinnamon stick</td>
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<tr>
<td>1 tsp. freshly ground black pepper</td>
<td>1 tsp.</td>
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<tr>
<td>1 tsp. grated fresh ginger</td>
<td>1 tsp.</td>
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<tr>
<td>1/2 tsp. freshly grated nutmeg</td>
<td>1/2 tsp.</td>
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</tbody>
</table>

**Whisk** together milk, honey, turmeric, cardamom, cinnamon, pepper, ginger, and 1/2 tsp. nutmeg in a saucepan over medium heat until honey dissolves and milk is steaming but not boiling, about 5 minutes.

**Off heat, steep** milk mixture, covered, 5 minutes; strain through a cheesecloth-lined fine-mesh sieve. Serve milk warm, sprinkled with nutmeg.

Per serving: 136 cal; 2g total fat (0g sat); 0mg chol; 121mg sodium; 27g carb (2g fiber, 14g total sugars); 4g protein

Inspired by a traditional Ayurvedic drink, this warm, spiced milk has some medicinal properties.
To speed up ripening fresh mangoes, place them in a paper bag, and leave on the counter until ripe, 1–2 days.

**Pineapple & Mango Agua Fresca**

*Meaning “fresh water” in Spanish, agua fresca is popular throughout Mexico, Central America, and the Caribbean.*

Makes 6 servings (6 cups)
Total time: 30 minutes + chilling

**PURÉE:**
4 cups water, divided
2 cups chopped fresh pineapple (about 1/2 a pineapple)
2 cups chopped fresh mango (2–3 mangoes)

**MUDDLE:**
2 Tbsp. minced fresh mint
1/4 cup superfine or granulated sugar
1/4 cup fresh lime juice
Pinch of salt
Fresh mint sprigs

**Purée** 2 cups water, pineapple, and mango in a blender; strain through a cheesecloth-lined fine-mesh sieve, pressing solids to extract as much juice as possible. Discard solids.

**Muddle** minced mint and sugar in a pitcher or large measuring cup until fragrant; whisk in remaining 2 cups water, lime juice, and salt, then stir in pineapple-mango juice. Chill agua fresca overnight; strain and discard minced mint. Serve agua fresca with mint sprigs.

Per serving: 91 cal; 0g total fat (0g sat); 0mg chol; 33mg sodium; 24g carb (2g fiber; 21g total sugars); 1g protein

To speed up ripening fresh mangoes, place them in a paper bag, and leave on the counter until ripe, 1–2 days.
Blood Orange Shrub

Since blood oranges are only available for a limited time during the year, Cara Cara or navel oranges will work in this recipe as well.

Makes 6 servings (6 cups)
Total time: 15 minutes + marinating

4 blood oranges
1 cup sugar
1 cup Champagne vinegar
2 bottles ginger beer (12 oz. each)
1 bottle club soda (10 oz.)

Peel strips of 1 orange (do not include white pith); place in a glass bowl.
Suprême oranges; place in bowl with peels. Add sugar and squeeze orange membranes over bowl. Crush orange mixture with a potato masher and let stand 30 minutes.

Stir in vinegar, cover, and refrigerate 48 hours. Press shrub through a fine-mesh sieve; discard solids.
Combine shrub with ginger beer and club soda; serve over ice.

Per serving: 177 cal; 1g total fat (0g sat); 0mg chol; 16mg sodium; 48g carb (2g fiber, 46g total sugars); 1g protein

If you want to tame the tangy quality of this shrub, just add more club soda.
RISE AND SHINE TO A TRIO OF HOT AND HEARTY BREAKFAST SANDWICHES, ANY ONE OF WHICH IS SURE TO GET YOUR DAY OFF TO A GOOD START.

WE GET IT, sometimes it’s all you can do to grab a few bites of cereal or make a stop at the local fast-food restaurant before heading to work in the morning. But, when there’s time, start your day out the best way possible by devouring any one of these out-of-this-world breakfast sandwiches. And whether you allot time for a cooked breakfast during the week, or wait for the weekend to indulge, one of these sandwiches is bound to be a hit. There’s a deli-inspired sandwich on a pretzel bun, a cereal-breaded fried chicken on waffles with an addictive gravy, and an egg sandwich inspired by the much loved quiche Lorraine.

No matter which satisfying sandwich you decide to try first, any one of them will fill you up, and have you waiting in anticipation for the next one.
Pastrami & Egg Sandwiches with hash browns

To ensure the hash brown patties are nice and crisp, wring as much liquid from the sauerkraut as possible. Excess moisture can cause them to be soggy.

Makes 2 servings
Total time: 30 minutes

**COMBINE:**
1 cup refrigerated shredded hash browns (such as Simply Potatoes)
2 Tbsp. sauerkraut, drained well
2 Tbsp. chopped scallions
2 Tbsp. vegetable oil
4 oz. deli-sliced pastrami or corned beef

Preheat broiler to high with rack 6 inches from element. Line a small baking sheet with foil.

**Combine** hash browns, sauerkraut, and scallions; divide mixture in half, then shape each into a patty.

**Fry** patties in a cast-iron skillet in oil over medium-high heat until browned, 8 minutes. Flip patties; continue to cook until browned on second side, 6 minutes. Warm pastrami in skillet during last 3 minutes of cooking.

**Whisk** together sour cream, mustard, horseradish, and lemon juice; season with salt and cayenne.

**Spread** butter on cut sides of buns, place on prepared baking sheet, and broil just until beginning to brown, 1–2 minutes. Remove baking sheet from broiler; sprinkle cheese on cut sides of top buns.

**Assemble** sandwiches by placing tomato slices on bottom buns, top with hash brown patties and pastrami. Dollop pastrami with sour cream sauce, then top with eggs and top buns.

Per serving: 888 cal; 55g total fat (22g sat); 297mg chol; 1072mg sodium; 68g carb (4g fiber, 7g total sugars); 32g protein

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**WHISK:**
1/4 cup sour cream
2 Tbsp. spicy brown mustard
1 tsp. prepared horseradish
1 tsp. fresh lemon juice
Salt and cayenne pepper to taste

**SPREAD:**
2 Tbsp. unsalted butter, softened
2 pretzel buns, split
1/4 cup shredded aged Cheddar (1 oz.)
2 tomato slices
2 sunny-side-up eggs

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CEREAL SWAP
If you’re not a fan of Honey Bunches of Oats, lots of other cereals are fine to use instead. Just steer clear of cereals that are overly sweet — the coating could burn when frying the chicken.

Fried Chicken Breakfast Sandwiches with sweet & spicy gravy

Don’t feel relegated to waffles. If you’re not into them, try brioche buns, biscuits, or simply toast, they’ll all taste good.

Makes 2 servings
Total time: about 45 minutes

FOR THE CHICKEN, PLACE:
1/4 cup all-purpose flour
1 egg, beaten
1 1/2 cups Honey Bunches of Oats, finely crushed
4 chicken tenders, seasoned with salt and cayenne pepper
Vegetable oil

FOR THE GRAY, MELT:
1 Tbsp. unsalted butter
4 tsp. all-purpose flour
1/4 tsp. cayenne pepper
1 cup whole milk
1 Tbsp. honey
Salt and freshly grated nutmeg to taste

FOR THE SANDWICHES, TOP:
4 frozen waffles, toasted
6 slices Canadian bacon, heated through
2 fried eggs

For the chicken, place flour, egg, and cereal all in separate shallow dishes. Dredge tenders in flour, shaking off excess; coat with egg, allowing excess to drip off, then coat in cereal, pressing to adhere. Chill breaded tenders while making the gravy.

For the grey, melt butter in a saucepan over medium heat. Whisk in flour and cayenne; cook 1 minute.

Whisk in milk and honey until smooth, then cook gravy, whisking, until it thickens and comes to a simmer. Cook gravy 1 minute, then season with salt and nutmeg; keep warm until ready to serve.

Heat 2 inches of oil in a sauté pan over medium to maintain a temperature of about 350°. Fry tenders, flipping halfway through, until cooked through and deep golden brown on both sides, 5–6 minutes.

For the sandwiches, top 2 waffles with Canadian bacon, chicken tenders, eggs, desired amount of gravy, and remaining 2 waffles. Serve any extra gravy on the side for dipping.

Per serving: 820 cal; 40g total fat (12g sat); 341mg chol; 966mg sodium; 67g carb (2g fiber, 20g total sugars); 53g protein
“Quiche Lorraine” Breakfast Sandwiches with avocado & mixed salad greens

For fluffy scrambled eggs, use a nonstick skillet, cook eggs over medium-low heat, and don’t stir them. Instead, use a rubber spatula to pull the eggs away from the edge of the skillet toward the center.

Makes 2 servings
Total time: 30 minutes

COOK:
3 strips thick-sliced bacon, diced

TOSS:
1 cup mixed salad greens
1 Tbsp. each distilled white vinegar and olive oil
Salt and black pepper to taste

WHISK:
4 eggs
2 Tbsp. sliced scallions
1 Tbsp. unsalted butter
1/2 cup shredded Swiss cheese

TOAST:
4 slices white sandwich bread (such as Pepperidge Farms Farmhouse Butter Bread)
Mayonnaise
1/2 an avocado, sliced

Cook bacon in a nonstick skillet until crisp; transfer to a paper-towel-lined plate. Discard drippings and wipe out skillet.

Toss salad greens with vinegar and oil; season with salt and pepper.

Whisk together eggs, scallions, and bacon; season with salt and pepper. Melt butter in same skillet over medium-low heat until foamy.

Add egg mixture and let set 30 seconds. Gently pull eggs away from edge of skillet, turning them over periodically to cook evenly on all sides. Off heat, top eggs with cheese, cover, and let melt, 2–3 minutes.

Toast bread, then spread mayonnaise on one side of each slice. Top 2 bread slices with salad greens, scrambled eggs, avocado, and remaining 2 bread slices.

Per serving: 740 cal; 56g total fat (18g sat); 435mg chol; 907mg sodium; 27g carb (5g fiber, 4g total sugars); 31g protein
Good and healthyish? You betcha. These game-day-inspired appetizers take a healthier-for-you route versus the typical high fat and calorie-laden bites.

But have no fear, those familiar tailgating flavors are still here. For all you wing fans, there’s Buffalo Cauliflower — just as spicy and tasty with a healthier blue cheese dip, too. Are loaded potato skins your thing? Not to worry. These sweet potato skins bursting with soy chorizo, spiced-up black beans, and Jack cheese aren’t to be missed. Then take a quintessential party dip to the next level with this mash-up — Avocado Hummus — it’s perfectly creamy and delish, plus full of fiber and healthy fats. And who doesn’t love sliders? You and your guests will totally root for these tasty chicken and spinach patties — hurrah!
Buffalo Cauliflower with yogurt-blue cheese dip

These Buffalo bites are a crowd-pleaser — hot, full of flavor, and easy to make. Plus, there’s a creamy and addictively tasty blue cheese dip to serve with them.

Makes 8 servings (3/4 cup dip)
Total time: 30 minutes

FOR THE CAULIFLOWER, TOSS:
1 head cauliflower (2 lb.), cut into florets
2 Tbsp. olive oil
Kosher salt

MEANWHILE, FOR THE DIP, WHISK:
1/2 cup plain Greek yogurt
1/4 cup crumbled blue cheese
1 Tbsp. each buttermilk, mayonnaise, and fresh lemon juice
1/2 tsp. minced fresh garlic
Salt and cayenne pepper to taste

Preheat oven to 500°.

For the cauliflower, toss cauliflower with oil; season with salt, transfer to a baking sheet, and roast until charred and tender, 20 minutes, flipping halfway through.

For the sauce, heat:
1/3 cup hot sauce (such as Frank’s)
2 Tbsp. unsalted butter
1 Tbsp. fresh lemon juice
1/2 tsp. garlic powder
Celery sticks

For the dip, whisk together yogurt, blue cheese, buttermilk, mayonnaise, lemon juice, and fresh garlic; season with salt and cayenne.

For the sauce, heat hot sauce, butter, lemon juice, and garlic powder in a saucepan over medium until butter melts. Toss cauliflower with hot sauce mixture and arrange on a serving platter with celery sticks. Serve cauliflower and celery sticks with dip.

Per serving: 131 cal; 10g total fat (4g sat); 13mg chol; 434mg sodium; 7g carb (2g fiber, 3g total sugars); 5g protein
Sweet Potato Skins with soy chorizo & black beans

Orange-fleshed sweet potatoes are one of the best sources of beta-carotene and vitamin A, very good sources of vitamins C and B6, and a good source of potassium and fiber.

Makes 10 servings (20 skins)
Total time: 45 minutes + baking potatoes

Preheat oven to 400°.
Bake sweet potatoes on a foil-lined baking sheet until fork-tender, 30–45 minutes; let cool completely. (Sweet potatoes can be baked, cooled, and refrigerated overnight.)

Halve sweet potatoes lengthwise, and scoop out flesh, leaving 1/4-inch flesh inside skin. (Save scooped out flesh for another use.)

Arrange skins on a rack set in a baking sheet, skin sides up; brush with 1 Tbsp. oil.
Bake skins until slightly browned and crisp, 25–30 minutes. Flip skins when cool enough to handle.

Meanwhile, cook:
1 lb. soy chorizo, casing removed
1/4 cup minced scallion whites and light greens
1 tsp. minced chipotle in adobo sauce
1 tsp. adobo sauce
1 tsp. minced fresh garlic
1/2 tsp. each ground cumin and chipotle chile powder

Add:
1 can low-sodium black beans (15 oz.), undrained
2 Tbsp. fresh lime juice
2 oz. finely shredded Monterey Jack or pepper Jack (about 1 cup)
Sliced scallions, chopped fresh cilantro, and sour cream or plain Greek yogurt

Sauté 1/4 cup scallions, chipotle, adobo sauce, garlic, cumin, and chile powder in remaining 2 Tbsp. oil in same saucepan over medium-high heat until scallions soften, 3–5 minutes.

Add beans and liquid; simmer until mixture thickens, about 10 minutes. Stir in lime juice; season beans with salt and pepper.

Fill skins with chorizo and beans; sprinkle with cheese. Bake skins until cheese melts, 3–5 minutes. Top skins with scallions, cilantro, and sour cream.

Per serving: 286 cal; 14g total fat (3g sat); 5mg chol; 615mg sodium; 33g carb (9g fiber, 5g total sugars); 11g protein

Per serving: 286 cal; 14g total fat (3g sat); 5mg chol; 615mg sodium; 33g carb (9g fiber, 5g total sugars); 11g protein
Avocado Hummus with pepitas

If you don’t have avocado oil on hand, olive oil works just as well.

Makes 10 servings (about 2 1/2 cups)
Total time: 15 minutes

1/2 cup pepitas, plus more for topping
3 cloves garlic
1 can chickpeas (15 oz.), drained and rinsed
1 avocado
1 cup loosely packed fresh parsley leaves
1/4 cup fresh lemon juice
1/4 cup avocado oil, plus more for drizzling
Salt and black pepper to taste

Mince pepitas and garlic in a food processor. Add chickpeas, avocado, parsley, lemon juice, and oil; process until smooth, 1–2 minutes, scraping down sides of bowl, then season with salt and pepper. Transfer hummus to a serving dish; drizzle with oil and top with pepitas. Serve hummus with vegetables or pita chips.

Per serving: 124 cal; 6g total fat (1g sat); 0mg chol; 92mg sodium; 13g carb (4g fiber, 2g total sugars); 5g protein

To make homemade pita chips, brush both sides of pitas with oil, then cut into wedges. Arrange pita wedges on a baking sheet, sprinkle with salt, and bake at 450° until golden, 5–7 minutes.
Chicken Sliders with spinach & tomato

These sliders are the perfect addition to your game-day spread — small but mighty good — and a bit more substantial to round out the menu.

Makes 10 sliders
Total time: 45 minutes

**COMBINE:**
1 lb. ground chicken or turkey
1/2 cup chopped fresh spinach
1/4 cup minced shallots
1 Tbsp. minced fresh garlic
1 egg white
1/2 tsp. each smoked paprika, ground cumin, kosher salt, and black pepper

**HEAT:**
2 Tbsp. olive oil, divided

**WHISK:**
1/4 cup mayonnaise
2 tsp. minced fresh garlic
10 whole-wheat cocktail buns, split and toasted
Fresh spinach leaves and sliced cherry tomatoes

Preheat oven to 250°.

Combine chicken, chopped spinach, shallots, 1 Tbsp. garlic, egg white, paprika, cumin, salt, and pepper in a bowl.

Shape chicken mixture into 10 patties; chill 10 minutes.

Heat 1 Tbsp. oil in a skillet over medium-high. Cook half the patties until golden brown and cooked through, about 5 minutes per side. Transfer patties to a baking sheet and keep warm in oven. Cook remaining patties in remaining 1 Tbsp. oil.

Whisk together mayonnaise and 2 tsp. garlic in a bowl; season with salt and pepper.

Assemble sliders by spreading about 1/2 tsp. sauce on top and bottom buns. Top bottom buns with sliders, spinach leaves, tomatoes, and top buns.

Per slider: 144 cal; 9g total fat (1g sat); 28mg chol; 242mg sodium; 5g carb (0g fiber, 2g total sugars); 10g protein
Get JAZZY with it

No need to head to New Orleans when you can have your own jam session at home. This is one Fat Tuesday you won’t want to miss. So grab your beads and get to cookin’, we’ve got a party going on!
MARDI GRAS FIRST BEGAN in New Orleans on February 24, 1857 which led to the tradition of a parade with floats. And did you know that purple stands for justice, green for faith, and gold for power? OK, enough about the history, let’s get to the food.

Rich and full-flavored, this gumbo is a must. The brown roux takes some time, but trust us, it’s well worth the wait because of the depth of flavor it delivers. Serve it over traditional Dirty Rice and you’ve got yourself one dynamic duo. And you might ask, how does shrimp and grits get any better? Turn it into hushpuppies and fry them up, of course! But don’t forget the Rémoulade — this sauce kicks everything up a notch.

For dessert, ditch the king cake and go with a popular Mardi Gras throw, moon pies. Once you try this homemade version, you’ll toss out the original. Sandwich billowy marshmallow between two crisp graham cookies, then dip in chocolate — yes, please! Now, with the menu set, all you have to do is call your friends, bust out the blender for a few Triple Citrus Gin Fizzes, and let the good times roll.

Chicken & Andouille Gumbo
If you’re unable to find andouille, look for a smoked hot pork sausage. Make sure it has plenty of spice to it to best mimic the flavor of andouille.

Makes 8 servings (10 cups)
Total time: about 2 hours

**WHISK:**
2/3 cup all-purpose flour
1/2 cup vegetable oil

**MEANWHILE, SAUTÉ:**
12 oz. andouille sausage (such as Aidells), bias-sliced
1 Tbsp. vegetable oil
1 lb. boneless, skinless chicken thighs, trimmed and cut into bite-sized pieces
Salt and black pepper

**SWEAT:**
1 cup each diced onions, celery, and green bell peppers
2 Tbsp. minced fresh garlic
2 dried bay leaves
1 Tbsp. Creole seasoning
1 tsp. dried thyme
1/2 tsp. dried oregano

**DEGLAZE:**
1/2 cup dry sherry
5 cups low-sodium chicken broth
1 can diced tomatoes in juice (14.5 oz.)
1 cup frozen cut okra

**SERVE:**
Sliced scallion greens and chopped fresh parsley
Hot sauce (such as Tabasco, Crystal, or Louisiana)
Gumbo filé, optional

**Whisk** together flour and 1/2 cup oil in a large pot over medium-low heat for the roux. Stir frequently until roux is the color of dark brown sugar, about 45 minutes.

**Meanwhile, sauté** andouille in 1 Tbsp. oil in a sauté pan over medium-high heat until browned, 5 minutes; transfer to a paper-towel-lined plate. Add chicken to drippings, season with salt and pepper, and cook until browned, 6–7 minutes; transfer to plate with andouille.

**Sweat** onions, celery, and bell peppers in drippings, covered, over medium-low heat until softened, about 10 minutes. Stir in garlic, bay leaves, Creole seasoning, thyme, and oregano; cook until fragrant, 1 minute. Increase heat to high.

**Deglaze** pot with sherry, scraping up any brown bits. Cook sherry until nearly evaporated, then transfer mixture to pot with roux.

**Stir in** broth and tomatoes with juice, then bring to a boil, and stir in andouille and chicken. Reduce heat to medium-low and simmer gumbo 20 minutes, stirring occasionally. Stir in okra and cook just until tender, 3–5 minutes.

**Serve** gumbo with scallion greens, parsley, hot sauce, and filé.

Per serving: 386 cal; 24g total fat (5g sat); 70mg chol; 570mg sodium; 17g carb (2g fiber, 4g total sugars); 23g protein

To get the most flavor from the roux, cook it slowly, stirring frequently, especially at the end, until it’s the color of dark brown sugar.

Searing the andouille creates fond in the bottom of the pan, which adds another layer of flavor to the gumbo.
Dirty Rice

Chicken livers are integral to authentic dirty rice, and what give the rice its “dirty” color, hence the name. But if you don’t like them, just leave them out.

Makes 8 servings (4½ cups)
Total time: about 30 minutes

MELT:
2 Tbsp. unsalted butter
8 oz. chicken livers, trimmed and diced
Kosher salt

STIR IN:
1 ½ cups long-grain rice
2 dried bay leaves
1 tsp. grated fresh garlic
1/2 tsp. dried thyme
3 cups low-sodium chicken broth
1 ½ tsp. kosher salt

OFF HEAT, STIR IN:
1/3 cup finely diced red bell pepper
3 Tbsp. each finely diced celery and sliced scallion greens

Melt butter in a saucepan over medium-high heat until foamy. Add chicken livers, season with salt, and cook until browned, 2 minutes.

Stir in rice, bay leaves, garlic, and thyme to coat, then stir in broth and 1 ½ tsp. salt. Bring rice to a boil, reduce heat to medium-low, cover, and cook according to rice package timing.

Off heat, stir in bell pepper, celery, and scallion greens. Let rice rest, covered, 5 minutes before serving.

Per serving: 194 cal; 4g total fat (2g sat); 121mg chol; 442mg sodium; 31g carb (2g fiber, 2g total sugars); 9g protein

TRIPLE CITRUS GIN FIZZ is the perfect Mardi Gras party cocktail cuisineathome.com
Shrimp & Grits Hushpuppies

These hushpuppies are a mash-up of the classic dish, shrimp & grits and good old-fashioned hushpuppies. The end result is incredible.

Makes 25 servings (25 hushpuppies)
Total time: 45 minutes

TOSS:
8 oz. shrimp, peeled and deveined
2 tsp. Old Bay seasoning
1 Tbsp. vegetable oil

WHISK:
1 1/4 cups all-purpose flour
1 cup quick-cooking grits
1 tsp. each baking powder, baking soda, kosher salt, and sugar
1/2 tsp. each Old Bay seasoning, Creole seasoning, and granulated garlic

Whisk together buttermilk, egg, onion, bell pepper, and parsley in a separate bowl; pour into flour mixture, stirring just until combined, then stir in shrimp. Cover and chill batter 15 minutes.

Heat 1 inch of oil in a sauté pan over medium heat to 375°. Using a #40 scoop (1 1/2 Tbsp.), scoop batter into oil, in batches (so as not to crowd the pan), and fry hushpuppies until deep golden brown, 4–5 minutes per batch, rotating occasionally. Transfer hushpuppies to a paper-towel-lined plate. Wait for oil to come back to temperature before frying remaining batter.

Per serving with rémoulade: 120 cal; 7g total fat (1g sat); 21mg chol; 240mg sodium; 11g carb (1g fiber; 1g total sugars); 3g protein

RéMOLUaDE

Makes 1/4 cup
Total time: 10 minutes

1/2 cup mayonnaise
2 Tbsp. each minced red bell pepper and scallions, and chopped fresh parsley
1 Tbsp. Creole mustard
1 1/2 tsp. fresh lemon juice
1/4 tsp. grated fresh garlic
Salt and black pepper to taste

Stir together mayonnaise, bell pepper, scallions, parsley, mustard, lemon juice, and garlic; season with salt and pepper. Cover and chill rémoulade until ready to serve.
Moon Pies

Dip cookies into melted chocolate one at a time, then, for festive flair, sprinkle jimmies over top before chilling.

Makes 18 cookies
Total time: 1 hour + chilling & baking

FOR THE COOKIES, WHISK:
1 1/2 cups graham cracker crumbs, (about 10 graham crackers)
1 1/4 cups all-purpose flour
1 tsp. each baking powder and kosher salt
1/2 tsp. ground cinnamon

CREAM:
1 1/2 sticks unsalted butter (.12 Tbsp.), softened
1/4 cup packed light brown sugar
1/4 cup Lyle's golden syrup
1/2 tsp. pure vanilla extract
2 Tbsp. whole milk

FOR THE MARSHMALLOW, SPRinkle:
1 pkt. unflavored gelatin (.25 oz.)
1/4 cup cold water
1/2 cup each granulated sugar and light corn syrup
1/4 cup water
1/8 tsp. kosher salt
1 tsp. pure vanilla extract

FOR THE CHOCOLATE COATING, MELT:
1 lb. semisweet or bittersweet bar chocolate, chopped

For the cookies, whisk together graham crumbs, flour, baking powder, salt, and cinnamon. Cream butter, brown sugar, syrup, and vanilla in the bowl of a stand mixer fitted with the paddle attachment until smooth. Add crumb mixture and mix on low just until combined; slowly add milk and mix until dough comes together. Divide dough in half; shape each into a disc, wrap in plastic, and refrigerate at least 1 hour. Preheat oven to 350°. Line baking sheets with parchment. Roll dough halves between two sheets of parchment to 1/8-inch thick.

Cut cookies using a 2 1/2-inch-round cutter; reroll scraps once. (If dough starts to feel warm, refrigerate between rolling and cutting.) Place cookies on prepared baking sheets spaced 2 inches apart. Bake cookies until bottoms are golden brown and tops are set, 10 minutes. Transfer cookies to a rack to cool completely.

For the marshmallow, sprinkle gelatin over 1/4 cup cold water in the bowl of a stand mixer fitted with the whisk attachment. Boil sugar, corn syrup, 1/4 cup water, and salt in a saucepan over medium-high heat until mixture registers 240° on a candy thermometer, about 10 minutes; immediately remove from heat. With mixer on low speed, slowly drizzle syrup down the side of mixer bowl into gelatin mixture. Once all the syrup is added, gradually increase speed to high. Whip sugar mixture until billowy and lukewarm, about 6 minutes more; add vanilla during the last minute of whipping.

Flip half the cooled cookies over, top each with 2 Tbsp. marshmallow, then top with remaining cookies, pressing until marshmallow reaches the edges; chill 15 minutes.

For the chocolate coating, melt chocolate in a double boiler over low heat, stirring until smooth. Line baking sheets with parchment. Dip cookies in chocolate using two forks. Tap forks holding the cookie on the edge of the bowl to thin the coating, then scrape excess chocolate from beneath forks on lip of bowl, and place cookies on prepared baking sheets. Chill cookies until chocolate sets. Store cookies in the refrigerator.

Per cookie: 292 cal; 13g total fat (8g sat); 21mg chol; 200mg sodium; 43g carb (2g fiber, 27g total sugars); 3g protein

Moon pies can be made in stages.
Day 1: Bake the cookies.
Day 2: Make the marshmallow & assemble.
Running to the grocery store every day will be a thing of the past when you plan ahead. Shop for these five recipes on the weekend to make dinners through the week a breeze.

*Bonus — we’ve also included a grocery list for you on page 49.
THE WEEKNIGHT DINNER CONUNDRUM can drive any family batty. Let’s put an end to this chaos! Start with a plan — by stocking up with enough food for weeknight dinners, there’s no more running to the store every night after work with the other frantic shoppers. This week of menus can be shopped for on the weekend and enjoyed any night you choose. And if you want to jumpstart things, start prepping your meals on Sunday.

To spice up the nightly dinner blahs, we decided to go with different flavor profiles, and tried to keep them somewhat “nutrish-ish”. The Creamy Greek Pasta with chicken is rich and warm, while also bringing bright fresh flavor to the table. No red sauce pizza here. Instead, there’s an arugula salsa verde that tastes divine with Canadian bacon and white Cheddar cheese. The Steak & Quinoa Bowl is packed with vegetables and tossed with a balsamic mustard vinaigrette that melds this dish together. And the Pork Tenderloin with date relish is the perfect combination of sweet and savory, and was a staff favorite. Rounding out the menu are the BBQ Chicken Tostadas. Quickly smashed baked beans, saucy barbecue chicken, and a crunchy slaw top crispy tortillas — you’ll be savoring every last bite.

The best part of meal planning is it takes the guesswork out of the nightly question “What’s for dinner?” Pick which meal sounds good to you that night and start cooking. And while these recipes were created to serve four, if it’s just two at the table, you’ll be able to enjoy the leftovers another time, or pack them up to take for lunch.

### CREAMY GREEK PASTA with chicken

We’re all about using up things that we have stored in our pantry. If you have an open box of pasta on your shelf, go ahead and use that instead.

Makes 4 servings (8 cups)
Total time: 45 minutes

**COOK:**
8 oz. whole-grain penne

**TOSS:**
1 lb. boneless, skinless chicken breasts, cut into 1-inch pieces
1 tsp. dried oregano
1/2 tsp. each kosher salt and black pepper
2 Tbsp. olive oil, divided
3/4 cup diced red onion
1 Tbsp. minced fresh garlic

**STIR IN:**
1/2 cup each low-sodium chicken broth and 2% milk
2 oz. neufchatel
1 tsp. minced lemon zest

**OFF HEAT, STIR IN:**
3/4 cup halved grape tomatoes
1/2 cup diced English cucumber
1/2 cup chopped fresh parsley
1/3 cup pitted and halved Kalamata olives

Crumbled feta

**Cook** penne in a pot of boiling salted water according to package directions; drain.

**Toss** chicken with oregano, salt, and pepper. Heat 1 Tbsp. oil in a sauté pan over medium-high. Add chicken and sauté until cooked through, 5 minutes; transfer to a plate. Add remaining 1 Tbsp. oil to pan; stir in onion and sauté over medium heat until soft, 2–3 minutes. Add garlic and cook until fragrant, 1 minute.

**Stir in** broth, milk, and neufchatel; heat until neufchatel is melted and sauce is warmed through, 3–4 minutes. Stir in zest, chicken, and penne, and simmer until heated through; season with salt and pepper.

**Off heat, stir in** tomatoes, cucumber, parsley, and olives. Top servings with feta.

Per serving: 536 cal; 22g total fat (5g sat); 105mg chol; 716mg sodium; 50g carb (6g fiber, 7g sugars); 40g protein
ARUGULA SALSA
VERDE PIZZA
with Canadian bacon

Parbaking the cauliflower crust for 2 minutes helps the crust become crispier.

Makes 4 servings
Total time: 20 minutes

- 1 1/2 cups packed baby arugula, plus more for topping
- 3–4 oz. aged white Cheddar, shredded and divided
- 1 clove garlic
- 3 Tbsp. olive oil
- 1 Tbsp. fresh lemon juice
- 1/4 tsp. red pepper flakes
- Salt to taste
- 1 purchased cauliflower or regular pizza crust (10–12-inch)
- 2 oz. Canadian bacon, chopped

Preheat oven to 450°. Mince arugula, 2 Tbsp. Cheddar, and garlic in a food processor. Add oil and lemon juice to processor; purée salsa, then stir in pepper flakes, and season with salt. Reserve 2 Tbsp. salsa. Spread remaining salsa onto parbaked crust; top with remaining Cheddar and Canadian bacon. Bake pizza until crust is crispy and cheese is melted, 10 minutes; top with reserved salsa and arugula.

Per serving: 320 cal; 20g total fat (7g sat); 33mg chol; 480mg sodium; 18g carb (1g fiber, 2g total sugars); 10g protein

WEDNESDAY QUINOA BOWL

Makes 4 servings
Total time: 45 minutes

FOR THE BOWL, TOSS:
- 2 beef tenderloin filets (6 oz. each), seasoned with salt and black pepper
- 2 cups baby arugula
- 1 cup quinoa, cooked
- 1 cup halved grape tomatoes
- 1/2 cup thinly sliced radishes

Preheat oven to 450°. For the vinaigrette, whisk together oil, vinegar, Dijon, and garlic; season with salt and pepper. For the bowl, toss potatoes with 1 tsp. oil and cayenne; season with salt and pepper. Drizzle 1/2 tsp. oil on each side of cabbage and season with salt and pepper. Place potatoes and cabbage on a baking sheet and roast until tender, 20 minutes; chop cabbage.

Heat remaining 1 Tbsp. oil in an ovenproof sauté pan over medium-high. Sear filets on 1 side, about 4 minutes. Flip filets, transfer pan to oven, and cook until a thermometer inserted into centers registers 130° for medium-rare, 5–9 minutes. Transfer filets to a plate, tent with foil, let rest 10 minutes, then thinly slice.

Toss arugula, potatoes, cabbage, filet slices, quinoa, tomatoes, and radishes with vinaigrette.

Per serving: 391 cal; 19g total fat (3g sat); 45mg chol; 147mg sodium; 35g carb (6g fiber, 8g total sugars); 23g protein

STAK & QUINOA BOWL

Makes 4 servings
Total time: 45 minutes

FOR THE VINAIGRETTE, WHISK:
- 3 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 tsp. Dijon mustard
- 1/2 tsp. minced fresh garlic
- Salt and black pepper to taste

For the bowl, toss oil, vinegar, Dijon, and garlic; season with salt and pepper. Drizzle 1/2 tsp. oil on each side of cabbage and season with salt and pepper. Place potatoes and cabbage on a baking sheet and roast until tender, 20 minutes; chop cabbage.

Heat remaining 1 Tbsp. oil in an ovenproof sauté pan over medium-high. Sear filets on 1 side, about 4 minutes. Flip filets, transfer pan to oven, and cook until a thermometer inserted into centers registers 130° for medium-rare, 5–9 minutes. Transfer filets to a plate, tent with foil, let rest 10 minutes, then thinly slice.

Toss arugula, potatoes, cabbage, filet slices, quinoa, tomatoes, and radishes with vinaigrette.

Per serving: 391 cal; 19g total fat (3g sat); 45mg chol; 147mg sodium; 35g carb (6g fiber, 8g total sugars); 23g protein
PORK TENDERLOIN with savory date relish

Remove the tough silverskin from the tenderloin or it will shrink and twist as the meat cooks.

Makes 4 servings
Total time: 45 minutes

1 Tbsp. olive oil
1 pork tenderloin (1–1 1/4 lb.), trimmed and seasoned with salt and black pepper

3/4 cup low-sodium chicken broth, divided

1 cup chopped pitted dates
4 Tbsp. fresh orange juice, divided

1 Tbsp. diced jalapeño
2 Tbsp. chopped fresh cilantro, divided
1 Tbsp. minced orange zest

Preheat oven to 425°.

Heat oil in an ovenproof skillet over medium-high. Sear tenderloin until brown on all sides, 6–8 minutes. Add 1/2 cup broth to skillet, then transfer to oven; roast tenderloin until a thermometer inserted into center registers 145°, 10–15 minutes. Transfer tenderloin to a cutting board, tent with foil, and let rest 10 minutes before slicing. Set skillet aside with drippings.

Combine dates, 3 Tbsp. orange juice, and jalapeño.

Heat skillet with drippings over medium; deglaze with remaining 1/4 cup broth, scraping up any brown bits. Add date mixture to skillet and bring to a simmer for 1 minute. Off heat, stir in remaining 1 Tbsp. orange juice, 1 Tbsp. cilantro, and zest; season with salt and pepper.

Top pork slices with relish and remaining 1 Tbsp. cilantro.

Per serving: 318 cal; 7g total fat (1g sat); 92mg chol; 89mg sodium; 33g carb (3g fiber; 27g sugars); 31g protein
BBQ CHICKEN TOSTADAS with creamy slaw

Depending on how sweet you like your baked beans (or not) we're giving a range on the amount of maple syrup to add.

 Makes 4 servings
Total time: 45 minutes

COMBINE:

\[ \frac{1}{3} \text{ cup ketchup} \]
\[ 3 \text{ Tbsp. light brown sugar} \]
\[ \frac{1}{4} \text{ cup minced onion} \]
\[ 3 \text{ Tbsp. each distilled white vinegar and yellow mustard} \]
\[ 1 \text{ Tbsp. each tomato paste and Worcestershire sauce} \]
\[ 1 \text{ lb. boneless, skinless chicken breasts, cut into 2-inch pieces} \]

COAT:

4 corn tortillas (6-inch)

PURÉÉ:

2 oz. neufchatel
1 Tbsp. distilled white vinegar
1 Tbsp. chopped jalapeño
11\frac{1}{2} tsp. chopped fresh garlic

TOSS:

1 cup shredded red cabbage
\frac{1}{4} cup chopped fresh parsley
Salt and black pepper to taste

HEAT:

1 can navy beans (15 oz.), drained and rinsed
1–2 Tbsp. pure maple syrup

Preheat oven to 425°.

Combine ketchup, brown sugar, onion, 3 Tbsp. vinegar, mustard, tomato paste, and Worcestershire. Reserve \( \frac{1}{3} \) cup sauce for the beans. Add remaining sauce and chicken to a saucepan, bring to a boil, reduce heat to medium-low, cover, and simmer until chicken is cooked through, 15 minutes. Shred chicken and add back to sauce; keep warm.

Coat tortillas with nonstick spray and season with salt; arrange on a baking sheet. Bake tortillas until crisp and lightly browned, about 8 minutes.

Purée neufchatel, 1 Tbsp. vinegar, jalapeño, and garlic in a mini food processor.

Toss cabbage and parsley with neufchatel mixture; season with salt and pepper and chill until ready to serve.

Heat beans, reserved sauce, and syrup in a saucepan over medium until warmed and thickened, about 5 minutes. Remove beans from heat and lightly mash.

Divide and spread bean mixture among tortillas; top with chicken and slaw.

Per serving: 446 cal; 8g total fat (3g sat); 93mg chol; 784mg sodium; 58g carb (7g fiber, 21g total sugars); 37g protein
SHOPPING LIST
for 5 nutrish-ish weeknight meals

- 2 beef tenderloin filets (6 oz. each)
- 1 pork tenderloin (1–11/4 lb.)
- 2 lb. boneless, skinless chicken breasts
- 1 pkg. whole-grain penne
- 1 pkg. dry quinoa
- 1 can navy beans (15 oz.)
- 1 jar Kalamata olives
- 1 pkg. corn tortillas (6-inch)
- 1 pkg. pitted dates
- 1 pkg. neufchatel (8 oz.)
- 1 container feta cheese
- 1 block aged white Cheddar (4 oz.)
- 1 pkg. Canadian bacon
- 1 cauliflower pizza crust (10–12-inch)
- 1 lemon
- 1 orange
- 1 pint grape tomatoes
- 1 English cucumber
- 1 bunch parsley
- 1 bunch cilantro
- 1 large sweet potato
- 1 jalapeño
- 1 head red cabbage
- 1 bunch radishes
- 1 pkg. baby arugula (5 oz.)

PANTRY ITEMS
Garlic, onions, balsamic & distilled white vinegars, olive oil, Dijon & yellow mustards, ketchup, light brown sugar, tomato paste, low-sodium chicken broth, Worcestershire sauce, pure maple syrup, milk, cayenne pepper, red pepper flakes, dried oregano, kosher salt, and black pepper
What does it really take to boost your resistance to colds, flu, and other types of illness? Better Nutrition sat down with holistic health expert Michele Burklund, NMD, to get the scoop on maintaining a healthy immune system. 

By Michele Burklund, NMD & Better Nutrition
In today’s digital age, it has actually become more difficult to decipher what can be of real benefit to our health versus misleading articles using inaccurate data. To help you get the real, evidence-based facts behind your most common questions, our sister publication, Better Nutrition, asked Dr. Michele Burklund, a leading authority in naturopathic medicine, to set the facts straight.

**WHAT’S THE CONNECTION BETWEEN MY GUT/MICROBIOME AND MY IMMUNE SYSTEM?**

Your gut microbiome, also named “the last undiscovered human organ,” is a remarkable ecosystem consisting of a community of species including bacteria, fungi, archaea, and protozoans. The gut microbiome has been extensively studied in recent years, with over 15,000 articles published since 2011 that describe its role in many conditions, including celiac disease, inflammatory bowel disease, and allergies. We have also learned that diversity matters, and certain species of bacteria have been linked to supporting immune health, fighting colds, supporting mood, and even reducing weight gain.

The *Journal of Frontiers in Immunology* published a study that reveals just how complex the interactions are between the gut microbiome and the immune system, and how so many things can affect the balance including diet, medications, hygiene, and lifestyle. Another study, published in the *Human Microbiome Journal*, further evaluates the relationship between the host (us) and the microbiome (inside our gut) and finds many external influences and checkpoints can disturb the balance and affect immune health — meaning that our microbiome is just as unique as we are, and what we put into our bodies greatly affects that unique ecosystem. So how can you restore healthy gut flora? It’s important to replenish your beneficial bacteria after antibiotic use by taking a probiotic and eating fermented foods. Keep your gut flora balanced and support your body’s immune function by eating prebiotic foods such as garlic, asparagus, leeks, onions, and Jerusalem artichokes.

**HOW WILL BOOSTING MY IMMUNE SYSTEM IMPROVE MY OVERALL HEALTH?**

Supporting overall immune health can benefit the whole body by decreasing your risk of catching a cold, allowing faster recovery time from illness, and giving your body more protection against potential invaders. There’s ample data that suggests a diet rich in nutrients, as well as healthy lifestyle practices and stress management, plays a role in immune health and disease prevention. Eat whole foods, find ways to manage stress, and get adequate sleep to encourage a balanced and harmonious immune function.

It’s important to take a probiotic and eat fermented foods after antibiotic use to replenish your beneficial bacteria.
WHAT ARE THE BEST IMMUNE-BOOSTER SUPPLEMENTS?
There are countless supplements that can support the immune system, but these are a few favorites:

OLIVE LEAF EXTRACT Extra-virgin olive oil gets all of the attention, but the leaves of the olive tree are just as medicinal, if not more! A recent study published in the Journal of Nutrients found that the use of olive leaf extract dramatically lowered the number of sick days in high-school athletes by 28 percent when compared to a group that didn’t supplement. Oleuropein is the main healing compound found in olive leaves that has been studied for its antibacterial, antiviral, antioxidant, and anti-inflammatory effects. Olive leaf extract is typically found in capsule or tincture form.

ARTEMISIA Commonly known as wormwood, this powerful immune-supportive plant has a 5,000-year-long history in traditional Chinese medicine for effectively treating common conditions. The Journal of Clinical Infectious Diseases published a German study that revealed this potent herb to have a broad spectrum of antimicrobial activities against common viruses including Epstein-Barr and other viruses from the herpes family. Interestingly, recent research on Artemisia has also shown that it helps balance the gut microbiome and supports immune health. Try this bitter herb in tea, tincture, or capsule form.

CAT’S CLAW BARK It’s not as common as other immune-boosting botanicals you see in health food stores, but that’s no reason to dismiss it. Native to the Amazon, cat’s claw has been shown to be a powerful immune booster in traditional medicine. The Journal of Phytotherapy Research discovered that this rainforest remedy could have a beneficial influence on the immune system and can be used as a good preventive remedy. Not only can this bark decrease inflammation and support immune health, but it’s also been shown to improve brain health. In fact, the Journal of Scientific Reports concluded that cat’s claw could be a “potential breakthrough for the natural treatment of both normal brain aging and Alzheimer’s disease.” Cat’s claw can be found in teas, tinctures, and capsules.

MEDICINAL MUSHROOMS Found in forests around the world, healing fungi can have profound effects on your well-being. Biomedical Journal published a recent article about medicinal mushrooms that outlines more than 130 different medicinal functions, including immune balancing and detoxification actions, as well as the ability to ward off common viruses and bacteria. Beneficial mushroom species with powerful therapeutic properties include chaga, shiitake, turkey tail, reishi, maitake, lion’s mane, and cordyceps.

Medicinal mushrooms have profound effects on your well-being which include warding off common bacteria and viruses.
WHAT ARE SIGNS OF A WEAK IMMUNE SYSTEM?
Have you noticed that you’ve been getting more colds than normal lately? Perhaps you feel exhausted for no reason? These could all be signs that your immune system might need a little pick-me-up. The symptoms of a weakened immune system depend on the cause as well as other factors, like whether it’s acquired (something you get later in life) or congenital (you were born with it). The main organs involved in your immune system include your spleen, tonsils, thymus, bone marrow, and lymphatic system, and how each organ is affected can also play a role in determining the symptoms.

The most common signs can include:
- Fatigue
- Frequent infections (colds/flu)
- Prolonged recovery period from illnesses
- Increased inflammatory markers
- Digestive problems
- Skin infections and/or rashes
- Joint pain
- Chronic yeast and/or fungal infections

WHAT ARE SOME OTHER HEALTHY WAYS TO BOOST IMMUNITY?
There are a variety of lifestyle strategies that can help, including:

REDUCE YOUR STRESS This is much easier said than done, but the results can have profound effects on your health. A Stanford University study found that long-term stress can suppress immune responses, induce low-grade inflammation, and even increase susceptibility to some types of cancer. Boost your immune system by finding ways to reduce your daily stress level. Explore different relaxation techniques, go for a walk, try yoga, and don’t be afraid to set limits and say “no” if you feel overextended.

PRACTICE MEDITATION Science has finally caught up with this ancient practice and its positive benefits on immune health. In fact, a systemic review published in the *Annals of the New York Academy of Sciences* found mindfulness meditation to be associated with positive changes in several immune-related biomarkers, including the reduction of the inflammatory marker CRP. Find a quiet place, sit in a comfortable position, and begin to clear thoughts from your mind to focus on the moment.

GET MORE SLEEP The quality and amount of sleep you get can have profound effects on many aspects of life, including immune health, cognitive function, and mood. A study in the *International Journal of Biological Sciences* confirms that lack of sleep can reduce immunity and increase the risk of infection. Remove screens from the bedroom and try relaxing activities such as reading a book or taking a bath before bedtime.

MOVE YOUR BODY Moderate levels of exercise have a favorable effect on the immune system, stress markers, psychological wellbeing, and sleep. The *Journal of BioMed Research International* released a study that revealed long-term, moderate intensity exercise improved immune function and promoted anti-inflammatory changes in the body. Go on a 20-minute walk each day, join an exercise class, or try something gentle such as tai chi. Exercise comes in many forms — simply taking the stairs instead of the elevator or parking your car further from your destination can help.

DR. MICHELE BURKLUND is a doctor of naturopathic medicine and chief science officer at Puriya.
The art of steaming is easy with one of these ordinary, inexpensive tiered bamboo steamer baskets. But if you’ve never used one, we’ll walk you through the process of how to set one up so you can steam practically anything — fish, vegetables, dumplings, and more.
**Bamboo Steamers** are made of interlocking trays, with perforated bottoms that stack on top of the other, and a lid for the top tray. The whole basket is placed over a wok (or skillet) of simmering water so the steam rises through the layers and cooks the food. They come in a variety of sizes (widths) and tiers (which allows you to cook different foods, with different cook times, all at once.) Here are the basic steps for setting up and using a bamboo steamer:

**Filling the Trays:** If you’re cooking food that might stick or leave an odor, such as dumplings or fish, line the bottom of the tray with perforated parchment paper, napa cabbage, or banana leaves. Then add the food, with similar cook times, in an even layer, to each tray. Foods like dumplings need to be spaced about a ½-inch apart so they don’t stick together, and to allow air to circulate. Cover the top layer with the lid.

**Preparing Your Wok:** Fill a wok (or skillet) with 1–3 inches of water, making sure your steamer basket fits snugly in (or over) the vessel. The water level should come up to the rim of the bottom layer and the food should not be submerged. Bring the water to a boil, then reduce the heat to maintain a simmer.

**Placing the Basket:** Once the water is simmering, place the basket in your vessel. If you’re cooking multiple layers, with different cook times, place the trays of foods that have longer cook times at the bottom of the stack and get them going, before adding the trays of foods with shorter cook times on top. And keep an eye on the water level — adding more hot water as needed.

**Successful Steaming**

- For ideal heat distribution, before steaming, soak bamboo steamers in water for 1–2 hours.
- Infuse more flavor by adding salt, tea leaves, herbs, or other flavorful aromatics to the water or steaming liquid.

*Carefully open steamers away from your face, and use tongs or mitts, to avoid steam burns.

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**Steamer Know-How**

- The top layer should always be covered by the lid. If you’re adding trays while steaming, simply remove the lid, arrange the “new tray” on top, then cover with the lid.

- If each layer has ingredients with similar cook times, stack them all, cover, and begin steaming. Otherwise, stack and steam according to recipe cook times.

- Lining the trays with banana leaves or napa cabbage leaves adds a little more flavor.

- You can also add more flavor by using broth, sake, or another flavorful liquid for steaming.
STEAK
Steak and Cake: America’s Favorite Saturday Night Meal, a cookbook written and photographed by Elizabeth Karmel, focuses on steakhouse-style meals that can be made at home.

Being a number one cookbook sold on Amazon in four categories — meat, baking, grilling, and entertaining — in its first month of being released, is quite an accomplishment. And once you flip through the pages, you’ll understand why.

There are so many tasty recipes throughout this cookbook that it was hard to pick a favorite. But in choosing what to feature in the magazine, and since it’s winter, we decided to go with the Steak Diane and the Cheesy Twice-Baked Potatoes. The rich flavors of beef, mushrooms, and a to-die-for boozy cream sauce will have you fighting over the last piece of steak. And the twice-baked potatoes are delectably savory and cheesy.

But don’t forget about the cake! The Retro Chocolate Cupcakes are reminiscent of a classic childhood treat. With deep chocolate flavor and a sweet creamy filling, all you need is a tall glass of milk to please your inner child. And as the wise Julia Child once said, “The only time to eat diet food is while you’re waiting for the steak to cook.” Now go on and enjoy your steak, and don’t forget the cake!
Steak Diane

Flat iron steak, also known as top blade steak, is a boneless, well-marbled, tender cut with rich beefy flavor that comes from the chuck or shoulder section. This cut of beef has become popular, so substitute with beef tenderloin if you can’t find it.

Makes 4 servings  
Total time: 20 minutes

DRY:  
2 flat iron steaks (12 oz. each; 3/4-inch thick)

WHISK:  
2/3 cup beef or veal stock  
2 tsp. Dijon mustard  
1 1/2 tsp. Worcestershire sauce  
Olive oil  
Kosher salt

ADD:  
2 Tbsp. unsalted butter, divided  
2 Tbsp. finely chopped shallots  
1 tsp. minced fresh garlic  
8 oz. assorted mushrooms, sliced

STIR IN:  
1/4 cup brandy (such as cognac)  
1/4 cup heavy cream  
Snipped fresh chives

Dry steaks on paper towels to remove excess moisture; replace towels as needed.  
Whisk together stock, Dijon, and Worcestershire; set aside. Brush steaks with oil and season both sides with salt.  
Heat a 12-inch cast-iron or carbon steel skillet over medium until very hot, 3–4 minutes. Place steaks in skillet and sear until caramelized and a thermometer inserted into the centers registers 135° for medium-rare, 2–3 minutes per side, or to desired doneness. Transfer steaks to a plate and tent with foil.  
Add 1 Tbsp. butter, shallots, and garlic to skillet, stirring occasionally, until golden brown, 2 minutes. (Residual heat from the skillet should be hot enough to cook the shallots and garlic.)

Increase heat to medium-high. Add remaining 1 Tbsp. butter and mushrooms to skillet, stirring occasionally, until mushrooms are just beginning to brown, about 5 minutes. Increase heat to high.  
Stir in brandy and cook 20 seconds, then whisk in stock mixture. Reduce stock mixture, stirring continuously, until thickened and velvety smooth, 3–4 minutes; stir in cream.  
Serve steaks whole or sliced; spoon sauce over top. Top servings with chives.

Per serving: 478 cal; 32g total fat (14g sat); 143mg chol; 753mg sodium; 5g carb (1g fiber, 2g total sugars); 35g protein
NORTH CAROLINA NATIVE Elizabeth Karmel is nationally admired for her expertise in grilling, barbecue, and Southern food. Elizabeth is the founding executive chef of Hill Country Barbecue Market in New York City, Brooklyn, Washington D.C., and Hill Country Chicken in Brooklyn and New York City. Karmel also writes a biweekly column for the Associated Press called *The American Table*, and is the author of three acclaimed cookbooks. Elizabeth has also launched her own line of kitchen and grilling tools called Grill Friends.

STEAK AND CAKE is exactly what it sounds like — a unique cookbook comprised of more than 100 recipes that prove steak and cake are meant to be enjoyed together. From grilled, to sautéed, and oven roasted, there’s a recipe in this book for any occasion. Plus, it’s full of fantastic side dishes, sauces, and compound butters to serve alongside the steaks. Steven Raichlen sums up the cookbook perfectly, “Two epic American foods in one poetic mash-up. A must-have whether you’re a hard core carnivore or an inveterate sweet tooth.”

BRANDY enhances the flavor of the mushrooms and cream sauce, helping to round out this dish. But remember — mushrooms need to release their moisture and start to brown before you add the brandy. Also, keep in mind that brandy can ignite. To be safe, and to prevent it from igniting, be sure to add the brandy to the skillet off heat.
Cheesy Twice-Baked Potatoes

Makes 8 servings (8 potato halves)
Total time: 2 hours

5 russet potatoes (8 oz. each)
1 Tbsp. olive oil or shortening (such as Crisco)
2 Tbsp. heavy cream
4 Tbsp. unsalted butter, melted
1/2 cup sour cream
1/2 cup cream cheese with chives or 2 Tbsp. snipped chives mixed into 1/2 cup cream cheese
8 oz. sharp Cheddar, grated (about 2 cups) and divided
2 Tbsp. finely chopped scallions or chives
Salt and black pepper to taste

Preheat oven to 350°.

Scrub potatoes and pierce them all over with a fork. Rub potatoes with oil and place them directly on oven rack. Bake potatoes until a fork easily passes through one, 70–80 minutes.

Remove potatoes from oven and let cool 10 minutes. Cut potatoes in half lengthwise and place halves on a baking sheet.

When cool enough to handle, scoop out potato flesh into a bowl, leaving enough flesh around the skin to keep the potato from falling apart. Choose the worst-looking potato and remove all of the flesh; discard skin.

Add heavy cream, butter, sour cream, cream cheese, 1 1/2 cups Cheddar, and scallions to hot potato flesh; mix until creamy, then season with salt and pepper.

Divide potato mixture evenly among potato halves. Top halves with remaining 1/2 cup Cheddar.

Return potatoes to oven on baking sheet. Bake potato halves until Cheddar is melted, lightly browned, and bubbling, 20–25 minutes; serve immediately.

Per serving: 457cal; 26g total fat (15g sat); 72mg chol; 267mg sodium; 45g carb (3g fiber, 3g total sugars); 13g protein
Retro Chocolate Cupcakes with a sweet mascarpone center

These retro looking chocolate cupcakes might appear like the ones your mom would pop into your lunch box, but with a sweet mascarpone filling and chocolate ganache frosting, these cupcakes truly are so much better.

Makes 12 cupcakes
Total time: about 1 hour

FOR THE CUPCAKES, CREAM:
1 stick unsalted butter (8 Tbsp.), room temperature
1 1/2 cups granulated sugar
2 eggs
1 tsp. pure vanilla extract

WHISK:
2 cups all-purpose flour
1 cup unsweetened Dutch-process cocoa powder
1/2 tsp. fine sea salt
1 1/2 cups buttermilk
1 Tbsp. distilled white vinegar
1 tsp. baking soda

FOR THE FILLING, CREAM:
1 stick unsalted butter (8 Tbsp.), room temperature
8 oz. mascarpone cheese
1 lb. confectioner’s sugar
1/8 tsp. fine sea salt

FOR THE CHOCOLATE ICING, HEAT:
1/3 cup heavy whipping cream
6 oz. bittersweet chocolate chips or chopped bar chocolate
1/2 tsp. pure vanilla extract

Preheat oven to 350° with a rack in the center. Line a muffin pan with cupcake liners.

For the cupcakes, cream butter and sugar with a hand mixer on medium-high speed until light and fluffy, 3–5 minutes. Add eggs one at a time, beating well after each addition; beat until smooth and silky. Add vanilla and beat until well combined; scrape down sides of bowl as necessary. Whisk together flour, cocoa, and salt in a bowl. Add flour mixture to butter mixture in thirds, alternating with buttermilk; begin and end with flour.

Pour vinegar into a measuring cup and add baking soda (if you do it the other way around, it foams a lot); whisk into batter mixture.

Fill each cupcake liner three-quarters full with batter. Bake cupcakes until a toothpick inserted into centers comes out clean, 25–28 minutes. Cool cupcakes in pan 10 minutes; remove from pan and cool completely on a rack.

For the filling, cream butter and mascarpone with a hand mixer on medium-high speed until fluffy, 2–3 minutes. Add sugar and salt; continue beating until fluffy, 1–2 minutes.

Fill a piping bag fitted with a large tip with filling. Poke pastry tip through the top and into centers of cupcakes, squeezing about 2 Tbsp. filling into each.

For the chocolate icing, heat cream in a small saucepan over medium to almost boiling. Remove pan from heat, add chocolate, and stir until chocolate is melted and well combined. Add vanilla, stirring constantly. (If making in advance, cover with plastic wrap and set aside until ready to ice the cupcakes. But note — icing is best made right before icing them.) Use an offset spatula or back of a spoon to spread a thin, flat layer of icing over the tops of the cupcakes. (Or you can hold the cupcakes from the bottom and “swirl” the tops in the icing.) Let icing set completely before decorating with royal icing.

For ROYAL ICING Mix 2 tsp. light corn syrup and 2 tsp. heavy cream (or milk) in a small bowl. Add 1 cup confectioner’s sugar and mix with a fork until creamy and smooth. If icing is too thick, add a little more corn syrup and cream. If it’s too thin, add a little more sugar. (Icing should be thick enough not to bleed or spread when piped.) Place icing in a piping bag fitted with a small tip, and pipe cursive lowercase e’s down the center of each cupcake.

Per cupcake: 634 cal; 31g total fat (18g sat); 97mg chol; 261mg sodium; 84g carb (4g fiber, 61g total sugars); 8g protein
BOWL OF COMFORT

READER RECIPE
A rich and savory chicken and chile stew paired with cheesy polenta is the perfect winter dinner to keep the cold weather at bay.

Chicken Stew with Hatch chiles

Fresh Hatch chiles are only available for a limited time, but Anaheims are the standard substitute. To give the chiles time to cool, roast them first. Fresh Hatch chiles are only available for a limited time, but Anaheims are the standard substitute. To give the chiles time to cool, roast them first.

Makes 6 servings (about 8 cups)
Total time: 45 minutes

HEAT:
2 Tbsp. canola oil
1 cup diced onions
1 lb. boneless, skinless chicken thighs, cut into bite-sized pieces
2 cloves garlic, minced
1/4 cup all-purpose flour

DEGLAZE:
4 cups low-sodium chicken broth
1 cup diced carrots
1 cup diced celery
3 Hatch chiles, roasted, peeled, seeded, and diced

ADD:
1 1/2 cups fresh or frozen corn kernels (about 2 ears), thawed if frozen
1 can pinto beans (15 oz.), drained and rinsed
2 tsp. kosher salt
1/2 tsp. black pepper
2 Tbsp. chopped fresh cilantro

Heat oil in a Dutch oven over medium-high. Add onions and sauté until softened, 3 minutes. Add chicken and garlic and sauté until chicken is browned, about 3 minutes. Sprinkle flour over chicken; stir to coat and cook 1 minute.

Deglaze Dutch oven with broth, scraping up any brown bits. Add carrots, celery, and chiles to broth mixture. Bring to a boil, reduce heat to medium, and simmer stew 20 minutes.

Add corn, beans, salt, and pepper; cook until heated through. Stir in cilantro just before serving. Serve stew with Cheddar Polenta.

Per serving: 309 cal; 9g total fat (1g sat); 71mg chol; 945mg sodium; 34g carb (3g fiber, 6g total sugars); 24g protein

Cheddar Polenta

Makes 6 servings (about 7 cups)
Total time: 10 minutes

4 1/2 cups water
1 cup fine grind cornmeal or polenta
1 1/2 cups whole milk
1 Tbsp. unsalted butter
1 1/2 cups shredded Cheddar (6 oz.)
1 tsp. kosher salt
1/4 tsp. black pepper

Bring water to a boil in a saucepan. Whisk in cornmeal, reduce heat to medium, and whisk until very thick, about 5 minutes. Heat milk and butter in the microwave until butter melts, do not boil. Whisk milk mixture and Cheddar into polenta until incorporated; stir in salt and pepper. Serve polenta with stew.

Per serving: 316 cal; 13g total fat (8g sat); 39mg chol; 532mg sodium; 36g carb (1g fiber, 3g total sugars); 11g protein

STEW SEASON HAS ARRIVED, and so has the cold weather, but let’s think about the positives here. A big pot of stew not only warms the body, but also feeds the soul. There’s something about the aromas wafting through the house on a cold day that makes everything right in the world. Thankfully, Lesa sent us her recipe just in the nick of time. Packed with flavor, and easy to prepare, this stew is one that you’re going to want to add to your rotation of meals this winter. And if stew isn’t comforting enough, Lesa threw in a recipe for Cheddar Polenta to be served with the Chicken Stew. Thank you, Lesa!

Lesa is a Senior Program Manager for a large online retailer. When she’s not working, Lesa enjoys testing recipes from her collection of cookbooks for her husband and three children. In early 2020, Lesa is enrolling in culinary school where she is excited to advance her cooking skills to the next level.

SEND US YOUR RECIPE

If you’re a passionate cook, we’d love to publish a favorite recipe of yours. To see your recipe and name in print in our magazine, head over to our website to fill out the form.

CuisineAtHome.com/readerrecipes
or mail us at:
Cuisine At Home
2143 Grand Ave.
Des Moines, IA 50312
LEARN ABOUT LENTILS

Lentils are not glamorous, but there’s a lot lurking behind their unassuming nature. And these little legumes have been around for nearly 10,000 years. It’s time to pay homage to this humble, yet healthful, ancient bean for good reason.
LENTILS ARE PART OF A GROUP OF FOODS that rest solely on their health benefits. These foods may not win any beauty contests, but they stay in the food chain rotation because they’re nutritious, versatile, and economical. If you’re still not convinced you should be eating them, check out their health stats, below.

Lentils are edible seeds from the legume family and because they’re so small they don’t need presoaking like other beans do, and cook in as little as ten minutes or up to forty-five — not bad since beans can take hours.

Before cooking, sort and rinse lentils to remove pebbles or clumps of dirt. Spread them on a baking sheet and sift through them with your fingers. You may not find much, but it’s best to be on the safe side.

COOKING LENTILS
Simmer lentils just like you would dried beans in unsalted liquids (salt toughens their skins, preventing softening). Because lentils swell to nearly three times their original volume, use a 3:1 liquid to lentil ratio. Once the skins are softened but not mushy, they’re done. If the lentils haven’t absorbed all of the liquid in the pot, just drain it. Lentils can be cooked and stored, covered, in the fridge up to three days. Keep a batch of them on hand for a quick meal when you’re pressed for time.

HEALTHY FACTS
Lentils really are one of the healthiest foods on the planet and here’s proof:

| Made up of 25% protein, lentils have one of the highest protein contents of any bean, other than soybeans. | Lentils are cholesterol free, virtually fat free, and are low in calories — 1 cup of cooked lentils contains only 230 calories. |
| Lentils are a good source of iron, which helps increase energy. | Lentils are an excellent source of folate (an essential nutrient important for pregnant women that can help prevent birth defects). They also contain more naturally occurring folate than any other non-fortified food. |
| Lentils are a very good source of dietary fiber — 1 cup cooked lentils contains 16 grams of fiber, nearly two-thirds of the 25 grams women need daily. And fiber helps regulate blood sugar levels after meals. | |
FEEL THE PULSE

Dried lentils are the perfect staple to store in your pantry no matter the season. These mini-sized legumes pack a potent dose of plant-based protein, fiber, and minerals.
WHAT IS AVAX HOME?
Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers
18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site

We have everything for all of your needs. Just open https://avxlive.icu
IF YOU’RE TRYING TO EAT LESS MEAT OR JUST trying to incorporate more plant-based ingredients into your regimen, lentils are the perfect alternative. With their glowing nutritional stats (high in protein and fiber, low in calories), they should be taken seriously.

Once you begin cooking with lentils you’ll quickly find just how easy to prepare and versatile they are.

Let these four recipes help get you started cooking with them. Common brown lentils are baked into a cheesy dish that rivals any mac ‘n cheese. Black lentils add satisfying texture and color to Kedgeree [kehj-uh-REE]. Red lentils harmonize with chicken and spinach in this flavorful creamy soup. And you won’t even miss the meat in this healthier version of Lentil Bolognese.

Cheesy Baked Lentils
*With their tender but firm texture, lentils are a great replacement for pasta in this riff on mac ‘n cheese. The acid in the tomato helps balance the richness in this dish.*

Makes 6 servings (4 cups)
Total time: 30 minutes

2 Tbsp. unsalted butter
2 Tbsp. all-purpose flour
1/4 tsp. minced fresh garlic
1 cup whole milk
Salt, black pepper, and freshly grated nutmeg to taste
1 Roma tomato, diced
1 cup brown lentils, cooked (3 cups)
3/4 cup each shredded Parmesan and sharp Cheddar, divided
Chopped fresh parsley

Preheat oven to 400°. Coat an 8-inch-square baking dish with nonstick spray.

Melt butter in a saucepan over medium heat. Whisk in flour; cook 2 minutes. Stir in garlic and cook until fragrant, 1 minute. Whisk in milk, bring to a boil, and cook until thickened, 2 minutes; season with salt, pepper, and nutmeg. Stir in tomato.

Off heat, stir in lentils and 1/2 cup each Parmesan and Cheddar; transfer to prepared dish. Cover dish with foil and bake lentils 30 minutes. Remove foil, top with remaining 1/4 cup each Parmesan and Cheddar. Bake casserole until cheeses are browned, 10 minutes. Let casserole cool on a rack 5 minutes, then top with parsley.

Per serving: 279 cal; 13g total fat (8g sat); 34mg chol; 276mg sodium; 26g carb (4g fiber, 3g total sugars); 16g protein
Kedgeree
with smoked whitefish
Originating in India, kedgeree is a favorite British breakfast dish.

Makes 6 servings (8 cups)
Total time: 45 minutes

COOK:
1 cup black beluga lentils

HEAT:
2 Tbsp. ghee or olive oil
1 Tbsp. minced fresh garlic
1 cup basmati rice
2 Tbsp. curry powder
1/2 tsp. each kosher salt and red pepper flakes
2 cups low-sodium chicken broth or water

GENTLY, STIR IN:
1 lb. smoked whitefish, bones removed, broken into chunks
1/2 cup frozen green peas, thawed
1/2 cup sliced scallions
1/4 cup heavy cream
2 Tbsp. fresh lime juice
2 hard-cooked eggs, quartered
Fresh cilantro

Cook lentils according to package directions; cover.

Heat ghee in a skillet over medium. Add garlic; cook, stirring occasionally, until browned, 2 minutes. Stir in rice, curry powder, salt, and pepper flakes; cook 1 minute. Stir in broth and bring to a boil. Cover, reduce heat to low, and cook rice until tender, 15 minutes; remove from heat and let stand 5 minutes.

Gently, stir in fish, peas, scallions, cream, and lime juice. Serve Kedgeree with eggs and cilantro.

Per serving: 538 cal; 19g total fat (8g sat); 165mg chol; 649mg sodium; 55g carb (9g fiber, 1g total sugars); 41g protein

Red Lentil & Chicken Soup
with spinach
This creamy soup is loaded with lentils, chicken, and spinach and spiced just right. Red lentils become mushy if cooked too long, so keep an eye on them.

Makes 6 servings (8 cups)
Total time: 30 minutes

HEAT:
2 Tbsp. olive oil
1 cup minced onions
1 Tbsp. each minced fresh ginger and garlic
1 Tbsp. curry powder
2 tsp. ground turmeric
1 tsp. ground coriander
1/2 tsp. red pepper flakes

ADD:
4 cups low-sodium chicken broth
1 cup red lentils

STIR IN:
1 can coconut milk (14 oz.)
2 cups chopped cooked chicken
5 oz. fresh spinach, stemmed and chopped (8 cups)
2 Tbsp. fresh lime juice
Sliced serranos and scallions
Chopped dry-roasted peanuts

Heat oil in a pot over medium-high. Add onions, ginger, garlic, curry powder, turmeric, coriander, and pepper flakes; cook until onions start to brown, 5 minutes. Add broth and lentils, bring to a boil, reduce heat to low, cover, and cook until lentils are tender, 15–20 minutes. Stir in coconut milk and chicken until heated through. Stir in spinach, cook until wilted, then stir in lime juice. Serve soup with serranos, scallions, and peanuts.

Per serving: 400 cal; 21g total fat (14g sat); 40mg chol; 114mg sodium; 27g carb (7g fiber, 2g total sugars); 27g protein
Lentil Bolognese
Makes (4 servings) 4 cups
Total time: 1 hour

2 Tbsp. olive oil
1 cup chopped button mushrooms
1/2 cup minced onion
1/4 cup each diced celery and carrot
1 Tbsp. minced fresh garlic
1 1/2 tsp. Italian seasoning
1/4 tsp. red pepper flakes
1 Tbsp. tomato paste
1/4 cup dry red wine
4 cups low-sodium vegetable broth
1 can whole plum tomatoes in purée (14.5 oz.)
3/4 cups French de Puy lentils
8 oz. orecchiette pasta
1/4 cup heavy cream
1 tsp. balsamic vinegar
Salt to taste
Chopped fresh parsley
Shredded Parmesan

Heat oil in a skillet over medium. Add mushrooms, onion, celery, carrot, garlic, Italian seasoning, and pepper flakes; sweat, partially covered, until softened and fragrant, 8–10 minutes. Stir in tomato paste; cook 1–2 minutes. Deglaze skillet with wine, scraping up any brown bits; cook until evaporated. Stir in broth, tomatoes, and lentils; simmer, partially covered, until lentils are tender, 45–50 minutes, stirring occasionally.

Meanwhile, cook orecchiette in a pot of boiling salted water according to package directions; drain.

Stir cream and vinegar into bolognese; season with salt.

Serve bolognese over orecchiette; top with parsley and Parmesan.

Per serving: 491 cal; 14g total fat (4g sat); 17mg chol; 257mg sodium; 72g carb (9g fiber, 10g total sugars); 16g protein
Vegelicious is on the menu

If you’re among the growing number of people seeking meatless meal options, we have four fabulous recipes for you — you’ll be hard-pressed to pick a favorite.

ROASTED EGGPLANT PITAS

Za’atar [ZAH-tahr] is a Middle Eastern spice blend that contains a variety of dried herbs, sesame seeds, and sumac.

Makes 4 servings
Total time: 30 minutes

COMBINE:
4 Tbsp. olive oil, divided
41/2 tsp. za’atar, divided
4 tsp. minced fresh garlic
12 1/4-inch-thick slices eggplant, salted and drained (about 2)
4 pita rounds (8-inch)

WHISK:
1 Tbsp. fresh lemon juice
Salt and black pepper to taste
2 globe tomatoes, cut into 12 slices
4 romaine leaves
1/2 cup purchased roasted red pepper hummus

Preheat oven to 400°. Coat two baking sheets with nonstick spray.

Combine 3 Tbsp. oil, 4 tsp. za’atar, and garlic; spread on eggplant slices. Arrange slices on prepared baking sheets in a single layer and roast until tender, 15 minutes, flipping halfway through. Wrap pitas in foil; transfer to oven to heat through, 10 minutes.

Whisk together lemon juice, remaining 1 Tbsp. oil, and remaining 1/2 tsp. za’atar for the vinaigrette; season with salt and pepper.

Spread 2 Tbsp. hummus on each pita. Top pitas with eggplant slices, tomatoes, and romaine; drizzle with vinaigrette.

Per serving: 349 cal; 19g total fat (3g sat); 0mg chol; 431mg sodium; 41g carb (11g fiber, 11g total sugars); 8g protein
FARRO RISOTTO
Farro has been around since as far back as 20,000 years ago. This ancient grain is high in fiber and full of complex carbohydrates.

Makes 4 servings (8 cups)
Total time: 35 minutes

HEAT:
2 Tbsp. olive oil
1 bunch Swiss chard (2 lb.), stems and leaves separated and chopped
3/4 cup chopped yellow onion
1 Tbsp. minced fresh garlic
1/2 tsp. red pepper flakes
1 cup semi-pearled farro, rinsed

DEGLAZE:
1/2 cup dry white wine
1 1/4 cups low-sodium vegetable broth + more as needed

STIR IN:
1 can plum tomatoes (28 oz.) drained, crushed by hand, and chopped
1/4 cup grated Parmesan
1 Tbsp. fresh lemon juice, optional
Salt and black pepper to taste
Grated Parmesan
Chopped fresh parsley

Heat oil in a sauté pan over medium. Add chard stems and onion; cook until just tender, 3–4 minutes. Add garlic and pepper flakes and cook until fragrant, about 1 minute. Stir in farro until coated with oil and it begins to toast, 1–2 minutes.

Deglaze pan with wine; simmer until nearly evaporated. Stir in 1 1/4 cups broth; bring to a boil. Reduce heat to low and simmer mixture, covered, until farro is tender, about 25 minutes.

Stir in tomatoes and chard leaves; cook until chard wilts, 3–5 minutes, then stir in 1/4 cup Parmesan. If risotto seems too thick, stir in additional broth. Stir in lemon juice and season risotto with salt and pepper.

Top servings with Parmesan and parsley.

Per serving: 356 cal; 9g total fat (3g sat); 8mg chol; 457mg sodium; 46g carb (7g fiber, 7g total sugars); 12g protein
A relative of figs and breadfruit, JACKFRUIT is a good source of vitamins A, C, and B6, as well as potassium, magnesium, and fiber.

JACKFRUIT STIR-FRY
Shiritake noodles are gluten-free and high in glucomannan, a dietary fiber with impressive health benefits.

Makes 2 servings (4 cups)
Total time: 20 minutes

WHISK:
1/2 cup low-sodium gluten-free tamari sauce
1 Tbsp. seasoned rice vinegar
1 Tbsp. Sriracha
2 tsp. brown sugar
2 tsp. cornstarch

SAUTÉ:
1 pkg. young jackfruit pieces (9 oz.), such as Jackfruit Company Lightly Seasoned
2 Tbsp. vegetable oil, divided
1 pkg. sliced shiitake mushroom caps (5 oz.)
1 cup bias-sliced sugar snap peas
1 pkg. prepared shirirake fettuccine noodles, drained
1/2 cup bias-sliced scallions

Whisk together tamari, vinegar, Sriracha, sugar, and cornstarch.
Saute jackfruit in 1 Tbsp. oil in a cast-iron skillet or wok over medium-high heat until it begins to brown and break down, 5 minutes.

Transfer jackfruit to a plate.
Add remaining 1 Tbsp. oil to skillet; add mushrooms and sauté until wilted, 3 minutes. Stir in peas; stir-fry until bright green, 2 minutes. Return jackfruit to skillet with noodles and tamari mixture; cook until heated through and still saucy, 1 minute. Toss stir-fry with scallions before serving.

Per serving: 373 cal; 19g total fat (2g sat); 0mg chol; 3463mg sodium; 41g carb (16g fiber, 11g total sugars); 14g protein
TOMATO-TORTELLINI SOUP WITH BASIL PESTO

Tomatoes deliver tons of vitamin C as well as lycopene, an important anti-oxidant which helps with skin, eye, and bone health.

Makes 6 servings (8 cups soup; 1/2 cup pesto)
Total time: 45 minutes

FOR THE SOUP, TOSS:
2 1/2 lb. Roma tomatoes, chopped
1 cup chopped onions
6 cloves garlic, chopped
1/3 cup olive oil
Salt, black pepper, and red pepper flakes

COOK:
1 pkg. refrigerated cheese-filled tortellini (9 oz.), such as Buitoni

HEAT:
4 cups low-sodium vegetable broth

FOR THE PESTO, PURÉE:
2 cups fresh basil (.25 oz. pkg.)
1/4 cup grated Parmesan
3 Tbsp. olive oil
2 Tbsp. sliced almonds
1 clove garlic

Preheat oven to 450°.

For the soup, toss tomatoes, onions, and garlic with oil; season with salt, black pepper, and pepper flakes. Transfer tomato mixture to a 4–5-qt. baking dish; roast until softened, 30 minutes, then cool slightly.

Cook tortellini according to package directions; drain.

Heat broth in a pot over medium-high. Add tomato mixture and bring to a boil, then reduce heat to medium and simmer 5 minutes. Purée soup with a handheld blender, then stir in tortellini and simmer until heated through, 1–2 minutes; season with salt.

For the pesto, purée basil, Parmesan, oil, almonds, and garlic in a mini food processor. Serve soup with pesto.

Per serving: 403 cal; 26g total fat (5g sat); 21mg chol; 362mg sodium; 32g carb (5g fiber, 8g total sugars); 11g protein
Is orange wine made from oranges?
J.J. Vernon, Brooklyn, NY

No. The name is somewhat of a misnomer. It’s actually known as a skin-contact wine made by macerating white wine grapes with their skins and seeds, often in large cement or ceramic vessels, creating an orange-hued wine. Depending upon how long the juice ferments with the skins and seeds (anywhere from a few hours to over a year) determines how vibrant its color will be. This skin-contact fermentation also gives the wine tannic structure and more red wine-like characteristics, while maintaining the acidity of a white wine. It’s considered a very natural way of winemaking, dating back 5,000–6,000 years to modern-day Georgia (previously the Republic of Georgia), where amber wines were fermented in subterranean vessels called Qvevri [Kev-ree].
TELL ME MORE: Soy Sauce

All soy sauce is made from soybeans. It’s either fermented (naturally brewed) or chemically made. There are Japanese and Chinese varieties (among others) with light and dark styles. Light Japanese soy sauce is used sparingly in Japanese cooking. It’s thinner and saltier than dark Japanese soy sauce (classic Kikkoman is considered a dark soy sauce). There’s also tamari, a Japanese soy sauce made with little or no wheat. Chinese soy sauce also comes in light and dark versions and contains little or no wheat. The light sauce is thinner and the most commonly used type of soy sauce in Chinese cooking, while the dark is thicker and sweeter. What you’ll find in most U.S. markets is likely made here or in Japan, typically contains wheat, and is sweeter than Chinese soy sauce. Another variety, sweet soy sauce, is known as kecap manis in Indonesia. It’s flavored with palm sugar, galangal, and aromatics.

DO YOU HAVE A QUESTION FOR CUISINE AT HOME MAGAZINE?

If you’re mystified by a cooking term, procedure, or technique, we’re here to help. To submit your cooking question for possible publication, contact us through our email address, CuisineAtHome@CuisineAtHome.com, or via postal mail at: Cuisine at Home Ask The Editors 2143 Grand Avenue Des Moines, IA 50312

Please include your name, address, email, and a daytime phone number.

What is turmeric? I hear it’s good for you. Is fresh better than dried?

Jessie Roseman, Boston, MA

Turmeric is the root of a plant in the ginger family. It has a pungent flavor and an intense yellow-orange color, which can stain everything it comes in contact with (it’s what gives curry powder and yellow mustard their color). It’s known to have anti-inflammatory and antioxidant properties, due to curcumin, turmeric’s key protective compound.

In its raw form, turmeric looks like a smaller version of fresh ginger, and appears carrot-orange when you peel or cut into it. If your market carries it, you’ll find it in the produce area. Fresh turmeric is earthier, and more peppery, citrusy, brighter, and stronger in flavor than dried. But dried is more readily available and will keep longer. Because it has more flavor, fresh is preferred over dried. You can store fresh turmeric in an airtight container in the refrigerator for about two weeks (or freeze it for several months). One inch of fresh turmeric yields one tablespoon of grated, which equals one teaspoon of ground turmeric.

What are cacao nibs? Are they the same as cacao sweet nibs?

Lauren Del Zoppo, Alamosa, CO

Cacao nibs are basically chocolate in its purest form — nature’s OG chocolate chips. They come from cacao beans that have been roasted, removed from their husks, and broken into smaller pieces with a texture similar to coffee beans. They’re not as sweet as chocolate and have a slightly bitter, nutty, chocolatey taste, and the longer they’re roasted, the more intense their flavor becomes. Cacao sweet nibs are simply cacao nibs rolled in sugar to slightly sweeten them. Cacao nibs, including sweet nibs, are excellent sources of antioxidants, fiber, iron, and magnesium.

DID YOU KNOW...

curcumin is fat soluble? Thus, the most effective way to ensure turmeric’s nutrients are absorbed is to combine it with something containing fat. As well as with black pepper, as pepper contains piperine, which is proven to increase the body’s ability to absorb curcumin.
CHOCOLATE BLISS

Roses are red, chocolate is sweet, and this Dark & White Chocolate Cream Pie is the ideal Valentine’s Day treat. You’ll more than prove your love serving this indulgent pie.
CHOCOLATE AND VALENTINE’S DAY go hand-in-hand. Can you really have one without the other? Not really. This year, surprise your sweetheart by making this rich and dreamy pie — you’re certain to receive a hug or two for your efforts, and who knows, maybe even get out of cleanup duty.

This Dark & White Chocolate Cream Pie is no ordinary dessert. With two types of chocolate — because two is always better than one, well, at least in this case — you’re stepping up your game. And kudos to Robin (yes we’re tooting her horn) for using chocolate in each layer. There’s a chocolate graham cracker crust sealed with a kiss of white chocolate and marshmallow filling, and a silky smooth chocolate mousse. But wait, there’s also a chocolate whipped topping. You’re welcome. Now go on and be the best Cupid around, and celebrate love and chocolate in the best way possible — with a slice of this pie.

Dark & White Chocolate Cream Pie
Makes 8 servings
Total time: 1 hour + chilling

FOR THE CRUST, COMBINE:
2 cups chocolate graham cracker crumbs (about 1 1/2 sleeves)
1 stick unsalted butter (8 Tbsp.), melted
1 Tbsp. granulated sugar
1/2 tsp. ground cinnamon
Pinch of salt

FOR THE WHITE CHOCOLATE LAYER, HEAT:
8 Tbsp. heavy cream, divided
1/2 cup miniature marshmallows
2 oz. white bar chocolate, chopped

FOR THE CHOCOLATE MOUSSE, HEAT:
1/3 cup water
2 Tbsp. unsweetened cocoa powder
2 Tbsp. granulated sugar
1/2 tsp. kosher salt
8 oz. semisweet bar chocolate, finely chopped
1 Tbsp. pure vanilla extract
1 1/2 cups heavy cream
1 recipe White Chocolate Whipped Cream, page 78

Preheat oven to 350°. Lightly coat a 9-inch pie plate with nonstick spray.

For the crust, combine crumbs, butter, sugar, cinnamon, and salt; press evenly into bottom and up sides of prepared pie plate. Bake crust until set, 8–10 minutes. Cool crust completely.

For the white chocolate layer, heat 2 Tbsp. cream, marshmallows, and chocolate in a microwave-safe bowl; microwave on high 30 seconds, then stir, and repeat until marshmallows and chocolate are melted. Chill white chocolate mixture, stirring occasionally, until it mounds slightly when dropped from a spoon, about 15 minutes. Beat remaining 6 Tbsp. heavy cream with a hand mixer until soft peaks form. Add white chocolate mixture and beat until medium peaks form; spread over cooled crust and chill.

For the chocolate mousse, heat water, cocoa, sugar, and salt in a saucepan over low until cocoa dissolves. Off heat, add chocolate and vanilla, stirring, until completely melted. Let mixture cool 5–10 minutes. Beat heavy cream with a hand mixer until medium peaks form. Fold chocolate mixture into whipped cream until no white streaks remain; spread evenly over white chocolate layer. Chill pie at least 1 hour, or until filling is firm. Pipe whipped cream on pie just before serving; top with raspberries and chocolate shavings.

Per serving with white chocolate whipped cream:
719 cal; 60g total fat (37g sat); 132mg chol;
269mg sodium; 59g carb (5g fiber, 3g total sugars); 8g protein

An easy way to make chocolate shavings is to run a vegetable peeler along a bar of chocolate. The skinnier the chocolate bar, the smaller the chocolate shavings will be.
1. A small measuring cup is an ideal tool to press the crumbs into the edges and up the sides of the plate for the crust.

2. Take your time spreading the white chocolate mixture over the crust. You want to be careful not to get chocolate crumbs into the white chocolate layer.

3. To give the mousse a light and airy texture, gently fold the whipped cream into the chocolate mixture. But make sure not to over fold the mixture, so as not to deflate the whipped cream.
White Chocolate Whipped Cream

To keep the swirls pretty and so they hold their shape, be sure to pipe the whipped cream onto the pie just before serving.

Makes 8 servings
Total time: 20 minutes

- 2 oz. white bar chocolate, chopped
- 1 cup heavy cream, divided
- 3 Tbsp. powdered sugar, sifted

Combine chocolate and 1/4 cup heavy cream in a microwave-safe bowl; microwave on high 30 seconds, then stir, and repeat until chocolate is smooth. Cool chocolate mixture to room temperature.

Beat remaining 3/4 cup cream and sugar with a hand mixer until soft peaks form; add cooled chocolate mixture and beat to stiff peaks.

PIPING WHIPPED CREAM

* For a show-stopping appearance, take the time to pipe the whipped cream along the perimeter of the pie. We used an open star tip to pipe large billowy swirls, but use whichever tip you have on hand.
VISUAL INDEX

14 Pork Dumplings (cooked three ways: steamed, pan-fried, and boiled)
15 Long Life Noodles with shiitakes, ginger & scallions
15 Steamed Whole Fish with fermented black bean sauce
16 Fried Spring Rolls with chicken
17 Sesame Balls (Jian Dui) with red bean paste
19 Rosemary-Lemon Sheet Pan Chicken with potatoes & spinach
21 Maple-Mustard Sheet Pan Salmon with delicata & broccoli
22 Sheet Pan Steak Fajitas
24 Pear & Apple Cider
25 Hot Spiced Turmeric Milk
26 Pineapple & Mango Agua Fresca
27 Blood Orange Shrub
29 Pastrami & Egg Sandwiches with hash browns
26 Pineapple & Mango Agua Fresca
30 Fried Chicken Breakfast Sandwiches with sweet & spicy gravy
31 “Quiche Lorraine” Breakfast Sandwiches with avocado & mixed greens

STAFF FAVORITE Smoky, peppery pastrami with aged Cheddar cheese and a creamy horseradish mustard give this sammie zing and the hash brown and kraut combo are nothing but perfection. This is one amazing sandwich.
34 Buffalo Cauliflower with yogurt-blue cheese dip
35 Sweet Potato Skins with soy chorizo & black beans
36 Avocado Hummus with pepitas
37 Chicken Sliders with spinach & tomato
39 Chicken & Andouille Gumbo
40 Dirty Rice
41 Shrimp & Grits Hushpuppies with Rémoulade
43 Moon Pies
45 Creamy Greek Pasta with chicken
46 Arugula Salsa Verde Pizza with Canadian bacon
46 Steak & Quinoa Bowl
47 Pork Tenderloin with savory date relish
48 BBQ Chicken Tostadas with creamy slaw

EVERYONE’S FAVORITE Whenever these were around, we were all as eager as any Mardi Gras parade goer hoping to get one of these Moon Pies thrown our way.

CUISINE CLASS Learn how to set up a bamboo steamer, on pages 54–55, so you can enjoy this easy and healthy cooking method.
VISUAL INDEX

58 Steak Diane
60 Cheesy Twice-Baked Potatoes
61 Retro Chocolate Cupcakes with a sweet mascarpone center and royal icing

67 Cheesy Baked Lentils
68 Kedgeree with smoked whitefish
68 Red Lentil & Chicken Soup with spinach

63 Chicken Stew with Hatch chiles & Cheddar Polenta

READER RECIPE Finding fresh Hatch chiles at the market inspired Lesa to create this tasty recipe.

72 Jackfruit Stir-Fry
73 Tomato-Tortellini Soup with basil pesto

77–79 Dark & White Chocolate Cream Pie and White Chocolate Whipped Cream
70 Roasted Eggplant Pitas
71 Farro Risotto
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Julia Child
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  (Use a melon baller to easily scoop out avocado into perfectly bite-sized pieces for salads)

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