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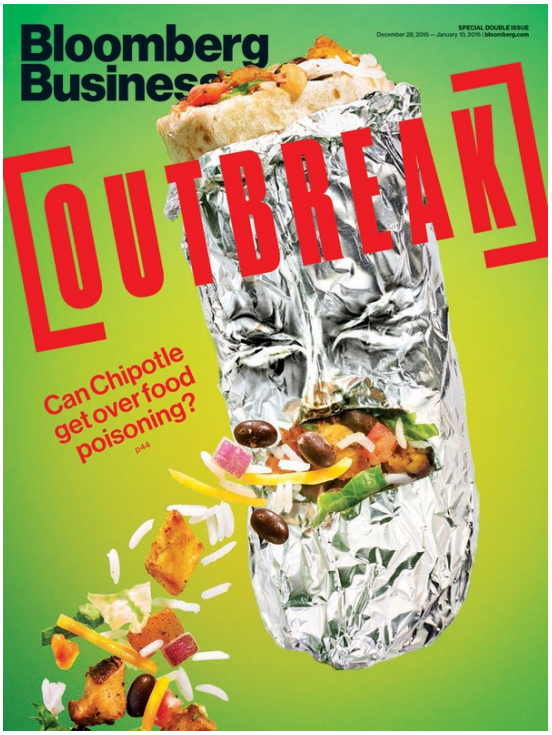

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FOOD+ NUTRITION

6 Juicy Secrets to Winter Health

The season brings snow, sleet, and … fresh citrus? Yes, these fruits are at their peak right now. Dig in. BY MICHELLE MALIA

APPLES GET ALL THE DOCTOR-THWARTING ACCOLADES. But the next time you find yourself roaming the produce section, consider citrus. Numerous peer-reviewed studies from the past two years suggest that citrus fruits may play a role in lowering blood pressure, preserving brainpower, and cutting cancer risk. According to *MH* nutrition advisor Mike Roussell, M.D., they're loaded with three key protective ingredients—vitamin C, potassium, and fiber. Vitamin C may help form and power your white blood cells, which fight off bacteria, while potassium can help regulate blood pressure.

PHOTOGRAPHS BY SAM KAPLAN

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Food+Nutrition

And a 2014 USDA review found that fiber can improve gut health. Of course, citrus delivers a hefty flavor payload for slim calories. And don't sweat the natural sugars: "A significant portion of citrus sugar is fructose, which goes directly to your liver for processing rather than into your bloodstream," Roussell explains. That means it doesn't bring on the same blood sugar spike that the processed sugar in, say, lemon-lime soda does. Those spikes trigger cravings, which can lead to overeating and weight gain, increasing your risk of diabetes.

SO HOW DO YOU ADD MORE CITRUS to your diet? Seek out a wider variety of the fruits and use the prep tips on these pages, courtesy of Valerie Aikman-Smith, coauthor of the cookbook *Citrus*, out now. So chop 'em, pop 'em, zest 'em, and reap the bounty of their benefits.

Pomelo

This massive Southeast Asian flavor grenade explodes with a tart-sweet taste that's one punch grapefruit, one kick orange. Slice through its thick hide with a sharp chef's knife and quarter it. Then wring out the juice, strain it into a glass, and enjoy a simple, single-ingredient breakfast drink. If you want to eat it in segments, peel off the bitter pith (the white stuff) first.

› GO JUICY Pomelos taste great with fresh mint. Use this combo in mixed drinks or salads.

Grapefruit

Cocktail party factoid: Grapefruits are so named because they grow in hanging clusters like grapes. Try the fruit, halved, charred slightly in a medium-hot grill pan, and then drizzled with honey. As for health perks, eating grapefruit may help you beat high blood pressure if you're overweight, according to 2015 research in *Critical Reviews in Food Science and Nutrition*.

› MAKE AN EASY SALAD Combine peeled grapefruit slices with kale and diced avocado.

Mandarin Orange

This insta-snack tastes great segmented and mixed into a slaw of thinly sliced apple, fennel, and green olives. Or juice the segments into ice cube trays and drop the frozen cubes into sparkling water for a virtually calorie-free soda alternative. Antioxidant-rich mandarins may have anticancer properties, according to 2015 study in *Nutrition and Cancer*.

› TASTE THE GROVE Try its relatives too: Satsumas have more tang, while clementines are sweeter.

Lime

It's more than a tequila chaser. Limes are rich in antioxidants called flavonoids, according to a 2014 Italian study. And don't trash the peel. Mix 2 cups of almonds, the zest of 3 limes, 1 Tbsp of chili powder, ½ cup of packed brown sugar, and ¼ cup of maple syrup. Roast on a sheet pan at 375°F till browned, about 8 minutes. Sprinkle with sea salt; snack away.

› PUT ON THE SQUEEZE Try fresh lime juice over chili, Indian curries, or Asian noodle dishes.

Lemon

When life gives you lemons, say thanks. Almost any dish, from broiled salmon to homemade hummus, can benefit from the acidic blast of freshly squeezed lemon juice. Mix the zest and juice of 1 lemon and 2 Tbsp of chopped dill into a cup of Greek yogurt, and serve with poached eggs. Or mix the zest and juice into mayo and spread it on a chicken sandwich.

› GET FRESH Don't zest too deep. Citrus rind packs freshness. Citrus pith tastes bitter.

Blood Orange

Its reddish-purple flesh comes from the presence of anthocyanins, a class of potent disease-fighting antioxidants. The fruit is supple, slightly sweet, and incredible mixed into a simple arugula and feta salad. (Peel and cut it into ½-inch-thick slices.) For a quick dressing, mix the juice of 1 blood orange with ¼ cup of olive oil and freshly ground pepper to taste.

› CALL ON HERB Try blood orange chilled with some thinly sliced fresh basil as a simple dessert.

NUTRITION KNOW-IT-ALL

By Mike Roussell

Is out-of-season produce less nutritious than in-season stuff?
JAKE, PORTLAND, OR
Slightly, but that doesn't mean you should eat only the peak-season stuff. Summer strawberries are more delicious and a little higher in vitamin C than December strawberries, for sure. But all fruits and vegetables, no matter what the time of year, are high-fiber and low-calorie. The bottom line? Think of in-season produce as a bonus, not a necessity.

Is fat a good source of energy?
BILL, DALLAS, TX
Yes. Because it's high in calories, it helps you feel full and won't lead to crashes like some carbs do. But fat won't give you a fast jolt, which is one of the many reasons why marathoners don't carry sticks of butter. As a general rule for overall health, swap out some fast-burning starches and grains (rice, pasta, bread) for slow-firing fats (nuts, avocado, olive oil).

Mike Roussell, Ph.D., R.D., is a nutrition consultant based in upstate New York. Tweet him: @mikeroussell

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A-Z

CHOCOLATE

A 26-Point Primer

Bars and bonbons, dark and milk, single-origin and small-batch, Mexican and Vietnamese: The world of chocolate is vast and fascinating. With this A-to-Z guide, explore it in all its delicious variety

By Susan Seim

WE LOVE chocolate, and we think we know it well. But our understanding is undergoing an evolutionary leap, keeping pace with the growing variety of this subtle luxury in ancient and cold-weather climates. These changes have the potential to bring us more delicious chocolate and to improve the lives of the people who produce it.

Grown in a narrow band around the equator, cacao is a pod-shaped tropical fruit containing bitter seeds that are fermented and processed into chocolate. The crop is the basis of a global industry currently growing at a rate of about 7% per year and expected to reach over $161 billion in revenue by 2024, according to Zion Market Research.

With a botanical name—Theobroma cacao—that translates as "food of the gods," the plant is grown by smallholder farmers based mostly in West Africa, Indonesia and throughout Latin America. The crop is heavily divided into two categories: bulk varieties grown for high yield, sold on the commodity market, that end up in conventional candy bars; and fine or "flavor" cacao destined for more specialized chocolates.

While the former sort of nonfortion dominates the market, a smaller industry dedicated to fore-grounding the unique flavors the crop has to offer has emerged over the past 20 years, with the "small batch," "artisanal" or "bean-to-bar" sector rise. Craft chocolate makers tease out the immense range of scents and tastes found in different cacao varieties around the world; whereas consistency has historically been the goal of mass-produced chocolate, here, diversity and variation are the goal. Bars can have up to 400 aroma compounds than wine, and flavors ranging from fruity and floral to rusty and bothersome. A chocolate will have a different character depending on whether it's produced in, say, Cameroon or Hawaii, and also thanks to specific practices employed along its journey to market.

Without farmers, there is no chocolate—no molten lava cake, no fudgy gelato—yet the economics for them can be harsh. A 2017 study from the French Development Agency and chocolate manufacturer Barry Callebaut found that farmers in Ivory Coast (the world's largest producer of cacao) earn roughly $1 per day, below the World Bank threshold for absolute poverty. By supporting the craft industry's efforts to source directly from farmers and pay a premium for higher-quality cacao, consumers and manufacturers help grow a robust market for farmers, makers and chocolate lovers.

This guide is a celebration of chocolate—of where it comes from, who grows it and the sensory experiences held within its wrappers. You'll find tools for understanding aromic resources and flavor, for navigating the complex landscape of the ways in which origins and certifications impact the end price and product; and, best of all, cocoa in candy forms, from nibs and chips to butters, bars, truffles and bonbons. By sampling chocolate in its many manifestations, learning its long history and supporting the people and regions that produce it, we can ensure a steady and infinitely varied supply of excellent chocolate for many seasons to come.

For a detailed detour into chocolate around the world, turn to D4

Stack Deck

...WITH NEARLY 250 EXTRA CALORIES AND 600 UNWANTED MILLIGRAMS OF SODIUM. YEP, THAT'S WHAT ALMOST HALF OF US AVERAGE EACH DAY WHEN WE EAT A SANDWICH. BUT YOU SHOULDN'T SETTLE FOR AVERAGE, SO WE'VE MAPPED OUT FOOLPROOF INSTRUCTIONS FOR REBUILDING ANY SAMMIE, FROM THE CRUST UP. THE BEST THING SINCE SLICED BREAD? TASTE AND BELIEVE.

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Don't trim the crusts—they may pack more cancer-fighting antioxidants than the middle of the bread.

Use a total of 4 oz of cooked salmon. Wild sockeye or coho, fresh or canned, has loads of omega-3s.

Hold the mayo and go with a better-for-you fat: Mash ½ avocado with ½ tsp lemon juice and ¼ tsp salt.

SPROUTED-GRAIN SALMON CLUB

490 cal, 16 g fat (2 g sat), 52 g carbs, 7 g sugar, 640 mg sodium, 32 g fiber, 37 g protein

For a salty hit, sprinkle 2 Tbsp crumbled kale chips on the salmon and avocado.

BREAD

As concerns about carbs, gluten, and high-fructose corn syrup pile up, loaf labels have become more loopy than a cinnamon-raisin swirl. Cut through the confusion with four words: *100 percent whole grain* (since wheat is a grain, *100 percent whole wheat* is okay too). Your body works overtime to digest these unrefined grains, which can lower your risk for obesity, diabetes, and heart disease.

BY KRISTIN DONNELLY / PHOTOGRAPHS BY CHRISTOPHER TESTANI

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TOPPINGS

Limp shredded lettuce is the Donald Trump of the sandwich world: everywhere, but not by popular demand. Get creative with sturdier raw veggies, or better yet, try pickling, roasting, or steaming them first for restaurant-quality texture and flavor.

GO CRAZY WITH...

- ***KIMCHI*** The fermented Korean dish is tangy, spicy, and loaded with gut-friendly probiotics. Less adventurous but equally awesome: sour dill pickles.
- ***FILLING VEGGIES*** Slabs of roasted squash or cauliflower will keep you satisfied and are savory enough to replace meat.
- ***BETTER GREENS*** Varieties such as sweet, mild tatsoi or peppery mizuna deliver slimming fiber. Or mix things up with shredded cabbage or fresh herbs such as basil or cilantro.

BROCCOLI-FETA-STUFFED PITA
520 cal, 16 g fat (8 g sat), 37 g carbs, 4 g sugar, 460 mg sodium, 14 g fiber, 17 g protein

Toss 1 oz thinly sliced red onion with 1½ tsp extra-virgin olive oil—it's like lube that makes the nutrients in this sammie easier for your body to absorb.

Steaming florets (2 cups) actually amps up this cruciferous star's disease-thwarting powers.

Cheese doesn't have to come in slices—2 Tbsp of feta cheese spreads creamy flavor around.

A quarter-cup of chopped fresh parsley has 10 times more vitamin C than iceberg.

Add some zing with 2 Tbsp minced, pickled peppadew peppers and ½ tsp of their brine.

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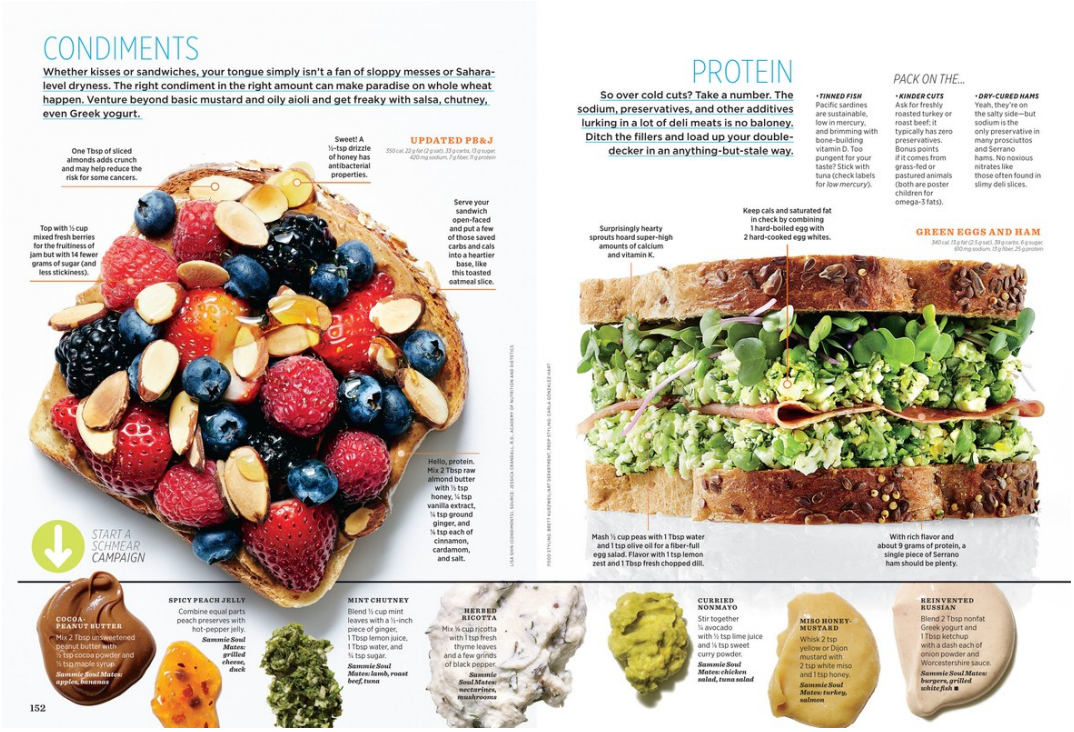

CONDIMENTS

Whether kisses or sandwiches, your tongue simply isn't a fan of sloppy messes or Sahara-level dryness. The right condiment in the right amount can make paradise on whole wheat happen. Venture beyond basic mustard and oily aioli and get freaky with salsa, chutney, even Greek yogurt.

UPDATED PB&J
350 cal, 22 g fat (2 g sat), 33 g carbs, 17 g sugar, 420 mg sodium, 7 g fiber, 11 g protein

One Tbsp of sliced almonds adds crunch and may help reduce the risk for some cancers.

Sweet! A ½-tsp drizzle of honey has antibacterial properties.

Top with ½ cup mixed fresh berries for the fruitiness of jam but with 14 fewer grams of sugar (and less stickiness).

Serve your sandwich open-faced and put a few of those saved carbs and cals into a heartier base, like this toasted oatmeal slice.

Hello, protein. Mix 2 Tbsp raw almond butter with ½ tsp honey, ¼ tsp vanilla extract, ¼ tsp ground ginger, and ¼ tsp each of cinnamon, cardamom, and salt.

START A SCHMEAR CAMPAIGN

COCOA-PEANUT BUTTER Mix 2 Tbsp unsweetened peanut butter with ½ tsp cocoa powder and ½ tsp maple syrup. ***Sammie Soul Mates: apples, bananas***

SPICY PEACH JELLY Combine equal parts peach preserves with hot-pepper jelly. ***Sammie Soul Mates: grilled cheese, duck***

MINT CHUTNEY Blend ½ cup mint leaves with a ½-inch piece of ginger, 1 Tbsp lemon juice, 1 Tbsp water, and ½ tsp sugar. ***Sammie Soul Mates: lamb, roast beef, tuna***

HERBED RICOTTA Mix ¼ cup ricotta with 1 tsp fresh thyme leaves and a few grinds of black pepper. ***Sammie Soul Mates: nectarines, mushrooms***

CURRIED NONMAYO Stir together ¼ avocado with ½ tsp lime juice and ⅛ tsp sweet curry powder. ***Sammie Soul Mates: chicken salad, tuna salad***

MISO HONEY-MUSTARD Whisk 2 tsp yellow or Dijon mustard with 2 tsp white miso and 1 tsp honey. ***Sammie Soul Mates: turkey, salmon***

REINVENTED RUSSIAN Blend 2 Tbsp nonfat Greek yogurt and 1 Tbsp ketchup with a dash each of onion powder and Worcestershire sauce. ***Sammie Soul Mates: burgers, grilled white fish*** ■

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USA SAN CONDIMENTS; SOURCE: JESSICA CRANDALL, R.D., ACADEMY OF NUTRITION AND DIETETICS

PHOTO STYLING: BRETT KURZWEIL/ART DEPARTMENT; PROP STYLING: CARLA GONZALEZ-HART

PROTEIN

So over cold cuts? Take a number. The sodium, preservatives, and other additives lurking in a lot of deli meats is no baloney. Ditch the fillers and load up your double-decker in an anything-but-stale way.

PACK ON THE...

- ***TINNED FISH*** Pacific sardines are sustainable, low in mercury, and brimming with bone-building vitamin D. Too pungent for your taste? Stick with tuna (check labels for *low mercury*).
- ***KINDER CUTS*** Ask for freshly roasted turkey or roast beef; it typically has zero preservatives. Bonus points if it comes from grass-fed or pastured animals (both are poster children for omega-3 fats).
- ***DRY-CURED HAMS*** Yeah, they're on the salty side—but sodium is the only preservative in many prosciuttos and Serrano hams. No noxious nitrates like those often found in slimy deli slices.

GREEN EGGS AND HAM
340 cal, 13 g fat (2.5 g sat), 39 g carbs, 6 g sugar, 690 mg sodium, 13 g fiber, 25 g protein

Surprisingly hearty sprouts hoard super-high amounts of calcium and vitamin K.

Keep cals and saturated fat in check by combining 1 hard-boiled egg with 2 hard-cooked egg whites.

Mash ½ cup peas with 1 Tbsp water and 1 tsp olive oil for a fiber-full egg salad. Flavor with 1 tsp lemon zest and 1 Tbsp fresh chopped dill.

With rich flavor and about 9 grams of protein, a single piece of Serrano ham should be plenty.

Brett Kurzweil

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ZOOM

When Jurgen Klinsmann was hired to revamp U.S. soccer from soup to nuts in 2011, the new coach's old-school, you-are-what-you-eat approach to nutrition fell on deaf ears at first. "Early on, all I heard was blah-blah-blah," says striker Jozy Altidore. "Now I know how you eat plays a huge part in how you perform." So while Altidore is hoping to feast on goals at the World Cup, team nutritionist Danielle LaFata—who'll lay out this spread after each of the U.S. team's three first-round games—could be just as important to the Yanks' chances of surviving the Group of Death in Brazil. —DOUG MCINTYRE

Photograph by LEVI BROWN
Styling by Brett Kurzweil

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Number of meals the team eats on match days. "Each has a little lean protein, some carbs and healthy fats like avocado or olives, with fruits and vegetables mixed in," LaFata says. "I try to make sure they're not too heavily loaded on carbs."

1-2

Hours before kickoff the players are allowed to eat a snack, like a PB&J sandwich—as long as it's around 300 calories. "Pregame meal is three to four hours prior," LaFata says. "And I'll give them a protein shake within 30 minutes after the game."

2

Number of "legs" for proteins, meaning fish or chicken is preferred over beef or pork. "The less legs the better," says LaFata.

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CULT COOKIES

Foodies are so feverish about these boutique baked goods they'll tweet and retweet about them, wait in line for hours to buy them, and giddily wave their fresh-from-the-oven score in front of envious onlookers. Need more proof that these cookies are worth chasing after? Ask Jay-Z.

FIELDS: Delectable delirium

COMPOST COOKIE

Momofuku Milk Bar, New York City
"It's all about cleaning out the cupboards and folding them into a quirky cookie—what else would possess us to combine pretzels, potato chips, coffee, chocolate, butterscotch, oats, and more?" says pastry chef/owner Christina Tosi. "I look at it as a funny, waste-not-want-not approach that I learned from my mother and grandmother in the kitchen."

CHOCOLATE SALTED RYE COOKIE

Tartine Bakery, San Francisco
When pastry chef Liz Prueitt discovered she had a gluten sensitivity, she and her husband (bakery co-owner Chad Robertson) began developing desserts free of the offensive protein. Beloved by tolerant and intolerant eaters alike, these chewy, crunchy cookies are made with rye flour, bittersweet Valrhona chocolate, and Maldon sea salt.

FRENCH MACARON

Sucré, New Orleans
"I present everything you know and nothing you've ever had," says co-owner/executive chef Tariq Hanna, whose elegant macarons range in flavor from bananas foster to salted caramel. The shop has about 40,000 Facebook fans, all ready to pounce on offerings like the vibrant King Cake variety, available from January 6 until Mardi Gras Day.

HOMEMADE OREO

Flour Bakery, Boston
Chef Joanne Chang reinvents the classic with handcrafted wafers bound together with a creamy mixture of sugar, butter, and vanilla. "At first, you expect a very sweet, vaguely chocolaty treat," she says. "Instead, you get an intense chocolate cookie with a buttery vanilla cream filling—an Oreo like no other."

PEANUT BUTTER SANDWICH

Dahlia Bakery, Seattle
"Writer Nora Ephron used to stop by when she was in Seattle and said that our peanut butter sandwich 'may be the greatest cookie ever, ever, ever,'" says chef Tom Douglas. Inspired by Bouchon Bakery's excellent Nutter Butters, Douglas created these stackable specimens with a lush peanut filling that's balanced with a touch of salt.

↓ Favored by picky eater Anderson Cooper.

← Spotted sampling them: Salma Hayek, Sandra Bullock, and Jay-Z.

↑ An oversize version recently helped complete a marriage proposal.

ON THE VERGE

Pass the salt, please. Culinary star Dorie Greenspan, author of 10 cookbooks and the recipient of four James Beard Awards, recently launched the New York City–based Beurre & Sel cookie company with her son, Josh. In addition to its Sweet Collection, the shop peddles the unlikeliest of baked goods: the savory cookie. "I live in Paris part-time and love inviting friends over for aperitif," Greenspan says. "I was looking for something fun and not too filling to serve. I started with savory loaf cakes then dabbled with biscuits. When I finally got to savory cookies I knew I'd found the perfect have-with-a-drink nibble." She eventually brought the idea stateside, where New Yorkers are becoming converts at her shop in the Lower East Side's Essex Street Market. The most popular flavor: Rosemary Parmesan.

Jose Garces, Iron Chef winner
"These cookies are so light that you could eat a ton of them without even realizing," says Garces, who pairs his almond *tuiles* with a reimagined White Russian made with vanilla-flavored vodka, Patrón XO Cafe tequila, rice milk, and cinnamon. "It's like grown-up milk and cookies."

Brett Kurzweil

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ODD COOKIES

Who says a cookie's gotta be round? Or homegrown? Before becoming staples in the U.S., these guys got their start in faraway lands like France, Italy, and Germany. Bon appétit!

YIELDS: Baking without borders

1 Often dipped in chocolate for extra flourish.

2 Biscotti means "cooked twice."

3 Figure eight–shaped anisettes are common, too.

4 Meringues are fat free!

5 Poppy-seed paste is a traditional filling.

MEAL OF FORTUNE

A takeout fave's fabled history. Indisputably the most ubiquitous odd-shaped confection in America, the fortune cookie stems from the mooncake, a pastry served in 14th-century China. In an effort to plan a revolt, bakers once slipped messages inside, sparking the concept of cookie communication. But the prefab treat we've come to love originated during the California Gold Rush in either San Francisco or L.A., depending on whom you believe. Today, Brooklyn's Wonton Foods is the country's biggest producer of both cookies and fortunes. As for the wisdom found in the rest of the cellophane-wrapped treats being made in the U.S., remarkably it mostly falls to two scribes. Steven Yang of San Francisco, and his former employer, Yong Lee of Boston, who cut ties in 1993, apparently following a common cookie adage: "A journey of 1,000 miles begins with one step."

COOKIES AND COCKTAILS, OH MY! To get the recipe of every cookie (and frosty beverage) featured in this story, visit spiritmag.com/cookies.

1 SPRITZGEBÄCK The dough is piped through a pastry bag, so it's no surprise that the German name—often shortened to "spritz"—comes from a word meaning "to squirt." The orange-studded variety shown here comes courtesy of Martha Stewart.

2 BISCOTTI Surely you recognize this coffee-shop staple. But back in its home country, biscotti is paired with more than just joe. "The tradition is to offer a glass of Vin Santo and some biscotti to your guests," says Lidia Bastianich, host of *Lidia's Italy in America*. "That combination is also a common way to finish a meal."

3 ANISETTES Italy's use of anise in baked goods goes back to ancient Rome. These iced desserts, infused with the licorice-like spice, often make an appearance at weddings and holiday parties. Our trusted source: *The North End Italian Cookbook*.

4 MERINGUES The French technique of whipping egg whites is key to this airy confection, which is a blank canvas for all kinds of flavors. Laced with lemon zest, these heavenly bites are from the authoritative tome *Meringue*, by Linda Jackson and Jennifer Evans Gardner.

5 HAMANTASCHEN These triangular treats are associated with the Jewish feast of Purim. The Yiddish name translates to "Haman's pockets"—Haman being the Purim story's villain—but some theorize that the shape is a reference to his hat or ears. Around Purim time (mid-March) you'll find these apricot-filled beauties at Brooklyn's Mile End Deli.

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Food + Nutrition

This "ice cream" doesn't come from cows. You build the base with a banana.

The MH Fast Foodie™

Power Up Your Diet—with a Blender!

HOLY SHIT KITCHEN TRICK Replace the blender canister with a small-mouth mason jar. Buzz, flip the whole blender, detach the jar, pop on a lid, and go!

Deluxe Falafel Plate
Dump a can of drained chickpeas in a blender. Pulse; add ½ chopped onion, 1 garlic clove, 1 handful parsley, 2 shakes cumin, a squeeze of lemon, salt, and pepper. Pulse, working in a palmful of bread crumbs and a pinch of baking powder, till firm. Make balls (golf ball size); add to a hot, oiled skillet, and smush. Fry till crisp, 3 minutes a side. Eat with pita.

Prep time 15 minutes / **Feeds** 1
Per serving 597 calories, 22g protein, 51g carbs (9g fiber), 36g fat

Chipotle Pumpkin Soup
Pour a cup of chicken stock and 2 big glugs of canned coconut milk into a blender. Add a 12-ounce can of pumpkin, a small handful of brown sugar, 1 chipotle chile in adobo plus a dab of the sauce, and a few shakes of cinnamon. Puree; transfer the mixture to a pot and heat on medium. Add salt and pepper. Top with pumpkin seeds, chives, cream, and olive oil.

Prep time 10 minutes / **Feeds** 2
Per serving 348 calories, 6g protein, 31g carbs (6g fiber), 13g fat

The King's Sundae
Slice up a banana and freeze the slices until firm. Toss them into the blender and pulse several times; then drop in a gob of peanut butter and blend till creamy. Now spoon the mixture into a bowl and stir in a small handful of dark-chocolate chips and a hit of chopped peanuts. Top with whipped cream and a cherry if you want. Elvis would be jealous.

RECIPE REMIX 1
Nix the chocolate; add mini marshmallows. In a microwave-safe bowl, nuke a spoonful of grape jelly. Drizzle it on top.

RECIPE REMIX 2
Swap out the PB, chocolate, and peanuts for dulce de leche, toasted coconut flakes, and hulled pumpkin seeds.

Prep time 5 minutes / **Feeds** 1
Per serving 443 calories, 11g protein, 51g carbs (7g fiber), 27g fat

Green Eggs and Ham
Blend up 4 eggs, 2 big handfuls of baby spinach, a palmful of chopped chives, a big pinch of salt, and 2 big pinches of pepper. In an oiled ovenproof skillet on medium, add the eggs and cook till the edges set, 2 minutes. Add 2 ounces of ham cubes. Bake at 400°F till puffy, 8 minutes or so. Remove, slice, and top with shaved Parm and sliced chiles.

Prep time 13 minutes / **Feeds** 1
Per serving 514 calories, 42g protein, 10g carbs (2g fiber), 33g fat

Brett Kurzweil

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THE PERFECT FOIL

MANI MATERIALS | ESSIE NAIL POLISH IN STYLE CARTEL (*$9; drugstores*) topped with gold nail foil, like the kind in the **CIATÉ VERY COLOURFOIL MANICURE IN KALEIDOSCOPE KLASH KIT** (*$25; sephora.com*).

TIP TRICKS | Apply a base coat, followed by two coats of navy polish—then allow your nails to fully dry (wait 15 to 20 minutes) before applying the foil. Once your tips are no longer tacky to the touch, cut 10 one-inch squares of the foil, dribble foil adhesive or eyelash glue on the matte side, allow the glue to dry for 30 to 60 seconds, then press the foil, adhesive side down, on each nail two or three times. The foil will stick to your nail, creating a shiny, marbled effect. Finish with a layer of clear top coat.

W. BRITT *18k gold plate and rhodium plate ring:* wbritt.com; **H. STERN** *18k noble gold ring:* hstern.net.

SPOT-IFY

MANI MATERIALS | ZOYA NATURAL NAIL POLISH IN MARGO (*$9; zoya.com*); **SALLY HANSEN HARD AS NAILS XTREME WEAR IN WHITE ON** (*$3; drugstores*); **SALLY HANSEN I HEART NAIL ART TOOL KIT** (*$2; drugstores*), which contains two brushes, a stencil and a two-sided dotting tool.

TIP TRICKS | Apply a base coat, then two coats of magenta polish, and allow nails to dry for about 10 minutes. Next, pour a pea-size drop of white lacquer on a small, flat surface, such as the bottom of a plastic cup. Dip the wider end of the two-sided dotting tool in the white polish and carefully tap on your nails to create spots. Allow the dots to dry for five minutes, then cover the entire nail with a layer of top coat. »

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IN THE NUDE

MANI MATERIALS | **ESTÉE LAUDER PURE COLOR NAIL LACQUER IN NUDITÉ** *($21; esteelauder.com)* plus matte gold nail studs *(find similar ones on etsy.com)*.

TIP TRICKS | Apply a base coat, two coats of nude lacquer and a layer of top coat to every nail except your ring fingers. Then go back and apply a top coat to one ring finger, dotting an extra dollop in the three spots where you will place gold studs. (Kandalec says to skip adhesive, because it dulls your studs.) Use pointy-tipped tweezers to lay the studs in a vertical line, cuticle to tip. Then repeat on the other ring finger.

H.STERN *18k gold ring with rock crystal and diamonds*; hstern.net.

PROP STYLIST: ANDREW SUTTON; FOOD STYLIST: BRETT FLAGGERS; CHEF-ARTIST: JULIE KANDALEC AT BRYAN ARTISTS; LA; TECHNICIANS: ALBERT MARGAN AT FRANTOSH; ASA

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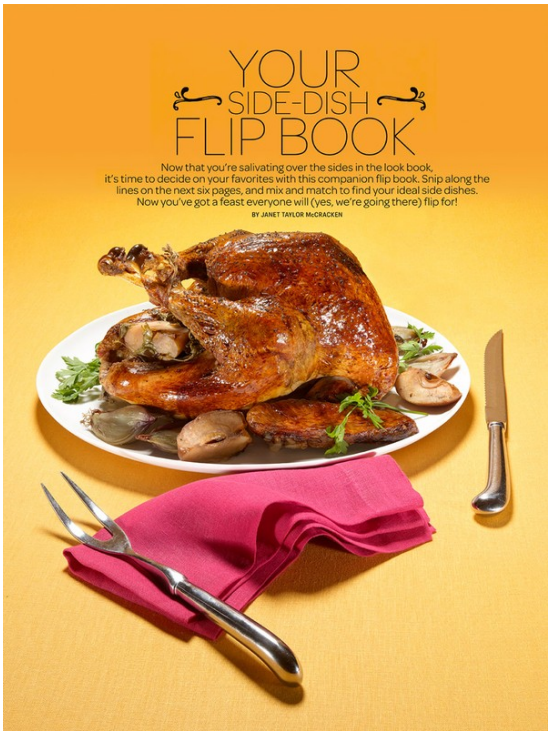

YOUR SIDE-DISH FLIP BOOK

Now that you're salivating over the sides in the look book, it's time to decide on your favorites with this companion flip book. Snip along the lines on the next six pages, and mix and match to find your ideal side dishes. Now you've got a feast everyone will (yes, we're going there) flip for!

BY JANET TAYLOR McCRACKEN

"WHO'S READY FOR SECONDS?"

Visit our Thanksgiving supersite and browse through every holiday turkey, side dish and dessert we've ever published. Plus find how-to videos for everything from basting the bird to crimping the piecrust. It's all at **RachaelRayMag.com/Thanksgiving**.

Ask MH™

LIFE'S QUESTIONS, ANSWERED

White potatoes: Are they really that bad for me?

DAVID, OKLAHOMA CITY, OK

Spuds aren't duds. True, many nutrition gurus are tater haters because people smother them in calories—cheese and bacon, anyone? But once you strip away the toppings, these tubers begin to look, uh, tubular. Just one large white potato with skin provides nearly half your recommended daily B_6, which converts carbs into fuel and helps you metabolize protein and fat, says *MH* nutrition advisor Alan Aragon, M.S. Plus, white spuds pack more potassium per serving than almost any other vegetable, an *Advances in Nutrition* study reports. That's big: Low potassium is linked to higher risks of hypertension and stroke. To make oven fries, quarter potatoes lengthwise and toss to coat in olive oil, chopped rosemary, salt, and pepper. Bake at 450°F until tender, 50 minutes, flipping once.

I've heard that retired rental vehicles are pretty decent used-car bargains. But have they been driven too hard?

JEREMY NOWAK, CT

Initial here to show that you understand the following: A rental agency typically retires a vehicle at 30,000 miles—often hard miles, accumulated twice as fast as a private car accrues mileage. (Nothing comes like a rental, right?) The upside is that these cars are maintained regularly, says Matt DeLorenzo, an editor at Kelley Blue Book. So the ride you're eyeing may be a bargain, but you'll have to do some homework to know for sure. Start with prices. For instance: We found Hertz selling a 2015 Hyundai Sonata for $14,275, right between KBB's suggested retail rate of $15,461 and the private-party price

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You say potato, we say potassium-packed side for your steak dinner.

PHOTOGRAPH BY LEVI BROWN

Brett Kurzweil

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Food+Nutrition

What to Eat Now

A man's guide to portion control.

BY LEAH POLAKOFF

THE USDA'S NEW MYPLATE NUTRITION RECOMMENDATIONS are much easier to understand than the old Food Pyramid, but they still underdeliver on requirements for active men. With the help of Brian St. Pierre, R.D., C.S.C.S., director of performance nutrition at Precision Nutrition, we designed the *Men's Health* Plate. Dig in.

1/4 PROTEIN

"Protein helps you build muscle mass while maximizing fat loss," says St. Pierre. Fill a quarter of your plate with short ribs, chicken wings, eggs, fish, or whatever protein your muscles desire. That's two servings, each about the size and shape of your palm, he says.

1/8 HEALTHY CARBS

Eat two handfuls of fruit, beans, tubers (like white or sweet potatoes), or whole grains such as brown rice, quinoa, or farro at each meal. The right amount of carbohydrates can power you through your workout and help prevent snack attacks afterward.

1/8 HEALTHY FATS

Yes, fats! Shoot for a roughly equal ratio of starches to healthy fats—like avocado or nuts—at each meal, or simply cook with a sploosh (about a capful) of olive oil. These fats help your cells do their job and kick your immune system into high gear. Plus, fats are delicious!

1/2 VEGETABLES

Fiber makes you feel full, vitamins and minerals support proper cellular function, and antioxidants battle disease. So go ahead and load up about half your plate with two fist-sized servings of vegetables, such as brussels sprouts or cauliflower, says St. Pierre.

Green vegetables help protect you from type 2 diabetes, a U.K. study found.

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PHOTOGRAPH BY SAM KAPLAN

25 PERFECT SANDWICHES

By Sara Cann · Photographs by James Wojcik · Page 144

Enough with the turkey wraps and bologna subs. Let the best new sandwich shops kick the boring out of your brown bag forever.

DOUBLE DELICIOUS

Make your own bbco bread (see rule 2). Melt the best grilled cheese ever (see rule 4).

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3/Use the leftover jalapeño-corn mayonnaise from this BLT (for the recipe, see page 148) to make the ultimate fish fillet sandwich: Add 1 blackened catfish fillet to a hoagie roll. Top with the mayo, thinly sliced red cabbage, alfalfa sprouts, and cilantro leaves.

Open Wide!
This poster, we mean. You'll eat superior lunches for a lifetime.

GET SAUCY.
The ultimate condiments recruit multiple flavors (see rule 3).

SHORT-ORDER SANDWICHES 1/ Sauté five or six large salt-and-pepper shrimp and tuck them into a washed leaf of romaine lettuce. Top with a handful of bean sprouts, a scattering of thinly chopped scallions, a squiggle of sriracha, and a quick shake of toasted sesame seeds.

MEAT UP!
Use whole cuts to avoid additives often found in deli meat (see rule 1).

The Earl's Legacy Lives.

Forty-three percent of Americans eat four or more sandwiches a week, according to the market research firm Technomic. That's 208-plus sandwiches a year. The most eaten option? Humdrum ham and cheese. If you're still slapping deli meat and "cheese food" singles on bland, presliced bread, maybe it's time for an intervention. • Start making sandwiches as you would a meal: with a plan. Innovative creations are coming out of kitchens all over the country these days: Noble Sandwich Co. in Austin, Texas, serves a house-cured duck pastrami sandwich. Bäco Mercat in Los Angeles enrobes crispy shrimp in its proprietary flatbread. The grilled cheese at the Melt Bar & Grilled in Ohio is so good that patrons are willing to tattoo the shop's logo on their skin to score a lifetime discount. • We know what you're thinking: Those chefs are pros. You just want to fill your gut. But if you plan ahead and stick to our new rules of sandwich architecture, you'll do the earl proud.

1 STAGE A DELI COUNTER ATTACK

Roast Chicken Sandwich with Crispy Skin

WHAT YOU'LL NEED

- 1 WHOLE ROAST CHICKEN (3½ TO 4 LB)
- 1½ TSP CORIANDER SEEDS, TOASTED IN A DRY SKILLET
- 1½ TSP FENNEL SEEDS, TOASTED IN A DRY SKILLET
- 2 TBSP LEMON JUICE, PLUS 1 TSP ZEST
- ¼ CUP PLAIN GREEK YOGURT
- 2 TBSP OLIVE OIL
- 2 TSP HONEY
- 1 TBSP UNSALTED BUTTER
- ½ TSP YELLOW CURRY POWDER
- 1 EGG
- 2 SLICES WHITE BREAD (1" THICK)
- BABY SPINACH, FOR SERVING

HOW TO MAKE IT

1/ Using a small knife, remove the chicken skin. Bake the skin in a 350°F oven until crispy, 5 to 7 minutes. Set aside. Carve and slice one chicken breast.
2/ Using a spice grinder, grind the coriander and fennel. In a small bowl, mix those spices, lemon juice, zest, yogurt, olive oil, and honey. Season with salt and pepper.
3/ In a skillet on medium low, heat the butter and curry. Add the egg and cook it over easy, 1 minute per side. Cover one bread slice with 2 Tbsp dressing. Add chicken, egg, spinach, skin, and the other bread slice.
—John Bales, owner and chef, Noble Sandwich Co., Austin, TX

2 BAKE YOUR OWN DAMN BREAD

Charred Eggplant Bites with Hummus

WHAT YOU'LL NEED

- 1½ TSP DRY YEAST
- 1 CUP WARM WATER
- 1½ TSP SUGAR
- 3 CUPS ALL-PURPOSE FLOUR
- 1 TSP SALT
- 6 TBSP OLIVE OIL
- 3 TBSP PLAIN WHOLE-FAT YOGURT
- 2 TBSP CANOLA OIL
- FILLINGS: HUMMUS, GRILLED EGGPLANT ROUNDS, CHOPPED ROASTED RED PEPPERS, TORN MINT LEAVES, THINLY SLICED JALAPEÑO, THINLY SLICED RED ONION, LEMON ZEST

HOW TO MAKE IT

1/ In a medium bowl, mix the yeast, water, and sugar. Let it sit till foamy, about 10 minutes.
2/ In another bowl, mix the flour, salt, olive oil, and yogurt. Add half to the yeast, mix, add the rest, and knead until smooth, about 10 minutes. Put in a bowl, cover with a towel, and rest 8 till doubled, 1 to 2 hours.
3/ Knead the dough on a floured surface for 10 minutes. Make 10 balls; flatten to ¼"-thick discs.
4/ Heat the canola oil in a hot pan and cook the discs till puffy, about 30 seconds per side.
5/ Add your choice of fillings. Fold. Bite.
—Josef Centeno, executive chef and owner, Bäco Mercat, Los Angeles

Food styling: Brett Kurzweil for Art Department. Illustrations by MARC ZEBNICK

Eat Well All Week!
These meaty recipes leave you with leftovers: a very good thing.

SPICY BROWN SUGAR PULLED PORK WITH KIMCHI

Preheat the oven to 325°F. Mix ¼ cup kosher salt with ½ cup sugar and rub into a 5-pound pork shoulder cut into 2" cubes. In a bowl, whisk ¼ cup fish sauce, ¼ cup sriracha, and ¼ cup water. Put the pork in a high-sided pan, add the sauce, cover with foil, and roast until very tender, about 3 hours. Remove the pork, cool, pull the meat, and mix with ½ cup lime juice, ½ cup fish sauce, ½ cup brown sugar, ½ cup sriracha, ½ cup chopped cilantro, and ½ cup sliced scallions. Reheat in an oiled pan on medium, 3 minutes. Serve with kimchi on ciabatta.
—Rick Gencarelli, chef and owner, Lardo, Portland, OR

FRESH LOBSTER ROLL WITH BROWN BUTTER VINAIGRETTE

For the sauce, heat 1 stick of butter in a pan on medium, whisking until golden brown, 3 to 5 minutes. Pour it into a bowl and add 1 Tbsp lemon juice. Season with sea salt. Bring a large pot with 1" water to a boil. Add two 1½-pound lobsters, cover, and steam them until bright red, about 7 minutes. Chill the lobsters in the fridge; then extract the meat. Brush a hot dog bun with the sauce and toast it in a pan on medium until browned. In another pan, warm some of the lobster meat with 2 Tbsp sauce. Stuff it in the roll. Top with chopped fresh chives.
—Andrew Taylor, chef, Eventide Oyster Co., Portland, ME

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6/ Line a wheat wrap with shredded chicken, sliced black olives, marinated artichoke hearts, feta, chickpeas, and chopped fresh parsley.

Earn your bread—the lazy way!
Recipes so easy they'll make the Sunbeam girl weep.

SKILLET CORNBREAD

Preheat the oven to 425°F. In a bowl, mix 3½ cups cornmeal, 2 tsp baking powder, and 2 tsp salt. In another bowl, mix 1¼ cups buttermilk, 1¼ cups whole milk, and 1 beaten egg. Stir in 7 Tbsp melted butter. Slowly add to the dry mix. Pour into a hot, buttered cast-iron skillet. Bake till golden, about 20 minutes.
—David Bauer, owner, Farm & Sparrow Bakery, Candler, NC

STEEL-CUT OAT LOAF

Butter a 2-pound loaf pan and dust it with flour. Mix 1½ cups rolled oats, 1½ cups steel-cut oats, 1¼ cups oat bran, 1 tsp baking powder, 1 tsp baking soda, 1 tsp brown sugar, 1 tsp salt, and 2½ cups buttermilk. Add the batter to the loaf pan and then let it rest for 30 minutes. Preheat the oven to 350°F. Bake about 1 hour.
—Breads & Baking: The Irish Kitchen

ONE-BOWL BEER BREAD

Preheat your oven to 350°F. Line a 9"×5" loaf pan with parchment paper. In a large bowl, mix 3 cups all-purpose flour, 3¾ tsp baking powder, ½ tsp salt, and 3 Tbsp sugar. Stir in 1 IPA-style beer until combined. Add to the pan. Bake till a toothpick inserted into the middle emerges clean, about 1 hour.
—Joel Prickett, brewer at Harpoon Brewery, Boston, MA

Be a Sauce Boss

BOTTLED AND JARRED CONDIMENTS OFTEN FALL SHORT ON FRESH FLAVORS. MAKE YOUR OWN TOPPINGS AND TRUMP ANYTHING IN THE GROCERY STORE.

Beer Hummus
The Alaskan Brewing Company mixes beer into hummus to pump up the flavor. Puree two 15.5-ounce cans of drained chickpeas, 1 tsp lemon juice, 2 minced garlic cloves, 1 tsp sesame seeds, ¼ cup IPA, 1 tsp coriander, 1 tsp cumin, ½ tsp salt, and ¼ tsp cayenne, until smooth. Pair with fresh beer bread (see left). *Makes 3 cups*

Root Beer BBQ Sauce
In a pan on medium-high heat, sauté 1 finely chopped onion and 1 minced garlic clove until soft, 3 to 5 minutes. Add 2 cups root beer; reduce by half, 15 to 20 minutes. Stir in 1 cup ketchup, 2 Tbsp brown sugar, ½ tsp cayenne, and ½ tsp smoked paprika. Thicken on low heat, about 25 minutes. Serve with pulled pork. *Makes 1 cup*

Garlic and Fresh Herb Oil
Italians serve their steaks with a drizzle of herb oil. Take a handful of washed herbs, such as parsley, basil, or thyme; roughly chop them with a garlic clove; add a pinch of salt; and submerge in 1 cup extra-virgin olive oil. Let them marinate for at least 30 minutes. Drizzle over a grilled steak or roasted-vegetable sandwich. *Makes 1 cup*

Sweet Onion Relish
Put this jamlike mixture on a roast beef sandwich. In a large pan over medium heat, sauté 2 Tbsp butter, 2 Tbsp vegetable oil, 2 sliced onions, and 1 tsp dried thyme until the onions soften, 5 to 10 minutes. Add ¼ cup maple syrup and 4 tsp sherry vinegar; cook until the onions are caramelized. Season with salt and pepper. *Makes 1 cup*

Food + Nutrition

Simple Ways to Eat Really Well
Freshly harvested herbs and vegetables need very little help to shine. Try these no-fuss garden-centric recipes from cookbook author David Leite.

Summer Tomato Sandwich
In a food processor, puree 1 room-temperature egg yolk, 2 Tbsp white wine vinegar, ½ tsp Dijon mustard, and 2 tsp water. With the motor running, drizzle in about a cup of grapeseed oil or olive oil until the mixture looks like mayo. Season with salt and pepper. Slather the mayo on 2 slices of grilled or toasted whole grain bread. Place a few slices of heirloom tomato on top of each, and season with flaky sea salt and pepper. Pop on a basil leaf or two. Chow down.

To slice tomatoes and not digits, use a bread knife and long strokes.

Quick Pickles
In a small saucepan on medium heat, pour in ⅔ cup white vinegar and ½ cup water; add ¼ cup sugar and 1 Tbsp kosher salt. Bring the mixture to a simmer, stirring until the sugar dissolves. Remove from heat and cool to room temperature. In a quart jar with a lid, add 1 or 2 thinly sliced English cucumbers (about a pound) along with 2 or 3 sprigs of dill, 1½ tsp coriander seed, and 1½ tsp black peppercorns. Pour in the liquid, topping off the jar with water if needed. Seal and refrigerate for at least 2 days. Eat within 3 weeks.

Chimichurri
In a food processor or blender, blitz 1 cup Italian parsley, ½ cup cilantro, 4 chopped garlic cloves, and 2 Tbsp fresh oregano until chopped but not pureed. Transfer the mixture to a pint jar with a lid. Add ½ cup olive oil, ¼ cup red wine vinegar, ½ tsp kosher salt, and red pepper flakes to taste. Cover and shake well. Let your chimichurri sit at room temperature for at least 2 hours. Use it as a marinade or on grilled steak, fish, seafood, or vegetables.

▶ **FIGHT DIABETES!** Plant spinach + sweet potatoes + strawberries + collard greens + shelling peas

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3 Things My First (Disaster of a) Garden Taught Me
by David Leite

A real garden—like the kind our fathers and grandfathers had—is filled with contentious plants. It can also fail you, often spectacularly, despite your best efforts. And when failure happens, you will never take for granted the abundance you see in supermarkets every day. It's about finding your place in nature, doing your job, and then getting out of the way so it can return the favor.

Plan Modestly
Start small and expand your garden until it's the right size for you and your family. Originally my garden was supposed to be a few small raised beds. But when the backhoe arrived, my ego kicked in. What I hadn't considered was that a bigger garden meant more work, added expense, and plenty of frustration. Instead of communing with nature, I was damning it to hell.

Don't Pursue Profusion
Focus and be mercilessly selective. With all that square footage, I squeezed in a dozen kinds of herbs, six varieties of tomatoes, three types of peppers, and plenty of stuff I don't even really like because, well, why not? Suddenly, I was picking basketfuls of tomatoes each day. I ate vegetables with every meal, but still I had to toss some into the compost pile, which gutted me.

Learn to Persevere
I had to wake at dawn to crush Japanese beetles between my fingers because I didn't use pesticides. The weather almost never cooperated. Deer tore into my watermelon. After wrestling with the garden, cursing it, and threatening to rip out every plant if they didn't behave, I finally gave in. As a result, I slowed down and grew something that I wasn't expecting: patience.

5 SEEDY IDEAS

The best part about carving all those pumpkins? Fresh seeds! Take your roasted seeds to another level with these kicked-up seasoning blends.

Oven-Roasted Pumpkin Seeds
BY VIVIAN JIAO
MAKES 1 CUP PREP 15 MIN COOK 25 MIN
1 cup cleaned raw whole pumpkin seeds
1 tbsp. plus 1 tsp. fine sea salt
1 tbsp. EVOO

1 Preheat the oven to 375°. In a small saucepan, bring 4 cups water, the seeds and 1 tbsp. salt to a boil. Simmer for 10 minutes, then drain. Pat the seeds dry between layers of paper towels.
2 Toss the seeds with the EVOO and remaining 1 tsp. salt. Spread in a single layer on a greased foil-lined baking sheet. Roast until golden, 10 to 12 minutes. Toss with one of the seasoning blends at right and roast for 5 minutes more.

46. Zesty 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. sugar, a pinch cayenne and 1 tsp. worcestershire sauce
47. BBQ 2 tbsp. brown sugar, 1 tsp. chile powder, 1 tsp. garlic powder, 1 tsp. onion powder, ¼ tsp. smoked paprika and a pinch cayenne
48. Cheesy 2 tsp. grated cheese (try parmesan or pecorino-romano), 1 tsp. onion powder and a pinch cayenne
49. Cinnamon sugar 2½ tbsp. sugar, 2 tsp. ground cinnamon and ½ tsp. ground nutmeg
50. Sesame 2 tbsp. sesame oil swapped for the EVOO in the basic recipe, 2½ tbsp. sugar, 1 tbsp. toasted sesame seeds, 2 tsp. ground ginger and a pinch cayenne

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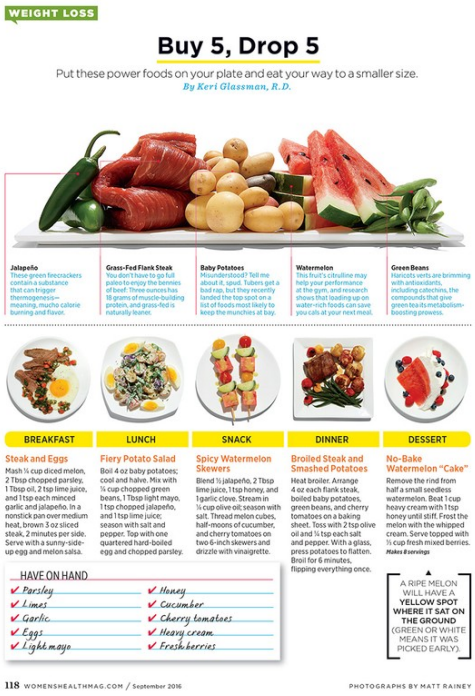

WEIGHT LOSS

Buy 5, Drop 5
Put these power foods on your plate and eat your way to a smaller size.
By Keri Glassman, R.D.

Jalapeño These green firecrackers contain a substance that can trigger thermogenesis—meaning, mucho calorie burning and flavor.

Grass-Fed Flank Steak You don't have to go full paleo to enjoy the bennies of beef. Three ounces has 18 grams of muscle-building protein, and grass-fed is naturally leaner.

Baby Potatoes Moundersiood? Tell me about it, spud. Tubers get a bad rap, but they recently landed the top spot on a list of foods most likely to keep the munchies at bay.

Watermelon This fruit's citrulline may help your performance at the gym, and research shows that loading up on water-rich foods can save you cals at your next meal.

Green Beans Harcots verts are brimming with antioxidants, including catechins, the compounds that give green tea its metabolism-boosting prowess.

BREAKFAST
Steak and Eggs
Mash ¼ cup diced melon, 2 Tbsp chopped parsley, 1 Tbsp oil, 2 tsp lime juice, and 1 tsp each minced garlic and jalapeño. In a nonstick pan over medium heat, brown 3 oz sliced steak, 2 minutes per side. Serve with a sunny-side-up egg and melon salsa.

LUNCH
Fiery Potato Salad
Boil 4 oz baby potatoes; cool and halve. Mix with ¼ cup chopped green beans, 1 Tbsp light mayo, 1 tsp chopped jalapeño, and 1 tsp lime juice; season with salt and pepper. Top with one quartered hard-boiled egg and chopped parsley.

SNACK
Spicy Watermelon Skewers
Blend ½ jalapeño, 2 Tbsp lime juice, 1 tsp honey, and 1 garlic clove. Stream in ¼ cup olive oil; season with salt. Thread melon cubes, half-moons of cucumber, and cherry tomatoes on two 6-inch skewers and drizzle with vinaigrette.

DINNER
Broiled Steak and Smashed Potatoes
Heat broiler. Arrange 4 oz each flank steak, boiled baby potatoes, green beans, and cherry tomatoes on a baking sheet. Toss with 2 tsp olive oil and ½ tsp each salt and pepper. With a glass, press potatoes to flatten. Broil for 6 minutes, flipping everything once.

DESSERT
No-Bake Watermelon "Cake"
Remove the rind from half a small seedless watermelon. Beat 1 cup heavy cream with 1 tsp honey until stiff. Frost the melon with the whipped cream. Serve topped with ½ cup fresh mixed berries.
Makes 8 servings

HAVE ON HAND
✓ Parsley ✓ Honey
✓ Limes ✓ Cucumber
✓ Garlic ✓ Cherry tomatoes
✓ Eggs ✓ Heavy cream
✓ Light mayo ✓ Fresh berries

A RIPE MELON WILL HAVE A **YELLOW SPOT WHERE IT SAT ON THE GROUND** (GREEN OR WHITE MEANS IT WAS PICKED EARLY).

STYLING: BRETT FRIEDELL; ART DIRECTION: [illegible]

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PHOTOGRAPHS BY MATT RAINEY

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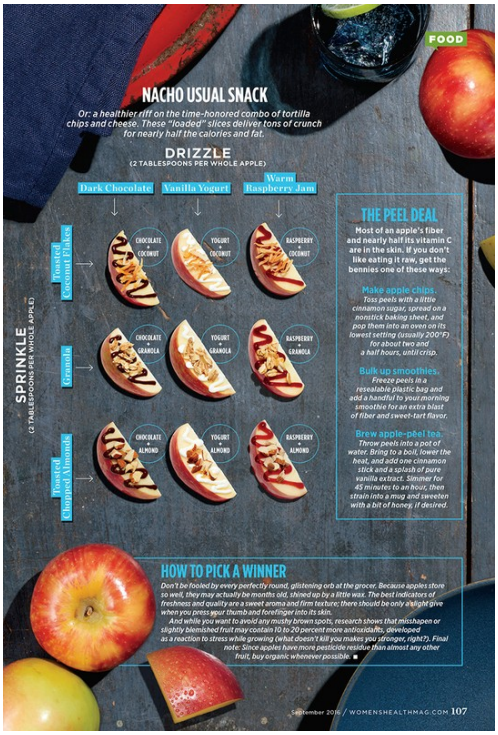

FOOD

NACHO USUAL SNACK

Or: a healthier riff on the time-honored combo of tortilla chips and cheese. These "loaded" slices deliver tons of crunch for nearly half the calories and fat.

DRIZZLE
(2 TABLESPOONS PER WHOLE APPLE)

Dark Chocolate | Vanilla Yogurt | Warm Raspberry Jam

SPRINKLE
(2 TABLESPOONS PER WHOLE APPLE)

Toasted Coconut Flakes: Chocolate + Coconut | Yogurt + Coconut | Raspberry + Coconut

Granola: Chocolate + Granola | Yogurt + Granola | Raspberry + Granola

Toasted Chopped Almonds: Chocolate + Almond | Yogurt + Almond | Raspberry + Almond

THE PEEL DEAL

Most of an apple's fiber and nearly half its vitamin C are in the skin. If you don't like eating it raw, get the bennies one of these ways:

Make apple chips. *Toss peels with a little cinnamon sugar, spread on a nonstick baking sheet, and pop them into an oven on its lowest setting (usually 200°F) for about two and a half hours, until crisp.*

Bulk up smoothies. *Freeze peels in a resealable plastic bag and add a handful to your morning smoothie for an extra blast of fiber and sweet-tart flavor.*

Brew apple-peel tea. *Throw peels into a pot of water. Bring to a boil, lower the heat, and add one cinnamon stick and a splash of pure vanilla extract. Simmer for 45 minutes to an hour, then strain into a mug and sweeten with a bit of honey, if desired.*

HOW TO PICK A WINNER

Don't be fooled by every perfectly round, glistening orb at the grocer. Because apples store so well, they may actually be months old, shined up by a little wax. The best indicators of freshness and quality are a sweet aroma and firm texture; there should be only a slight give when you press your thumb and forefinger into its skin.

And while you want to avoid any mushy brown spots, research shows that misshapen or slightly blemished fruit may contain 10 to 20 percent more antioxidants, developed as a reaction to stress while growing (what doesn't kill you makes you stronger, right?). Final note: Since apples have more pesticide residue than almost any other fruit, buy organic whenever possible. ■

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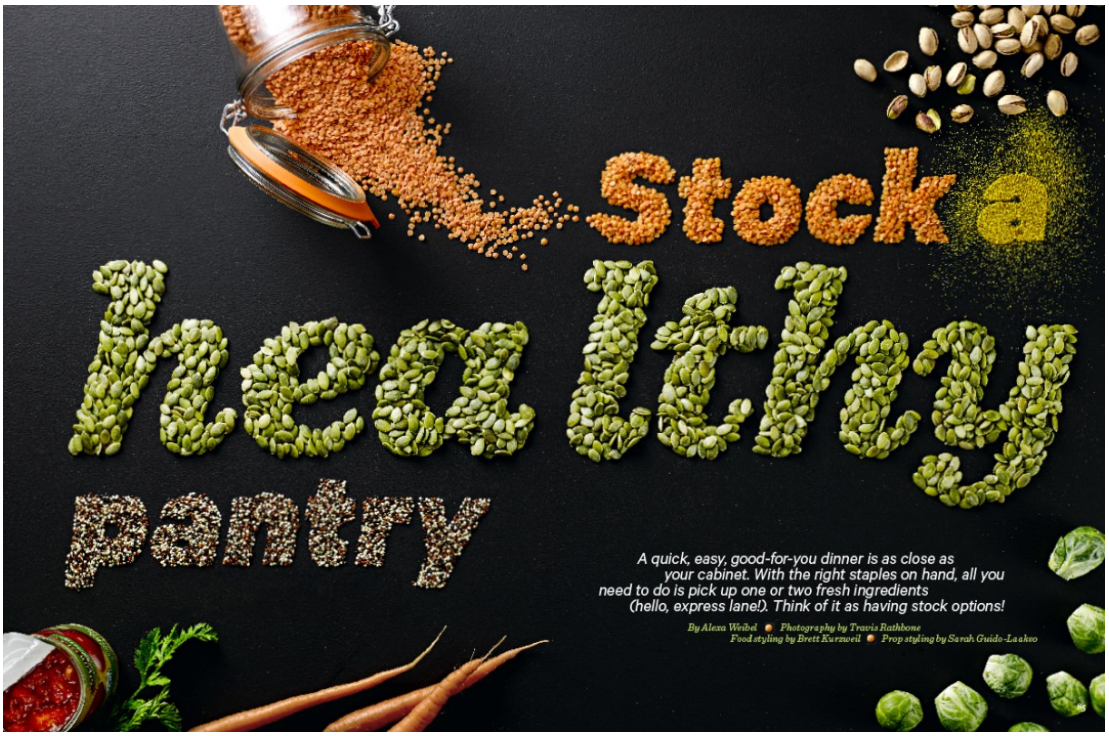

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1. **Bedazzled** Paint a pumpkin silver; let dry. Glue rhinestones in any design you like: letters, numbers or shapes.

FOOD STYLING BY BRETT KURZWEIL; PROP STYLING BY SARAH CAVE. WALLPAPER FROM MINI MODERNE, AVAILABLE AT MINIMODERNE.COM. ADDITIONAL CRAFT IDEAS BY VANESSA RIDER.

THINGS TO DO WITH A

PUMPKIN

You've hit the jack (o'-lantern) pot! Behold: a parade of pumpkins that will delight trick-or-treaters and make your stoop the pride of the neighborhood.

BY SARAH CAVE • PHOTOGRAPHY BY NGOC MINH NGO

Easily bring these ideas to life with the simple instructions on the next few pages, or head to **RachaelRayMag.com/pumpkins** for more detailed step-by-step instructions and downloadable templates. No pumpkin will be safe from you!

2. **Clown around** Paint a white face and pink circles for cheeks. Glue a red pom-pom in the center and draw eyes with a black marker.

3. **Circus tricks** Paint a pumpkin and three toilet-paper rolls gray; let dry. Cut a sheet of gray paper in half and glue to the sides for ears. Glue one roll in the center of the face, then add construction-paper eyes. Cut the remaining rolls in half and glue to the bottom for legs. Paint red and white stripes on a mini pumpkin and, when dry, balance the elephant on top.

4. **Wildcat** Paint elongated black triangles as stripes, and a tan circle for a mouth. Draw eyes and a triangle nose with a black marker. Glue on pipe cleaners for whiskers and folded felt circles for ears.

5. **Orange freeze** Cut off the top third of a hollowed-out pumpkin. Paint a design on the front. Place a bowl filled with ice inside the pumpkin; then add bottles.

6. **Disco fever** Spray-paint a pumpkin and its stem gold. Cut gold-foil cardstock into squares, then glue on to cover the surface.

7. **Tune in** Hollow out a pumpkin; line the interior with plastic wrap. Poke holes in concentric circles into the flesh, then glue on buttons for dials and a skewer for the antenna. Place an MP3 player inside; the pumpkin really amplifies music!

8. **Lined up** Cut artist's tape into 3-inch strips. Alternate colors by row, placing the tape in zigzag patterns around a pumpkin.

9. **LOL** Hollow out a pumpkin, then carve your favorite emoticon into it—sideways!

10. **Checkmate** Using a marker, draw a grid onto a pumpkin. Paint the squares alternately black and white. Use hot glue to attach plastic chess pieces.

11. **In stitches** Tape a cross-stitch pattern to a hollow pumpkin, then use an awl to etch the design into the surface. Thread yarn through the holes to create the pattern.

12. **Go mod** Paint a pumpkin a solid color; let dry. Use electrical tape or vinyl stickers to create patterns, then paint the entire surface in a different color. Let dry and remove the tape.

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13. **Eye spy** Paint pumpkins in black matte paint. Use one coat of white paint followed by a coat of glow-in-the-dark paint to create eyes. Group them together outside and watch them glow at night.

14. **Toothless bite** Carve a standard jack-o'-lantern, then cut two fang-shaped holes near the base of the pumpkin and drizzle costume blood from the bite.

15. **Good-night light** Use stickers to create a bedtime scene on a hollowed-out white pumpkin. Follow the sticker borders to carve out shapes, then illuminate with a low-watt electronic candle.

16. **Constellation** Trace a constellation pattern onto a hollowed-out pumpkin painted black. Use different-size drill bits to make holes in the flesh, then thread glow-in-the-dark string through the holes. Illuminate.

17. **Lighten up** Drill medium-size holes (large enough for a tapered candle) entirely through mini pumpkins. Paint in two tones; let dry. Stack the pumpkins and use as candleholders.

18. **Spiders** Paint pumpkins black; let dry. Apply large black pipe cleaners to each side, bending them to form legs. Glue googly eyes to the front.

19. **Bright idea** Hollow out a large pumpkin and carve a lightbulb shape on the surface. Illuminate.

20. **Mummy** Wrap a pumpkin with a patterned stocking. Pull the hosiery tight and tie at the base, cutting off any excess fabric.

21. **Boondadhead** Hollow out a pumpkin and drill holes through the flesh. Push a colored marble snugly into each hole, then illuminate with an electronic candle.

22. **Light bright** Cut off the stem of a flat mini pumpkin. Use a spoon to make a hole about 1 inch deep, then tuck a tea-light candle inside.

23. **Candy corn** Divide a tall pumpkin in thirds; paint it white on the bottom and yellow on the top.

24. **Day of the Dead** Carve out a Day of the Dead skull on a large white pumpkin. Decorate with licorice, candy corn and M&M's, and use square white gum as teeth.

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25. **City lights** Hollow out three large pumpkins and place them side by side. Paint a solid black skyline across all three; let dry. Drill holes in each building for "windows" and illuminate. Decorate small pumpkins with helicopters, clouds or birds, then hang them by their stems.

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Brett Kurzweil

www.art-dept.com

Art Department

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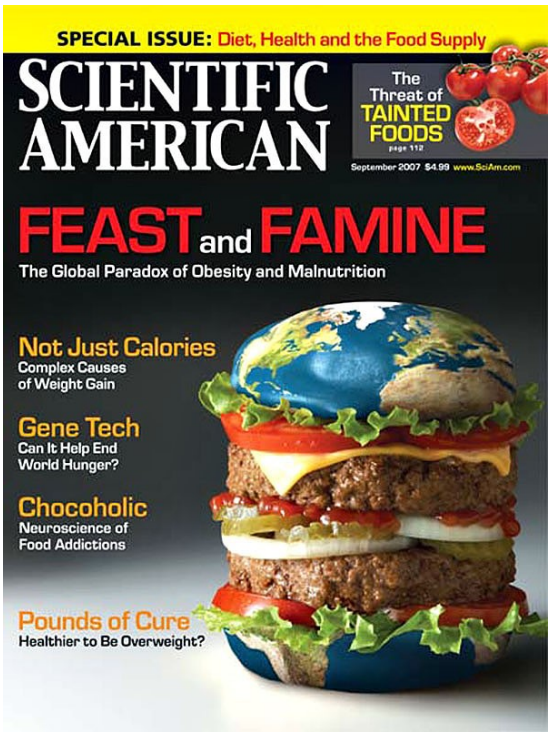

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