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THE DINNER
REPORT
WHAT WE'RE
EATING NOW

Fresh & Delicious!

39

RECIPES TO
BRING
EVERYONE TO
THE TABLE

Spoil
Mom for
a Day
p. 34

plus

Showstopping Meringue Desserts

Display Until May 17, 2016





HOW WE GET OUR NUMBERS

For the past 25 years, The Better Homes and Gardens® Food Factor Study has polled more than 2,000 women age 18-plus for insights into food, shopping, and cooking habits in the United States.

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The DINNER REPORT

BETTER HOMES AND GARDENS HAS BEEN A KEY PART OF THE EVOLUTION OF THE AMERICAN DINNER FOR NEARLY 100 YEARS.

IF THERE'S ONE THING WE'VE LEARNED, IT'S THAT DINNER HASN'T GONE AWAY, BUT IT DOES KEEP CHANGING.

Whether you're setting the table for a family of five or for one, making a meal at home is still high on the priority list. No matter what we're cooking (or not cooking), we're doing it smarter and faster, and making it a practice rather than a production. In these next pages we share tips, stories—and yes, even a few stats—to help you make dinner meaningful every night. And, of course, there are recipes. Find them (all 17!) on *page 134*.

THE NEW HOME COOKING

Dinner has a lot to live up to these days. It needs to nourish us and entertain us.

If we're talking about a weeknight, it needs to be on the table in less than an hour. We've met these challenges with enthusiasm, and our readers report heading back to the kitchen to cook dinner in record numbers. We still crave comfort, and today it comes with a side of healthy; our visits to the farmers market reflect a renewed interest in where our food comes from. Bottom line: Plan ahead when you can, don't sweat a pizza delivery night, and never turn down a second helping of vegetables.

1 DINNER IS CLASSIC

Chicken's still our protein of choice, but thighs are now king for economy, flavor, and their forgiving ability to stay moist and tender. Make nice with the butcher and get them skin-on and/or bone-in.

2 DINNER IS HEALTHY

42 percent of women want to eat more healthfully. For us, healthy is fresh, and it's a whole lot more veggies—whatever the "it" veg might be. Meatless Mondays, here we come!

3 DINNER IS EXPRESSIVE

More than two thirds of women in the United States say cooking is a creative outlet for them, and almost 75 percent regularly experiment and cook new dishes at home.

4 DINNER IS PLANNED AHEAD

On Sundays, we prep. Let's face it, we haven't found any secret pockets of time, so we're cooking smarter. Case in point: Sunday roast chicken is also Monday's tacos or Tuesday's salad.

CAULIFLOWER-
POTATO
MASH

APRICOT-
GLAZED
CHICKEN
THIGHS

GREEN
BEANS
WITH
TOASTED
PANKO

BY THE NUMBERS

79%

of women typically eat dinner at home five or more nights a week. And it's not just out of necessity. 80 percent say cooking is an important part of family traditions, and 74 percent say it's a critical part of how they entertain.



SALMON POT PIE CASSEROLE

A classic casserole gets a healthy makeover. Five vegetables pack this lighter, fresher meal-in-a-dish with a cornmeal biscuit crown.

WHEN COOKS GARDEN

Remember all those veggies we're eating now? We're also growing lots more of them ourselves.

■ Gardening is the No. 1 hobby for women in the United States. ■ Nearly 1 in 5 women in the United States grow some of their own food. ■ One third of millennials are growing edibles, whether it's a small pot of basil on the patio or a few raised beds with a variety of produce. ■ Five million more households are digging in and planting than six years ago.



**COOKBOOK AUTHOR
KATIE WORKMAN**

LET'S GET REAL

The cloth napkins are pressed, the tapers are lit, and the butter roses glisten in their dainty saucers. Whaaaa? Just kidding! If this is dinner at your house, you should feel very pleased with yourself (or with your *Downton Abbey*-esque staff). Perhaps last night's dinner included a store-bought rotisserie chicken and a salad with homemade vinaigrette. Perhaps last Sunday's dinner featured a slow-braised pork shoulder and a tart made with a refrigerated piecrust. Perhaps tonight's dinner involves a frozen lasagna. Every day has its own reality. We need to ease up on ourselves for not making dinnertime feel like a nightly Olympic event. Are you sitting down for a meal with your brood on a somewhat regular basis? Is the food delicious and comforting and (mostly) healthful? You, my friend, are doing a freaking great job. And the good news? Another day, another dinner, another chance for sharing the table.

What's on your plate? Share your favorite dinner on Instagram. Tag it #BHGDinner, and we'll regram our faves!

SLURPING ENCOURAGED

Noodles find their way onto about every culture's dinner table.

Sample the world with these easy noodle bowls, from the Spanish bowl filled with chicken and asparagus to the Indian bowl with sweet pepper and snap peas.

SESAME DAN DAN NOODLE BOWL

SHRIMP CURRY NOODLE BOWL

ASPARAGUS NOODLE BOWL

EATING IN LIKE WE EAT OUT

There's more than one way to taste the world—go directly to the source, or visit a restaurant that's done the traveling for you. When global flavors become the souvenir you bring home, your kitchen suddenly becomes the most exciting place to grab a meal. Stock your pantry with global ingredients and be fearless about trying new recipes.

Sometimes that's all it takes to make dinner a boundless and borderless affair.

PEPPER HAKKA NOODLE BOWL

SOBA NOODLE BOWL

BY THE NUMBERS

63%

of women like to experiment with regional or ethnic food in their cooking, with 78 percent always looking to bring in new flavors.

THE PANTRY'S GONE GLOBAL

If sriracha has taught us anything, it's that global goes with everything. The key is to keep a few ingredients from different cuisines on hand so next time you're on the hunt for flavor, you won't have to look very far. Once an ingredient is in your pantry, it's yours to play with.



PRESERVED LEMONS

Lemons are the kitchen workhorse. But when salt-cured and turned into preserved lemons, they last indefinitely in the fridge, lose their acidic pucker but maintain an intensely lemony flavor, and develop a velvety texture that makes rind and pith edible. Rinse off the brine before using.



TAHINI

Sesame paste, aka tahini, is finally moving beyond hummus into irresistible cookies, chicken marinades, creamy salad dressings, and all kinds of dips and sauces.



SMOKED PAPRIKA

Best known for its role in Spanish food, smoked paprika's ability to impart a rich smokiness to dishes has earned it legions of vegan and vegetarian fans looking for flavors similar to bacon.



KIMCHI

Kimchi is the name for the many bright, crunchy, salty vegetable dishes—often fermented though sometimes fresh, spicy or not—served with Korean meals. Cabbage is most popular, but radish and green onion are tasty, too. We love it on top of scrambled eggs.



COTIJA

Sometimes called Mexican Parmesan, cotija is dry and salty and maintains its granular texture even in heat, making it ideal for sprinkling on hot grilled corn—or anywhere else cheese is required.



BLACK RICE

Loved for its abundance of nutrients and jewel-like dark purple color, black rice has the nutty flavor of its brown sibling and the tender texture of white rice.



COCONUT OIL

A high smoking point, a light coconut flavor, and a silky texture that melts the minute it hits the heat have made coconut oil a new staple in the kitchen for cooking and baking.



HARISSA

Chiles and roasted red peppers give harissa its vibrant hue. Spiced with cumin and coriander, this North African condiment has an earthy, smoky quality. Swirl in Greek yogurt for a dip or toss with carrots before roasting.



CHICKPEA FLOUR

Chickpeas make a naturally gluten-free flour (also called gram flour) that's been used for centuries. It delivers protein and fiber along with a sweet and nutty flavor. Use it as a binder in meatballs or a coating for the crunchiest roasted vegetables.



TV HOST
JOANNE WEIR

WHERE TO TONIGHT?

In 1975 I took a cooking class at Casa Romero in Boston. At the time, I'd never even tasted an avocado or serrano chile, let alone traveled to Mexico. But one bite of Chef Leo Romero's rich, creamy guacamole and I was transported. This wasn't the beginning of my love affair with food. That took place years earlier under a walnut tree on my grandfather's farm. But this was the first time I discovered the incredible ability to travel through food. Ingredients have the power to whisk me around the globe for a meal. Preserved lemons in a tagine, I'm in Morocco. Pimenton on my patatas bravas and it's Spain tonight. It's what keeps me excited about cooking and keeps people coming to my table. I take an exotic edible escape every time I cook with global ingredients. I'll always be grateful to Chef Romero for that magical Mexican getaway. It's on my itinerary again this week, right after Greece, France, and Thailand.

WE ARE WHAT WE DON'T EAT

With 59 percent of women declaring they're eating healthier than just a few years ago, it comes as no surprise that we're paying closer attention to how food makes us feel. Restrictions or not, the shift in what makes it to the table has affected how we all eat, opening the doors to a whole world of ingredients that might have otherwise gone undiscovered.

BY THE NUMBERS

86%

of women are trying to control the healthfulness of the meals they prepare, making cooking at home more important than ever. The curiosity about other dietary strategies has transformed juicing and gluten-free products into billion-dollar industries. And vegetarians account for 5 percent of the U.S. population.

Socca FRIDAYS

Don't ditch pizza night. Make room for socca! The gluten-free chickpea flatbread is super easy to make and best when piled high with bold-flavored toppers. There are no rules: You can slice or tear it in half, or even pull off bite-size pieces—every taste is a party. Try our favorite go-withs (*clockwise from top left*): Olive Relish, Sweet-Spicy Cherries, Garlic Lentil Salad, Chile Zucchini Topper, Radish Salad, and Smoky Carrot Spread.



VERDE RISOTTO

Diet restriction? Even risotto can fit on your plate. This dish offers the creamy richness of traditional comfort food thanks to a silky spinach and basil pesto and plenty of stirring. It's heavier on the vegetables, completely vegan, and gluten-free.



**COOKBOOK AUTHOR
HEATHER CHRISTO**

JUST WHAT WE NEED

Each day I work the puzzle pieces of our nightly dinner. In that respect, dinner in my house is not unlike most families' these days. But because my family is riddled with food allergies, dinner has become an art form where the management of a unique list of restrictions still has to result in one delicious, low-stress meal. Years ago, as I bid adieu to my usual-suspect ingredients (gluten, dairy, and eggs included), I found myself totally overwhelmed by re-creating my cooking style. But the truth is, the process has inspired a discovery of new ingredients like chickpea flour and an array of coconut products. Now I create fresh, vibrant dishes I feel wonderful about feeding my family—and enjoy cooking! In our kitchen, we don't think about what we can't have. Instead, we choose to make room for everything we can. That's made dinner an adventure that is easy and delicious. ■



GRAINS 2.0

All this health consciousness and kitchen curiosity has opened up a big wide world of grains. Mix it up, and try something new!

- **1. FREEKEH** Subtly smoky from roasting, freekeh comes from green wheat and has probiotic properties. Turn it into a side dish with herbs.
- **2. BARLEY** Barley's springy bite—a result of gluten—makes it a good base for salads and stir-fries. Whole grain (not pearly) barley is a fiber superstar.
- **3. BULGUR** Make this quick-cooking, B-vitamin-packed whole wheat grain the base for a meatless burger.
- **4. FARRO** Hulled, semipearled, or pearled varieties are quickest, but whole wheat farro is most flavorful.
- **5. MILLET** Gluten-free because it's a seed, millet is relatively high in protein and works in both sweet and savory dishes.

THE KITCHEN COOKBOOK

RECIPES FROM THE DINNER REPORT

DINNER GOES MODERN WITH CHICKEN THIGHS (ROASTED AND GLAZED), INVENTIVE VEGGIE SIDES, AND A LIGHTENED-UP SALMON CASSEROLE.

APRICOT-GLAZED CHICKEN THIGHS

HANDS-ON TIME 15 min.

TOTAL TIME 1 hr.

- ¼ cup apricot spreadable fruit, large pieces snipped
- ¼ cup honey
- 2 Tbsp. soy sauce
- 2 Tbsp. minced fresh ginger
- 6 cloves garlic, minced (1 Tbsp.)
- ½ tsp. cayenne pepper
- ¼ cup cider vinegar
- 8 bone-in chicken thighs (3½ to 4 lb. total)

1. Place oven rack in bottom third of oven. Preheat oven to 400°F. For glaze, in small saucepan combine spreadable fruit, honey, soy sauce, ginger, garlic, and cayenne. Heat over medium-low heat until spreadable fruit is melted. Remove and stir in vinegar; cool.

2. Line a 13×9-inch baking pan with foil. Arrange chicken in single layer. Pour apricot glaze over chicken, turning pieces to coat. Arrange pieces skin sides up. Bake, uncovered, 40 to 45 minutes or until done (175°F in thickest part) and tops are browned, brushing with glaze two times during baking. Skim fat from pan juices; serve juices over chicken. Makes 8 servings.

EACH SERVING 483 cal, 31 g fat, 193 mg chol, 377 mg sodium, 15 g carb, 0 g fiber, 33 g pro.

CAULIFLOWER-POTATO MASH

HANDS-ON TIME 20 min.

TOTAL TIME 1 hr.

- 1 medium head cauliflower (2 lb.), cut into florets (about 4½ cups)
- 1 Tbsp. olive oil
- 1½ lb. Yukon Gold potatoes, scrubbed or peeled, cut into 2-inch pieces
- 1¼ cups milk
- 3 Tbsp. coconut oil, melted
- Green onions, chopped (optional)

1. Preheat oven to 400°F. Lightly coat shallow baking pan with nonstick cooking spray. Place cauliflower in pan; drizzle with oil. Toss to coat. Roast 30 to 40 minutes or until just browned, stirring occasionally.

2. Place potatoes in large saucepan with salted water to cover. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until very tender. Drain; return potatoes to saucepan. Mash with potato masher; set aside.

3. Place cauliflower in food processor; cover and process until very finely chopped, adding 2 Tbsp. of the milk. Add cauliflower mixture to potatoes in saucepan. Add remaining milk, the coconut oil, 1 tsp. *kosher salt*, and ¼ tsp. *freshly ground black pepper*. Heat through over medium heat, stirring frequently. Top with green onions. Makes 8 to 10 servings.

EACH SERVING 123 cal, 6 g fat, 2 mg chol, 151 mg sodium, 14 g carb, 3 g fiber, 3 g pro.

GREEN BEANS WITH TOASTED PANKO

HANDS-ON TIME 15 min.

TOTAL TIME 35 min.

- 1½ lb. green beans, trimmed
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- ½ cup panko bread crumbs
- 2 tsp. lemon zest
- 2 tsp. chopped fresh tarragon

1. Preheat oven to 400°F. Lightly coat a shallow baking pan with nonstick cooking spray. Rinse beans in colander; shake, allowing some water to remain on beans. Place wet beans into prepared pan;

drizzle with 1 Tbsp. of the oil. Toss to coat; spread in an even layer. Sprinkle with ½ tsp. *kosher salt*. Roast, uncovered, 20 minutes or until tender and slightly charred, stirring once.

2. Meanwhile, heat remaining 1 Tbsp. oil in large skillet over medium-high heat. Add garlic; stir 30 seconds. Add panko; stir about 2 minutes or until just golden. Add zest, tarragon, ½ tsp. *kosher salt*, and ¼ tsp. *freshly ground black pepper*; stir to combine. Toss panko mixture with roasted green beans. Makes 8 servings.

EACH SERVING 68 cal, 4 g fat, 0 mg chol, 156 mg sodium, 8 g carb, 2 g fiber, 2 g pro.

SALMON POT PIE CASSEROLE

HANDS-ON TIME 45 min.

TOTAL TIME 1 hr., 15 min.

- 1 recipe Cornmeal Biscuits, page 136
- 1 egg, lightly beaten
- 3 Tbsp. butter
- 1 Tbsp. olive oil
- 2 medium leeks, washed, white and light green parts chopped (1 cup)
- 8 oz. shiitake or cremini mushrooms, stemmed and halved or quartered if large (3 cups)
- 3 cloves garlic, minced
- ¼ cup all-purpose flour
- 2 cups chicken broth
- ¼ cup whipping cream
- 1½ cups fresh or frozen peas
- 2 large carrots, thinly sliced
- 1 cup broccoli florets
- 1 lb. salmon fillet, skinned and cut into 1-inch cubes
- 3 Tbsp. chopped fresh dill weed

1. Preheat oven to 400°F. Prepare Cornmeal Biscuits. Place on baking sheet; brush with egg and sprinkle lightly with *salt*. Partially bake about 12 minutes or until lightly golden. Remove from oven. Heat butter and oil in large skillet over medium heat. Add leeks; cook and stir 4 minutes. Stir in mushrooms, garlic, ½ tsp. *ground black pepper*, and ¼ tsp. *salt*. Cook and stir 4 to 6 minutes or until liquid evaporates and mushrooms are just brown.

2. Stir flour into leek mixture; stir 1 minute. Add broth and cream. Cook and stir until

bubbly. Add remaining ingredients; bring to boiling. Transfer to 2-quart baking dish.

3. Arrange partially baked biscuits on top. Bake 15 to 20 minutes or until biscuits are golden brown. Makes 8 servings.

Cornmeal Biscuits In bowl combine 2 cups *all-purpose flour*, $\frac{1}{2}$ cup *cornmeal*, 2 tsp. *baking powder*, and $\frac{1}{2}$ tsp. *salt*. Cut in $\frac{1}{4}$ cup *shortening* until pea-size. Stir in 1 cup *buttermilk*. Turn out onto floured surface. Knead gently 10 to 15 strokes or until dough comes together. Pat to $\frac{3}{4}$ -inch thickness. Cut into eight $2\frac{1}{2}$ -inch rounds, repatting as needed. Place on casserole as directed in Step 3. Or bake in 400° oven for 12 to 15 minutes. Makes 8 biscuits.
EACH SERVING 454 cal, 21 g fat, 77 mg chol, 644 mg sodium, 47 g carb, 5 g fiber, 21 g pro.

TOUR THE WORLD WITH THESE NOODLE BOWLS INSPIRED BY THE FLAVORS OF CHINA, THAILAND, SPAIN, JAPAN, AND INDIA.

SESAME DAN DAN NOODLE BOWL

Our rendition of dan dan noodles is a takeoff on the traditional dish from China's Szechuan province. It matches spicy-hot sauce with preserved vegetables and pork over noodles.

TOTAL TIME 35 min.

- 8 oz. dried round Chinese egg noodles or spaghetti
- 2 Tbsp. soy sauce
- 2 Tbsp. tahini (sesame seed paste)
- 1 Tbsp. seasoned rice vinegar
- 1 Tbsp. toasted sesame oil
- 1 tsp. sriracha sauce
- 2 cups reduced-sodium chicken broth
- 1 Tbsp. peanut or canola oil
- 8 oz. uncooked lean ground pork
- $\frac{1}{2}$ cup finely chopped dill pickles

- 2 cloves garlic, minced
- Sliced green onions, fresh cilantro leaves, coarsely chopped peanuts, and/or crushed Szechuan or whole black peppercorns

- 1.** Cook noodles according to package directions; drain. Meanwhile, in small saucepan whisk together soy sauce, tahini, vinegar, sesame oil, and sriracha. Stir in broth; heat over low heat.
- 2.** In wok or large skillet heat peanut oil over high heat. Add pork and cook until browned, breaking up meat. Drain off any fat. Add pickles and garlic; cook about 2 minutes more or until pork is crispy.
- 3.** Divide noodles among serving bowls. Spoon broth mixture over noodles and top with pork mixture. Garnish with onions, cilantro, peanuts, and/or crushed peppercorns. Makes 6 servings.

EACH SERVING 311 cal, 16 g fat, 26 mg chol, 686 mg sodium, 27 g carb, 2 g fiber, 15 g pro.

SHRIMP CURRY NOODLE BOWL

TOTAL TIME 35 min.

- 2 Tbsp. peanut or canola oil
- 2 shallots, sliced
- 1 lime
- 3 cloves garlic, minced
- 2 tsp. grated fresh ginger
- 1 to 2 Tbsp. red curry paste
- 4 cups reduced-sodium chicken broth or vegetable broth
- 2 Tbsp. fish sauce
- 1 lb. fresh or frozen medium shrimp in shells, peeled and deveined
- 8 oz. rice vermicelli noodles
- 1 $13\frac{1}{2}$ - to 14-oz. can unsweetened coconut milk
- Fresh basil leaves and lime wedges

- 1.** Heat oil in Dutch oven over medium heat. Add shallots; cook and stir about 5 minutes or until crisp and browned. Remove shallots; set aside. Using vegetable peeler, remove zest from lime in strips; cut lime in half. Add garlic, ginger, and curry paste to Dutch oven; cook and stir 1 minute. Add broth, fish sauce, and 2 cups water. Squeeze juice from lime into broth; add strips of zest. Bring to boiling.

- 2.** Stir in shrimp and noodles. Return to boiling; reduce heat. Cook 3 to 4 minutes or just until shrimp turn opaque. Stir in coconut milk; heat through. Remove lime zest. Top bowls with shallots and basil; serve with lime wedges. Makes 6 servings.

EACH SERVING 365 cal, 16 g fat, 106 mg chol, 1,028 mg sodium, 36 g carb, 1 g fiber, 18 g pro.

ASPARAGUS NOODLE BOWL

TOTAL TIME 45 min.

- 3 slices bacon
- 1 8-oz. skinless, boneless chicken breast
- 1 large onion, finely chopped (1 cup)
- $\frac{1}{2}$ cup dry white wine
- 4 cloves garlic, minced
- 1 lb. (3 to 4) ripe tomatoes, finely chopped (2 cups)
- 3 cups reduced-sodium chicken broth
- 1 tsp. smoked paprika
- 6 oz. dried angel hair pasta, broken in half
- 8 oz. fresh asparagus, trimmed and cut into 1-inch pieces

- 1.** In a large deep skillet cook bacon over medium heat until crisp. Remove and drain on paper towels, reserving drippings. Crumble bacon; set aside.
- 2.** Add chicken to skillet. Cook over medium heat 10 to 12 minutes or until done (165°F). Remove; cover to keep warm.
- 3.** Add onion to skillet. Cook and stir 3 minutes. Remove skillet from heat; add wine and garlic. Return to heat. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or until wine evaporates, stirring to scrape up browned bits. Add tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 10 minutes or until tomatoes break down, stirring occasionally. Stir in broth and paprika; bring to boiling. Gradually stir in pasta. Return to boiling; reduce heat. Simmer, uncovered, 10 minutes or until pasta is tender, stirring occasionally and adding asparagus the last 2 minutes.
- 4.** To serve, divide noodle mixture among bowls; top with asparagus. Thinly slice reserved chicken and serve over noodle mixture; top with bacon. Makes 6 servings.
EACH SERVING 285 cal, 9 g fat, 40 mg chol, 428 mg sodium, 29 g carb, 3 g fiber, 18 g pro.

SOBA NOODLE BOWL

Look for miso in the Asian food section of your supermarket.

TOTAL TIME 40 min.

- 6 oz. dried soba noodles or dried multigrain spaghetti
- 8 oz. baby bok choy, quartered lengthwise
- 4 cups reduced-sodium chicken broth or vegetable broth
- ¼ cup white miso paste
- 2 Tbsp. reduced-sodium soy sauce
- 2 carrots, julienned (1 cup)
- 4 oz. cremini or shiitake mushrooms, stemmed and sliced (1½ cups)
- 6 soft-or hard-cooked eggs, peeled and halved

1. In large saucepan cook noodles in lightly salted boiling water according to package directions. Drain; rinse under cold water. Divide among bowls. Top with bok choy.

2. In same saucepan heat broth and 2 cups water over medium-high heat until simmering; whisk in miso and soy sauce. Add carrots and mushrooms; return to simmering. Reduce heat. Cook 1 to 3 minutes or until carrots are crisp-tender.

3. Ladle broth and vegetables over noodles and bok choy. Top with eggs and cracked black pepper. Makes 6 servings.

EACH SERVING 206 cal, 4 g fat, 124 mg chol, 1,175 mg sodium, 31 g carb, 3 g fiber, 13 g pro.

PEPPER HAKKA NOODLE BOWL

TOTAL TIME 25 min.

- 6 oz. flat Chinese egg noodles or dried linguine pasta
- ¼ cup ketchup
- ¼ cup soy sauce
- 1 Tbsp. cider vinegar
- 2 to 3 tsp. chili paste (sambal oelek)
- 2 Tbsp. peanut or canola oil
- 2 red sweet peppers, cut into bite-size strips
- 3 cloves garlic, minced
- 2 tsp. grated fresh ginger
- 4 oz. fresh snap or snow pea pods, trimmed and halved crosswise
- Lime zest and lime wedges

1. In large saucepan cook noodles in lightly salted water 3 minutes for Chinese noodles or 7 minutes for linguine; drain. Meanwhile, in small bowl combine ketchup, soy sauce, vinegar, and chili paste; set aside.

2. In wok or very large skillet heat oil over medium-high heat. Add red pepper strips, garlic, and ginger. Cook and stir 3 to 4 minutes or until pepper strips are crisp-tender. Add pea pods; cook and stir 1 minute. Add noodles and sauce mixture to wok. Toss to combine; heat through. Top each serving with lime zest and additional sliced pea pods. Serve with lime wedges. Makes 6 servings.

EACH SERVING 166 cal, 5 g fat, 0 mg chol, 832 mg sodium, 27 g carb, 3 g fiber, 6 g pro.

**YOUR FAMILY
WILL MAKE A PARTY
OUT OF CHOOSING
AND TOPPING THEIR
OWN PORTIONS OF
SOCCA. MAKE SOCCA
FLATBREADS (BELOW)
AND SET OUT
BOWLS OF THE BIG-
FLAVORED HEALTHY
TOPPERS THAT
FOLLOW. LET THE
FUN BEGIN!**

ANYTIME SOCCA

HANDS-ON TIME 10 min.

TOTAL TIME 35 min.

- 1 cup chickpea (garbanzo bean) flour
- 1 Tbsp. finely chopped Italian parsley
- 1 clove garlic, minced
- ½ tsp. chili powder
- 2 Tbsp. plus 2 tsp. olive oil

1. In a medium bowl whisk together chickpea flour, parsley, garlic, ½ tsp.

kosher salt, and chili powder. Add 1 cup water and 2 Tbsp. of the olive oil. Whisk until smooth. Let batter stand 15 minutes.

2. Meanwhile, preheat broiler. Add 1 tsp. of the oil to 10-inch cast-iron or heavy oven-going skillet. Place the skillet in upper one-third of oven to preheat 5 minutes (bottom of pan should be 5 inches from heat). Holding handle of skillet with hot pads, pour half the batter (about ¾ cup) into skillet; carefully spread the batter evenly using an offset spatula.

3. Return skillet to oven and broil about 4 minutes or until golden brown and slightly dark brown in some areas. Loosen from skillet with wide spatula and transfer to paper towels. Repeat with remaining batter, preheating skillet with the remaining 1 tsp. oil 1 minute before adding the remaining batter. Serve at room temperature or reheat socca in 350°F oven on baking sheet 5 minutes. Cut rounds in half. Makes 4 servings.

EACH SERVING 192 cal, 11 g fat, 0 mg chol, 157 mg sodium, 18 g carb, 5 g fiber, 6 g pro.

CHILE ZUCCHINI TOPPER

TOTAL TIME 30 min.

- ¼ cup chopped fresh mint
- 3 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 1 fresh Fresno chile pepper, stemmed and minced (tip, page 147)
- 1 clove garlic, minced
- 2 medium zucchini, sliced into ¼-inch-thick rounds (about 32 slices)

1. For vinaigrette, in small bowl whisk together mint, 2 Tbsp. of the oil, vinegar, chile, and garlic. Season with kosher salt.

2. Brush zucchini slices with the remaining 1 Tbsp. oil and sprinkle lightly with kosher salt. Arrange zucchini on rack of covered grill directly over medium-low heat. (Use a grill pan, if desired.) Grill 1 to 2 minutes per side or until charred and softened. Spoon vinaigrette over zucchini. Serve with socca, left. Makes 4 servings.

EACH SERVING 112 cal, 10 g fat, 0 mg chol, 151 mg sodium, 4 g carb, 1 g fiber, 1 g pro.

RADISH SALAD

TOTAL TIME 25 min.

- 1½ cups finely chopped radishes
- ¼ cup chopped Italian parsley
- ¼ cup chopped fresh mint
- 2 Tbsp. finely chopped red onion
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- ¼ cup pomegranate seeds

In medium bowl combine radishes, herbs, onion, vinegar, and oil. Toss to combine. Fold in pomegranate seeds. Season with *kosher salt*. Cover and chill for up to 6 hours. Serve with *socca*, page 138. Makes 8 servings.

EACH SERVING 27 cal, 2 g fat, 0 mg chol, 46 mg sodium, 2 g carb, 1 g fiber, 0 g pro.

SMOKY CARROT SPREAD

TOTAL TIME 20 min.

- 3 Tbsp. olive oil
- 1 lb. carrots, peeled and cut into bite-size pieces
- 2 cloves garlic, peeled
- 1 roasted red sweet pepper, peeled, stemmed, and seeded*
- 1 to 2 Tbsp. red harissa paste
- 2 tsp. smoked paprika
- 2 Tbsp. red wine vinegar
- Pomegranate seeds

1. In large skillet heat 2 Tbsp. of the oil over medium-low heat. Add carrots and garlic; cook and stir 12 minutes or until carrots are caramelized and tender.

2. Transfer carrots, garlic, and any oil to blender. Add roasted pepper, harissa paste, paprika, vinegar, and the remaining 1 Tbsp. oil. Cover; blend until smooth, scraping sides as necessary. Season to taste with *kosher salt*. Transfer to a serving bowl; drizzle with additional *olive oil*; top with pomegranate seeds. Serve with *socca*, page 138. Makes 16 servings.

***To roast red sweet pepper** Preheat broiler. Place medium red sweet pepper on foil-lined baking sheet. Broil 4 to 5 inches from heat about 5 minutes or until pepper skin is charred. Turn; broil about 5 minutes more or until skin is charred.

Remove and wrap pepper in foil. Let stand 5 minutes; remove peel, stem, and seeds. Store in refrigerator up to 3 days.

EACH SERVING 44 cal, 3 g fat, 0 mg chol, 62 mg sodium, 4 g carb, 1 g fiber, 0 g pro.

OLIVE RELISH

TOTAL TIME 10 min.

- 1 cup green olives, such as Castelvetrano, pitted and chopped
- ½ cup black olives, such as Kalamata, pitted and chopped
- 2 Tbsp. red sweet pepper, finely chopped
- 1 Tbsp. olive oil
- 2 tsp. orange zest
- 1 tsp. fresh thyme leaves
- 1 clove garlic, minced
- ½ tsp. crushed red pepper

In small bowl combine all ingredients until well mixed. Serve at room temperature, or cover and chill up to 1 week. Serve with *socca*, page 138. Makes 6 servings.

EACH SERVING 86 cal, 9 g fat, 0 mg chol, 648 mg sodium, 1 g carb, 1 g fiber, 0 g pro.

SWEET-SPICY CHERRIES

HANDS-ON TIME 15 min.

TOTAL TIME 30 min.

- ½ cup red wine vinegar
- ¼ cup sugar
- 1½ cups fresh dark sweet cherries, pitted and halved
- 1 to 2 Fresno chile peppers, stemmed and thinly sliced (tip, page 147)
- ½ red onion, thinly sliced (½ cup)

1. In small saucepan combine vinegar, sugar, and ¼ tsp. *kosher salt*. Bring just to boiling over medium heat, stirring to dissolve sugar; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat.

2. Meanwhile, in medium bowl combine cherries, chile peppers, and onion. Pour hot vinegar mixture over cherry mixture; stir to combine. Cover; let stand at least 15 minutes. Serve at room temperature, or cover and chill up to 1 week. Serve with *socca*, page 138. Makes 6 servings.

EACH SERVING 67 cal, 0 g fat, 0 mg chol, 49 mg sodium, 16 g carb, 1 g fiber, 1 g pro.

GARLIC LENTIL SALAD

HANDS-ON TIME 15 min.

TOTAL TIME 35 min.

- ¾ cup halved cherry tomatoes
- 3 cloves garlic, peeled
- 3 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 2 cups vegetable broth
- 1 cup dried brown lentils
- 2 carrots, peeled and chopped
- ½ cup halved cherry tomatoes
- 1 large shallot, minced
- 2 Tbsp. snipped fresh chives
- ⅓ cup microgreens

1. For dressing, preheat oven to 375°F.

Line a shallow baking pan with foil. Add the ¾ cup tomatoes, garlic, and 1 Tbsp. of the oil to pan; toss to coat. Sprinkle with a little *kosher salt*. Roast 20 minutes, stirring once. Remove from oven and place tomato mixture in blender. Add the remaining 2 Tbsp. oil and vinegar; cover and blend until smooth. Set aside.

2. Meanwhile, in medium saucepan combine broth and lentils. Bring to boiling; reduce heat. Simmer, uncovered, 20 to 25 minutes or until tender and all of the broth is absorbed, stirring occasionally.

3. In a large bowl combine lentils, carrots, the ½ cup tomatoes, shallot, and chives. Drizzle with dressing; toss to coat. Serve with *socca*, page 138, topped with microgreens. Makes 16 servings.

EACH SERVING 75 cal, 3 g fat, 0 mg chol, 125 mg sodium, 10 g carb, 2 g fiber, 3 g pro.

VERDE RISOTTO

TOTAL TIME 1 hr.

- 6 cups vegetable stock
- 2 cups packed fresh basil leaves
- 2 cups packed baby spinach
- 2 cloves garlic
- ½ cup olive oil
- ¼ cup rice vinegar
- 8 oz. fresh asparagus, trimmed and cut into 1-inch pieces (1 cup)
- 1 cup frozen quartered artichoke hearts
- 1 cup fresh English peas
- 1 medium yellow onion, finely chopped

- 1½ cups Arborio rice**
1 medium zucchini, shredded
(2 cups)
Spinach leaves
Halved cherry tomatoes

1. In large saucepan bring vegetable stock just to boiling; reduce heat to a simmer. Fill a large bowl half full with ice water. Plunge fresh basil into simmering stock. Using tongs, immediately transfer basil to ice bath to cool. Remove basil from ice bath, shaking off excess water.

2. For pesto, in blender or food processor combine basil, the 2 cups spinach, garlic, ¼ cup of the oil, vinegar, and ¼ tsp. *kosher salt*. Cover and blend until pesto mixture is smooth.

3. Add asparagus to simmering stock; cook about 1 minute or until bright green and barely tender. Using a slotted spoon, transfer asparagus to ice bath. Remove from ice bath; set aside. Add artichokes to stock; cook 2 minutes. Using slotted

spoon, transfer artichokes to ice bath. Remove and set aside. Add peas to stock; cook 30 seconds. Transfer to ice bath with slotted spoon; drain.

4. In a 4- to 5-quart Dutch oven or large pot heat the remaining ¼ cup olive oil over medium heat. Add chopped onion and ¼ tsp. *kosher salt*; cook and stir about 5 minutes or until onion is tender. Add rice; cook and stir 2 to 3 minutes or until rice is translucent. Start adding stock to the rice, 1 cup at a time, while continuously stirring with a wooden spoon. As stock is absorbed, add another cup. Continue cooking and adding stock until all of the stock is absorbed and the rice is creamy and tender. (This should take about 20 minutes.) Add zucchini, pesto, and cooked vegetables to the rice the last 2 minutes. Serve topped with fresh spinach leaves and halved cherry tomatoes. Makes 8 servings.

EACH SERVING 259 cal, 14 g fat, 0 mg chol, 504 mg sodium, 29 g carb, 3 g fiber, 5 g pro.

RECIPES FROM THE FARMHOUSE LIFE

ZOE'S CRÈME FRAÎCHE PANCAKES

TOTAL TIME 30 min.

- 1½ cups unbleached all-purpose flour**
3 Tbsp. sugar
2 tsp. baking powder
1 cup whole milk
½ cup crème fraîche
¼ cup sour cream
2 eggs
1½ tsp. vanilla
3 Tbsp. European-style butter
Pure maple syrup
Fresh blueberries (optional)

1. In large bowl combine flour, sugar, baking powder, and 1 tsp. *kosher salt*. In a medium bowl whisk together milk, crème fraîche, sour cream, eggs, and vanilla. Add to dry ingredients; whisk to combine.

2. In very large skillet melt 1 Tbsp. butter over medium heat. Spoon rounded tablespoons of batter into skillet. Cook 2 to 3 minutes or until undersides are browned; turn. Cook 1 to 2 minutes. Repeat with remaining batter. Serve with syrup and berries, if desired. Makes 18 to 20 pancakes.

EACH PANCAKE 110 cal, 6 g fat, 34 mg chol, 216 mg sodium, 11 g carb, 0 g fiber, 2 g pro.

MASHED POTATO-EGG CASSEROLE

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr., 45 min.

- 2½ lb. russet potatoes (5 to 6 potatoes)**
4 medium leeks, halved and sliced
5 cloves garlic, minced
2 Tbsp. butter
1 8-oz. carton sour cream
4 oz. Asiago cheese, shredded (1 cup)
¾ to 1 cup milk
6 eggs
1 Tbsp. olive oil
½ lemon, juiced
2 cups baby spinach and/or arugula

1. Prick potatoes with fork. Microwave on high 12 minutes or until fork-tender, turning

DINNER IN A COOKBOOK

Three authors share their home cooking stories with recipes you can try in your kitchen. Find them where books are sold.



DINNER SOLVED!

Katie Workman shares how she handles cranky eaters. Each of her 100 recipes includes tweaks aimed at helping you satisfy everyone at the table without turning yourself into a short-order cook. (Workman Publishing, \$17.95)



KITCHEN GYPSY

Joanne Weir leads a culinary tour through personal stories about her food-centric life woven around 100 recipes that span childhood favorites to dishes from travels to Morocco, Australia, and Italy. (Oxmoor House, \$35)



PURE DELICIOUS

Heather Christo took control of her family's health by revising the way they ate. She shares that journey and 200 family-friendly recipes without gluten, dairy, eggs, soy, peanuts, tree nuts, shellfish, or cane sugar. (Penguin Publishing Group, \$30)

once. Remove; cool until easy to handle. Preheat oven to 375°F. Grease a 2-quart baking dish; set aside. In a large skillet cook leeks and 4 cloves of the garlic in melted butter over medium heat 5 minutes or until tender and browned, stirring occasionally.

2. Peel potatoes; place in large bowl. Mash with potato masher. Stir in leek mixture, sour cream, half of the cheese, $\frac{1}{4}$ tsp. *salt*, and $\frac{1}{4}$ tsp. *black pepper*. Stir in milk to make a creamy consistency. Spread in prepared dish. Bake 40 minutes or until starting to brown. Remove from oven. Make 6 indents in potato mixture. Place an egg in each indent. Bake 20 minutes more or until whites are set and yolks start to thicken. Sprinkle with remaining cheese. Cool slightly.

3. In bowl whisk oil, lemon juice, remaining 1 clove garlic, $\frac{1}{4}$ tsp. *salt* and $\frac{1}{4}$ tsp. *black pepper*. Add spinach and/or arugula; toss to coat. Serve on casserole. Makes 6 to 8 servings.

EACH SERVING 457 cal, 25 g fat, 238 mg chol, 491 mg sodium, 44 g carb, 3 g fiber, 17 g pro.

PECAN MAPLE BACON

TOTAL TIME 40 min.

- 1 lb. thick-sliced bacon**
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{4}$ cup very finely chopped pecans

1. Preheat oven to 400°F. Place wire rack in foil-lined 15×10-inch baking pan. Arrange bacon on rack, tucking under any edges that hang over. Bake 10 minutes.

2. Generously brush bacon slices with syrup; sprinkle with pecans and 1 tsp. *cracked black pepper*. Bake 20 minutes or until bacon is browned. Makes 6 servings.

EACH SERVING 196 cal, 14 g fat, 22 mg chol, 478 mg sodium, 10 g carb, 1 g fiber, 9 g pro.

ORANGE-HONEY OVERNIGHT OATS

HANDS-ON TIME 15 min.

TOTAL TIME 12 hr.

- 2 cups milk or refrigerated coconut milk**
- 2 cups regular rolled oats**
- 1 cup plain Greek yogurt**
- $\frac{1}{2}$ cup flaked coconut

- 2 oranges, zested (4 tsp.)**
- 2 Tbsp. honey**
- 1 tsp. snipped fresh thyme**
- Toppers: strawberry preserves, berries, coconut, orange zest, and/or snipped thyme**

In large bowl stir together milk, oats, yogurt, coconut, zest, honey, and thyme. Cover; chill overnight. Stir; serve with toppers. Makes 6 to 8 servings.

EACH SERVING 310 cal, 8 g fat, 11 mg chol, 79 mg sodium, 52 g carb, 6 g fiber, 10 g pro.

SPARKLING STRAWBERRY MIMOSA

TOTAL TIME 15 min.

In pitcher combine 4 cups quartered *strawberries* and 4 *oranges*, sectioned. Muddle with wooden spoon. Stir in chilled 750 ml bottle of *champagne* or *sparkling apple juice*. Serve over ice. Drizzle with *maple syrup*, if desired. Makes 6 servings.

EACH SERVING 186 cal, 0 g fat, 0 mg chol, 2 mg sodium, 27 g carb, 4 g fiber, 2 g pro.

RECIPES FROM

CARNITAS

PORK CARNITAS

HANDS-ON TIME 45 min.

TOTAL TIME 3 hr.

- $\frac{1}{2}$ cup coarsely chopped white onion
- 6 cloves garlic**
- 1 tsp. dried marjoram**
- 1 tsp. dried thyme**
- Pinch ground cumin**
- 4 whole cloves, stems removed**
- 1 Tbsp. lard or canola oil**
- 4 to 5 lb. boneless pork shoulder or butt, cut into 2-inch chunks**
- 2 bay leaves**
- 1 cup freshly squeezed orange juice**
- 2 Tbsp. sweetened condensed milk**
- 1 recipe Corn Tortillas, right, or 16 purchased 6-inch tortillas**
- 1 recipe Salsa Verde Cruda, above right**
- Pickled jalapeños and sliced radishes**

1. In blender add $1\frac{1}{2}$ cups water, onion, garlic, marjoram, thyme, cumin, cloves, 1 Tbsp. *salt*, and 1 tsp. *pepper*. Blend smooth.

2. In Dutch oven heat lard over medium-high heat. Add pork; top with $\frac{1}{2}$ tsp. *salt*. Brown pork 10 minutes; turn occasionally.

3. Pour onion mixture over pork. Bring to a simmer; cook 5 to 6 minutes. Stir in bay leaves, juice, and milk. Cover; simmer $1\frac{1}{2}$ to 2 hours or until meat pulls apart easily, stirring occasionally. Uncover; simmer 5 minutes. Transfer to a bowl.

4. Discard bay leaves. Skim fat from liquid. Shred meat with a fork; toss with cooking liquid to moisten, if desired. For tacos, serve meat with tortillas, salsa, jalapeños, and radishes. Makes 16 tacos.

EACH TACO 298 cal, 10 g fat, 69 mg chol, 275 mg sodium, 15 g carb, 3 g fiber, 23 g pro.

SALSA VERDE CRUDA

TOTAL TIME 15 min.

- 1 lb. tomatillos, husks removed, rinsed, and halved**
- 1 ripe avocado, halved, seeded, and peeled**
- $\frac{1}{4}$ cup cilantro leaves and tops of stems
- 2 Tbsp. coarsely chopped white onion**
- 1 jalapeño chile pepper, stemmed and seeded (tip, page 147)**

In a blender combine tomatillos, avocado, cilantro, onion, chile pepper, and $\frac{1}{2}$ tsp. *kosher salt*. Blend smooth. Makes 2 cups.

EACH 2-TBSP. SERVING 24 cal, 2 g fat, 0 mg chol, 36 mg sodium, 3 g carb, 0 g pro.

CORN TORTILLAS

Pati Jinich cooks her tortillas on a comal, which is a flat round griddle.

TOTAL TIME 1 hr.

- 2 cups corn tortilla flour (masa harina)**
- $1\frac{1}{2}$ cups water

1. Heat a griddle or heavy skillet over medium-high heat 8 minutes or until very hot. Meanwhile, cut two 8-inch circles from plastic produce bags or plastic wrap.

2. In bowl mix flour, water, and a pinch of *kosher salt*. Stir to form a smooth dough (if dough feels coarse, add a little more water). Shape into 16 smooth balls. Cover with damp dish towel or plastic wrap.

3. To make tortillas, place a plastic circle on bottom of tortilla press; top with a dough

ball. Place other circle on top of the ball; clamp press down to make a flat disk. (If tortilla edges look cracked and jagged, dough needs a little more water.) To flatten without a press, roll between pieces of plastic wrap with rolling pin.

4. Open press; remove top plastic piece. Lift tortilla; peel off plastic. Cook tortilla on griddle 30 seconds or until spatula can lift it without sticking. Turn; cook 1 minute. Turn again; cook 10 to 15 seconds or until tortilla puffs in spots; cook 15 to 20 seconds to brown. Transfer to paper towel. Repeat with remaining dough.

5. Store in resealable plastic bag in refrigerator up to 3 days or freeze up to 3 months. To reheat, place on hot griddle for 30 seconds per side. Makes 16 tortillas.

EACH TORTILLA 55 cal, 1 g fat, 0 mg chol, 9 mg sodium, 12 g carb, 2 g fiber, 2 g pro.

MEXICAN RED RICE

HANDS-ON TIME 30 min.

TOTAL TIME 50 min.

- 2 cups uncooked long-grain rice**
- 1 lb. ripe tomatoes, quartered, or one 14½-oz. can diced tomatoes**
- ⅓ cup coarsely chopped white onion**
- 4 cloves garlic**
- 3 Tbsp. vegetable oil**
- 3 cups chicken or vegetable broth**
- 1 cup peeled and diced carrots**
- 1 cup fresh or frozen whole kernel corn**
- 1 to 2 jalapeño chile peppers, halved (optional; tip, far right)**
- 2 sprigs Italian parsley**
- ½ cup fresh or frozen peas**

1. In bowl soak rice 5 minutes in enough hot water to cover; drain. Rinse rice under cold water until water runs clear; drain well.

2. In blender puree tomatoes, onion, garlic, and 1 tsp. salt. Pass through strainer; measure 1 cup liquid (discard solids).

3. In medium saucepan cook rice in hot oil over medium-high heat for 3 to 4 minutes or until rice becomes milky white, stirring often. Stir in tomato puree. Cook, uncovered, 3 minutes or until puree is mostly absorbed by the rice.

4. Stir in broth, carrots, corn, chiles, if using, and parsley. Bring to a rolling boil. Cover; reduce heat to low. Cook 10 minutes. Add peas; cook 5 minutes or until most of the

liquid has been absorbed. (Rice should be cooked. If it isn't, add 2 Tbsp. water if needed. Cover; cook 2 minutes more.)

Remove from heat. Let stand, covered, for 5 minutes. Makes 8 servings.

EACH SERVING 263 cal, 6 g fat, 2 mg chol, 482 mg sodium, 47 g carb, 3 g fiber, 6 g pro.

POBLANO POTATO SALAD

HANDS-ON TIME 15 min.

TOTAL TIME 55 min.

- 3 fresh poblano peppers (tip, below right)**
- 2 lb. tiny yellow new potatoes, halved**
- ⅓ cup pickled jalapeño pepper brine**
- ¼ cup canola oil**
- ½ cup coarsely chopped parsley**
- Toasted pepitas (optional)**

1. Preheat oven to 450°F. Place peppers on a foil-lined baking sheet. Roast 20 minutes or until skins are blistered and charred. Wrap in foil; let stand 20 minutes or until cool enough to handle. Remove skins, stems, and seeds from peppers; coarsely chop.

2. Cook potatoes in lightly salted boiling water 12 to 15 minutes or until tender. Drain.

3. For dressing, in serving bowl whisk together jalapeño brine, canola oil, ½ tsp. kosher salt, and ½ tsp. black pepper. Add potatoes, peppers, and parsley; toss to coat. Season to taste. Sprinkle with pepitas, if desired. Makes 8 servings.

EACH SERVING 158 cal, 7 g fat, 0 mg chol, 186 mg sodium, 21 g carb, 3 g fiber, 3 g pro.

HIBISCUS AGUA FRESCA

HANDS-ON TIME 15 min.

TOTAL TIME 55 min.

1. For mint syrup, in small saucepan stir together ½ cup sugar and ½ cup water. Bring to a simmer, stirring to dissolve sugar. Remove from heat. Stir in ½ cup packed mint leaves; let stand 20 minutes.

2. Bring 3 cups water to boiling. In heatproof pitcher pour water over 5 hibiscus tea bags (such as Red Zinger); steep 20 minutes. Remove tea bags. Pour 6 cups cold water into tea mixture. Discard mint. Stir in syrup. Cover; chill. Serve over ice. Drizzle with honey to taste. Makes 8 servings.

EACH SERVING 74 cal, 0 g fat, 0 mg chol, 12 mg sodium, 19 g carb, 0 g fiber, 0 g pro.

GRILLED PINEAPPLE MARGARITA

TOTAL TIME 30 min.

- 1 pineapple, peeled, cored, and cut into ½-inch-thick rings**
- 1 jalapeño chile pepper, seeded, if desired, and sliced (tip, below)**
- ¼ cup chopped fresh cilantro leaves and upper stems**
- 3 Tbsp. grated piloncillo (unrefined cane sugar) or dark brown sugar**
- 3 cups pineapple juice, chilled**
- 1 cup white or silver tequila**
- ¾ cup freshly squeezed lime juice**
- ½ cup agave syrup or simple syrup**
- 1 Tbsp. Mexican chili powder**

1. Grill pineapple over medium-high heat for 4 to 6 minutes, turning once. Cool.

2. In pitcher combine jalapeño, cilantro, and 2 Tbsp. of the piloncillo. Using wooden spoon, muddle ingredients. Cut 2 slices of pineapple into wedges and set aside. Coarsely chop remaining pineapple; muddle with jalapeño mixture. Stir in pineapple juice, tequila, lime juice, and syrup. Let mixture stand 10 minutes or chill for up to 4 hours.

3. On a small plate combine remaining piloncillo, chili powder, and 1 Tbsp. kosher salt. Rub glass rims with lime wedges; dip into sugar mixture. Serve margarita in glasses with ice. Add reserved pineapple wedges. Makes 8 servings.

EACH SERVING 240 cal, 0 g fat, 0 mg chol, 261 mg sodium, 46 g carb, 3 g fiber, 1 g pro.

CHILE TIP Chile peppers contain oils that can irritate your skin and eyes. Wear rubber gloves when working with them.



MEXICAN TODAY

Pati Jinich introduces new and traditional recipes from her native Mexico, each perfect for everyday family meals. (Houghton Mifflin Harcourt, \$30)

RECIPE FROM

**BHG
THROWBACK****LEMON BUNDT
CAKE****HANDS-ON TIME** 15 min.**TOTAL TIME** 1 hr., 25 min.

- 3** eggs
- 1½** cups milk
- ½** cup vegetable oil
- ½** cup butter, melted and cooled
- 1** Tbsp. lemon extract
- 2** Meyer lemons or lemons, zested (2 tsp.)
- 3** cups all-purpose flour
- 2** cups granulated sugar
- 1½** tsp. baking powder
- 1** recipe Lemon Glaze, *right*

1. Preheat oven to 325°F. Coat a 10-inch fluted tube pan with *nonstick spray for baking*. In a very large mixing bowl whisk together eggs,

milk, oil, butter, extract, and zest. Add flour, sugar, baking powder, and 1 tsp. *salt*. Whisk until smooth. Pour into prepared pan.

2. Bake about 60 minutes or until a toothpick inserted near center comes out clean. Cool in pan on a wire rack 10 minutes. Remove cake from pan; cool. Drizzle with glaze. Makes 16 servings.

Lemon Glaze In bowl stir together 1 cup *powdered sugar* and enough *Meyer lemon juice* or *lemon juice* to make drizzling consistency (about 2 Tbsp.).

For mini cakes Prepare as above. Spoon ⅓ cup batter into each cup (chill remaining batter). Bake 30 minutes or until a toothpick inserted near centers comes out clean. Cool in cups 10 minutes. Remove; cool. Cool pan; repeat. Makes 16 mini cakes.

EACH SERVING 351 cal, 14 g fat, 52 mg chol, 262 mg sodium, 52 g carb, 1 g fiber, 4 g pro. ■

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MENTIONED IN THIS ISSUE****DAILY GIVEAWAY SWEEPSTAKES**

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