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network

magazine



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FAVORITE



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EMPANADAS



ALTON'S
PEANUT BUTTER
COOKIES



Bonus Booklet

50 SPOOKY
TREATS!

Easy Pumpkin Pasta

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- PUMPKIN HUMMUS
- PUMPKIN RAVIOLI

SPECIAL
HALLOWEEN
SECTION

JACK-O'-LANTERNS,
COSTUMES AND MORE

MAKE YOUR OWN
PIZZA!

WHAT'S YOUR
CANDY IQ?

BIG GIVEAWAY: A TRIP TO SEE INA GARTEN! PAGE 12



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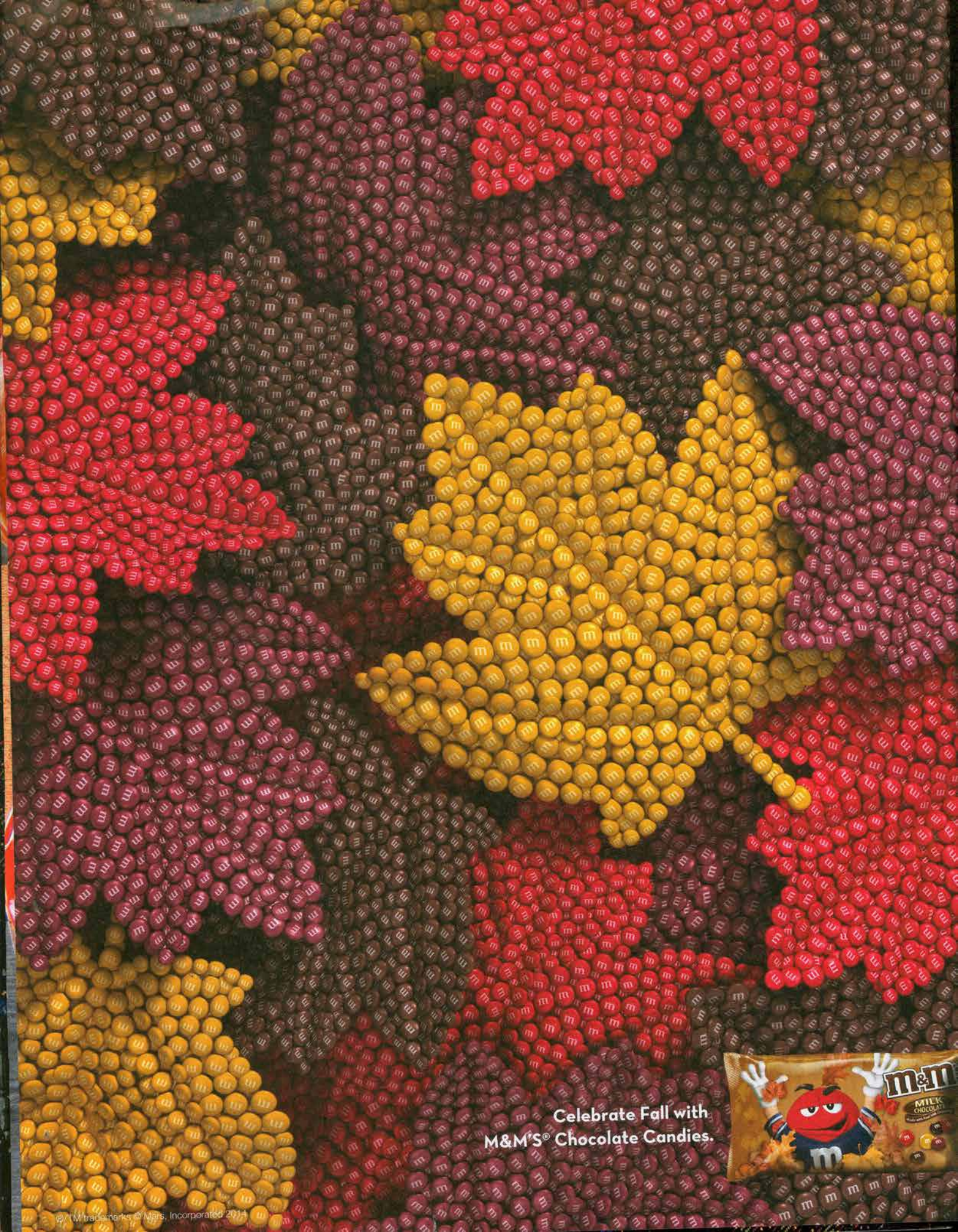
Ingredients

- | | | | |
|---|--|----|--|
| 1 | 12-pack KING'S HAWAIIAN Original Hawaiian Sweet Rolls | 5 | pounds pork shoulder or pork butt |
| 2 | yellow onions, diced | 2 | cups KING'S HAWAIIAN Original Sweet Pineapple BBQ Sauce |
| 4 | garlic cloves, diced | 1 | pound green beans, cut approx. 2 inches long |
| 1 | cup chicken stock | 12 | pimento-stuffed green olives |
| 1 | Tbsp. dark brown sugar, packed | 3 | black olives, halved |
| 1 | Tbsp. chili powder | 6 | dill pickle spears |
| ½ | tsp. ground cumin | 6 | slices provolone cheese |
| ¼ | tsp. ground cinnamon | 12 | bread-and-butter pickles |
| | Salt and pepper to taste | | |

Directions

For complete directions, visit Hawaiiian.com.

**KING'S
HAWAIIAN**



Celebrate Fall with
M&M'S® Milk Chocolate Candies.



Food Network Magazine

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OCTOBER 2016

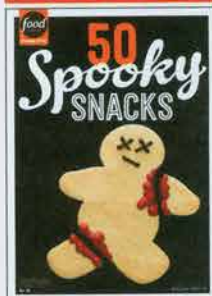
DECORATE PUMPKINS
WITH FOOD!
SEE PAGE 176.



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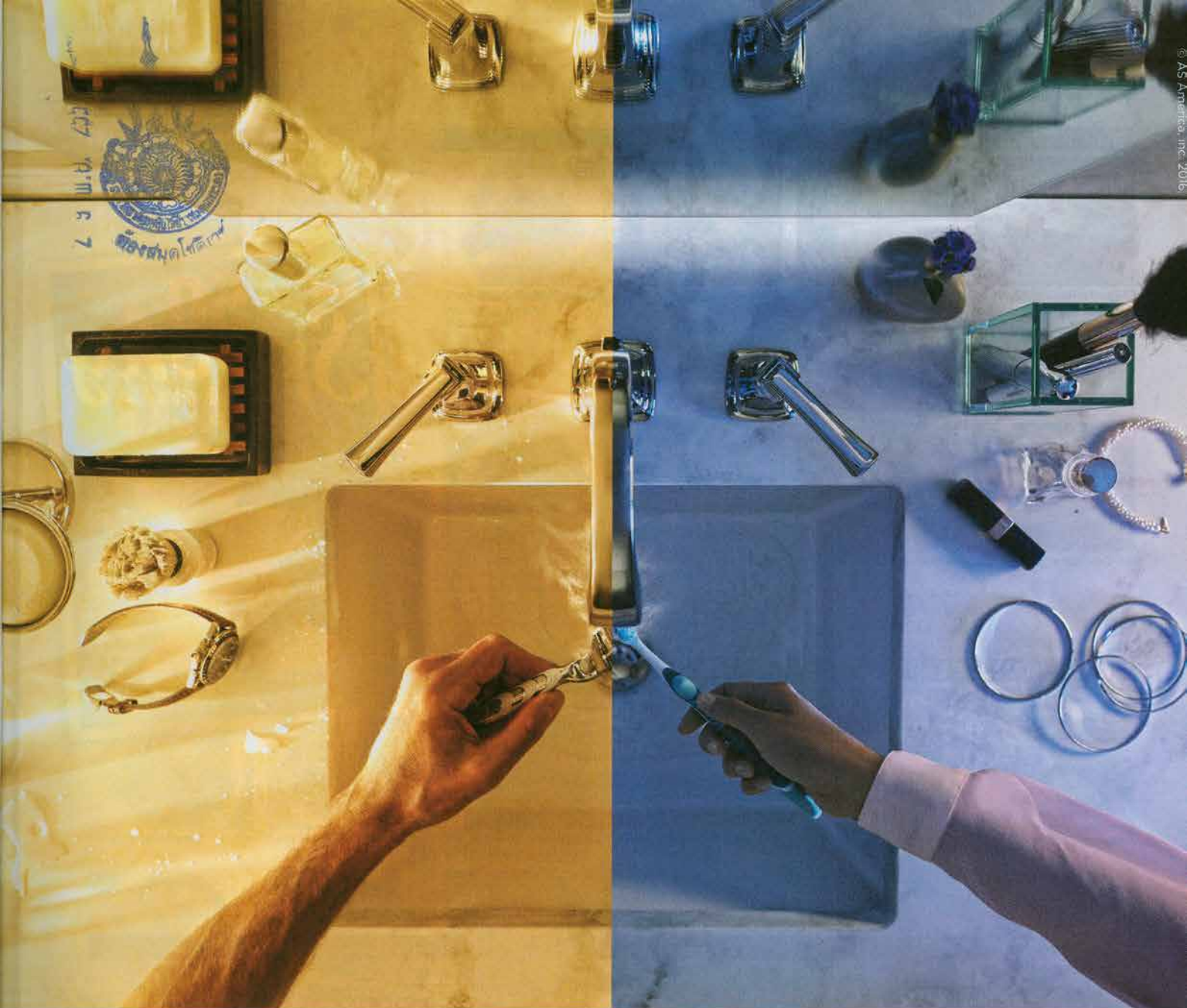
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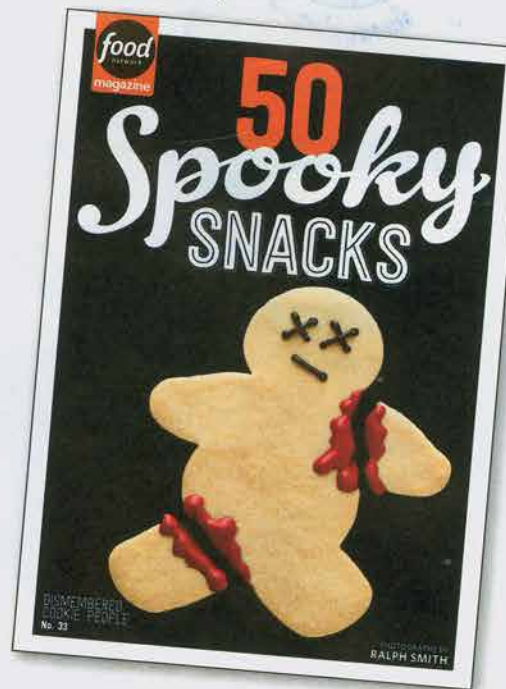


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To Your Health

Here's what's extra good for you in this issue.

DINNERS UNDER 500 CALORIES

Try these light meals from our Weeknight Cooking section.



GNOCCHI WITH BACON AND ROASTED CAULIFLOWER
PAGE 108
CALORIES: 490



PEANUT NOODLE BOWLS WITH CHICKEN
PAGE 114
CALORIES: 440



PORK TENDERLOIN WITH MUSHROOMS AND COUSCOUS
PAGE 118
CALORIES: 470



CURRIED MUSSELS WITH BUTTERNUT SQUASH AND LEEKS
PAGE 118
CALORIES: 430

GUT FEELING

A healthy gut can benefit more than just your digestion: Good gut bacteria may help prevent certain types of cancer, a new study on mice found. Get your dose of probiotics from the pork and sauerkraut dish on page 110: Sauerkraut is loaded with "good" bacteria.



Candy Run

Some of that Halloween candy might be good for your workouts: A recent study found that athletes performed better and used less oxygen when they ate about an ounce and a half of dark chocolate each day. Researchers think this is due to a compound called epicatechin, which improves the flow of blood and oxygen to cells.



JUST DON'T EAT THE WHOLE BAR!



PUMP UP THE PUMPKIN

Get your fill of pumpkin, in any form. It's super healthful.



Pumpkin seeds are full of heart-healthy phytosterols. Add them to a salad.
page 108



Canned pumpkin has 7 grams of fiber in every cup. Use some for a hearty fall soup.
page 144



Fresh pumpkin is high in vitamin A. Roast it and toss with quinoa.
page 146



LIVE ON THE WEDGE



Turn a classic recipe into a modern masterpiece with the fresh taste of Marie's. Made with real, premium ingredients.

DRESS to IMPRESS

In the produce section

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SAVOR *the* SEASON

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Chewy Coconut Granola Bars

Makes about 12 bars * Active time: 20 min
Total time: 2 hours, 20 minutes

- | | |
|---------------------------------|--|
| 1/2 cup coconut oil | 1 cup shredded sweetened coconut |
| 1/2 cup honey | 3/4 cup nuts like pecans, cashews or almonds |
| 1 tablespoon corn syrup | 1/3 cup mini chocolate chips |
| 1/2 cup almond or peanut butter | |
| Pinch of salt | |
| 1/4 teaspoon ground ginger | |
| 2 cups rolled oats | |

- 1 In a medium saucepan melt together the coconut oil, honey, corn syrup, almond butter, salt and ginger stirring until smooth. Remove from heat.
- 2 In a large bowl mix together the oats, coconut, nuts and chocolate chips. Pour warm coconut oil mixture over the oats and stir together to combine.
- 3 Pour mixture into a parchment-lined 9-by-13-inch baking dish and spread in an even layer. Sprinkle with extra coconut and mini chocolate chips, if desired. Cover and refrigerate for 2 hours or until firm.
- 4 Use the parchment to remove the bar from the dish and cut into squares or bars. Store bars, separated with parchment, in the fridge. Can be stored for up to 2 weeks.

Smooth skin this fall with a DIY body scrub: Mix a half-cup of coconut oil with coarse salt or sugar for a natural exfoliator that leaves skin feeling yummy. Then, smooth and tame frizzy hair with Garnier Whole Blends™ Smoothing Shampoo and Leave-In Conditioner. This wholesome blend, featuring South Pacific Coconut Oil and African Cocoa Butter Extracts, creates a velvety, gentle formula to restore hair's natural, healthy beauty.



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Star Search

Find your favorite Food Network celebs in this issue.

How do you like your pizza?

"PINEAPPLE-JALAPEÑO."



Sunny Anderson
The Kitchen;
pg. 28



Jonathan Bennett
Cake Wars;
Cupcake Wars;
Halloween Wars
pg. 64



Alton Brown
Cutthroat Kitchen;
Iron Chef America;
Good Eats
(on Cooking Channel)
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Anne Burrell
Worst Cooks
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Melissa d'Arabian
Drop 5 Lbs with
Good Housekeeping
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"I LOVE CAULIFLOWER-CRUST PIZZA BECAUSE I CAN REALLY TASTE THE TOPPINGS."



Ree Drummond
The Pioneer Woman
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Tyler Florence
The Great
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Duff Goldman
Kids Halloween
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Championship;
Worst Bakers
in America
pg. 28



Alex Guarnaschelli
Chopped;
Chopped Junior
pg. 28



Carla Hall
Halloween Baking
Championship
pg. 58

"I AM A 100 PERCENT NEAPOLITAN THIN-CRUST PIZZA GAL. CRUST, TOMATO, CHEESE. BASTA!"



Sandra Lee
Halloween Baking
Championship
pg. 14



Aarón Sánchez
Chopped; Taco Trip
(on Cooking Channel)
pg. 148



Michael Symon
Burgers, Brew & 'Que;
Iron Chef America
pg. 28

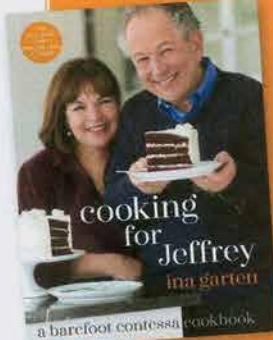


Marcela Valladolid
Mexican Made Easy;
The Kitchen
pg. 158



Geoffrey Zakarian
Cooks vs. Cons;
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The Kitchen
pg. 144

"TOPPED WITH ARUGULA AND PROSCIUTTO OR MARGHERITA."



SEE INA ON TOUR!

Enter for a chance to win a trip to Florida to celebrate the release of Ina Garten's new cookbook, *Cooking for Jeffrey*. One lucky reader and a guest will win an amazing prize package from Williams-Sonoma: a VIP pass to Ina's book tour, a \$2,000 stipend for airfare, hotels and meals, and a selection of Ina's favorite Williams-Sonoma products. Visit foodnetwork.com/inasweeps to enter.

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Color scheme

"When I became mom to Aspen [an American Eskimo dog], her hair got all over everything and I had to go with an all-white wardrobe. My white jeans are McGuire Denim. Like everyone, my weight fluctuates, but these jeans fit me no matter what. Now that Aspen has gone to heaven, I wear a lot of black, and people don't recognize me."

McGuire Denim
Majorelle Flare
Jeans, \$229;
saksfifthavenue.com



Moisturizing mud

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Fango Active Mud, \$72.50 for 1.7½ ounces; borghese.com

Speedy witch

"My easiest costume ever is a vintage black dress, a tiara I put around my neck as a necklace and a witch hat. I wear those with lace-up boots that I got for \$39.95 on Hollywood Boulevard, and fishnets. I love black fishnets—if they tear, you can attach them to the hat for a veil." *Adult Classic Black Witch Hat, \$5; orientaltrading.com*



Skin saver

"Unless I am shooting or doing red carpet, I am not going to be in full hair and makeup. My daily routine is about good skin care and drinking a lot of water. In the morning and at night, I use Espa Soothing Body Oil to wake myself up or calm myself down. I can't live without it." *Soothing Body Oil, \$68; us.espaskincare.com*



STAR SPOTLIGHT



Sandra Lee

The Halloween Baking Championship judge tells us her secrets for looking good—on camera and off.

Fine lines

"The only liner that really works for me is the Borghese ColorEdge pencil. I do my water line—that rim of the lower lid—and it stays on. When I'm on TV, I use black. For everyday, I use brown." *Eclissare ColorEdge Eye Pencil in brownout, \$22; borghese.com*



Comfortable car

"I've had a Range Rover since I was 35—it's the one thing I really spoil myself with. I have the blacked-out version with black rims. It's comfortable and it seats a lot of people. It's like being at home—all relaxed, happy and safe." *Range Rover, MSRP from \$84,950; landroverusa.com*



THIS IS PHOENIX!

Bird on the fly

"My cockatoo, Phoenix, is always with me. I put him in a Wingabago car carrier and he loves it. When I leave him at home, he listens to classic rock. If I forget to put the music on—I'm not kidding—he has a bad day." *Wingabago, from \$179; playfulparrot.com*

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Celebrate Halloween this October with fun recipes from King's Hawaiian! From Werewolf sliders to Vampwiches, King's Hawaiian will help make any Halloween party scary fun! Come hungry because King's Hawaiian will satisfy even the most monstrous appetites! For more delicious Halloween recipes visit

Hallowaiian.com



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DOUGH!

I'm sure you are tired of hearing **national poll results**, but let me share just one shocking new number—and it has nothing to do with Donald Trump. It has to do with pizza: In a recent Facebook poll, 47 percent of Food Network fans said they have the number of their local **pizza place** memorized or programmed into their phone. This seems crazy low to me. How is it not 95 or 100 percent? I have two pizza places in my contacts list, and one of them occupies the No. 11 spot (above both my dad, No. 14, and my kids' pediatrician, No. 15).

In fact, my husband and I call for delivery from Posto, in New York City, so often that when my daughter got a mini kitchen for her second birthday, the first thing she did—before touching a single pot or pan—was pick up the fake plastic phone and pretend to order a large cheese pizza. She's no dummy—**homemade pizza** takes time, even when you're faking it.

Considering how many pizza recipes we have in this issue, I might as well fess up now: I've never made pizza **from scratch**. I just assumed for years that pizza was one of those foods you should leave to the experts and the chains, or to daredevils like my brother-in-law, who rewired his home oven so he could crank it to a proper 800-degree pizza-oven temp.

Food Network fans are way ahead of me on the homemade pizza front: An impressive 63 percent of you have **made your own dough**, and thousands of you are searching for pizza recipes every month—so many that we dedicated a whole section of this issue to making pizza. Starting on page 71, you'll find all the information you need to crank out **parlor-quality pies** at home, whether you like your crust thin and crisp, fat and chewy, or somewhere in between. I plan to give this a go, and I've been assured by the test kitchen that if I follow the recipes, I'll be able to get the bottoms nice and crisp, without rewiring my oven.

Maile

Maile Carpenter

Editor in Chief

[@MaileCarpenter](#)



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*L'Oréal Paris Haircolor & Haircare for Color-Treated Hair.
Based on Nielsen data, 52 weeks ending 4/16/2016.



COLOR VIBRANCY

NOURISHING SHAMPOO SYSTEM

■ WITH ANTI-OXIDANT [UV],
HELPS PROTECT AGAINST COLOR FADE

**Based on 4 washings per week using the
system of shampoo and conditioner

EXPERT CARE FOR DEMANDING HAIR

L'ORÉAL
HAIR EXPERT / PARIS

SUN

MON

TUE

WED

THU

FRI

SAT



ctober



1
Start the month with shortcut cider doughnuts: Mix 1 cup confectioners' sugar with 1½ tablespoons cider and a pinch of cinnamon; spoon on cake doughnuts.



2
Make apple-honey ice cream for Rosh Hashanah: Mix 1 pint softened vanilla ice cream with ½ cup apple pie filling; freeze. Serve drizzled with honey.

3

4

5

6
Cream of Wheat was reportedly invented on this day in 1893. Put a spin on the breakfast classic: Swirl in a little pumpkin puree and maple syrup; top with pecans.

7

8
Just a few weeks until Halloween! Make some spooky snacks (see page 166) and tune in to Food Network's All-Star Halloween Spectacular tonight at 8 p.m. ET.



9
The Chicago Marathon is today. If you're running there (or anywhere!), eat a banana first—it'll fuel you up.



10
Happy Canadian Thanksgiving! Make a turkey and cranberry sauce sandwich for lunch and start planning next month's feast.

11

12
Pour a hump-day cocktail: Combine equal parts pomegranate juice and bourbon in an ice-filled glass. Top with ginger ale.

13



14



16



17
Kick off the week with an oatmeal latte (it's a thing!). Heat 1 cup milk, whisking. Add ½ cup oats and some maple syrup; whisk 5 minutes. Top with espresso.

18



19

20



21
The movie *Mystic Pizza* premiered on this day in 1988. Celebrate with a recipe from our special pizza section (see pages 71 to 103).

22
The World's Championship Chili Cookoff is going on right now in Reno, NV. Host your own cookoff. Go to foodnetwork.com/chili for dozens of great recipes.

23

24

25
Today is Picasso's birthday. Show kids his work, then let them make edible art with sliced fruit on a blank canvas of cream cheese on toast.

26



27

28
The National Prohibition Act was passed today in 1919. Add a secret splash of orange liqueur to a cup of spiced tea.



30



31
Happy Halloween! Whip up a "candy corn" parfait for breakfast: Layer chopped pineapple and cantaloupe in a glass; top with a dollop of Greek yogurt.



PICAASSO TOAST AND PARFAIT: JEFF HARRIS/STUDIO D; FOOD STYLING: BRETT KURZWEIL; ICE CREAM: KANG KIM; DOUGHNUT: CHARLES MASTERS; MONSTER TRUFFLES: RALPH SMITH; BANANA: JEFF HARRIS/STUDIO D; M&M'S: M&M'S; TURKEY SANDWICH: JEFF HARRIS/STUDIO D; PIZZA: JEFF HARRIS/STUDIO D; CHILI: JEFF HARRIS/STUDIO D; TEA: JEFF HARRIS/STUDIO D



We didn't break the mold.



We flattened it.



OREO THINS

A thin twist on the OREO you love.



TRAVEL DIARY:
WHERE TO GO FOR CHARM, CULTURE & CUISINE

Captivated by Charleston, South Carolina

Full of gorgeous scenery, gorgeous people, and gorgeous weather, Charleston offers something special, something alluring to travelers on a quest to experience the true flavor of a place. Isn't it time you tasted Charleston's authentic flavors? For a list of award-winning hotels & resorts, insider tips on where to dine, and a calendar of cultural events, visit CulinaryCharleston.com.

Charleston

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travel TO EAT



MADE BY SOUTHERN HANDS

Charleston, South Carolina

While the underpinnings of this Southern gem are assuredly historic, a palpable exuberance exists. This vitality is most evident in the destination's acclaimed dining scene with tiny passion project eateries positioned alongside some of the South's most renowned restaurants. It's no secret Charleston is home to a variety of culinary luminaries and boasts some of the best food in the country. Charleston's fascinating juxtaposition of new and old exudes a sense of *joie de vivre* that makes it a delicious "must visit" destination.

HUNGRY
FOR
MORE?

To make Chef Michelle Weaver's delicious crab cake at home, find the recipe at CHARLESTONLY.COM/CRAB-CAKE-RECIPE



FOR INSIDER TIPS ON WHERE
TO EAT, STAY & PLAY:
CULINARYCHARLESTON.COM

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t / @EXPLORECHS

Charleston



COASTAL EDEN

The pulse of Charleston has been connected to its kitchens since the late 1600s when a rare combination of geography, latitude, and attitude gave rise to the Lowcountry's prized hyper-local cuisine. From the Carolina Gold rice harvested on the banks of local rivers to the bounty of fresh seafood, the legacy of readily available high-quality ingredients is an indelible part of the local food culture.

Today, Charleston is a modern playground for culinary talent including a few dozen James Beard Foundation Best Chef Award nominees as well as winners Sean Brock, Mike Lata, Robert Stehling, and Jason Stanhope. Here, dining out is a form of nightly entertainment.

To taste authentic local flavors, look for dishes like She crab soup, shrimp and grits, fresh fish, biscuits with gravy, rice pirlou, and heirloom tomato pie.



TAZO®

SIP JOY FULLY



Unexpected
blends.
Deliciously
vibrant flavor.



ON YOUR MARK

Tear out these fall "cookmarks" and flag your favorite recipes.



Reynolds Kitchens presents Perfect fall flavors

The colors and flavors are spectacular this fall! So stock up on the best of the season, including acorn squash, root vegetables—and **Reynolds Wrap® Aluminum Foil**, the essential ingredient for fall recipes. Then grill, bake and cook your favorites like a pro with perfect results and the easiest cleanup ever.

FOR MORE RECIPE IDEAS, VISIT REYNOLDSKITCHENS.COM.



GRILLED CARROT TACOS WITH CHIPOTLE CREMA SLAW

ACTIVE: 1 HOUR • TOTAL: 1 HOUR
SERVES 4-6

- 2½ cups shredded purple cabbage
- 1½ tablespoons cider vinegar
- ½ teaspoon dried oregano
- Kosher salt and freshly ground pepper
- ¼ cup Mexican crema
- 1 chipotle chile in adobo sauce, seeded and minced
- 8 medium carrots
- 1 large red onion, sliced into ½-inch rings
- ¼ cup olive oil
- 8 corn tortillas
- ½ cup chopped fresh cilantro
- 2 tablespoons roasted pepitas
- 2 limes, cut into wedges

1 Combine the cabbage, cider vinegar, oregano and 1 teaspoon salt in a medium bowl. Mix together the crema and chipotle in a small bowl, add to the cabbage mixture and toss to combine. Set aside.

2 Toss the carrots, onions and some salt, pepper and oil in another bowl. Place a long sheet of **Reynolds Wrap® Heavy Duty Aluminum Foil** across the grate and prepare the grill for medium-high heat. Spread the carrots and onions across the foil, cover and grill, rotating the vegetables occasionally, until carrots are fork-tender and onions are soft and charred, about 25 minutes.

3 Cut the carrots on the bias into 1-inch pieces, roughly chop the onions and season with salt and pepper. Warm the tortillas on the foil-lined grill. Divide the carrots, onions and slaw among the tortillas. Top with the cilantro and pepitas and serve with lime wedges.

MARBLED SWEET POTATO-CHOCOLATE POUND CAKE

ACTIVE: 45 MINUTES • TOTAL: 3 HOURS, 50 MINUTES
SERVES 8

- 2 sticks unsalted butter, at room temperature, plus more for the pan
- 1 pound sweet potatoes
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon fine sea salt
- ¼ teaspoon ground cinnamon
- Small pinch of ground nutmeg
- 1 cup granulated sugar
- ⅓ cup dark brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- ¼ cup Dutch process cocoa powder, sifted

1 Preheat oven to 400°. Butter a 5-by-9-inch loaf pan. Pierce sweet potatoes with a fork, wrap them in **Reynolds Wrap® Aluminum Foil** and bake until soft, about 1 hour. Sift the flour, baking powder, baking soda and salt in a medium bowl.

2 Lower oven to 350°. Discard potato skins. Blend the potatoes, cinnamon and nutmeg in a stand mixer with a paddle attachment on high speed. Reduce mixer to medium high, add the butter and sugars and beat until smooth, about 3 minutes. Add eggs 1 at a time, then the vanilla. Reduce speed to low, then slowly add flour mixture. Remove 1 cup of the batter and set aside. Stir the cocoa powder into the remaining mixture.

3 Add half the chocolate batter to the pan. Add reserved batter in 1 layer, then add remaining chocolate batter. Swirl batter with a butter knife. Bake for 40 minutes, then tent with foil and bake until a toothpick inserted in the center comes out clean, about 20 minutes. Let cool before serving.

ROASTED ACORN SQUASH WITH SAUSAGE STUFFING

ACTIVE: 30 MINUTES • TOTAL: 2 HOURS
SERVES 4

- 6 tablespoons olive oil, plus more for the dish
- 2 acorn squash, halved, seeds removed
- Kosher salt
- 1 small onion, finely chopped
- 1 cubanelle pepper, cut into small dice
- 12 ounces loose sweet Italian sausage
- 2 slices multigrain bread, toasted and crumbled
- 2 tomatoes, diced
- 1 large egg, lightly beaten
- ½ cup grated parmesan
- 2 teaspoons fresh oregano, finely chopped

1 Preheat oven to 450°. Oil a 13-by-9-inch baking dish. Coat squash with 3 tablespoons of oil, sprinkle with salt and place cut-side down in the baking dish. Cover tightly with a sheet of **Reynolds Wrap® Non-Stick Aluminum Foil**. Bake until squash is soft but still holds its shape, about 45 minutes. Let cool slightly. Scoop out 3 tablespoons of squash from each half to enlarge cavity for stuffing; put into a medium bowl.

2 Lower oven to 350°. Add remaining oil to a skillet over medium-high heat. Add the onion and pepper, and cook until softened. Add the sausage and break it up with a spoon, until just browned; transfer to the bowl and cool slightly. Stir in bread, tomatoes, egg, ¼ cup parmesan, oregano and 1½ teaspoons salt.

3 Divide filling among the squash, and top each with more parmesan. Bake until the squash is cooked through, about 15 minutes. Top with more parmesan and serve.



Endless TABLE



BEET CHIPS WITH SEA SALT & SMOKED PAPRIKA

- 1 tablespoon sea salt
- 1/4 teaspoon smoked paprika
- 4 medium beets, rinsed and trimmed
- 2 tablespoons olive oil

DIRECTIONS

- 1 PREHEAT** the oven to 375 degree F. Line two 18x13x1-inch baking pan with Reynolds Wrap® Aluminum Foil.
- 2 COMBINE** sea salt and paprika.
- 3 CUT** the beets into very thin slices using a sharp knife or mandoline. Divide beets between each of the prepared pans. Drizzle each with oil then shake in the pan. Sprinkle with salt mixture and toss again.
- 4 BAKE** for 15 minutes, then flip and bake for another 15 minutes or until chips are crispy.



For more recipes

reynoldskitchens.com

[@reynoldskitchens](https://www.instagram.com/reynoldskitchens)



You Asked...

Food Network stars answer your burning questions.



Melissa, I struggle with making chicken pot pie. Do you have any tips on how to make the process easier?

Tina L. Raccuglia
via Facebook

The filling for pot pie is pretty simple—you basically just cook chicken, vegetables and herbs in chicken broth with some flour and butter. Making the crust can be stressful, though. Forget home-making it and instead use puff pastry from the freezer section. All you have to do is gently roll out a square of the pastry to cover your baking dish, then drape it over the top. It should bake perfectly!

—Melissa d'Arabian



Duff, how can I make angel food cake more fun while keeping it easy and delicious?

Callie Brooks
Jacksonville, AR

Hey, Callie! I wouldn't advise messing with the recipe for angel food cake, as it is super delicate and sensitive to change. Instead, keep the recipe as is and then do fun stuff to the cake after baking. Once it cools, you can fill the giant hole in the middle with mousse, fresh fruit or anything else you think would make it more delicious. You can also cut the cake into horizontal layers and fill it that way.

—Duff Goldman



Alex, why do chefs sometimes leave the tails on shrimp in finished dishes?

Leslie Christensen
Ravenna, OH

There are a couple of reasons: For some dishes, like shrimp cocktail, you can use the tail to hold on to when you dunk the shrimp in sauce. And in some countries such as Thailand, people like the crunch, so they eat the tails, which are edible.

—Alex Guarnaschelli



Sunny, what are your best tips for making a good, juicy burger?

Betty Boston
Gray Court, SC

Start with ground beef that is 80 percent lean and 20 percent fat. Then season the meat and mix it with one hand—I'm a lefty, so I do this with my right hand to make sure I don't overmix. Once the burger is in the pan or on the grill, mess with it as little as possible: Flip it only once, and never press down on it with a spatula—this makes the juices run right out of the burger and it will taste dry.

—Sunny Anderson



Michael, what is your favorite food memory from childhood?

Tyler Barker
Seattle

Every Wednesday my mom would make our family a lasagna for dinner. No surprise, Wednesday was always my favorite day of the week! You can get the recipe at foodnetwork.com/michaelslasagna.

—Michael Symon

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SUNNY SAYS FLIP BURGERS JUST ONCE TO KEEP THEM JUICY.



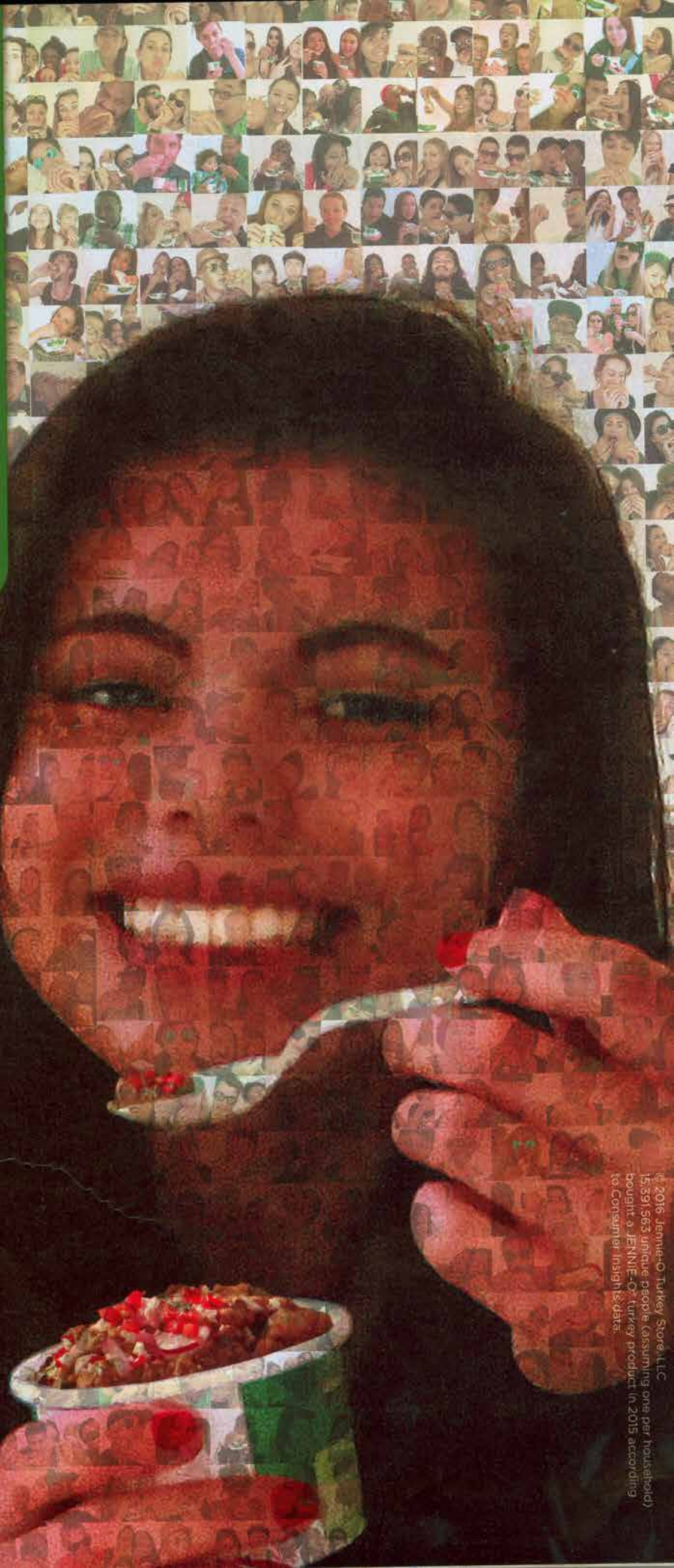
Have a question for a Food Network star? Write to him or her at fnmstars@hearst.com.



CAN YOUR FAVORITES
TASTE JUST
AS GREAT
MADE WITH
TURKEY?

BURGERS | TACOS | CHILI | MEATBALLS

TRY THEM AT HOME AND FIND OUT.

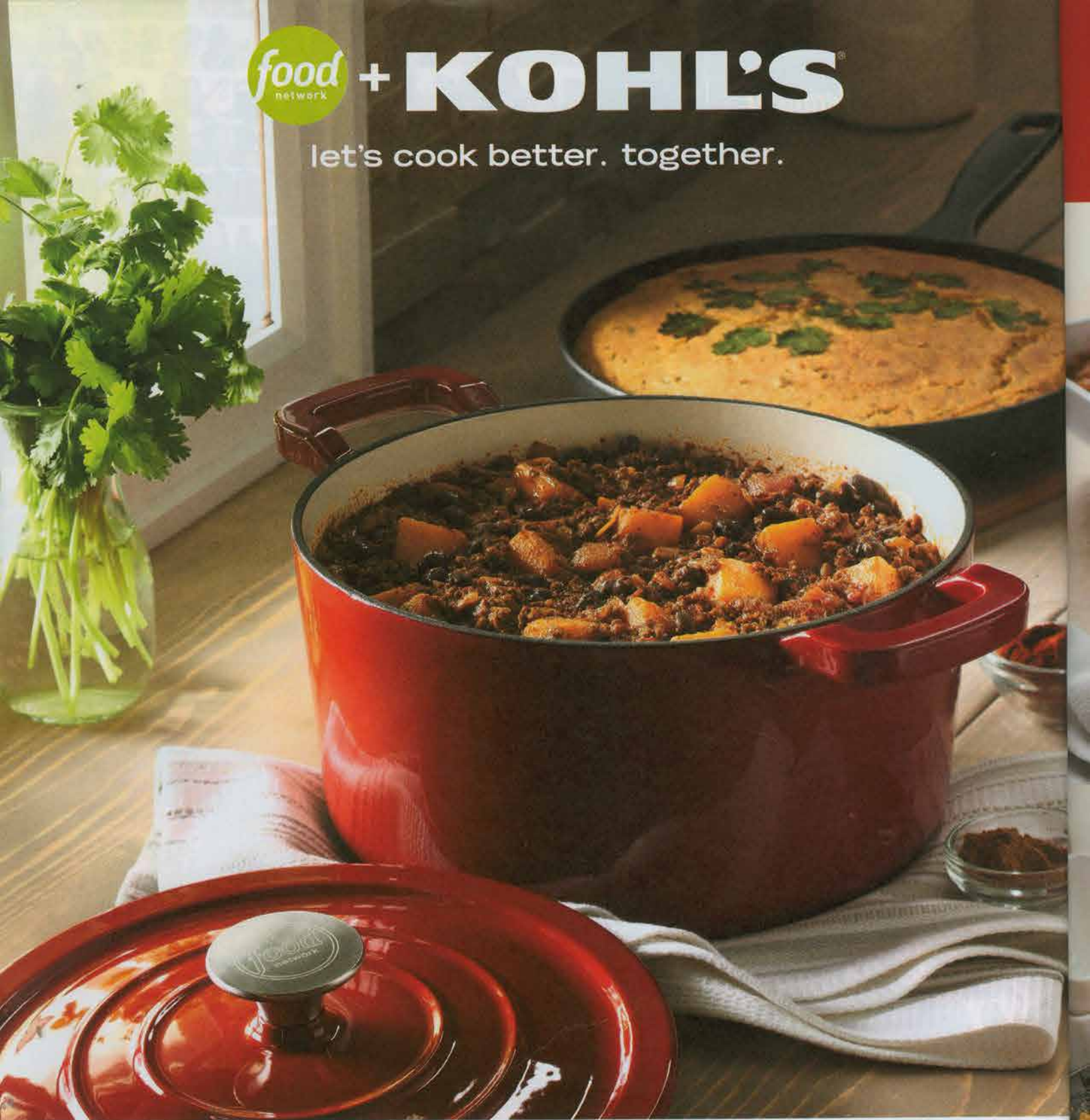


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15,391,563 unique people (assuming one per household)
bought a JENNIE-O Turkey product in 2015 according
to consumer insights data.



+ KOHL'S®

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strike while the iron's hot

When it comes to kitchen tools, cast-iron cookware from Food Network is the ultimate superhero. From Dutch ovens to skillets, cast iron is super versatile, can be passed down from generation to generation and makes cleanup a breeze.

Shop the collection and get cookin' by searching "Food Network Comfort Food" at [Kohls.com](https://www.kohls.com).

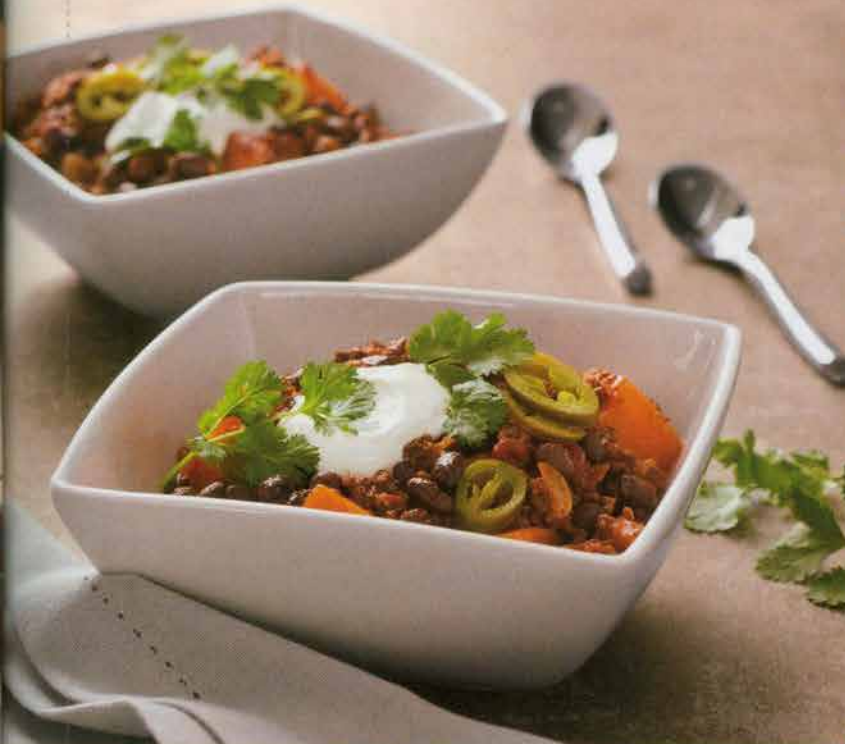
cast-iron favorites

These comfort food recipes will warm hearts...and tummies. Plus, they all feature versatile cast-iron cookware.

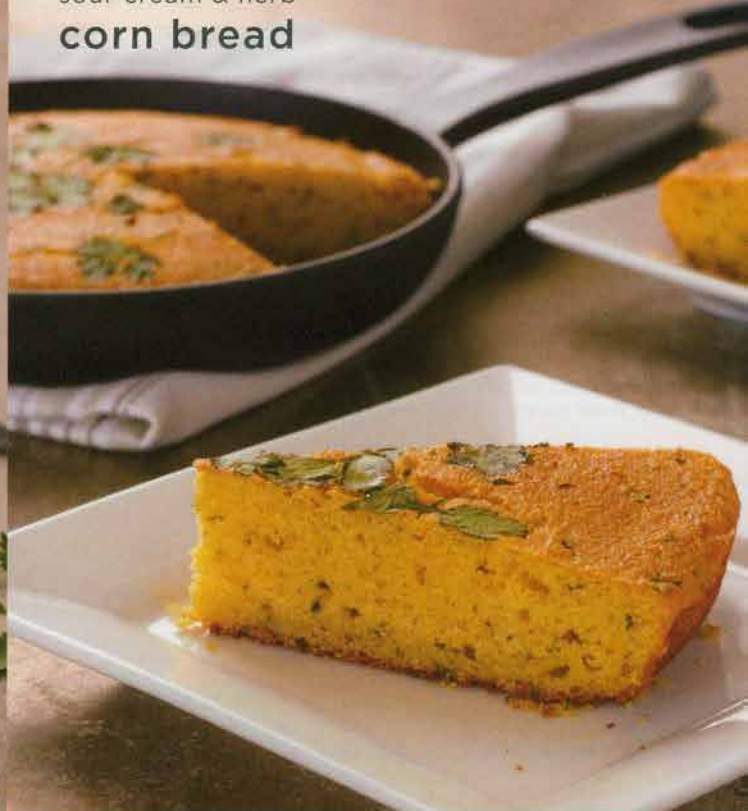
food + **KOHL'S**

let's cook better. together.

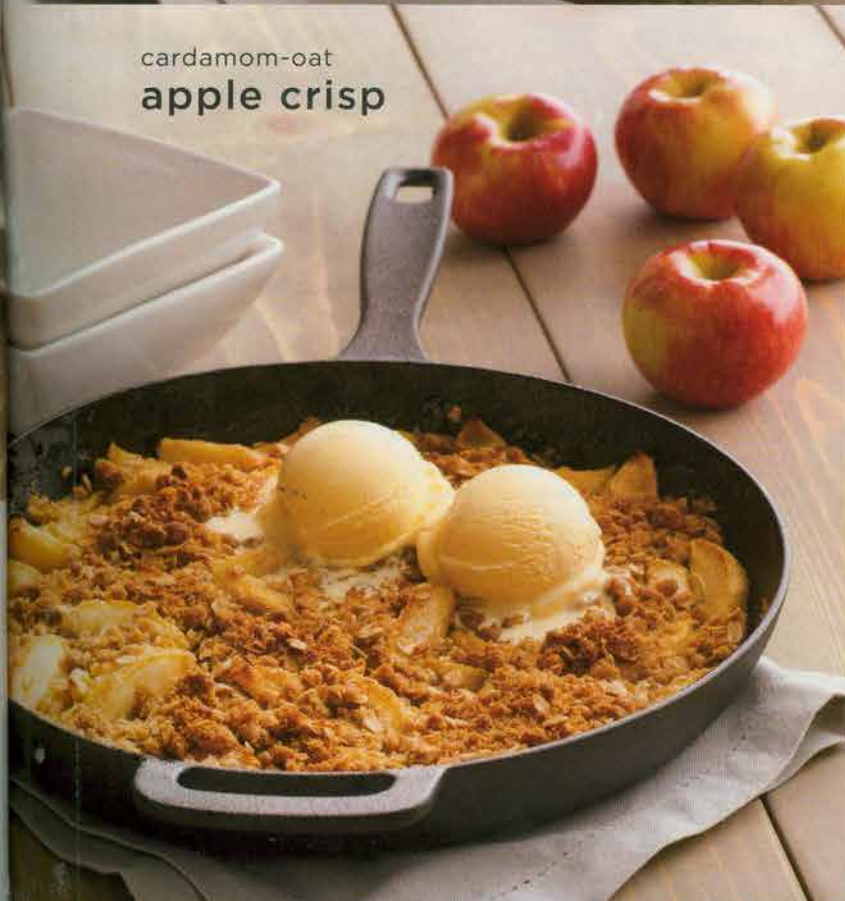
black bean chili with butternut squash



sour cream & herb corn bread



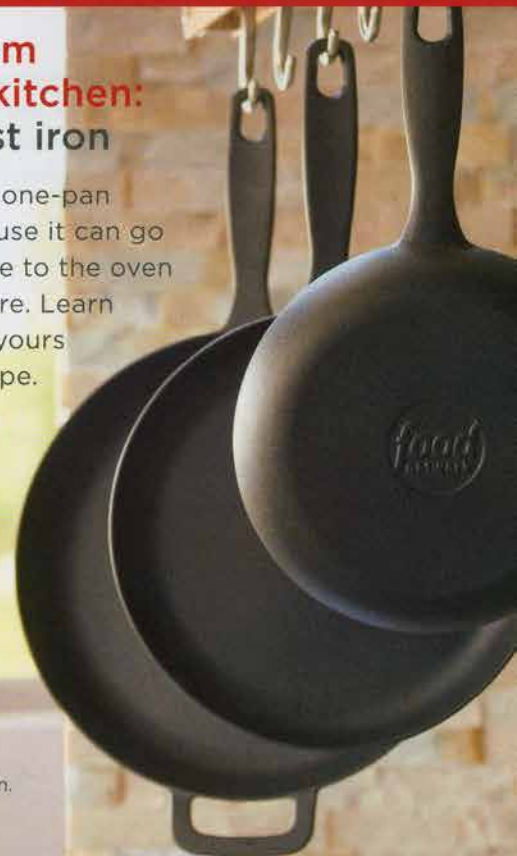
cardamom-oat apple crisp



notes from our test kitchen: using cast iron

Cast iron is a one-pan wonder because it can go from the stove to the oven to the campfire. Learn how to keep yours in tip-top shape.

Food Network
8-in., 10-in. and 12-in.
cast-iron skillets



cast-iron favorites

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sour cream and herb corn bread

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let's cook better. together.

4 tablespoons unsalted butter, melted, plus more for buttering the skillet
1 1/4 cups yellow cornmeal
1/2 cup all-purpose flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda

Fine salt
1 cup sour cream
1/4 cup milk
2 large eggs, lightly beaten
1/4 cup chopped fresh chives
3 tablespoons fresh cilantro leaves, chopped, plus sprigs, for the top

Preheat the oven to 400 degrees F.
Butter a **Food Network 8-inch cast-iron skillet**.

Whisk together the cornmeal, flour, sugar, baking powder, baking soda and 1 teaspoon salt in a medium bowl. Whisk together the sour cream, milk and eggs in another medium bowl. Stir the sour cream mixture into the cornmeal mixture until well combined. Stir in the melted butter. Fold in the chives and cilantro and pour the batter into the prepared skillet. Place a few sprigs of cilantro on top for decoration.

Bake until the corn bread is golden brown on top and springs back when touched, about 25 minutes. Let cool completely before serving.

Yield: 6 servings
Active Time: 15 minutes
Total Time: 1 hour 10 minutes (includes cooling time)



To clean a pan that has been used, rinse it in super hot water and dry it thoroughly so it won't rust. Season as necessary with a vegetable-oiled cloth.



To remove stubborn food residue, sprinkle salt onto dry pan, scrub and wipe clean.



Whenever pan is wet, dry immediately. If you don't, rust will form.



Don't use oven cleaners or steel wool to clean your pan. And never put your pan in the dishwasher.

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black bean chili with butternut squash

food + **KOHL'S**
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2 tablespoons olive oil
4 cloves garlic, sliced
1 medium onion, diced
1/4 cup ground chili powder
2 tablespoons ground cumin
1 1/2 pounds ground beef chuck
Kosher salt and freshly ground black pepper

One 28-ounce can whole peeled tomatoes, with their liquid
1 medium butternut squash, peeled and cut into bite-size chunks (about 5 cups)
Two 15-ounce cans black beans, rinsed and drained
Sour cream, pickled jalapeños and fresh cilantro, for serving

Heat the oil in a **Food Network 5.5-qt cast-iron Dutch oven** over medium-high heat. Add the garlic and onion and cook until softened, about 5 minutes. Stir in the chili powder and cumin and cook 1 minute more. Add the beef, 2 teaspoons salt and some black pepper and cook, breaking up the meat with a wooden spoon, until the beef is no longer pink, about 5 minutes. Add the tomatoes with their liquid, breaking them up with your hands, the squash and 1 cup water and bring to a simmer. Cook, uncovered and stirring occasionally, until the squash is tender and the chili has thickened, about 25 minutes. Stir in the beans and cook until heated through, about 5 minutes more.

Serve the chili in bowls topped with sour cream, jalapeños and cilantro.

Yield: 6 servings
Active Time: 50 minutes
Total Time: 1 hour

cardamom-oat apple crisp

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7 large baking apples, such as Rome, Fuji or Braeburn (about 3 pounds)
1 tablespoon fresh lemon juice
1 1/4 cups packed light brown sugar
1 1/2 teaspoons ground cardamom
1 stick (8 tablespoons) unsalted butter

1 cup old-fashioned rolled oats
3/4 cup all-purpose flour
1/4 teaspoon ground cinnamon
Kosher salt
Vanilla ice cream, for serving

Position an oven rack in the center of the oven and preheat to 425 degrees F. Peel and core the apples, then cut into 1/2-inch wedges. Toss with the lemon juice, 1/4 cup of the brown sugar and 1/2 teaspoon of the cardamom in a large bowl.

Melt 2 tablespoons of the butter over medium heat in a **Food Network 12-inch cast-iron skillet**. Add the apple mixture and cook, stirring occasionally, until the apples soften and release their juices, 6 to 8 minutes.

Mix together the oats, flour, cinnamon, 1/2 teaspoon salt and the remaining 1 cup brown sugar and 1 teaspoon cardamom in a medium bowl. Melt the remaining 6 tablespoons butter in a small bowl in the microwave, then pour it over the oat mixture. Stir the mixture with a fork until fully combined and crumbly. Sprinkle the topping over the apples.

Bake until the topping is brown and the filling is bubbling, about 20 minutes. Let cool slightly, then serve with vanilla ice cream.

Yield: 6 servings
Active Time: 30 minutes
Total Time: 1 hour (includes cooling time)

cast-iron favorites

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let's cook better. together.

black bean chili

with butternut squash

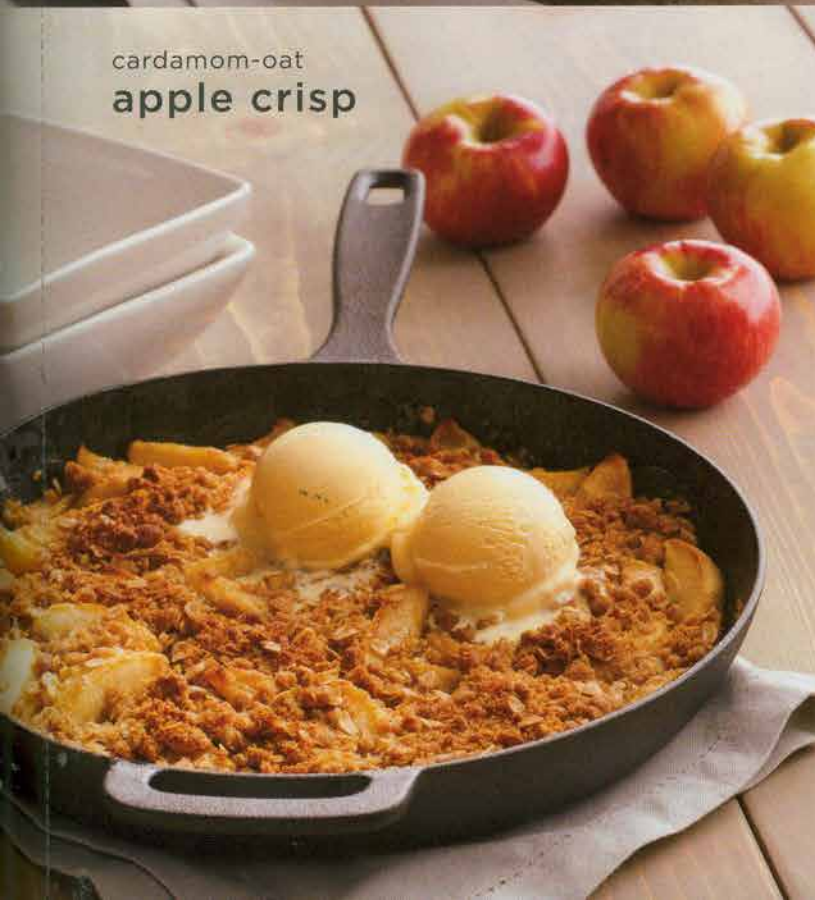


sour cream & herb

corn bread



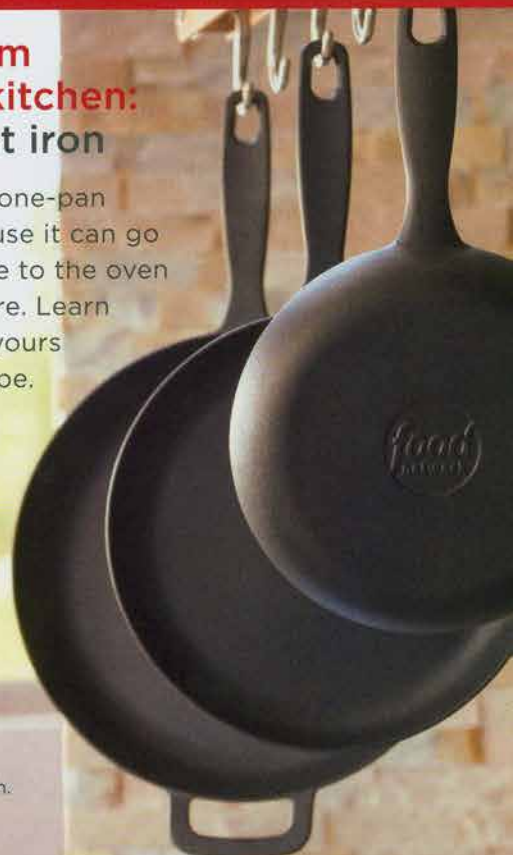
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8-in., 10-in. and 12-in.
cast-iron skillet



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sour cream and herb corn bread

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1/2 cup all-purpose flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda

Fine salt
1 cup sour cream
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2 large eggs, lightly beaten
1/4 cup chopped fresh chives
3 tablespoons fresh cilantro leaves, chopped, plus sprigs, for the top

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cardamom-oat apple crisp

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1 tablespoon fresh lemon juice
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Yield: 6 servings
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Total Time: 1 hour (includes cooling time)

In the Know

PHOTOGRAPH BY JEFF HARRIS



True Blue

This Halloween, teal is the new orange: Thousands of families across the United States are making trick-or-treating safer for kids with food allergies by placing a teal-painted pumpkin on their stoop—a sign they're handing out nonedible goodies like glow sticks and spider rings instead of Snickers and Almond Joys. (We can hear dentists rejoicing, too!) You can help make this Halloween's Teal Pumpkin Project the biggest yet: Paint a pumpkin teal, load up on nonedible treats, then add your address to the map at foodallergy.org.



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FOOD NEWS



PET FOOD

Humans really love dressing up their animals for Halloween: We spend an estimated \$350 million every year on pet costumes. The most popular getups are pumpkins and hot dogs, but if you want your dog to stand out from the pack, consider making him a martini: Push a dowel through three florist foam "olives," add felt "pimientos" with fabric glue, and wrap a recovery collar around his neck. He'll go from wearing the cone of shame to being the life of the party.

SOURCE: NATIONAL RETAIL FEDERATION

COLD CASE

Your office fridge is likely a crime scene: 71 percent of American workers have had food or drinks stolen from a shared refrigerator—and 35 percent admit to having stolen something themselves!

SOURCE: PEAPOD.COM

Veggie or Not

Veggie burgers are getting closer and closer to their beefy counterparts: The company Beyond Meat is making patties that look and smell like ground beef, and they're sold right in the butcher's case at Whole Foods stores. The veggie burgers actually "bleed"—they dribble beet juice when pressed with a spatula.



NOW THEY'RE COOKING!

You won't believe who's in the kitchen for this season of *Worst Cooks in America: Celebrity Edition*. See how well you know this year's cast, then catch the show Wednesdays at 9 p.m. ET, starting September 14.



1. Which star scooped ice cream for a summer job?
2. Who appeared as a waitress in a crime drama?
3. Which star cooks with cohosts on *The Real*?
4. Who starred as a chef in a comedy show?

ANSWERS: 1. THE SITUATION (AKA MIKE SORRENTINO); 2. NICOLE SULLIVAN; 3. LONI LOVE; 4. TOMMY DAVIDSON

IN A PICKLE

The latest "It" flavor is kind of a big dill: Here are some of our favorite finds.

Simply7 Dill Pickle Kale Chips
\$3.50 for 3.5-ounce bag; grocery stores nationwide

G.H. Cretors Organic Dill Pickle Popcorn
\$4 for 4-ounce bag; grocery stores nationwide

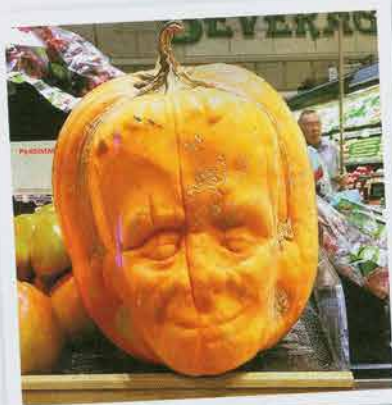
Gordy's Fine Brine
\$16 for four 12-ounce cans; shop.gordypicklejar.com

Emerald Nuts Dill Pickle Cashews
\$5 for 5-ounce bag; grocery stores nationwide

Van Holten's Pickle-Ice
50¢ for 2-ounce pop; vanholtenpicklestore.com

All together now...

Food Network chefs are finding creative ways to wipe out child hunger. Trisha Yearwood, Giada De Laurentiis and Ina Garten have partnered with Williams-Sonoma to design limited-edition spatulas benefiting No Kid Hungry. Thirty percent of the proceeds will go to the charity, which helps distribute healthy after-school meals and snacks to children in need. \$13; williams-sonoma.com



HEAD CASE

Dr. Frankenstein used chemistry to make his monster; Tony Dighera just uses a pumpkin. The Fillmore, CA, farmer places growing gourds inside molds to create 3-D Franken pumpkins. After some trial and error (people assumed the fully shaped heads were plastic at first), Dighera is now molding only the fronts of the pumpkins to make them look more natural. At select Sam's Club stores



new
AQUAFINA
sparkling
FOR HAPPY BODIES™



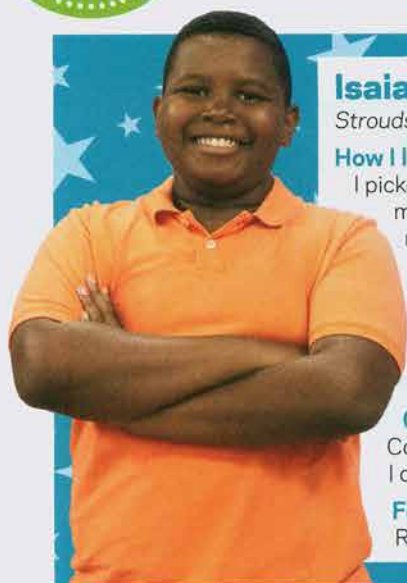
Smooth, crisp refreshment with only 10 calories.

STARTING SMALL



Catch the new series Mondays at 8 p.m. ET.

Food Network Star has downsized: Get to know the cast of *Food Network Star Kids*—and see if you can spot the winner!



Isaiah A. Hooks, 13

Stroudsburg, PA

How I learned to cook

I picked up the basics from my mom and taught myself the rest by doing a lot of experimenting.

Craziest thing I've ever eaten

Beef tongue

Cooking motto

Cooking is not just what I do, it's my life!

Food Network idol

Robert Irvine



Amber Kelley, 13

Seattle

How I learned to cook

My mom and I took cooking classes and practiced together.

Food I could eat forever

Sushi

Most impressive thing I've ever cooked

Poached salmon salad with mixed greens, red onions, goat cheese and a tarragon vinaigrette

Food Network idol

Giada De Laurentiis

Nicholas Hornbostel, 11

Vail, CO

Craziest thing I've ever eaten

Fish eyes and chicken hearts

Most impressive thing I've ever cooked

Beignets with orange crème anglaise under a spun-sugar dome

Cooking motto

Life is awesome with butter and steak!

Food Network idol

Marcus Samuelsson



Gracie Evans, 9

Tampa

How I learned to cook

By watching my mom and from the internet

Food I could eat forever

Tacos

Most impressive thing I've ever cooked

Asian glazed-shrimp parfait

Food Network idol

Robert Irvine





Liam Waldman, 12

Los Angeles

Food I could eat forever
Brie on a baguette

Most impressive thing I've ever cooked
Shakshuka (eggs poached in tomato sauce)

Craziest thing I've ever eaten
Rattlesnake sausage

Food Network idol
Alton Brown



Lexi Shuster, 9

Port Chester, NY

How I learned to cook
By watching Food Network

Food I could eat forever
Brigadeiro—a Brazilian dessert that's like a mix of truffles and fudge

Craziest thing I've ever eaten
A jelly bean that was supposed to taste like skunk spray

Food Network idol
Duff Goldman

Sammy Voit, 11

Bronx, NY

How I learned to cook
From my grandma

Food I could eat forever
Salmon-avocado rolls

Cooking motto
Take the ordinary and make it extraordinary!

Food Network idol
Alton Brown



Tyra Jefferson, 11

Irmo, SC

Food I could eat forever
Fried chicken

Most impressive thing I've ever cooked
Smothered pork chops with onion gravy and stewed potatoes

Craziest thing I've ever eaten A fish eye

Food Network idol
Guy Fieri



Sydney Jaye Meyers, 9

Austin

How I learned to cook
By watching and cooking with different family members, then trying new things on my own. And, of course, by watching Food Network!

Craziest thing I've ever eaten Fish eggs

Cooking motto
Taste the love!

Food Network idol
Giada De Laurentiis



Salvatore Soldo, 10

Staten Island, NY

Craziest thing I've ever eaten
Fried meal worms

Most impressive thing I've ever cooked
Chicken roulade

Cooking motto
I'm the junior Italian-American king of the kitchen!

Food Network idol
Giada De Laurentiis

THE BLACK LIST

These matte black kitchen accessories are so stylish, it's almost scary.



**Roca Hexagon
Black Matte Mosaic Tile**
\$5 per 12-by-12-inch sheet;
sognartile.com



**Copper 1-Light Matte Black
Ceiling Pendant**
\$290; homedepot.com



**Black Matte Stovetop
Moka Pot Espresso Maker**
\$20; worldmarket.com



**Purist Deck Mount Bridge
Kitchen Faucet**
\$1,270; us.kohler.com for information



ViewPro Glass Toaster
\$60; cuisinart.com



Metro Black Colander
\$27; crateandbarrel.com



Side-by-Side Refrigerator in Black
\$1,199 for 25 cubic feet;
samsung.com for information



Matte Black Flatware Set
\$39; westelm.com

"MY WISH IS TO BE A
HOLLYWOOD STUNT DRIVER."



THE 2017 CAMRY

With an available sport-tuned suspension, Camry can handle the boldest of wishes.

Professional driver on closed course. Do not attempt. Prototype shown with options. Production model will vary. ©2016 Toyota Motor Sales, U.S.A., Inc.



Let's
Go
Places

What's Your CANDY IQ?

Test your knowledge of trick-or-treating favorites with this quiz.

PHOTOGRAPHS BY JEFF HARRIS

1. Put these candies in order from oldest to newest.



A. Tootsie Roll



B. Necco Wafers



C. Hershey's Milk Chocolate bar

2. Where were gummy bears invented?



A. Sweden

B. United States

C. Japan

D. Germany

3. ID each of these candy bars.



A. _____



B. _____



C. _____



D. _____



E. _____



4. Which of these ingredients is not in candy corn?

A. Honey

C. Wax

B. Pasteurized egg yolks

D. Corn syrup

5. Which is the name of a real candy bar?

A. Chicken Dinner

B. Goo Goo Cluster

C. Idaho Spud

D. All of the above

6. Match the slogan to the candy.



1. _____



2. _____



3. _____



4. _____



5. _____

- A. Taste the rainbow B. Makes mouths happy C. Get the sensation D. It's more than a mouthful E. A friend you can eat

7. Which has never been an M&M's flavor?

- A. Key lime pie
B. Dark mint
C. Birthday cake
D. Pumpkin spice latte



9. What's the origin of the word "lollipop"?

- A. It means "tickle your tongue" in German.
B. It was the name of a racehorse.
C. Lolli is the inventor's hometown in Iceland.
D. It's a nonsense term coined in the early 1900s.

8. What was cotton candy originally called?

- A. Cottonballs
B. Angel Thread
C. Fairy Floss
D. Sugar Fluff



10. Sour Patch Kids were originally shaped like:

- A. Robots
B. Martians
C. Animals
D. Letters



11. Which ingredient makes Pop Rocks pop in your mouth?

- A. Carbon dioxide
B. Citric acid
C. Baking soda
D. Nitrogen



12. Which of the following flavors was not part of the original Life Savers Five-Flavor roll?



- A. Pineapple B. Orange C. Lime D. Grape

13. What is the best-selling Halloween candy?



14. The Sugar Daddy caramel pop was originally called:

- A. Sugar Mama
- B. Papa Sucker
- C. Sweet Pop
- D. Big Daddy



15. A typical bag of trick-or-treat loot contains ____ percent chocolate?

- A. 25
- B. 50
- C. 75
- D. 90



16. The real-life Willy Wonka Candy company came to be in:

- A. 1950, more than a decade before Roald Dahl wrote the book *Charlie and the Chocolate Factory*
- B. 1965, soon after the book was released
- C. 1971, tied to the movie *Willy Wonka and the Chocolate Factory*
- D. The 1980s, with the release of the Everlasting Gobstopper

17. About how many licks does it take to get to the center of a Tootsie Pop?

- A. 50 to 150
- B. 150 to 250
- C. 250 to 350
- D. 350 to 450



18. How much did a Hershey bar cost when it first hit store shelves?

- A. A penny
- B. A nickel
- C. A quarter
- D. A dollar

19. Name the decade of origin for each candy: '50s, '60s, '70s or '80s?



**The school bus is about to leave,
Which sis would hate to miss.
But mother is detaining her
For yet another kiss.**

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The Snack That Smiles Back®**





20. The original 3 Musketeers bar contained which flavors:

- A. Chocolate and vanilla
- B. Chocolate and banana
- C. Vanilla and strawberry
- D. Chocolate, vanilla and strawberry

TRUE OR FALSE?

21. Harry Burnett Reese, who created the Reese's Peanut Butter Cup, was related to Milton Hershey. **T F**

22. Atomic Fireballs contain the same spicy molecule as hot peppers. **T F**

23. Saltwater taffy is made with seawater. **T F**



24. White chocolate is not technically chocolate. **T F**

25. Licorice candy can soothe a stomachache. **T F**



SCORE SHEET

Give yourself one point for each correct answer.

1. B, A, C. Necco Wafers came out in 1847, Tootsie Rolls in 1896, and Hershey's Milk Chocolate bars in 1900.

2. D. In 1920, Hans Riegel of Bonn, Germany, started a sweets company that eventually produced a line of chewy treats shaped like dancing bears.

3. (Five points total) **A:** Almond Joy; **B:** Baby Ruth; **C:** 3 Musketeers; **D:** Heath Bar; **E:** Milky Way

4. B. Most candy corn includes egg whites, but not yolks.

5. D. Chicken Dinner was a popular candy bar in the 1920s but has been discontinued; Goo Goo Clusters and Idaho Spuds are still sold today.

6. (Five points total) **1:** D; **2:** A; **3:** E; **4:** C; **5:** B

7. A. M&M's currently come in nine standard varieties. The brand frequently releases limited-edition flavors, but not key lime pie...yet.

8. C. Spun sugar was called this fanciful name until the 1920s, when the new name "cotton candy" stuck.

9. B. George Smith, a New Haven, CT, confectioner, trademarked the term in the 1930s based on a famous racehorse named Lolly Pop.

10. B. Sour Patch Kids were first shaped like Martians in the 1970s; the design changed in the '80s as a nod to Cabbage Patch Kid dolls.

11. A. Pop Rocks contain carbon dioxide, which creates tiny bubbles that pop as the candy melts on your tongue.

12. D. The original Five-Flavor roll included pineapple, orange, lime, lemon and cherry.

13. C. Reese's pulls in about \$510 million during Halloween.

14. B

15. C. According to the National Confectioners Association, most trick-or-treaters bag 75 percent chocolate.

16. C. The Quaker Oats company financed the 1971 movie for the purpose of promoting a new Wonka Bar, which was never released. (The Wonka brand was later sold to Nestlé.)

17. B. According to several student tallies, it takes 150 to 250 licks to reach the pop's center. We imagine Mr. Owl—who asked this question in a 1970 commercial—would be thrilled to know.

18. B. Hershey first sold its milk-chocolate bars for a nickel in 1900. A standard bar now costs about \$1.30.

19. (Four points total) **A:** '70s; **B:** '80s; **C:** '60s; **D:** '50s

20. D. The first bars had all three flavors; they became all-chocolate during World War II.

21. F. But Reese did work for Hershey on a dairy farm that Hershey owned.

22. T. The Ferrera Candy Company adds capsaicin, a compound in chile peppers, to the candy.

23. F. A Jersey Shore candy seller allegedly came up with the name after his shop flooded with ocean water.

24. T. White chocolate doesn't contain cocoa powder, so it doesn't qualify as genuine chocolate.

25. F. Licorice root, which is thought to have health benefits, is not an ingredient in the candy.

HOW DID YOU DO?

0 TO 12 POINTS
CHUCKLE-HEAD!

Maybe stick to non-edibles and make the costumes on page 172.

13 TO 24 POINTS
SEMISWEET!

Strengthen your sweet tooth with the magic potion on page 165.

25 TO 36 POINTS
YOU'RE A SMARTIE!

Show off and make some of the 50 Spooky Treats on page 166.



This isn't an empty box.

It's the beginning of a healthy future for your kids. Mott's juices and snacks are a healthy choice you can make for them today to help them make healthy choices tomorrow.



start strong



LABOR OF LOX

Two brothers in Brooklyn are bringing back the Jewish deli.



The menu at Frankel's deli reads like a list of a Jewish grandma's greatest hits—matzo ball soup, latkes, brisket—but there isn't a grandma in sight behind the counter at this popular Brooklyn deli. The founders are two millennial brothers who live nearby.

Alex and Zach Frankel grew up eating pastrami sandwiches and bagels and lox at Jewish delis in Manhattan, and when they moved to Brooklyn, they expected to find their childhood favorites. They didn't. Instead, they found a business opportunity. Alex, 33, a professional musician, and Zach, 29, a chef, put together a menu of old-school classics (the brisket is inspired by a recipe from their paternal grandmother). Then they rented their dream location, in the hip Greenpoint neighborhood, and renovated

with the help of several of Alex's music-industry friends as investors. "When most restaurants renovate, it takes a year to open," says Zach, who

"People seem happy to see the deli tradition being carried on."

has cooked in restaurants throughout the city. "We didn't have the money, so we did it in three months." Working quickly paid off: They opened their doors in April, coinciding with a spike in interest nationwide for bagels and other deli classics. Business has been booming since day one, and now they're heading into the busy season of the Jewish High Holidays.

The Frankels also credit their success to support from the community. "Most days, we'll have young families, 85-year-old couples, and tattoo artists from the shop up the street all eating next to one another," says Alex. "People seem happy to see the deli tradition being carried on."



Alex Frankel, left, and brother Zach work the counter. Below, their bagel and whitefish club, hot dogs, and pastrami Reuben.





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Ina & Jeffrey: A Love STORY

Ina Garten's greatest passion for the past 50 years is also the title of her latest book: *Cooking for Jeffrey*.

Jeffrey Garten can admit this now: He thought his wife's first big appearance on national television was going to be a complete disaster. It was the summer of 1999 and Ina was backstage at the *Today* show, getting ready to talk to Matt Lauer about her first cookbook. Jeffrey was watching the show in his hotel room as disco legend Donna Summer hit the stage at Rockefeller Center for *Today*'s summer concert series—right before Ina's segment—and the woman just rocked the place. "I thought, 'Oh my gosh, Ina's going to follow *this*?' I was heartbroken for her."

But Ina came out and did what she has done countless times since then: She won everyone over, instantly. "You just forgot that Donna Summer was ever there," Jeffrey says. "It was unbelievable."

There are a lot of unbelievable moments in Ina and Jeffrey's

life, and when you see the two of them together, laughing about the craziness of their decades-long marriage, you get the sense that they still can't quite believe it themselves. It's wild enough to find someone you actually want to be with for 50 years. But Ina and Jeffrey's partnership has become much more than that: It's a cultural phenomenon. In the past 17 years, Ina has sold close to 10 million copies of nine different cookbooks, and every one of them has been inspired in part by her life with Jeffrey. Her tenth and latest book, *Cooking for Jeffrey*, is fully devoted to him. And although these two have been offering fans a glimpse of their storybook marriage for years, neither ever imagined that "You're the Jeffrey to my Ina" would end up on letterpress Valentine's Day cards.

To understand the magic of this duo, consider the scenario Jeffrey

INA AND JEFFREY
AT THEIR WEDDING
IN 1968

describes as the single best moment in his life with Ina: He had flown overnight from New York City to Paris in May 2002, caught a cab to the Seventh Arrondissement and found himself in front of a building he'd never seen, pressing the buzzer to his own apartment for the first time. Ina had bought the place a year earlier and overseen a massive renovation without showing Jeffrey a single photo or telling him one detail about it. "The secret to a happy marriage is that he trusted me," Ina says. "I wanted it to be a surprise." When he finally made his way up to the fifth floor, he found French music playing, and hot coffee and croissants in the kitchen...and he was home. "She had made everything so warm and so beautiful. Within five minutes, I felt like I'd lived there forever," he says.

They had come a long way since their somewhat awkward first date. Jeffrey met Ina—or rather, first caught a glimpse of her—his



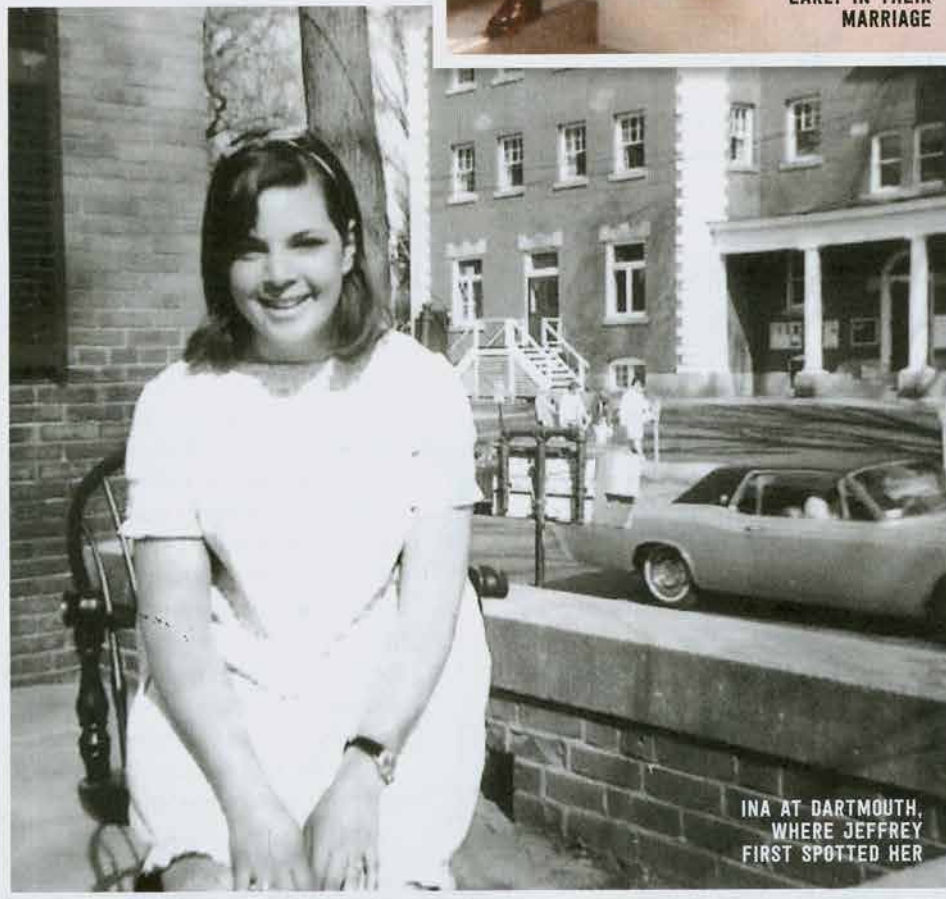
JEFFREY AS AN ARMY OFFICER EARLY IN THEIR MARRIAGE

“She looked really smart and she looked nurturing,” Jeffrey says. “She looked like she would take care of me.”

freshman year at Dartmouth, when she visited her brother on campus in the fall of 1964. Jeffrey was gazing out the library window and he said to his roommate, “Look at that girl, isn’t she beautiful?” The roommate knew exactly who she was: Ina Rosenberg, the younger sister of a friend, and he had a date with her that night. But when the date didn’t turn into anything, Jeffrey swooped in and started writing letters to Ina, hoping to meet her someday. “She looked really smart and she looked nurturing,” he says. “She looked like she would take care of me.”

Months later, the date finally happened: Jeffrey picked Ina up at her parents’ house in Stamford, CT (she was still in high school), and she suggested they drive to Port Chester, NY, because you could drink in New York at 18, and surely a college boy would think it was cool to go to a bar. “It was a disaster,” she says, laughing. “I had never been to a bar in my life! The guy at the door says, ‘Where’s your ID?’ and I thought, ‘What ID?’” They drove back to a coffee shop in Westport and had what Ina says was “a perfectly good time.” Jeffrey then proceeded to court her with more letters and invitations to visit him at school. There were so many letters. “He wrote to me, like, every day. I couldn’t keep up with it!” she says.

In time, Ina started visiting Jeffrey at Dartmouth and became a fixture on campus. She was in college at Syracuse, and she’d take the bus about six hours each way to spend weekends with him. She became



INA AT DARTMOUTH, WHERE JEFFREY FIRST SPOTTED HER



**THAT JUST
BRUSHED
CLEAN
FEELING**

after an innocent
“let’s grab coffee”
got you more
than just coffee.



one of the gang, and Jeffrey likes to point out that of the incredibly successful Dartmouth class of 1968, "Ina became the most famous and beloved of all of us." The class includes several Rhodes scholars, a former cabinet secretary, and of course Jeffrey himself, who held senior positions in multiple presidential administrations and went on to become a managing director at Lehman Brothers and dean of Yale's School of Management.



WHEN THEY TRAVELED THROUGH EUROPE IN THE EARLY '70S, INA BOUGHT FOOD AT LOCAL MARKETS AND COOKED THEIR MEALS ON A CAMPING STOVE.

"It was very fashionable at the time for guys to date women who were going off to medical school or law school," Jeffrey says, "but Ina was sending me shoe boxes of brownies and making me sweaters. And all these guys who were after those other women—they were in my room all the time, asking, 'What did Ina send you this time?'"

Ina and Jeffrey got married at Ina's parents' house in December 1968. Ina was 20 and suddenly, a military wife: Jeffrey had enlisted as an officer in the army and they were sent to Fayetteville, NC. Ina thought she had the perfect life—she'd married the man of her dreams, and she had plenty of time to cook for him. But one day Jeffrey came home and found Ina watching a sitcom, *That Girl*, at 11 a.m. "I just said to her, 'You have to do something. You won't be happy if you don't.'" It was a

In Their Own Words

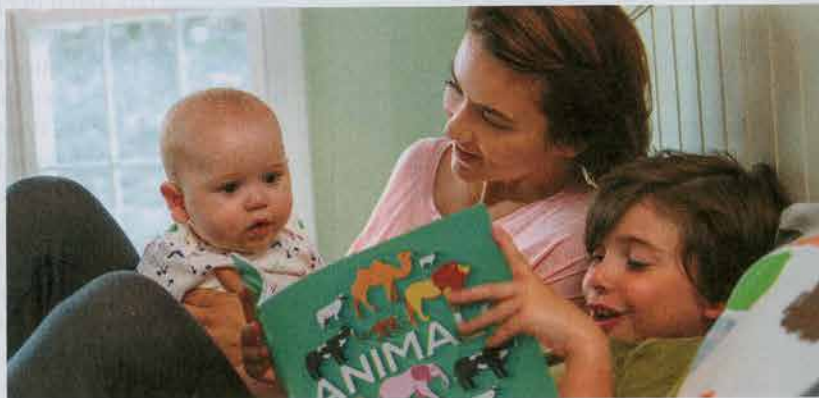
We asked Ina and Jeffrey to answer some questions about each other—no consulting allowed!

Ina		Jeffrey
When he thought it was funny that I refused to go on a long hike with him!	WHEN DID YOU KNOW HE/SHE WAS THE ONE?	The first minute I saw her walking past the Dartmouth College library, where I was studying. She was 15 and beautiful.
the bar at The Mark restaurant or the bar at the Meunier in Paris	WHAT'S YOUR FAVORITE DATE-NIGHT SPOT?	Right now, it's eating with Ina at the bar at the restaurant called Vine Street on Shelter Island, or having an omelet and champagne at Cafe de Flore in Paris.
All the magazine articles about me that he's saved	IF YOU COULD GET RID OF ANYTHING OF HIS/HERS, WHAT WOULD IT BE?	Nothing. I love all her junk.
Me!	WHO'S THE BETTER DRIVER?	It's hard to know because Ina always drives.
Me!	WHO'S MESSIER?	Ina!
That he has a pilot's license	WHAT WOULD SURPRISE PEOPLE MOST ABOUT HIM/HER?	How incredibly meticulous and diligent she is when she cooks. She tests the same recipe 20-30 times, routinely.
Michael Tucker from <i>LA Law</i>	WHAT ACTOR WOULD PLAY HIM/HER IN THE MOVIE OF YOUR LIFE?	Ali MacGraw in the 1970s or Juliette Binoche.
Empathy - he knows what I'm feeling before I feel it!	WHAT'S HIS/HER SECRET TALENT?	She is a spectacular friend.
A trip to England and Provence to visit private gardens	WHAT'S THE BEST GIFT YOU EVER RECEIVED FROM HIM/HER?	Every time she makes dinner for me.
Generous - in every way	PICK ONE WORD TO DESCRIBE HIM/HER.	Beautiful.

**TRADITIONS DON'T
HAPPEN OVERNIGHT.**



THE BEST PART OF
WAKIN' UP
Folgers
SINCE 1850



**THEY HAPPEN ONE
MORNING AT A TIME AND
ONE CUP AT A TIME.**



INA BOUGHT THE ORIGINAL BAREFOOT CONTESSA STORE IN 1978 AFTER SEEING AN AD IN *THE NEW YORK TIMES*. BELOW, INA AND JEFFREY IN THEIR APARTMENT IN PARIS.



“When she had the store,” says Jeffrey, “she’d work until midnight all the time. She doesn’t settle for anything but the best.”

turning point: Ina got serious about finishing college, and about focusing on her passion for business and cooking. Then she and Jeffrey took a trip to Paris in 1972, and both of them discovered the extent of her innate talent as a cook: They were traveling on five dollars a day, so Ina had to prepare every meal on a gas camping stove. She’d make beef bourguignon like it was nothing, then set up elaborate buffets for dinner. “It was the first formative period in her cooking,” Jeffrey says. “All those little shops in Europe—the boulangeries—Ina would walk through them and just glow.”

The other formative years for Ina’s cooking were the ones she and Jeffrey spent in Washington, DC, in the mid-’70s. They started inviting friends over—lots of them—and Ina would spend a whole week planning a menu while working

during the day at the White House Office of Management and Budget. “People still talk about her parties,” Jeffrey says. “They were legendary.” In 1978, with Jeffrey’s urging, Ina bought the tiny Barefoot Contessa specialty-food store in Westhampton Beach, NY, and started the business that would lead to the cookbooks and shows we all know today.

What many fans forget, however, is that Ina ran this business for more than 20 years before she published *The Barefoot Contessa Cookbook*. It was a huge risk. Ina was a first-time author, and her deal with the publishing company, Clarkson Potter, required her to buy half the run—5,000 copies—to sell at her store. “I wasn’t really thinking about how many books that was,” Ina says. “It was a major roll of the dice.” She was nervous, but Jeffrey was as confident as ever, and he

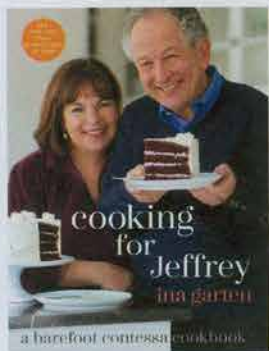
loves telling the rest of the story: The truck delivered the massive shipment to Ina’s store and a mere three days later, someone called and said Ina needed to send all the books back immediately. The initial 5,000 copies—plus an extra 15,000 the publisher had ordered because of strong early press—had already sold out, and they needed more, pronto.

Jeffrey is most likely the only person who saw that coming. He believed in her because he knows how hard she works. “She has natural talent, but it’s backed by so much effort and so much focus,” he says. “When she had the store, she’d work until midnight all the time. The discipline of her recipe testing and how seriously she takes it—she doesn’t settle for anything but the best. She’s like a runner who collapses at the finish line even though she was ahead the whole race.”

Ina has also, as Jeffrey predicted the moment he first saw her, taken great care of him. The real secret

to their partnership is that she has been able to make him feel at home, wherever he is—and for many years of their marriage, they've had to spend time apart. When he was relocated to Tokyo by Lehman Brothers in the 1980s and Ina was still living in New York City, Ina hired a Japanese artist to replicate his desk chair, then she found other furniture that looked similar to theirs and arranged the Tokyo space to look exactly like their apartment on lower Fifth Avenue—right down to the music in the CD rack. When he joined the staff at Yale in 1995 and needed a commuter home in Connecticut, she decorated that one, too. He still has the place, in Southport, and it looks exactly as it did when she set it up for him, with one exception: He has created a shrine to his wife without her approval. "Ina doesn't like any evidence of her public life," he says, "so I collect all the newspaper and magazine articles. The walls are covered with pictures of Ina." Ina, an inveterate fan of TV police dramas, jokes that "it looks like some kind of crime scene!"

When Jeffrey thinks back to that first glimpse of her on the Dartmouth campus, he's still not sure why he saw the future so clearly. "I don't want to make it seem supernatural or anything," he says, "but I saw everything that was to be. I just knew she'd be the kind of woman I'd want to be around forever."



Ina's tenth book, *Cooking for Jeffrey*, is available for pre-order now (\$35, Clarkson Potter Publishers).

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Oscar Mayer

First we smoke our bacon. Then we smoke the competition.

Unlike other brands, *Oscar Mayer* bacon takes time. It's always cured for 12 hours and smoke-housed for 12 hours, because bacon this good can't be rushed.



It's Bacon Made Better. It's *Oscar Mayer*.

Tall order

Carla and Matthew are both tall—she's 6 feet, he's 6'2"—so they built tons of upper cabinets. The counter is 40 inches high, rather than the standard 36, so it's easier on their backs.



Family keepsake

This vase belonged to Carla's grandmother Freddie Mae (the namesake of Carla's new provisions shop in Brooklyn). It reminds her of the woman who taught her to make biscuits.



Star Kitchen

Chef and Food Network judge Carla Hall shows us her Washington, DC, kitchen.

PHOTOGRAPH BY JIM FRANCO

Spoon collection

Carla, who's from Tennessee, has a prized collection of wooden spoons and bowls from artisans in the Appalachian region.

Glass doors

She wanted glass doors for variety—but she went with the frosted option: "I didn't want to worry about keeping everything clean and tidy back there!" she says, laughing.

THERE'S A WINE FRIDGE UNDER THE COUNTER.

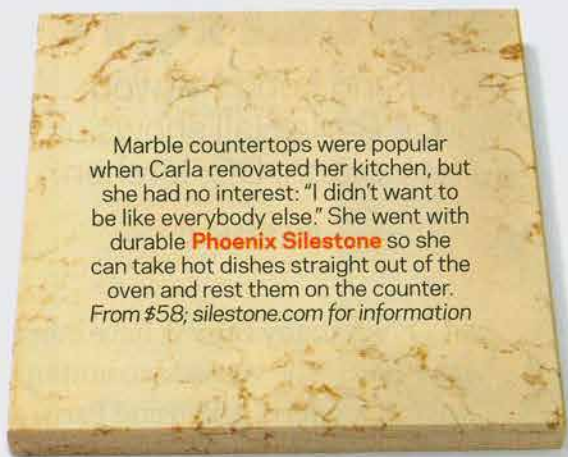
Carla Hall's many careers have taken her all over—she was an accountant in Tampa, a model in Milan and Paris, and is a talk-show host in New York City—but there's no place she'd rather be than in her kitchen in Washington, DC. The chef and *Halloween Baking Championship* judge launched her first catering business from this cozy row house south of the Capitol, and it's where she relaxes with her husband, Matthew, when she's not at her Brooklyn restaurant, Carla's Southern Kitchen, or on a TV set (she cohosts *The Chew*). Although the kitchen is the couple's happy place these days, it wasn't when they got married. Renovating and decorating called for lots of newlywed compromises. Matthew likes neutrals and Carla loves color and pattern, so they went with sandy quartz countertops and pale cabinets for him and a mosaic backsplash and speckled glass pendant lights for her. The kitchen is small, but Carla calls it her "workhorse"—a super-functional space with just enough room to cook for friends. "When I'm home," she says, "all I want to do is invite people over."

Turn the page to get Carla's look.



Get the Look

Pick up some of Carla's finds for your own kitchen.



Marble countertops were popular when Carla renovated her kitchen, but she had no interest: "I didn't want to be like everybody else." She went with durable **Phoenix Silestone** so she can take hot dishes straight out of the oven and rest them on the counter. From \$58; silestone.com for information

Carla added speckled glass pendants like these **Toltec Lighting Downlight Pendants** to give the kitchen a hit of red. "It's like the shoes that make the outfit," she says. \$150; wayfair.com



The couple received a **John Boos & Co. Butcher Block** as a wedding gift. They love using it on salad-bar nights, when they cut up "bits and bobs" of meats and cheeses to mix with greens. From \$89; butcherblockco.com

When presented with tons of tile samples, Carla says her eyes went right to eggplant-hued mosaics, similar to the **Tessera Mini Aurora Glass Tile**. \$20 each; homedepot.com



Carla likes making sparkling sweet tea in her **SodaStream Fountain Jet** so much that she included the drink on the menu at her Brooklyn restaurant. \$80; sodastreamusa.com



The cabinets were one of the first things Carla picked out for the kitchen. She went with a textured veneer finish, similar to these **Sektion Wall Cabinets**. From \$239; ikea.com



The **Mario Batali Dutch Oven** was the first pot she and Matthew bought together, long before Carla worked with Mario on *The Chew*. It's Matthew's go-to vessel for his signature black pepper chicken curry. From \$120; chefsresource.com



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Create a delicious spread with your favorite Boar's Head® Hummus flavors and ingredients inspired by destinations around the world.

The hummus guide below will help you create the perfect combination of easy-to-find accompaniments that pair perfectly with the following exceptional Boar's Head Hummus flavors. The tasteful combinations are simply delectable and will take you on an international palate tour perfect for any entertaining occasion.



TRADITIONAL HUMMUS

- Pita chips
- Sliced cucumber and grape tomatoes
- Mixed olives
- Feta cheese

MEDITERRANEAN MEZE



ROASTED RED PEPPER

- Whole wheat flatbread crackers
- Baby carrots and radishes
- Dill pickles
- Pomegranate seeds

PERSIAN PARTY



OLIVE TAPENADE

- Breadstick crackers
- Sliced fennel and broccoli florets
- Pepperoncini
- Fresh basil

ITALIAN SPUTINO



BLACK BEAN

- Corn tortilla chips
- Green beans and sliced red bell pepper
- Jalapeños
- Chopped avocado

MEXICAN FIESTA

this platter can be 100% gluten-free!

Visit boarsheadhummus.com for more flavor inspiration.

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Compromise elsewhere.

Crafting exceptional products is our passion.

Our premium non-GMO*, gluten free Hummus begins with steamed chickpeas, carefully preparing them until they're fork-tender. Then we blend each flavor with premium ingredients like sea salt, olive oil, tahini (crushed sesame seeds) and a variety of savory spices.

We know there are easier, faster, even cheaper ways to make hummus, but cutting corners doesn't cut it for us. This is truly Hummus crafted to a higher standard. Boar's Head Hummus, Compromise Elsewhere®.

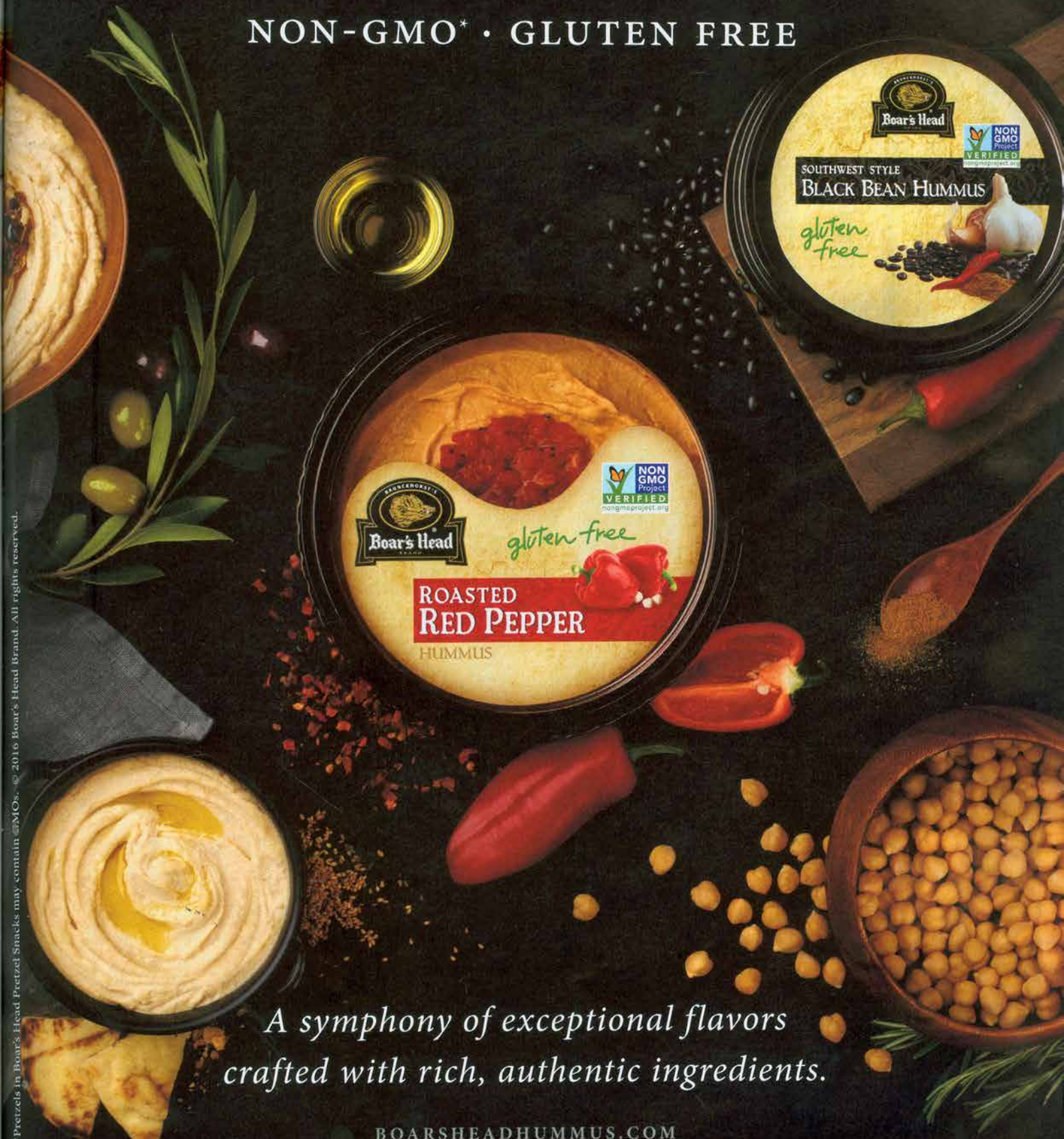
*All Boar's Head 10oz. & 2.5oz. Hummus has been verified as non-GMO by the Non-GMO Project. Pretzels in Boar's Head 3.0oz snack package may contain GMOs.



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HUMMUS

NON-GMO* · GLUTEN FREE



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crafted with rich, authentic ingredients.*

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Catch Jonathan
on *Halloween Wars*
starting October 2
at 9 p.m.

AT HOME WITH...

JONATHAN BENNETT

The Food Network star gives us a tour of his Los Angeles house.

PHOTOGRAPHS BY DAVE LAURIDSEN

When *Cake Wars* host Jonathan Bennett moved into his Hollywood home two years ago, he wasn't much of a decorator—and dressing up a 3,000-square-foot five-bedroom house was a daunting task. So he brought in his friend Willa Ford, pop singer turned interior designer, to help. Many months later, Jonathan is practically a design pro: "It was a crash course in decorating," he says. "I would never have paid attention to pillows before, but now I notice them." The finished house is a mix of simple, comfortable furniture and totally unexpected antiques—a style Jonathan refers to as "modern-cozy-weird." The look suits his ever-changing cast of housemates, who include his stepmom, stepsister, some close friends and a rotation of guests who are in town for shooting (the number grows during pilot season). Jonathan loves that so many people feel welcome and at ease here: "I would never want anyone to be afraid to set a glass down on a table," he says. "It's just a very open house."





LIVING ROOM ▲

Jonathan wanted the room to feel relaxed and lived-in, and an extra-deep leather sofa from Restoration Hardware was the perfect fit. He and his roommates chose the carpet based on a highly scientific testing process: "We brought home samples and then we'd lie down on them," he says, laughing. His favorite piece in the room is a coffee table made of wood salvaged from an old ship. "I wanted everything to be a little quirky," he says.

BEDROOM ▶

A commercial jet print above Jonathan's bed is a tribute to his late father, who was an amateur pilot. The midnight blue walls (Poppy Seed by Behr) are dark, but natural sunlight streams into the room during the day and brightens it up.



DINING ROOM

Jonathan had the large table custom-built to accommodate 20-plus guests at his annual Friendsgiving dinner. Willa persuaded him to choose a vivid over-dyed rug to offset the dark wood. His unusual chandelier brings the whole room together: "At first glance it looks like crystal," he says. "But then you look close and see that it's hundreds of test tubes."



Get the Look

Pick up some of Jonathan's finds for your own home.



Jonathan loves his playing-card print because it has his last initial, B, on it (bube is German for "knave"). This pair of **King and Queen Playing Card Prints** is similar. \$75; petekdesign.etsy.com



This **Carondelet Chandelier** looks similar to Jonathan's unusual test-tube version. \$438; homedepot.com



Three graphic **Flame Turq throw pillows** add a pop of color to the gray sofas in the den. From \$250 each; foundobject.co

He added a maritime feel to the den with the **Royal Master Sealight Floor Lamp**. \$1,895; restorationhardware.com



Jonathan lounges around the fire pit in a **Maya Swivel Chair** that's covered in citrus-hued Sunbrella fabric. The material stands up well to the weather—and his house parties. \$999; roomandboard.com



LONI LOVE TOMMY DAVIDSON MIKE "THE SITUATION" SORRENTINO BARBARA EDEN MINDY COHN JOHN HENSON MATT DALLAS KENYA MOORE NICOLE SULLIVAN

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It might not be the first food you think of to make dinner exciting again, but once you try a recipe from PotatoGoodness.com/exciting, you'll totally get it.

Fun Cooking



PHOTOGRAPH BY JEFF HARRIS



Cheers to Pizza

We dedicated this whole section to pizza, and we're kicking it off with a pizza shooter: Stir 1 cup tomato juice, $\frac{1}{2}$ cup vodka, 1 tablespoon brine from a jar of pepperoncini and $\frac{1}{4}$ teaspoon dried oregano in a small pitcher. Add 2 crushed garlic cloves and 1 sprig basil and refrigerate 2 hours. To rim the glasses, pulse 6 parmesan crisps in a food processor until finely ground. Dip 6 small glasses in olive oil, then in the parmesan crumbs. Strain the cocktail into a liquid measuring cup; pour into the prepared glasses. Skewer mini mozzarella balls, pepperoncini, olives and basil leaves for garnish.

HOW AMERICA EATS *Pizza*



Food Network fans tell us about their pie habits.



Hot OR *Not?*

67% reheat the leftovers

28% eat them cold

5% never have leftovers



73% EAT
the crust

43% BLOT
the grease

14% DIP
their pizza in blue cheese or ranch dressing

YOU'RE DIVIDED ON **MOZZARELLA!**



HALF
CHOOSE FRESH



HALF
CHOOSE SHREDDED



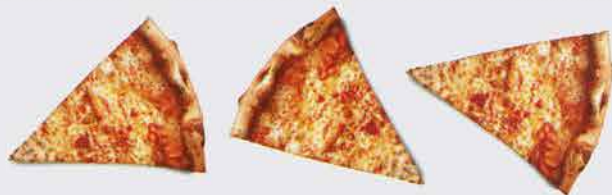
75% SAID SALAD IS A BAD IDEA ON PIZZA!

48% EAT PIZZA AT LEAST

3
TIMES A MONTH

62%

eat 3 slices or more in one sitting!
(2% said they eat the entire pie.)



FAVORITE CRUST?

42% THIN & CRISPY

31% CLASSIC

13% DEEP-DISH

10% NEAPOLITAN

4% SICILIAN

(SEE PAGE 75 TO GET A RECIPE FOR EACH!)



NATURAL CHEESE

Sometimes

THE RIGHT CHEESE IS ACTUALLY
TWO CHEESES
(WITH TACO SPICE ALREADY IN IT)



*Cheesy Mexican
Lasagna*

WE MAKE CHEESE
FOR HOW YOU LOVE CHEESE

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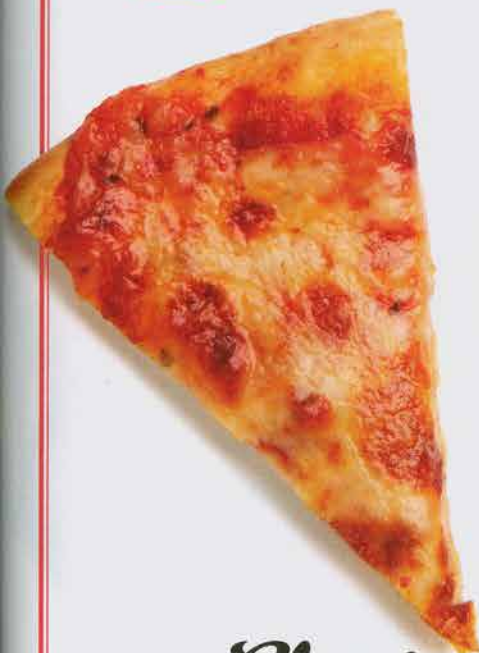
STACY'S IS A TRADEMARK OF STACY'S PITA CHIP COMPANY, INC. ©2016



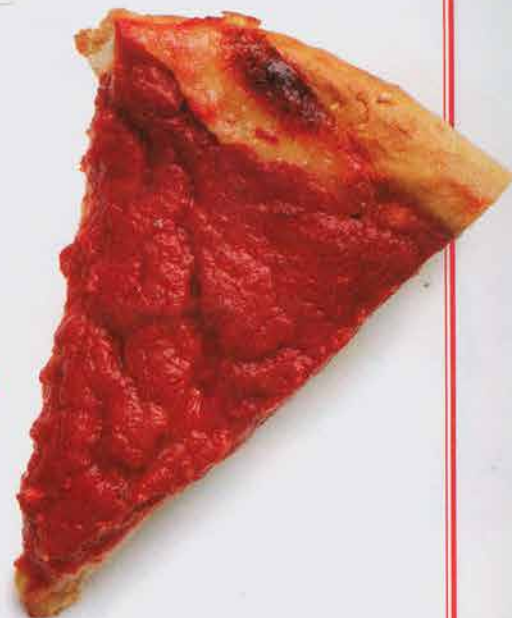
PICK YOUR PIZZA

Fresh from your own oven—a pie with your favorite type of crust.

PHOTOGRAPHS BY LEVI BROWN

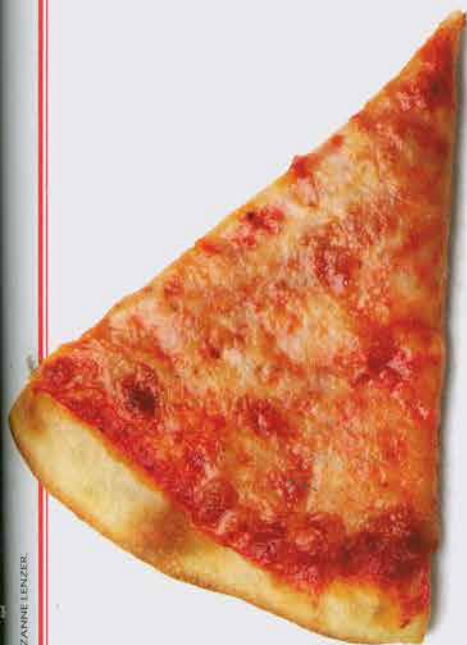


Classic



Deep-Dish

Sicilian



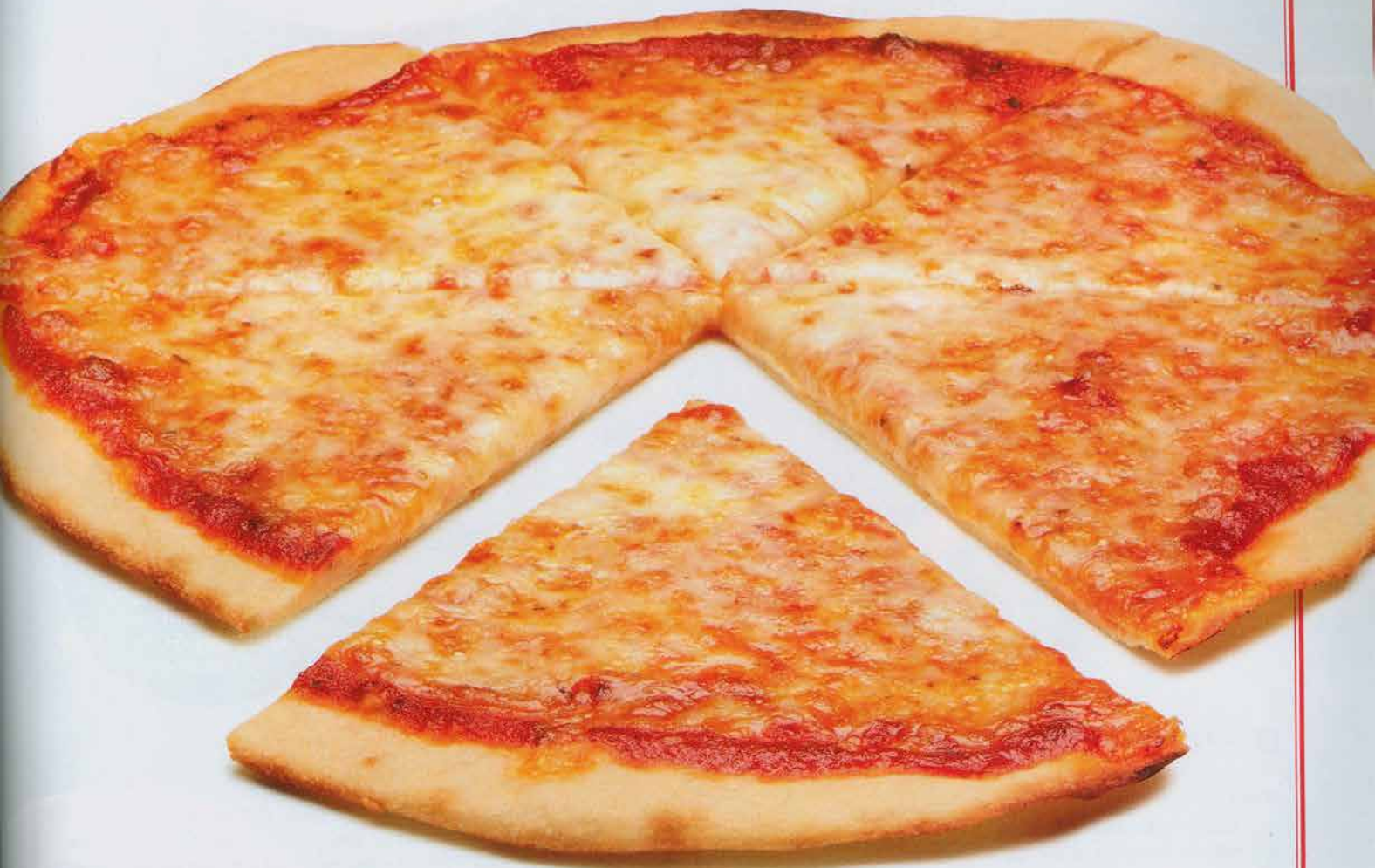
Thin & Crispy



Neapolitan

Thin & Crispy

You don't have to let this dough rise: There's no yeast in it. The dough can be sticky, so roll it out between oiled parchment paper to get it super thin.



THIN & CRISPY PIZZA

ACTIVE: 40 min | TOTAL: 40 min | MAKES: two 12-inch pies (serves 4 to 6)

FOR THE DOUGH

- 2 cups all-purpose flour, plus more for dusting
- teaspoon baking powder
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{3}{4}$ cup water
- 3 tablespoons extra-virgin olive oil, plus more for brushing

FOR THE TOPPINGS

- $\frac{3}{8}$ cup pizza sauce
- $1\frac{1}{2}$ cups shredded low-moisture mozzarella cheese (about 6 ounces)

- 1.** Make the dough: Put a pizza stone or inverted baking sheet on the lowest oven rack and preheat to 450°. Combine the flour, baking powder and salt in a large bowl. Add the water and olive oil and mix to make a shaggy, sticky dough. Turn out onto a lightly floured surface and knead into a smooth and elastic ball, 2 to 3 minutes. Divide the dough in half and shape each half into a flat disk. Wrap each disk in plastic wrap and let rest in a warm place, 15 minutes.
- 2.** Brush two large sheets of parchment paper with olive oil. Place a ball of dough between the parchment, oiled-sides in; use a rolling pin to roll the dough into a 12- to 14-inch round, about $\frac{3}{8}$ inch thick. Remove the top piece of parchment and transfer the dough (and the bottom piece of parchment) to a pizza peel or inverted baking sheet.
- 3.** Spread $\frac{1}{2}$ cup sauce on the crust; scatter with $\frac{3}{4}$ cup mozzarella. Slide the pizza (on the parchment) onto the hot stone. Bake until the crust is crisp and golden brown and the cheese is bubbling, 10 to 12 minutes. Transfer to a cutting board and let cool 1 to 2 minutes before slicing. Repeat to make the second pizza.

Deep-Dish

This Chicago-style pizza has cornmeal in the crust, which gives it a sweet flavor and a crisp edge. A thick layer of cheese under the sauce seals the crust and keeps it from getting soggy during the long cooking time.



You can freeze the baked pizza for up to a month. Let it cool, then tightly wrap in plastic and foil. To reheat, unwrap and bake at 325° until hot and bubbling, 50 to 60 minutes.

DEEP-DISH PIZZA

ACTIVE: 30 min | TOTAL: 2½ hr | MAKES: two 9½-inch pies (serves 6 to 8)

FOR THE DOUGH

- 4 cups unbleached all-purpose flour
- 3 tablespoons fine yellow cornmeal
- 2 teaspoons kosher salt
- 2½ teaspoons instant yeast
- 2 tablespoons extra-virgin olive oil, plus more for the bowl
- 4 tablespoons unsalted butter, melted
- 2 tablespoons vegetable oil
- 1 cup plus 2 tablespoons warm water (100° to 110°)

FOR THE TOPPINGS

- 3 tablespoons extra-virgin olive oil, plus more for the pans
- 2 cloves garlic, grated
- ½ teaspoon red pepper flakes
- 1 28-ounce can tomato puree (preferably San Marzano)
- 1 teaspoon dried oregano
- Kosher salt
- 3 8-ounce packages low-moisture whole-milk mozzarella cheese, thinly sliced
- Finely grated parmesan cheese, for topping (optional)

- 1.** Make the dough: Combine the flour, cornmeal, salt, yeast, olive oil, melted butter, vegetable oil and warm water in the bowl of a stand mixer fitted with the dough hook. Mix on medium speed until the dough comes together and pulls away from the side of the bowl but still sticks to the bottom, about 3 minutes. Reduce the mixer speed to low and knead 5 minutes. Transfer the dough to a lightly oiled bowl and turn to coat. Tightly cover with plastic wrap and let rise in a warm place, 1 hour.
- 2.** Meanwhile, make the sauce: Heat the olive oil in a medium saucepan over medium heat. Add the garlic and red pepper flakes and cook, stirring, until the garlic is slightly softened, about 1 minute. Add the tomato puree and 1 cup water. Stir in the oregano and 1 teaspoon salt. Bring to a boil, then reduce the heat and simmer, stirring occasionally, until slightly thickened, about 8 minutes.
- 3.** Preheat the oven to 425°. Generously brush two 9½-inch round deep-dish pizza pans (or 9-inch cake pans) with about 3 tablespoons olive oil each. Divide the dough in half; press each half into the bottom of a pan. Let the dough rest, 15 minutes. Push the dough down and press it up the sides of the pans with your fingers. Layer the cheese on top of each crust and spread each with 1½ cups sauce.
- 4.** Bake the pizzas until the crust is dark golden brown and the cheese is bubbling, 40 to 45 minutes (it will still be jiggly in the center). Sprinkle with parmesan (if using); let cool 15 minutes. Transfer to a cutting board and cut into wedges.

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ON CONVERSATION.

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Carpe Dinner

Use Only As Directed

*Based on 8 hours of symptom relief studies during the day.
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Neapolitan

Refrigerating the dough overnight gives this crust a slightly chewy texture. The dough is delicate, so be sure to use a good-quality unbleached flour—bleaching weakens the gluten.



NEAPOLITAN PIZZA

ACTIVE: 30 min | TOTAL: 2½ hr (plus overnight rising) | MAKES: four 8-inch pies (serves 4)

FOR THE DOUGH

- 1½ cups plus 2 tablespoons warm water (100° to 110°)
- ¾ teaspoon active dry yeast
- 4 cups unbleached all-purpose flour, plus more for dusting
- 2½ teaspoons kosher salt
- Extra-virgin olive oil, for brushing
- Cornmeal, for dusting

FOR THE TOPPINGS

- 1 28-ounce can whole peeled tomatoes (preferably San Marzano)
- Kosher salt
- 8 ounces fresh mozzarella cheese, sliced
- Extra-virgin olive oil, for drizzling
- Torn fresh basil, for topping

- 1.** Make the dough: Combine the warm water and yeast in a small bowl, stirring to dissolve the yeast. Combine the flour and salt in a medium bowl. Add the yeast mixture to the flour and stir to make a shaggy dough. (The dough should be tacky. If it feels too wet and sticky, add flour, 1 tablespoon at a time; if it's too stiff, add a little water.) Transfer to a lightly oiled surface and knead until smooth and elastic, about 3 minutes. Place an inverted bowl over the dough and let rise slightly, 30 minutes. Divide the dough into 4 pieces and form each into a ball; arrange 3 inches apart on a lightly oiled baking sheet. Rub the tops of the dough lightly with olive oil and cover the baking sheet with plastic wrap. Refrigerate overnight.
- 2.** Remove the dough from the refrigerator about 2 hours before baking; let sit, covered, until ready to use. One hour before baking, put a pizza stone or inverted baking sheet on the middle oven rack and preheat to 500° (or 550° if your oven goes that high).
- 3.** Make the sauce: Combine the tomatoes and their juices with 1 teaspoon salt in a blender; blend until smooth.
- 4.** Generously sprinkle a pizza peel or an inverted baking sheet with cornmeal. Place 1 ball of dough upside down on the cornmeal using floured hands. Gently pull the dough into an 8- to 10-inch circle, reflouring your hands as needed and being careful not to deflate the dough. Spread about ¼ cup tomato sauce on the crust; top with one-quarter of the mozzarella. Drizzle with 1 to 2 teaspoons olive oil and season with salt.
- 5.** Slide the pizza onto the hot stone and bake until the crust is dark golden brown and the cheese is bubbling, 7 to 9 minutes. Transfer to a cutting board and sprinkle with basil. Let cool 2 minutes before slicing. Repeat to make 3 more pizzas.

When lunch hours become lunch minutes.

Reach for satisfying HORMEL® REV® wraps with real meat and cheese to keep you going. See all of our varieties at revwraps.com.



Sicilian

This dough is more like focaccia than pizza. It's important to parbake the thick crust before adding the toppings so the pizza doesn't get soggy.



SICILIAN PIZZA ACTIVE: 40 min | TOTAL: 2 hr 40 min (plus overnight rising) | MAKES: one 11-by-17-inch pie (serves 6)

FOR THE DOUGH

- 4 cups all-purpose flour, plus more for dusting
- 2 teaspoons sugar
- 2 teaspoons kosher salt
- 1 teaspoon instant yeast
- 1¾ cups warm water (100° to 110°)
- 6 tablespoons extra-virgin olive oil, plus more for the bowl

FOR THE TOPPINGS

- 1 28-ounce can whole peeled tomatoes (preferably San Marzano)
- 1½ teaspoons kosher salt, plus more for sprinkling
- 12 ounces whole milk mozzarella, thinly sliced

1. Make the dough: Whisk the flour, sugar, salt and the yeast in a medium bowl. Pour the warm water into a large bowl, then add the flour mixture and stir until combined. Stir in 2 tablespoons olive oil to make a very sticky dough. Turn out onto a lightly floured surface and knead, dusting with more flour as needed, until the dough comes together and no longer sticks to your fingers, about 2 minutes. Transfer to a lightly oiled large bowl and turn to coat. Tightly cover with plastic wrap and refrigerate overnight.

2. Coat an 11-by-17-inch rimmed baking sheet with 3 tablespoons olive oil. Add the dough and stretch it to fit the baking sheet. Brush with the remaining 1 tablespoon olive oil. Loosely cover with plastic wrap and let rise at room temperature until puffy, about 2 hours.

3. Meanwhile, position a rack in the upper third of the oven and preheat to 450°. Make the sauce: Combine the tomatoes and their juices and the salt in a medium bowl and crush well with your hands or a potato masher. Uncover the dough and sprinkle with salt. Gently place the baking sheet in the oven (the dough might deflate if it is knocked). Bake until golden, about 20 minutes. Remove the crust from the oven, top with the sliced mozzarella and cover with 2 cups of the crushed tomatoes. Bake until the cheese is bubbling through the sauce and starts browning, 15 to 20 more minutes.

4. Let the pizza stand 10 minutes, then remove from the pan using a spatula and transfer to a cutting board. Let cool 1 to 2 minutes before slicing.



"It took my most honest friend to finally start the conversation about **painful intercourse** after menopause."

Premarin Vaginal Cream is clinically proven to relieve moderate to severe painful intercourse caused by menopausal changes. It works by delivering estrogens directly to the source of the pain, which help rebuild vaginal tissue and **make intercourse more comfortable**.



KEEP THE CONVERSATION GOING.

TALK TO YOUR HEALTHCARE PROFESSIONAL ABOUT PREMARIN VAGINAL CREAM TODAY.

IMPORTANT SAFETY INFORMATION AND INDICATIONS

Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Premarin (conjugated estrogens) Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).

Using estrogen-alone may increase your chances of getting strokes or blood clots. Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.

Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women 65 years of age or older.

Estrogens should be used at the lowest dose possible, only for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment.

Premarin (conjugated estrogens) Vaginal Cream should not be used if you have unusual vaginal bleeding, have or had cancer, had a stroke or heart attack, have or had blood clots or liver problems, have a bleeding disorder, are allergic to any of its ingredients, or think you may be pregnant.

Estrogens increase the risk of gallbladder disease. Discontinue estrogen if loss of vision, pancreatitis, or liver problems occur. If you take thyroid medication, consult your healthcare provider, as use of estrogens may change the amount needed.

Common side effects include headache, pelvic pain, breast pain, vaginal bleeding and vaginitis.

INDICATIONS

Premarin (conjugated estrogens) Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat moderate to severe painful intercourse caused by these changes.

Each gram contains 0.625 mg conjugated estrogens, USP.

Please see Important Product Information on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



IMPORTANT FACTS

Premarin[®]
(conjugated estrogens)
vaginal cream

(prem-uh-rin)

ABOUT PREMARIN[®] VAGINAL CREAM

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones. PREMARIN Vaginal Cream is used to treat menopausal changes in and around the vagina and painful intercourse caused by these changes. You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone or estrogens with progestin to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).
- Using estrogen-alone may increase your chances of getting strokes or blood clots.
- Using estrogen with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.
- Using estrogen-alone or combined with progestin may increase your chance of getting dementia, based on a study of women age 65 years or older.
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

DO NOT START USING PREMARIN VAGINAL CREAM IF YOU:

- Have unusual vaginal bleeding
- Currently have or have had certain cancers

Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.

- Had a stroke or heart attack
- Currently have or have had blood clots
- Currently have or have had liver problems
- Are allergic to PREMARIN Vaginal Cream or any of its ingredients
- Think you may be pregnant

Tell your healthcare provider:

- If you have any unusual vaginal bleeding
- About all your medical problems
- About all the medicines you take
- If you are going to have surgery or will be on bedrest
- If you are breast-feeding

POSSIBLE SIDE EFFECTS OF PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account. Serious, but less common side effects include:

- Heart attack • Stroke • Blood clots • Dementia • Breast cancer
- Cancer of the uterus • Ovarian cancer • High blood pressure
- High blood sugar • Gallbladder disease • Liver problems
- Enlargement of benign tumors • Severe allergic reaction

Call your healthcare provider right away if you get any of the following warning signs, or any other unusual symptoms that concern you:

- New breast lumps • Unusual vaginal bleeding
- Changes in speech or vision • Severe headaches
- Severe pains in your chest or legs with or without shortness of breath, weakness and fatigue • Swollen lips, tongue or face

Less serious, but common, side effects include:

- Headache • Breast pain • Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating • Nausea and vomiting
- Hair loss • Fluid retention • Vaginal yeast infection • Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to Pfizer Inc at 1-800-438-1985 or to the FDA at 1-800-FDA-1088.

HOW TO USE PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you.
- You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream.

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. Gently squeeze tube from the bottom to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.
6. To cleanse: Pull plunger to remove it from barrel. Wash with mild soap and warm water. Do not boil or use hot water.

NEED MORE INFORMATION?

- This information does not replace talking to your healthcare provider about your menopausal symptoms and their treatment.
- Go to www.premarinvaginalcream.com
- Call 1-888-9-PREMARIN (1-888-977-3627).

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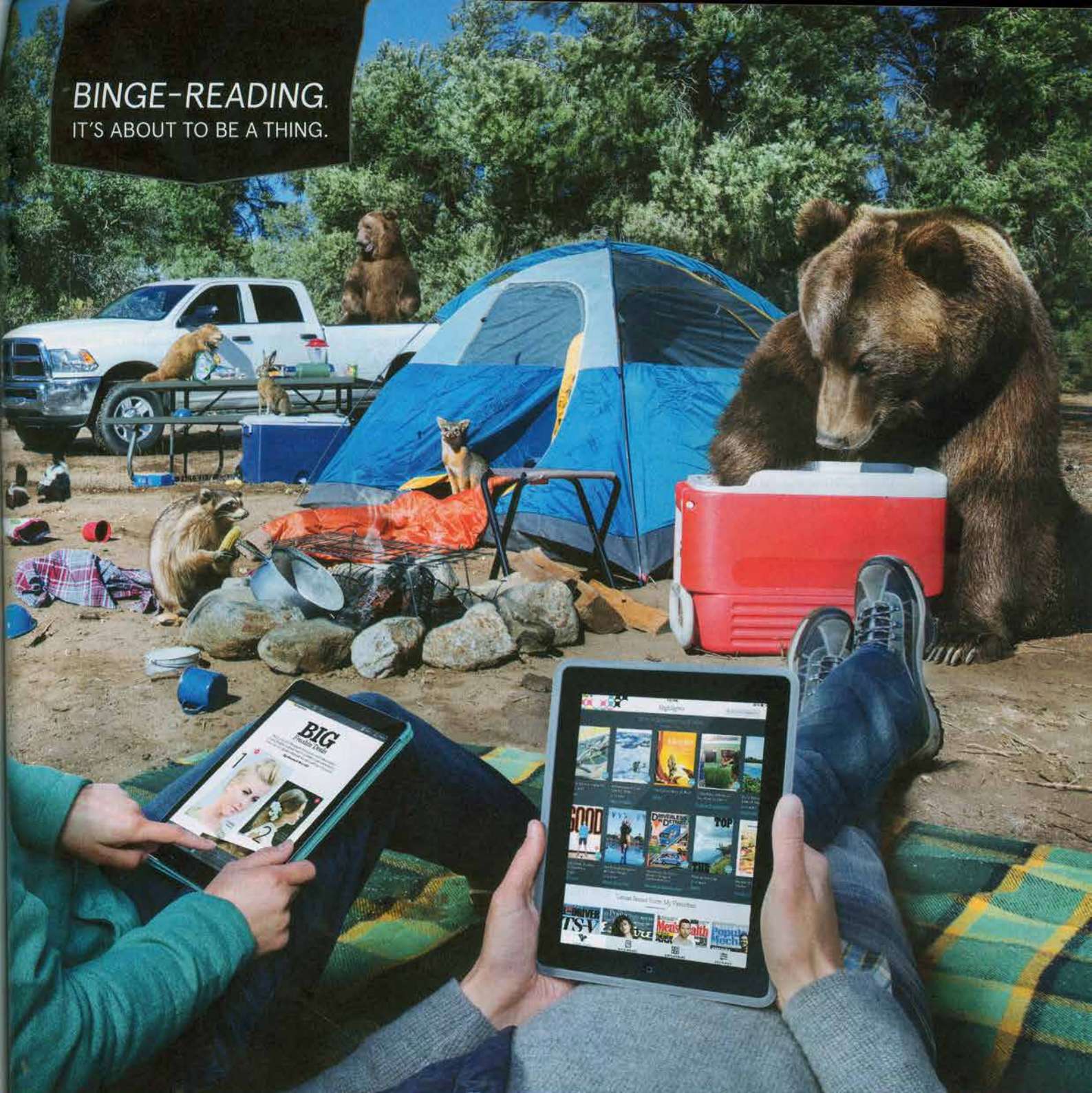
This brief summary is based on Premarin Vaginal Cream Prescribing Information
LAB-0519-4.0, Rev 12/2015
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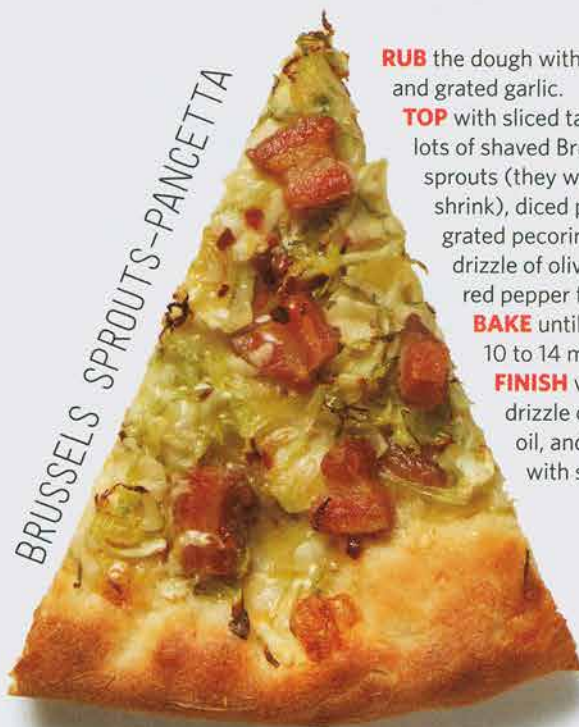
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TOP-NOTCH

HOW TO DRESS UP YOUR PIZZA

1. Make classic pizza dough (see page 76) and stretch into a round as directed. (Or use 1 pound store-bought dough.)
2. Meanwhile, preheat a pizza stone or inverted baking sheet on the lowest oven rack at 500° for at least 1 hour.
3. Choose your topping combination; top and bake as directed.



RUB the dough with olive oil and grated garlic.
TOP with sliced taleggio, lots of shaved Brussels sprouts (they will shrink), diced pancetta, grated pecorino, a drizzle of olive oil, and red pepper flakes.
BAKE until golden, 10 to 14 minutes.
FINISH with a drizzle of olive oil, and season with salt.



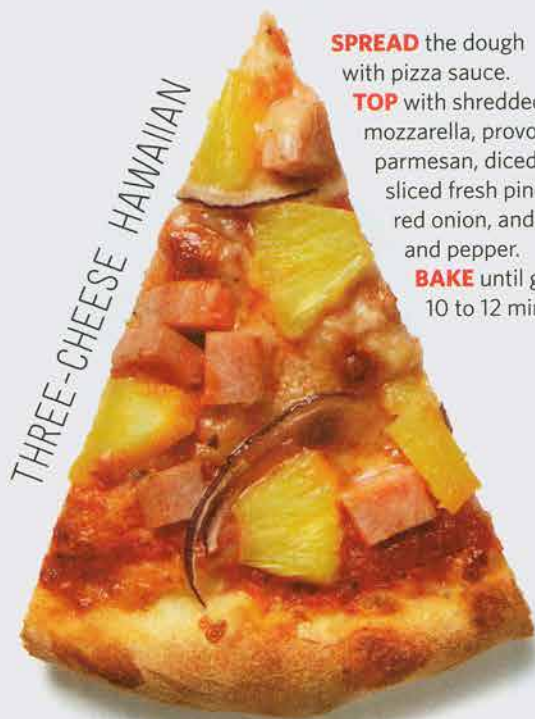
RUB the dough with olive oil and grated garlic.
TOP with spoonfuls of ricotta, cubes of roasted butternut squash, salt and red pepper flakes.
BAKE until golden, 10 to 14 minutes.
FINISH with grated parmesan, fresh sage, a drizzle of olive oil, and salt.



RUB the dough with olive oil.
TOP with grated gruyère and mozzarella, then thinly sliced Yukon Gold potatoes and leeks, and salt and pepper.
BAKE until the potatoes are tender and the crust is golden, 10 minutes.
FINISH with more gruyère and mozzarella, and fresh thyme; bake until melted, 3 more minutes.

TOPPINGS

PHOTOGRAPHS BY LEVI BROWN



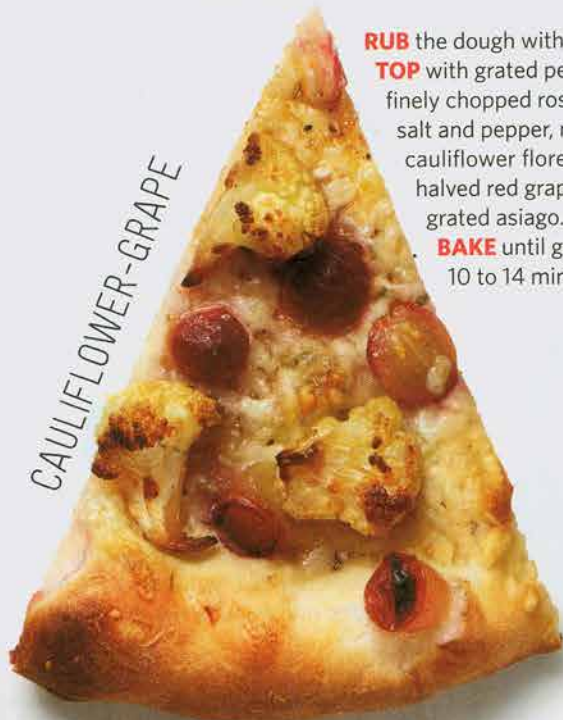
THREE-CHEESE HAWAIIAN

SPREAD the dough with pizza sauce.
TOP with shredded mozzarella, provolone, parmesan, diced Spam, sliced fresh pineapple and red onion, and salt and pepper.
BAKE until golden, 10 to 12 minutes.



FIG, GORGONZOLA AND PROSCIUTTO

RUB the dough with olive oil; season with salt and pepper.
TOP with sliced mozzarella, quartered fresh figs and grated parmesan.
BAKE until golden, 10 minutes; sprinkle with crumbled gorgonzola and continue baking until melted, 2 more minutes.
FINISH with thinly sliced prosciutto; drizzle with olive oil and honey.



CAULIFLOWER-GRAPE

RUB the dough with olive oil.
TOP with grated pecorino, finely chopped rosemary, salt and pepper, roasted cauliflower florets, halved red grapes and grated asiago.
BAKE until golden, 10 to 14 minutes.



SAUSAGE AND EGGS

SPREAD the dough with pizza sauce.
TOP with shredded Italian cheese blend, cooked crumbled Italian sausage, sliced green bell peppers and mushrooms, and salt and pepper.
BAKE until golden, 15 minutes, adding more cheese and cracking 4 eggs on the pizza halfway through.
FINISH with salt and pepper.

30-minute pizza crust

Making dough from scratch is easier than you think.

With **Fleischmann's® RapidRise® Yeast**, you can make homemade pizza in no time. Assemble a pie with the kids using this 30-minute pizza crust recipe and add healthy toppings to create a wholesome and memorable meal.

INGREDIENTS

- 2¼ cups flour, divided
- 1 packet **Fleischmann's® RapidRise® Yeast**
- 1½ teaspoons sugar
- ¾ teaspoon salt
- ⅔ cup very warm water (120° to 130°; use a thermometer)
- 3 tablespoons oil



1 **COMBINE** 1 cup flour, **Fleischmann's® RapidRise® Yeast**, sugar and salt in a large bowl. **ADD** water and oil to dry ingredients and **MIX** together until well blended. **GRADUALLY ADD** remaining flour until dough forms a ball.



2 **SPOON** dough onto floured surface. (Dough will be slightly sticky.) **KNEAD** dough until it is smooth and elastic; about 4 minutes. **COVER** with kitchen towel and let rest for 10 minutes.



3 **ROLL OUT** dough; transfer to a greased pizza pan OR simply press dough into the greased pan. **TOP** with pizza sauce, cheese and toppings.



4 **BAKE** in preheated 425° oven on lowest rack for 12 to 15 minutes, until the crust browns.



Bake a Little Extra Fun Together!

 Share a photo of your homemade pizza night on Instagram with **#HomemadePizzaSweeps** from 9/1/16 to 11/1/2016 for your chance to win the pizza night prize pack of the week.

 Follow **@fleischmannsyeast** for more chances to win.

NO PURCHASE NECESSARY. PURCHASE WILL NOT INCREASE ODDS OF WINNING. Open only to legal residents of the fifty (50) United States (including the District of Columbia) and Puerto Rico, age 18 years or older. The Fleischmann's® Homemade Pizza Night Sweepstakes starts at 10:00 A.M. ET on 9/1/16 and ends at 5:00 P.M. ET on 11/1/16. Void where prohibited. Sponsor: ACH Food Companies, Inc. For official rules, visit Homemadepizzanightsweeps.com.

MAKE IT AHEAD

Want to make your dough ahead of time? No problem! Simply cover your dough loosely and refrigerate. Come back within 24 hours, remove from fridge and resume rising.

Fleischmann's® Yeast

homemade pizza delivers extra smiles

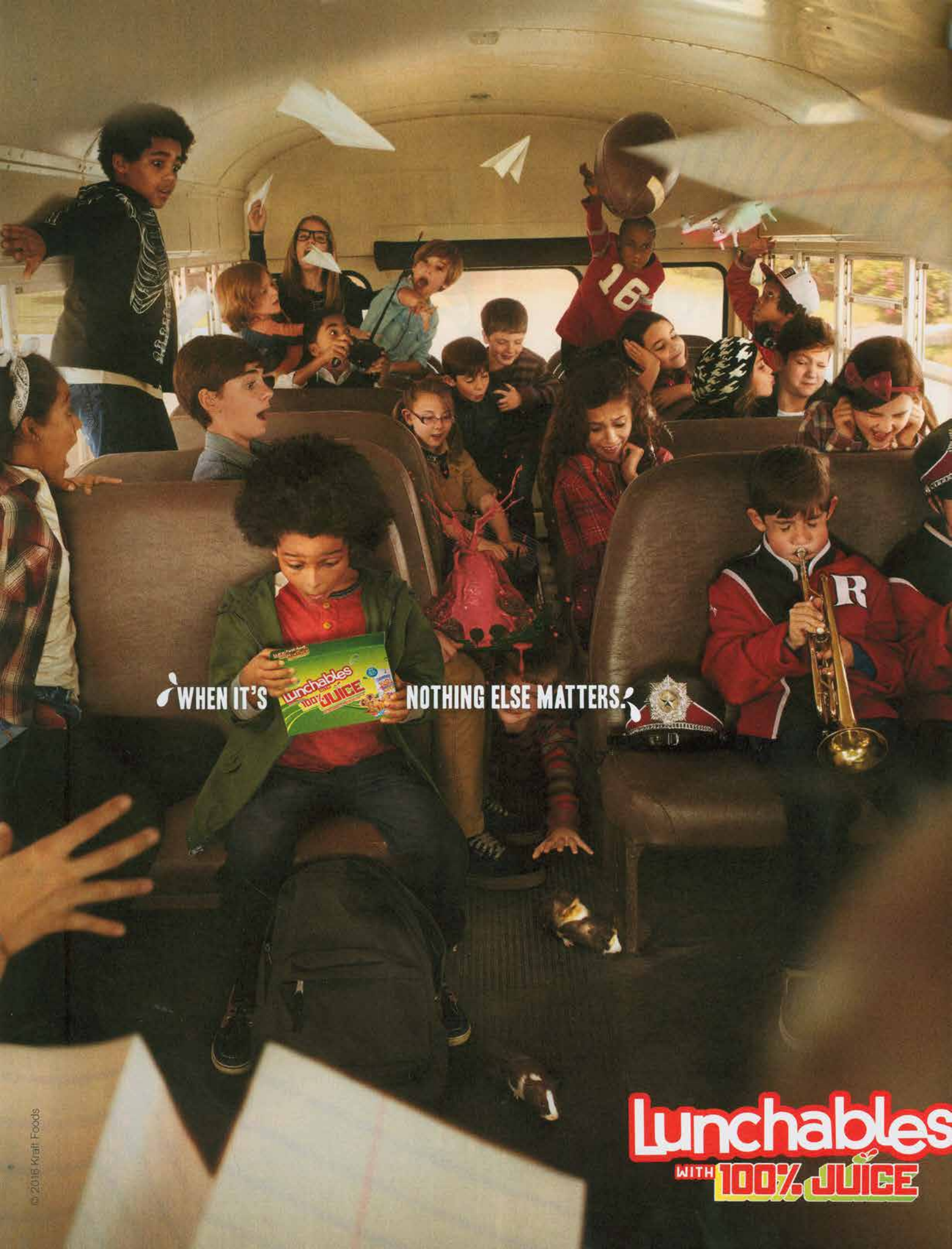
With Fleischmann's® Yeast,
you can toss together the
perfect pizza night in 30 minutes.

Visit BreadWorld.com/Pizza for this
recipe and more!



30 Minute Pizza Crust





WHEN IT'S **Lunchables** WITH 100% JUICE, NOTHING ELSE MATTERS.

Lunchables
WITH 100% JUICE

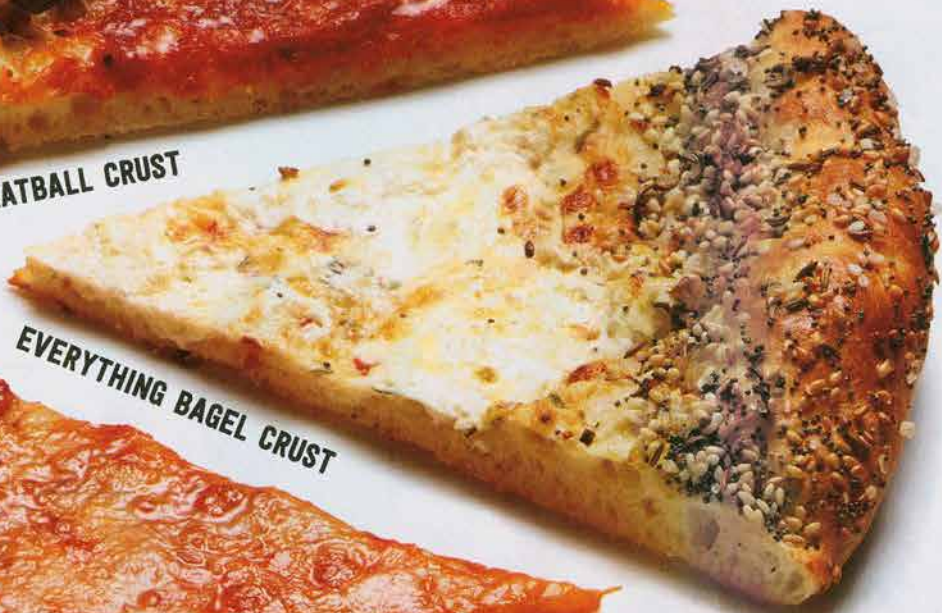
CRAZY *all* AROUND

Mix up pizza night with these over-the-top crusts.

PHOTOGRAPHS BY LEVI BROWN



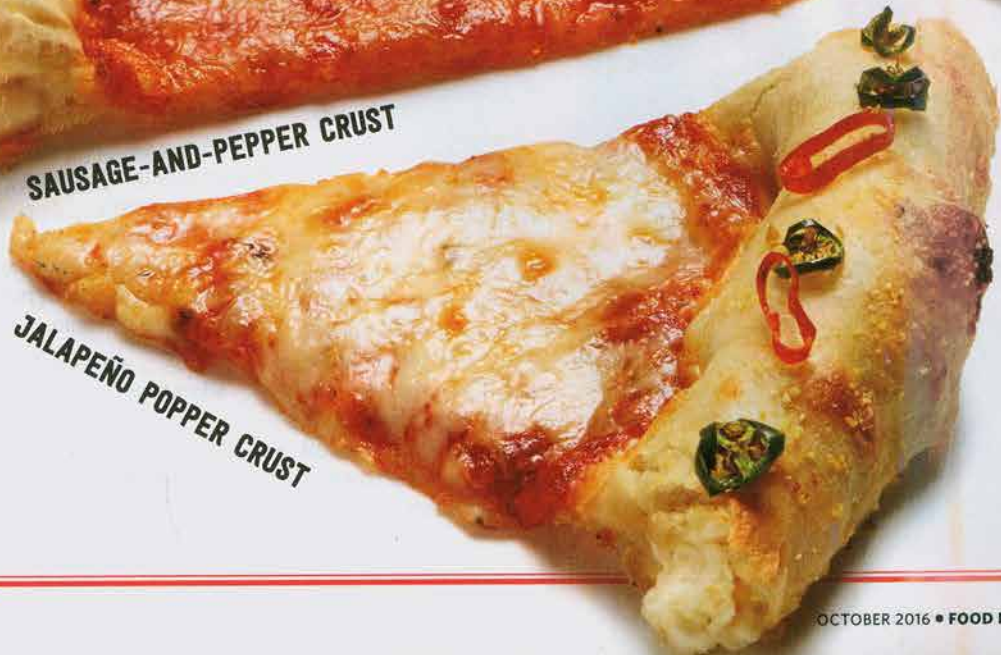
MEATBALL CRUST



EVERYTHING BAGEL CRUST



SAUSAGE-AND-PEPPER CRUST



JALAPEÑO POPPER CRUST



PIZZA WITH MEATBALL CRUST

ACTIVE: 35 min | TOTAL: 2 hr | SERVES: 4 to 6

- 1 pound refrigerated pizza dough
- Coarse cornmeal, for dusting
- 2 slices thick-cut bacon
- 8 ounces ground beef
- $\frac{1}{4}$ cup grated parmesan cheese, plus more for topping
- 1 large egg, lightly beaten
- 2 tablespoons breadcrumbs
- 2 tablespoons milk
- 2 tablespoons finely chopped fresh parsley
- 1 clove garlic, grated
- $\frac{1}{2}$ teaspoon dried oregano
- Kosher salt and freshly ground pepper
- 1 cup shredded part-skim mozzarella cheese (about 4 ounces)
- $\frac{1}{2}$ cup plus 2 tablespoons marinara or pizza sauce

1. Put a pizza stone or inverted baking sheet on the middle oven rack and preheat to 425° for 1 hour. Meanwhile, bring the pizza dough to room temperature. Sprinkle a 15-inch round pizza pan with cornmeal.

2. Pulse the bacon in a mini food processor until very finely chopped. Mix the ground beef, chopped bacon, parmesan, egg, breadcrumbs, milk, parsley, garlic, oregano, $\frac{1}{2}$ teaspoon salt and a few grinds of pepper in a medium bowl with your hands until combined. Form into 1½-inch meatballs (about 12); arrange on a baking sheet and bake until firm and cooked through, about 10 minutes. Set aside to cool.

3. Stretch the dough all the way to the edge of the pizza pan, pressing with your fingertips (lightly oil your hands if the dough is too sticky). Arrange the meatballs evenly around the edge of the dough. Sprinkle the middle with $\frac{3}{4}$ cup mozzarella, then top with $\frac{1}{2}$ cup sauce. Top the meatballs with the remaining 2 tablespoons sauce and $\frac{1}{4}$ cup mozzarella.

4. Put the pan on the hot stone and bake until the crust is slightly puffed and golden brown, 20 to 25 minutes. Top with grated parmesan.



PIZZA WITH JALAPEÑO POPPER CRUST

ACTIVE: 20 min | TOTAL: 1 hr 40 min | SERVES: 4 to 6

- 1 pound refrigerated pizza dough
- Coarse cornmeal, for dusting
- 4 ounces cream cheese, at room temperature
- 1 cup shredded pepper jack cheese (about 4 ounces)
- Kosher salt
- ½ cup spicy marinara sauce
- ½ cup shredded part-skim mozzarella cheese (about 2 ounces)
- Extra-virgin olive oil, for brushing
- 2 jalapeño peppers (red and/or green), thinly sliced

1. Put a pizza stone or inverted baking sheet on the middle oven rack and preheat to 425° for 1 hour. Meanwhile, bring the pizza dough to room temperature. Sprinkle a 15-inch round pizza pan with cornmeal.
2. Mix the cream cheese, ½ cup pepper jack and ¼ teaspoon salt in a medium bowl until combined.
3. Stretch the dough almost to the edge of the pizza pan, pressing with your fingertips (lightly oil your hands if the dough is too sticky). Spoon the cream cheese mixture in a thin border around the edge of the dough, about ½ inch from the edge. Fold the edge of the dough over the cream cheese mixture and pinch to seal.
4. Put the pan on the hot stone and bake until the crust is lightly golden, 5 to 8 minutes. Remove from the oven, spread the sauce in the middle and top with the mozzarella and the remaining ½ cup pepper jack. Brush the crust with olive oil and top with the jalapeño slices. Bake until the crust is browned and crisp and the cheese is bubbling, 8 to 12 more minutes.



PIZZA WITH SAUSAGE-AND-PEPPER CRUST ACTIVE: 45 min | TOTAL: 1 hr | SERVES: 4 to 6

- 1 tablespoon extra-virgin olive oil, plus more for brushing
- 8 ounces sweet or hot Italian sausage, casings removed
- 1 red bell pepper, finely chopped
- Kosher salt and freshly ground pepper
- 2 ounces provolone cheese, diced
- Coarse cornmeal, for dusting
- 1 pound refrigerated pizza dough, at room temperature
- $\frac{1}{3}$ cup marinara or pizza sauce
- 1 cup shredded mozzarella cheese (about 4 ounces)
- $\frac{1}{4}$ teaspoon fennel seeds, coarsely crushed

- 1.** Preheat the oven to 425°. Heat the olive oil in a medium skillet over medium-high heat. Add the sausage and cook, breaking up the meat with a wooden spoon, until lightly browned and cooked through, about 5 minutes. Add the bell pepper, season with salt and pepper and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a bowl and let cool, then stir in the diced provolone.
- 2.** Sprinkle a 15-inch round pizza pan with cornmeal. Stretch the pizza dough in the pan into a 13-inch circle, pressing with your fingertips (lightly oil your hands if the dough is too sticky). Arrange a thin border of the sausage mixture around the dough, about $\frac{1}{2}$ inch from the edge. Lift the edge of the dough and gently stretch over the filling, pinching to seal.
- 3.** Gently pat and stretch the center of the dough so the pizza is about 12 inches in diameter. Spread the sauce in the middle of the dough and top with the mozzarella. Brush the edge of the crust with olive oil and sprinkle with the fennel seeds. Bake until the crust is golden brown, 15 to 18 minutes.


WHITE PIZZA WITH EVERYTHING BAGEL CRUST

ACTIVE: 35 min | TOTAL: 1½ hr | SERVES: 4 to 6

- 1 pound refrigerated pizza dough
- 3 tablespoons extra-virgin olive oil
- 1 shallot, finely chopped
- 3 cloves garlic (2 finely chopped, 1 grated)
- Freshly ground pepper
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 2 teaspoons coarse sea salt
- 1½ teaspoons caraway seeds
- Coarse cornmeal, for dusting
- ½ cup ricotta cheese
- ¼ cup grated parmesan cheese
- ¼ teaspoon chopped fresh oregano or rosemary
- Pinch of red pepper flakes
- Kosher salt
- 2 ounces fresh mozzarella, thinly sliced

- 1.** Put a pizza stone or inverted baking sheet on the middle oven rack and preheat to 450° for 1 hour. Meanwhile, bring the pizza dough to room temperature.
- 2.** Heat 1 tablespoon olive oil in a small skillet over medium heat. Add the shallot and chopped garlic and cook, stirring often, until softened but not browned, 3 to 5 minutes; season with pepper. Transfer to a bowl to cool.
- 3.** Combine the sesame seeds, poppy seeds, coarse salt and caraway seeds in a small bowl. Sprinkle a sheet of parchment paper with cornmeal. Stretch the pizza dough on the parchment into a 12-inch circle, pressing with your fingertips (lightly oil your hands if the dough is too sticky). Spread the shallot mixture around the edge of the dough and top with the seed mixture.
- 4.** Combine the ricotta, parmesan, the remaining 2 tablespoons olive oil, the grated garlic, oregano and red pepper flakes in a bowl; season with kosher salt. Spread the ricotta mixture in the middle of the dough. Top with the mozzarella.
- 5.** Slide the parchment onto a pizza peel or another inverted baking sheet, then slide the pizza (on the parchment) onto the hot stone. Bake until the crust is puffed and browned and the cheese is browned, 13 to 15 minutes.





X-rays show
that XELJANZ helps
stop further joint
damage.

What is XELJANZ/XELJANZ XR?

XELJANZ (tofacitinib citrate) 5 mg tablets/XELJANZ XR is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ/XELJANZ XR is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ/XELJANZ XR is safe and effective in people with hepatitis B or C.
- XELJANZ/XELJANZ XR is not for people with severe liver problems.
- It is not known if XELJANZ/XELJANZ XR is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about XELJANZ/XELJANZ XR?

Serious infections. XELJANZ/XELJANZ XR can lower the ability of your immune system to fight infections. Some people can have serious infections while taking XELJANZ/XELJANZ XR, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ/XELJANZ XR, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ/XELJANZ XR if you have any kind of infection unless your healthcare provider tells you it is okay.

You may be at a higher risk of developing shingles.

Cancer and immune system problems. XELJANZ/XELJANZ XR may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ/XELJANZ XR.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus-associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ/XELJANZ XR can get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ/XELJANZ XR, and at certain times while you are taking XELJANZ/XELJANZ XR, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ/XELJANZ XR if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ/XELJANZ XR treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ/XELJANZ XR, and as needed after that.

Before taking XELJANZ/XELJANZ XR, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as fever, sweating, or chills; cough; blood in phlegm; warm, red, or painful skin or sores on your body; burning when you urinate or urinating more often than normal; muscle aches; shortness of breath; weight loss; diarrhea or stomach pain; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ/XELJANZ XR. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C or liver problems

FOR ADULTS WITH MODERATE TO SEVERE RA

Hands were made for playing, not RA.

DISCOVER XELJANZ® AND ONCE-DAILY XELJANZ® XR.

XELJANZ can reduce joint pain and swelling in as little as two weeks.*

XELJANZ (tofacitinib citrate) is a small pill, not an injection or infusion, for adults with moderate to severe RA for whom methotrexate did not work well. Your body was made for better things. XELJANZ can help you get back to what you used to do, even without methotrexate.

ASK YOUR RHEUMATOLOGIST IF XELJANZ IS RIGHT FOR YOU

*Individual results may vary.

- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines, or narrowing within your digestive tract
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ/XELJANZ XR
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ/XELJANZ XR should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ/XELJANZ XR will harm an unborn baby

Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ/XELJANZ XR. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ/XELJANZ XR, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll

- plan to breastfeed or are breastfeeding

After starting XELJANZ/XELJANZ XR, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ/XELJANZ XR can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis.

You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ/XELJANZ XR. Taking XELJANZ/XELJANZ XR with these medicines may increase your risk of infection.

Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Taking XELJANZ XR

When you take XELJANZ XR, you may see something in your stool that

looks like a tablet. This is the empty shell from the tablet after the medicine has been absorbed by your body.

What are other possible side effects of XELJANZ/XELJANZ XR?

XELJANZ/XELJANZ XR may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ/XELJANZ XR. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, little or no appetite, clay-colored bowel movements, chills, muscle aches, skin rash, skin or eyes look yellow, vomiting, fevers, stomach discomfort, and dark urine.

Common side effects of XELJANZ/XELJANZ XR include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ is also available as a once-daily pill.

XELJANZ® XR 
[tofacitinib citrate]
extended release • 11 mg tablets

One pill. Once daily.



CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') XELJANZ XR
(ZEL' JANS' EKS-AHR) (tofacitinib)

(tofacitinib citrate)

What is the most important information I should know about XELJANZ/XELJANZ XR? XELJANZ/XELJANZ XR may cause serious side effects including:

1. Serious infections.

XELJANZ/XELJANZ XR is a medicine that affects your immune system. XELJANZ/XELJANZ XR can lower the ability of your immune system to fight infections. Some people can have serious infections while taking XELJANZ/XELJANZ XR, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ/XELJANZ XR.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ/XELJANZ XR.

You should not start taking XELJANZ/XELJANZ XR if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles. Before starting XELJANZ/XELJANZ XR, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - cough
 - blood in phlegm
 - warm, red, or painful skin or sores on your body
 - burning when you urinate or urinating more often than normal
 - muscle aches
 - shortness of breath
 - weight loss
 - diarrhea or stomach pain
 - feeling very tired
- are being treated for an infection.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ/XELJANZ XR. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B or C.

After starting XELJANZ/XELJANZ XR, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ/XELJANZ XR can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems. XELJANZ/XELJANZ XR may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers including skin cancers can happen in patients taking XELJANZ/XELJANZ XR. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus-associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ/XELJANZ XR can get tears in their stomach or intestines. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results. Your healthcare provider should do blood tests before you start receiving XELJANZ/XELJANZ XR and while you take XELJANZ/XELJANZ XR to check for the following side effects:

- changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.

You should not receive XELJANZ/XELJANZ XR if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

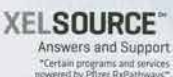
Your healthcare provider may stop your XELJANZ/XELJANZ XR treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ/XELJANZ XR, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ/XELJANZ XR?" for more information about side effects.

What is XELJANZ/XELJANZ XR?

XELJANZ/XELJANZ XR is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ/XELJANZ XR is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.



Need help paying for your medication?
XELSOURCE™ may be able to help –
 regardless of your insurance situation.*
 Learn how at www.XELSOURCEhelps.com

It is not known if XELJANZ/XELJANZ XR is safe and effective in people with Hepatitis B or C. XELJANZ/XELJANZ XR is not for people with severe liver problems.

It is not known if XELJANZ/XELJANZ XR is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ/XELJANZ XR?

XELJANZ/XELJANZ XR may not be right for you. Before taking XELJANZ/XELJANZ XR, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ/XELJANZ XR?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ/XELJANZ XR
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ/XELJANZ XR should not receive live vaccines. People taking XELJANZ/XELJANZ XR can receive non-live vaccines.
- have any other medical conditions.
- plan to become pregnant or are pregnant. It is not known if XELJANZ/XELJANZ XR will harm an unborn baby.

- Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ/XELJANZ XR. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ/XELJANZ XR, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll.

- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ/XELJANZ XR or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. XELJANZ/XELJANZ XR and other medicines may affect each other causing side effects. Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ or XELJANZ XR. Taking XELJANZ or XELJANZ XR with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ/XELJANZ XR?

- Take XELJANZ/XELJANZ XR exactly as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- Take XELJANZ XR 1 time a day with or without food.
- Swallow XELJANZ XR tablets whole and intact. Do not crush, split, or chew.
- When you take XELJANZ XR, you may see something in your stool that looks like a tablet. This is the empty shell from the tablet after the medicine has been absorbed by your body.
- If you take too much XELJANZ/XELJANZ XR, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ/XELJANZ XR?

XELJANZ/XELJANZ XR may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ/XELJANZ XR?"
- Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ/XELJANZ XR. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ/XELJANZ XR. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - little or no appetite
 - clay-colored bowel movements
 - chills
 - muscle aches
 - skin rash
 - skin or eyes look yellow
 - vomiting
 - fevers
 - stomach discomfort
 - dark urine

Common side effects of XELJANZ/XELJANZ XR include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ/XELJANZ XR. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ/XELJANZ XR.

Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ/XELJANZ XR for a condition for which it was not prescribed. Do not give XELJANZ/XELJANZ XR to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ/XELJANZ XR. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ/XELJANZ XR that is written for health professionals.

This brief summary is based on XELJANZ/XELJANZ XR Prescribing Information LAB-0445-10.0 and Medication Guide LAB-0535-4.0.

Revised: February 2016.

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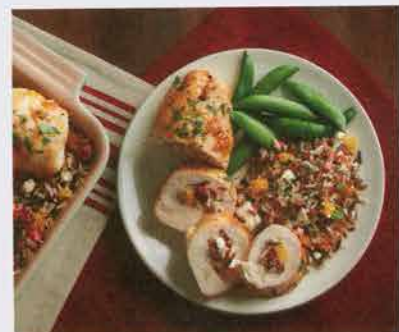
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2. RETURN TO SAME HOUSE AS A PRISONER



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PIECE OF CAKE!

We couldn't resist just one more pizza—for dessert!

PHOTOGRAPHS BY JEFF HARRIS



You've probably seen all sorts of dessert pizzas, but we hope this one takes the cake. To make the faux pie, we baked a white cake in a rimmed baking sheet to look like a Sicilian crust. We topped it with strawberry preserves for sauce, melted white chocolate (toasted with a kitchen torch) for mozzarella and fruit leather cut into circles for pepperoni. Turn the page for the how-to.

SICILIAN PIZZA CAKE

ACTIVE: 45 min | TOTAL: 1 hr 15 min | SERVES: 10 to 12

Cooking spray

- 2 15- to 18-ounce boxes white cake mix (plus required ingredients)
- 5 to 6 strips all-natural berry-flavored fruit leather
- 8 ounces white chocolate
- 1 16- to 18-ounce jar strawberry preserves (not jelly)



BETTER TASTE NEXT TIME.

**MORE PEOPLE PREFER
THE TASTE OF GEVALIA.**

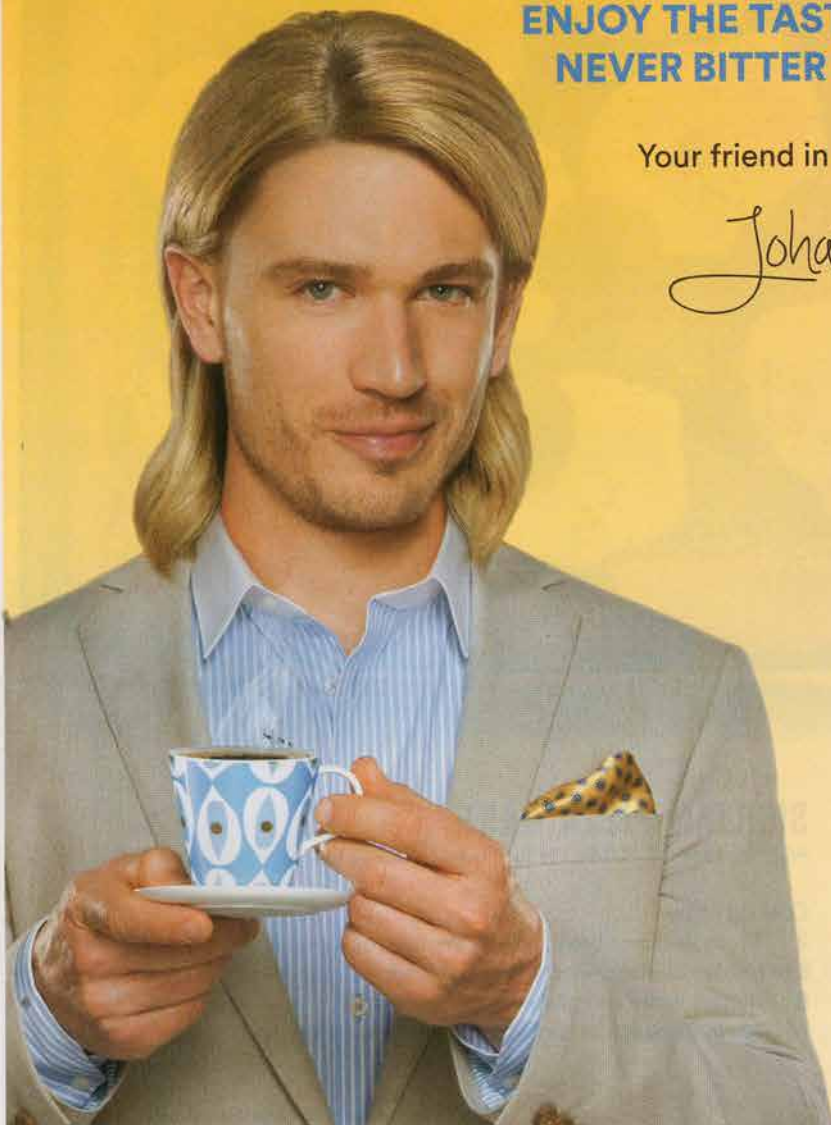
Don't be bitter, Starbucks. With over 150 years of experience making rich, never bitter coffee, it's no wonder more people prefer the taste of Gevalia House Blend to your house blend. But don't feel bad. We might have better taste in coffee.

But you have better taste in artisanal cheese plates.

**ENJOY THE TASTE OF RICH,
NEVER BITTER GEVALIA.**

Your friend in coffee,

Johan



Based on a January 2016 national taste test of coffee drinkers conducted by an independent third party comparing Gevalia House Blend and Starbucks House Blend.

HOW TO Make the Sicilian Pizza Cake



1

Coat the bottom and sides of an 11-by-17-inch rimmed baking sheet with cooking spray. Prepare the cake mixes as directed; spread in the baking sheet, filling it about three-quarters of the way (you will have leftover batter).



2

Bake the cake at 350° until a toothpick comes out clean, 15 to 20 minutes. Let cool in the pan, then scrape off the top of the cake with a fork, leaving a border for the crust.



3

Cut the fruit leather into 1½-inch circles using a cookie cutter or kitchen shears and set aside. (If the strips are too narrow, roll them out slightly with a rolling pin before cutting.)



4

Grate about 2 tablespoons of white chocolate into a bowl and set aside. Chop the remaining white chocolate.



5

Microwave the chopped white chocolate in a microwave-safe bowl in 30-second intervals, stirring, until smooth.



6

Mix the preserves with 2 tablespoons of the melted white chocolate in another bowl—this will make the sauce more opaque.



7

Spread the strawberry sauce on the cake, inside the border.



8

Top with spoonfuls of the remaining melted white chocolate, spreading each slightly with the back of a spoon. Sprinkle with the grated white chocolate.



9

Use a kitchen torch to toast the melted white chocolate and the edges of the cake. Top with the fruit-leather circles.

THE GOOD NEWS JUST DOESN'T STOP.

That's right.
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single serve cups.



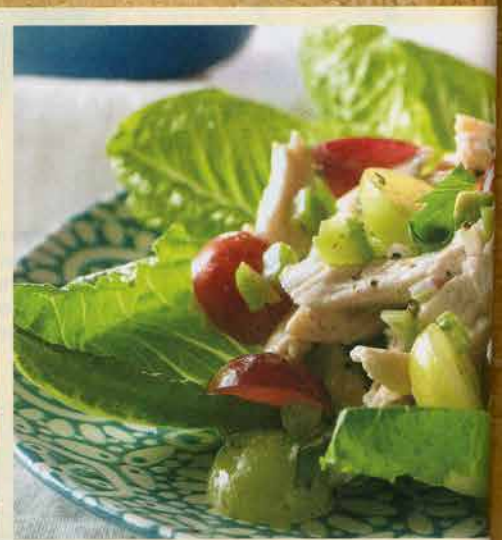
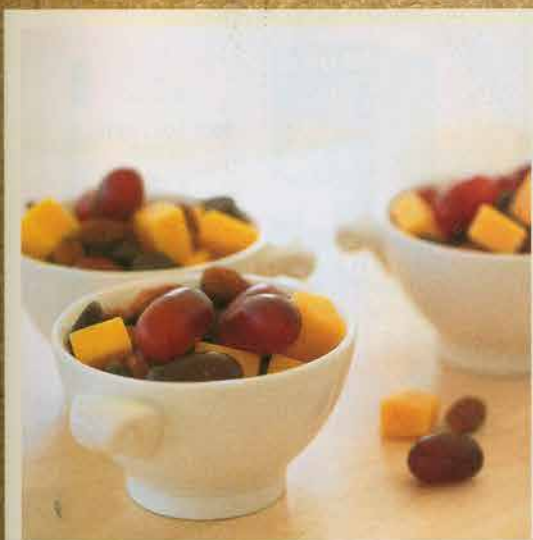
For the
Keurig® K-Cup®
Brewing System.



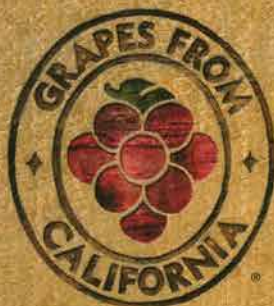
Bursting with good health.

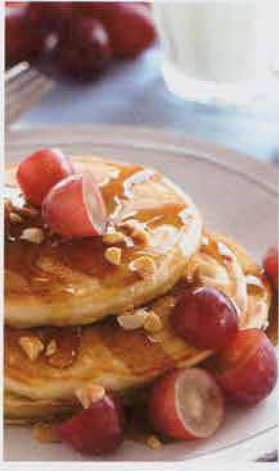
For a natural source of antioxidants and other polyphenols, reach for a bunch of Grapes from California. Great in salads, sides, snacks and more, grapes may also support your heart's health.

Explore grapes and their endless possibilities at grapesfromcalifornia.com



← A NATURAL SOURCE OF →
ANTIOXIDANTS
NO FAT • NO CHOLESTEROL





Peanut Grape Pancakes

- 2 cups complete pancake mix
- 5 tablespoons peanut butter powder
- 3 cups halved green or red California grapes
- $\frac{1}{4}$ cup chopped peanuts, unsalted
- $\frac{3}{4}$ cup warm maple syrup



Roasted Squash and Grape Salad with Pesto

- 24 ounces cubed butternut squash (1½-inch pieces)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- kosher salt and freshly ground black pepper
- 2 tablespoons reduced-fat prepared pesto
- 1½ cups halved red or green California grapes
- 4 ounces bocconcini, drained and cut in quarters
- 4 cups arugula



Chocolate-Dipped Fresh Grapes

- 8 ounces quality semisweet or white chocolate
- 16 small clusters of California grapes
(3 to 5 grapes each)

Shopping List

- _____
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A fresh burst of flavor.

Selecting Grapes

- Look for grape bunches with green, pliable stems and plump berries.
- Do you see a powdery-white coating on the grapes? That's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.
- Green, red or black...which color should you choose? Try them all to experience different flavors and textures.

Storing Grapes

Grapes keep for up to two weeks when stored and handled properly. Follow a few simple steps and you'll be able to enjoy every grape on the bunch.

- Grapes should always be refrigerated to maximize shelf life.
- Store grapes unwashed and dry; rinse just before eating or adding to a recipe.
- Like most berries, grapes tend to absorb odors. Try to avoid storing them next to things like green onions or leeks.
- Store grapes so that the bunches are not squeezed or compressed, as this can damage the berries.



Peanut Grape Pancakes

Directions (Makes 4 servings)

Prepare pancake mix according to package instructions, then gently stir in peanut butter powder. Preheat a griddle or large skillet and brush lightly with vegetable oil. Cook pancakes, ¼ cup at a time until browned. Serve topped with grapes, peanuts and maple syrup.

Notes: A complete pancake mix has everything in it but water, which is added to form the batter. Peanut butter powder is widely available at major retailers.

Nutritional analysis per serving: Calories 545; Protein 13 g; Carbohydrate 114 g; Fat 8 g (13% Calories from Fat); Saturated Fat 1g (1.5% Calories from Saturated Fat); Cholesterol 8 mg; Sodium 766 mg; Fiber 5 g.



Roasted Squash and Grape Salad with Pesto

Directions (Makes 4 servings)

Preheat the oven to 425° F. Place the squash onto a sheet pan with sides and drizzle with the oil, rosemary salt and pepper. Mix well and roast until squash is browned and soft, about 25–30 minutes, turning once after 15 minutes. In a large bowl, combine the warm squash with the pesto, then add the grapes and cheese and gently toss. To serve, divide the arugula between 4 serving plates, then top with the squash and grape mixture.

Nutritional analysis per serving: Calories 264; Protein 8 g; Carbohydrate 33 g; Fat 13 g (44% Calories from Fat); Saturated Fat 5 g (17% Calories from Saturated Fat); Cholesterol 25 mg; Sodium 223 mg; Fiber 5 g.



Chocolate-Dipped Fresh Grapes

Directions (Makes 16 clusters)

Melt chocolate according to package directions, or melt slowly, uncovered, in a double boiler until thin. Do not overcook. Remove from heat. Dip each grape cluster in chocolate to coat, then place on wax paper to cool.

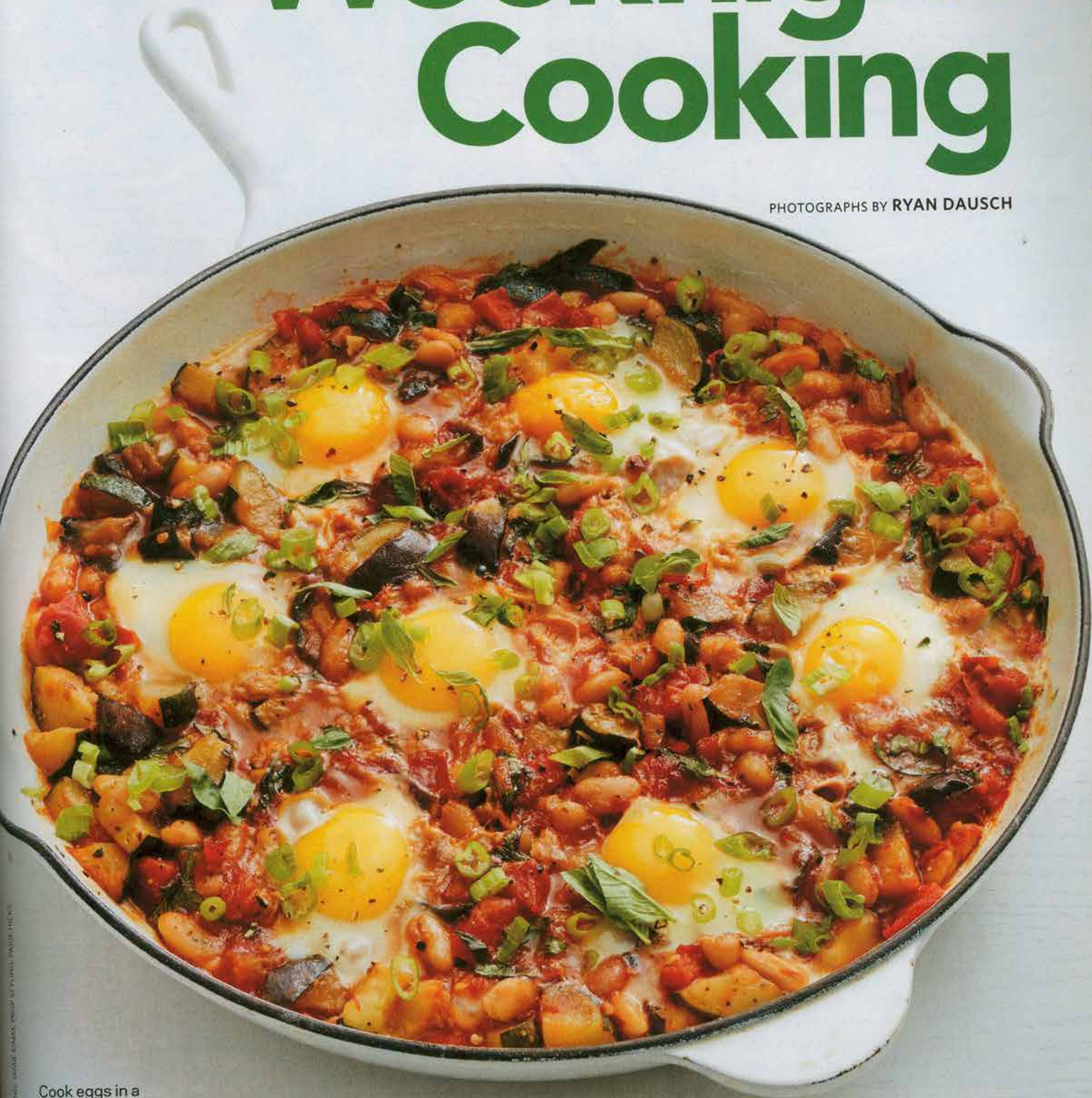
Optional: Add a pinch of orange zest to semisweet chocolate.

Nutritional analysis per serving: Calories 82; Protein .7 g; Carbohydrate 13 g; Fat 4.4 g (43% Calories from Fat); Cholesterol 0 mg; Sodium 2 mg; Potassium 89 mg; Fiber 1 g.

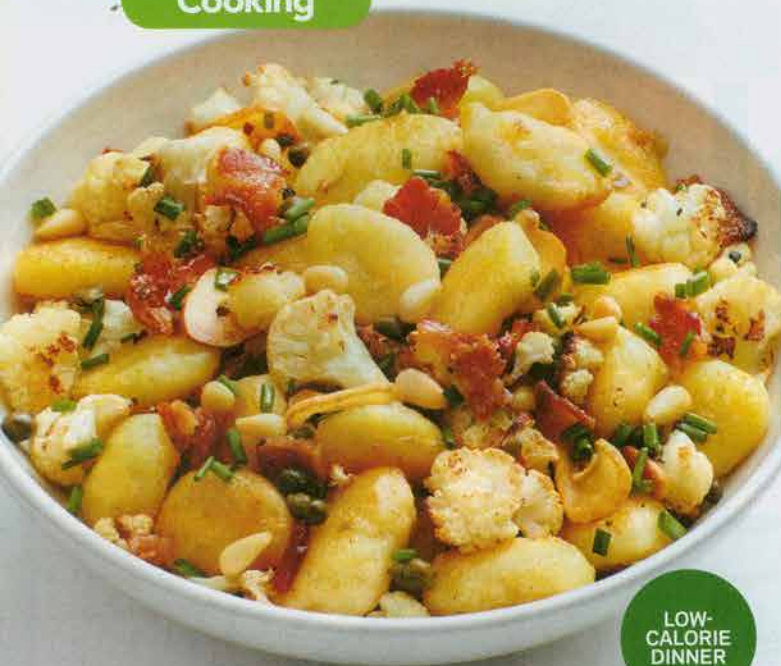


Weeknight Cooking

PHOTOGRAPHS BY RYAN DAUSCH



Cook eggs in a ratatouille sauce for Meatless Monday. See page 110.



LOW-CALORIE
DINNER

GNOCCHI WITH BACON AND ROASTED CAULIFLOWER

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

- 1 medium head cauliflower (about 2 pounds), trimmed and cut into small florets
- 2 tablespoons capers, drained
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 17.5-ounce package potato gnocchi
- 4 slices bacon
- 2 tablespoons pine nuts or roughly chopped hazelnuts
- 2 cloves garlic, thinly sliced
- 2 tablespoons roughly chopped fresh chives

1. Preheat the oven to 450°. Toss the cauliflower, capers and 1 tablespoon olive oil on a rimmed baking sheet; season with salt and pepper. Roast, stirring halfway through, until the cauliflower is tender and lightly browned, 25 to 30 minutes.

2. Meanwhile, bring a large pot of salted water to a boil. Add the gnocchi and cook as the label directs. Reserve $\frac{1}{2}$ cup cooking water, then drain.

3. Cook the bacon in a large nonstick skillet over medium-high heat, until crisp, about 8 minutes. Remove to a paper towel-lined plate, reserving the drippings in the skillet. Add the gnocchi to the skillet and cook, stirring occasionally, until lightly browned and well coated, about 3 minutes.

4. Add the pine nuts and garlic to the skillet and cook, stirring, until the pine nuts are lightly toasted and the garlic is softened, about 2 minutes. Stir in the roasted cauliflower, the remaining 1 tablespoon olive oil and $\frac{1}{4}$ cup of the reserved cooking water, adding more cooking water as needed to loosen. Remove from the heat. Crumble the bacon and stir into the gnocchi along with the chives. Season with salt and pepper.

Per serving: Calories 490; Fat 23 g (Saturated 6 g); Cholesterol 28 mg; Sodium 976 mg; Carbohydrate 57 g; Fiber 5 g; Sugars 9 g; Protein 14 g



MEXICAN CAESAR SALAD WITH SHRIMP

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- $\frac{1}{3}$ cup salted pepitas (green pumpkin seeds)
- 3 tablespoons vegetable oil, plus more for frying
- 2 8-inch flour tortillas, cut into $\frac{1}{4}$ -inch strips
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ cup Mexican crema or sour cream
- $\frac{1}{2}$ cup grated Cotija cheese (about 2 ounces), plus more for topping
- $\frac{1}{2}$ cup fresh cilantro
- Juice of 1 lime
- 1 clove garlic
- 2 romaine lettuce hearts, roughly chopped (about 10 cups)
- $\frac{1}{2}$ cup pickled jalapeños with vegetables, drained and chopped
- 20 cooked medium shrimp (about 12 ounces)

1. Toast the pepitas in a medium dry skillet over medium-high heat, stirring occasionally, 3 minutes. Transfer to a small bowl; set aside.

2. Heat $\frac{1}{4}$ inch of vegetable oil in the skillet over medium-high heat. Working in batches, add the tortilla strips and fry, turning as needed, until golden, about 2 minutes. Transfer to a paper towel-lined plate; season with salt and pepper. Let cool, then break each strip in half.

3. Make the dressing: Combine the crema, Cotija cheese, $\frac{1}{4}$ cup cilantro, 3 tablespoons vegetable oil, the lime juice and garlic in a food processor; pulse until smooth, adding 1 to 2 tablespoons water if needed to loosen. Season with salt and pepper.

4. Transfer the dressing to a large bowl; add the romaine, pickled jalapeños, pepitas, shrimp, the remaining $\frac{1}{4}$ cup cilantro and half of the tortilla strips. Season with salt and pepper and toss to coat. Top each serving of salad with the remaining tortilla strips and more cheese.

Per serving: Calories 470; Fat 34 g (Saturated 11 g); Cholesterol 122 mg; Sodium 905 mg; Carbohydrate 23 g; Fiber 3 g; Sugars 4 g; Protein 19 g

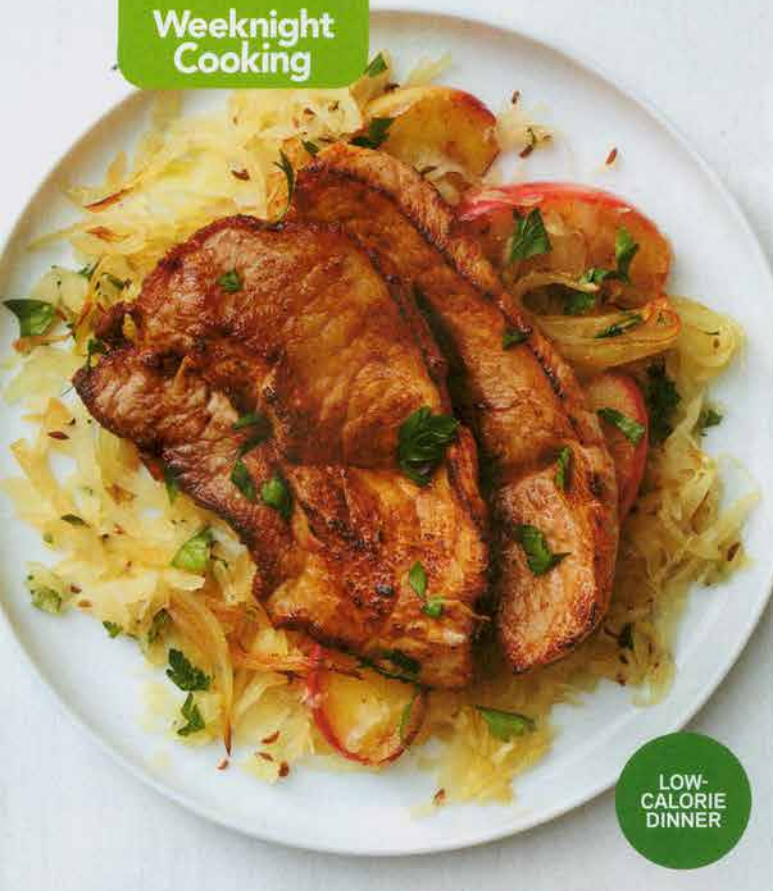
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Either.



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PRESERVATIVES
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Singles
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No artificial preservatives or flavors.
Always made with milk.



LOW-CALORIE
DINNER

PAPRIKA PORK SCALLOPINI WITH SAUERKRAUT AND APPLES

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- 4 tablespoons unsalted butter
- 2 crisp cooking apples (such as Gala, Cameo or Golden Delicious), sliced
- 1 medium onion, sliced
- ½ teaspoon caraway seeds
- Kosher salt and freshly ground pepper
- 1 pound sauerkraut, rinsed, drained and squeezed dry
- ½ cup apple cider
- ½ cup chicken stock
- 8 pork scallopini or thin cutlets (about 1½ pounds)
- 2 teaspoons paprika
- ¼ cup chopped fresh parsley

1. Melt 2 tablespoons butter in a large skillet over medium heat. Add the apples, onion, caraway seeds, ¼ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the apples start browning around the edges, about 4 minutes. Add the sauerkraut and cook until the excess liquid evaporates, about 2 minutes. Add the apple cider and chicken stock and bring to a simmer. Reduce the heat to medium low and cook until the apples and onion soften, about 8 minutes.

2. Meanwhile, season the pork with the paprika, 1 teaspoon salt and a few grinds of pepper. Melt the remaining 2 tablespoons butter in a separate large skillet over medium heat. Working in two batches, cook the pork until browned and just cooked through, 1 to 2 minutes per side. Transfer to a plate. Serve the pork with the sauerkraut mixture; top with the parsley.

Per serving: Calories 410; Fat 18 g (Saturated 9 g); Cholesterol 127 mg; Sodium 1,184 mg; Carbohydrate 23 g; Fiber 5 g; Sugars 15 g; Protein 42 g



RATATOUILLE SKILLET EGGS

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

- 3 tablespoons extra-virgin olive oil
- 4 scallions, chopped (white and green parts separated)
- 1 medium zucchini or yellow squash, chopped
- 1 small or ½ large eggplant, chopped
- ¼ teaspoon red pepper flakes
- 4 cloves garlic, chopped
- Kosher salt and freshly ground pepper
- 1 15-ounce can petite diced tomatoes
- 1 15-ounce can cannellini beans (do not drain)
- 1 cup torn fresh basil
- 8 large eggs
- 4 large baguette slices

1. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the scallion whites, zucchini, eggplant and red pepper flakes. Cook, stirring occasionally, until the vegetables soften, 8 to 10 minutes. Add the garlic and season with salt and pepper. Continue cooking until the garlic is softened, about 1 more minute.

2. Stir the tomatoes, beans (and their liquid) and ½ cup basil into the skillet and bring to a simmer. Cook, stirring occasionally, until the sauce thickens, 6 to 8 minutes.

3. Reduce the heat to medium low to maintain a gentle simmer. Make 8 wells in the sauce and crack 1 egg into each well; season each with salt and pepper. Cover and cook until the egg whites are set but the yolks are still runny, 8 to 10 minutes. Remove from the heat and top with the scallion greens and the remaining ½ cup basil. Drizzle with the remaining 1 tablespoon olive oil. Serve with the baguette.

Per serving: Calories 540; Fat 20 g (Saturated 5 g); Cholesterol 372 mg; Sodium 1,020 mg; Carbohydrate 61 g; Fiber 12 g; Sugars 9 g; Protein 29 g

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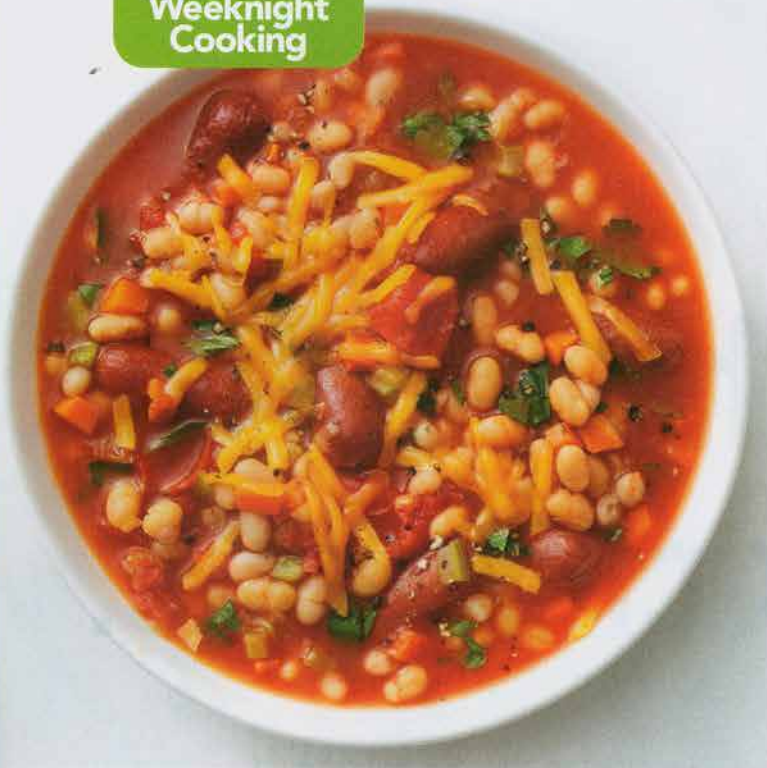
Questions? Please call 1-877-842-0802.

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SMOKED SAUSAGE AND BAKED BEAN SOUP

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

- 1 tablespoon vegetable oil
- 20 smoked cocktail sausages (half of a 14-ounce package), halved
- 2 stalks celery, diced
- 1 carrot, diced
- 1 small onion, chopped
- Kosher salt and freshly ground pepper
- 1 14-ounce can cherry tomatoes
- 1 15-ounce can white beans (do not drain)
- 1 8-ounce can baked beans
- 2 cups low-sodium chicken broth
- 2 tablespoons roughly chopped fresh parsley
- 1 cup shredded cheddar cheese (about 4 ounces)

1. Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the sausages and cook, stirring occasionally, until lightly browned and crisp, about 5 minutes. Transfer to a plate with a slotted spoon.

2. Add the celery, carrot and onion to the pot and cook, stirring occasionally, until slightly softened, about 5 minutes. Season with salt and pepper. Add the cherry tomatoes, white beans (and their liquid), baked beans, chicken broth and 2½ cups water. Bring to a boil, then reduce the heat to medium and continue cooking until the soup thickens slightly and the tomatoes just start bursting, about 20 minutes.

3. Return the sausages to the pot along with the parsley; season with salt and pepper. Top each serving of soup with the cheese.

Per serving: Calories 540; Fat 28 g (Saturated 11 g); Cholesterol 68 mg; Sodium 1,381 mg; Carbohydrate 46 g; Fiber 10 g; Sugars 12 g; Protein 28 g



INDIAN CHICKEN TACOS

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

- 1 seedless cucumber, thinly sliced
- 2 teaspoons garam masala
- Kosher salt and freshly ground pepper
- ⅓ cup plain Greek yogurt
- ½ cup mango chutney
- 1 red jalapeño or Fresno chile pepper (½ chopped, ½ sliced; remove seeds for less heat)
- ½ cup chopped fresh cilantro, plus more for topping
- Juice of 1 to 2 limes
- 1½ pounds skinless, boneless chicken breasts (about 3 medium)
- 1 tablespoon extra-virgin olive oil
- 4 pieces naan bread
- ¼ small red onion, thinly sliced

1. Preheat the oven to 350°. Combine the cucumber, ¼ teaspoon garam masala, ½ teaspoon salt and a few grinds of pepper in a medium bowl; toss to coat. Stir in the yogurt and set aside. Combine the chutney, chopped jalapeño, cilantro and lime juice in a separate bowl; stir to combine.

2. Season the chicken on both sides with the remaining 1¾ teaspoons garam masala and a generous pinch each of salt and pepper. Heat a large skillet over medium-high heat, then add the olive oil. Add the chicken and cook until browned, 4 to 5 minutes. Flip and cook until browned on the other side, 2 to 3 more minutes. Reduce the heat to medium and add ¼ cup water. Cover and cook until the chicken is cooked through, 10 to 12 minutes. Transfer the chicken to a cutting board and let rest 5 minutes.

3. Meanwhile, warm the naan in the oven on a baking sheet. Slice the chicken and divide among the naan. Top with the chutney mixture, red onion, sliced jalapeño and more cilantro. Serve with the cucumber mixture.

Per serving: Calories 540; Fat 10 g (Saturated 3 g); Cholesterol 95 mg; Sodium 1,041 mg; Carbohydrate 64 g; Fiber 5 g; Sugars 29 g; Protein 44 g

Angel Hair

LUCY STYLE

1/4 box Barilla Angel Hair
 1/4 jar Barilla Marinara Sauce
 1 young dad
 1 young daughter
 relaxed dress code

ALWAYS AL DENTE, ALWAYS PERFECT.
 Recipe for Wonderful™

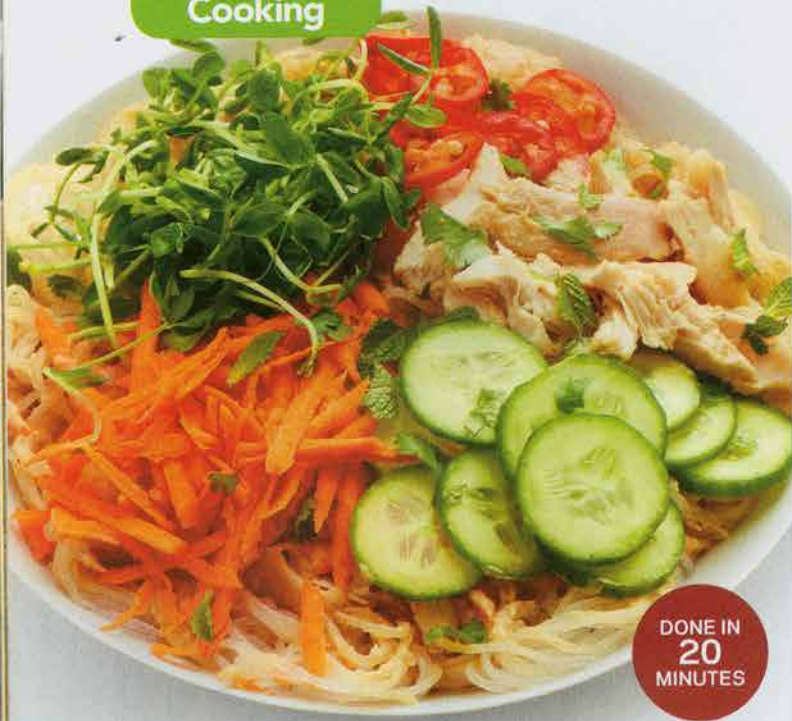


THE CHOICE OF ITALY®



ANGEL HAIR





DONE IN
20
MINUTES

PEANUT NOODLE BOWLS WITH CHICKEN

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

- 6 to 8 ounces cellophane noodles
- ¼ cup creamy peanut butter
- 2 tablespoons fish sauce
- Juice of 2 limes
- 1 2-inch piece fresh ginger, peeled and sliced
- 2 cups chopped rotisserie chicken (skin removed)
- ½ English cucumber, thinly sliced
- 2 medium carrots, grated
- 2 cups pea shoots or sprouts, cut into 2-inch pieces
- 1 red jalapeño or Fresno chile pepper, thinly sliced (remove seeds for less heat)
- 1 cup chopped fresh cilantro, mint and/or basil

1. Put the noodles in a large bowl and cover with boiling water; let stand 10 minutes. Drain and rinse under cold running water. Wipe out the bowl; return the noodles to the bowl.

2. Puree the peanut butter, fish sauce, lime juice, ginger and ½ cup water in a blender until smooth. Pour the dressing over the noodles; toss to coat.

3. Top each serving of noodles with the chicken, cucumber, carrots, pea shoots, jalapeño and herbs. Toss just before serving.

Per serving: Calories 440; Fat 18 g (Saturated 4 g); Cholesterol 35 mg; Sodium 978 mg; Carbohydrate 64 g; Fiber 4 g; Sugars 6 g; Protein 18 g



STEAK WITH BEER SAUCE AND SWEET POTATOES

ACTIVE: 20 min | TOTAL: 35 min | SERVES: 4

- 2 medium sweet potatoes, cut into ½-inch-thick wedges
- 1 red onion, cut in half through the root end (do not peel)
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 boneless beef sirloin steaks (about 6 ounces each)
- 1 cup lager-style beer
- 1 tablespoon whole-grain dijon mustard
- 2 teaspoons apple cider vinegar
- 2 teaspoons honey
- 1 tablespoon unsalted butter
- 2 tablespoons chopped fresh parsley

1. Preheat the oven to 450°. Toss the sweet potatoes, red onion, 1 tablespoon olive oil, ¼ teaspoon salt and a few grinds of pepper on a rimmed baking sheet; arrange the onion cut-side down. Roast, flipping halfway through, until the sweet potatoes are tender and the onion is browned and crisp, 25 to 30 minutes.

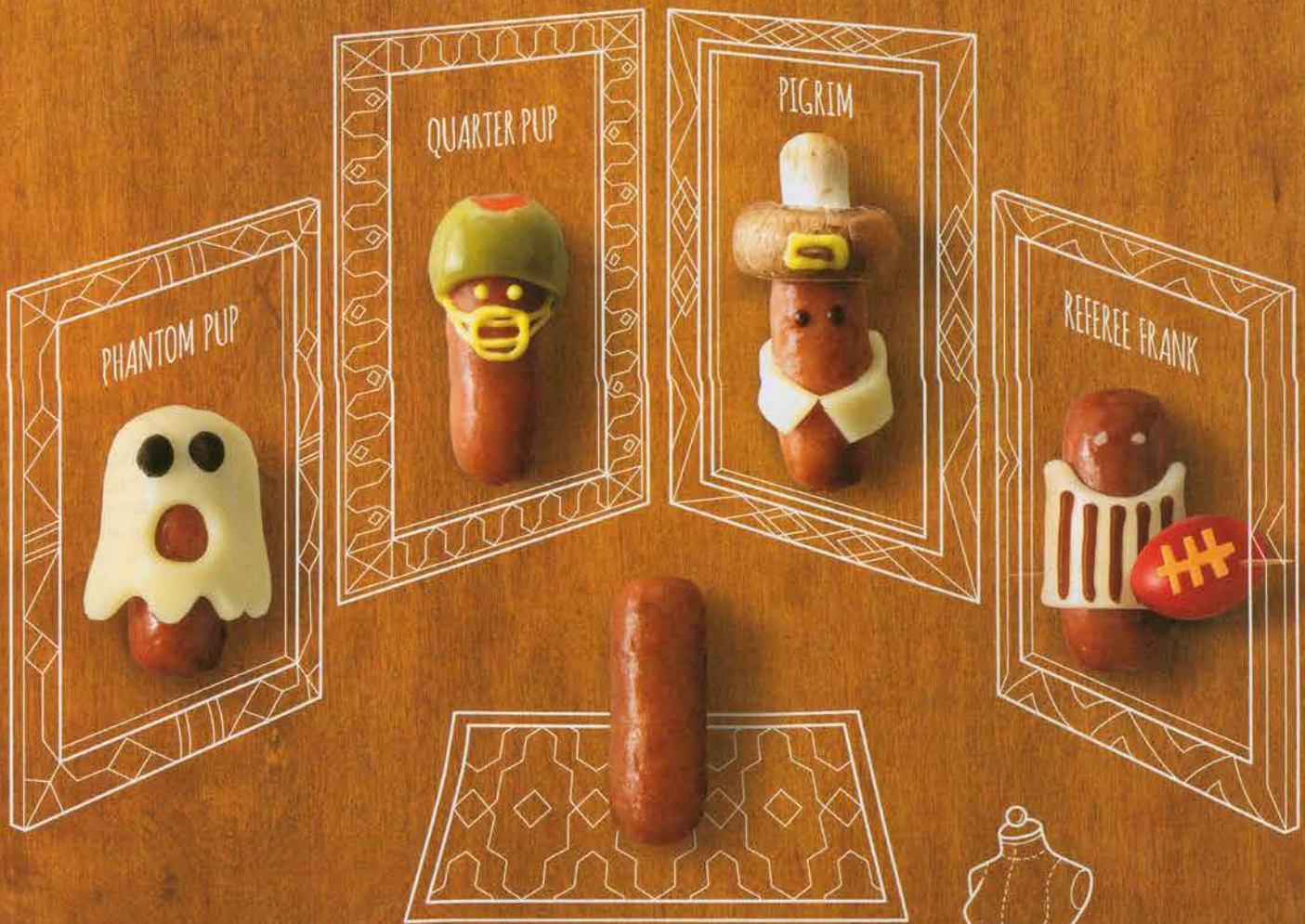
2. Meanwhile, season the steaks with salt and pepper. Heat a large skillet over medium-high heat and add the remaining 2 tablespoons olive oil. Add the steaks and cook until browned, 3 to 4 minutes per side for medium rare. Transfer to a plate and tent with foil; let rest.

3. Remove the skillet from the heat and add the beer, scraping up any browned bits from the bottom of the pan. Stir in the mustard. Return the skillet to medium-low heat and simmer until the liquid is slightly syrupy, 1 to 2 minutes. Add the vinegar, honey and any collected juices from the steaks; season with ¼ teaspoon salt. Remove from the heat and stir in the butter until melted.

4. Peel and slice the roasted onion. Top the steaks with the pan sauce. Serve with the roasted vegetables. Sprinkle with the parsley.

Per serving: Calories 540; Fat 35 g (Saturated 12 g); Cholesterol 135 mg; Sodium 441 mg; Carbohydrate 17 g; Fiber 3 g; Sugars 8 g; Protein 36 g

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CHICKEN SAUSAGE WITH SPAETZLE

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- Kosher salt
- 1 pound carrots, halved, then quartered lengthwise
- 1 tablespoon extra-virgin olive oil
- Freshly ground pepper
- 6 chicken-apple sausages (about 1¼ pounds), halved
- 1½ cups all-purpose flour
- 3 large eggs
- ½ cup milk
- 2 tablespoons unsalted butter
- 2 teaspoons dijon mustard
- Pinch of freshly grated nutmeg
- 1 tablespoon chopped fresh dill

1. Put a rimmed baking sheet on the lowest oven rack and preheat to 425°. Bring a large pot of salted water to a boil.
2. Toss the carrots with the olive oil; season with ¼ teaspoon salt and a few grinds of pepper. Spread the carrots and sausages on the hot baking sheet and roast, tossing halfway through, until the carrots are tender and the sausages are browned, about 15 minutes.
3. Meanwhile, whisk the flour, eggs, milk and ½ teaspoon salt in a large bowl until smooth. Set a large-holed metal colander over the pot of boiling water (the colander should not touch the water). Add the batter to the colander and scrape with a rubber spatula, allowing small pieces to fall into the water. Simmer until the spaetzle floats to the top and is cooked through, 2 to 3 minutes. Drain and shake off the excess liquid.
4. Melt the butter with the mustard, ¼ teaspoon salt, a pinch of pepper and the nutmeg in a large skillet over medium-high heat. Add the spaetzle and cook, tossing, until lightly browned and crisp, about 2 minutes. Add the dill and toss to coat. Serve the sausages and carrots with the spaetzle.

Per serving: Calories 610; Fat 26 g (Saturated 9 g); Cholesterol 275 mg; Sodium 1,965 mg; Carbohydrate 58 g; Fiber 6 g; Sugars 12 g; Protein 35 g



FISH STICKS WITH BROCCOLI RICE

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

- 1¼ cups jasmine rice
- 1 1-inch piece fresh ginger, peeled and sliced
- Kosher salt
- 1 small bunch broccoli, cut into small florets (about 4 cups)
- Vegetable oil, for frying
- 1 cup all-purpose flour
- 1 tablespoon mustard powder
- 1 cup cold seltzer
- 1½ pounds center-cut skinless Pacific cod, cut crosswise into 8 strips
- 1 to 2 teaspoons toasted sesame oil
- 4 scallions, thinly sliced
- Sweet Thai chili sauce and lemon wedges, for serving

1. Preheat the oven to 250°. Combine 2 cups water, the rice, ginger and ¾ teaspoon salt in a large pot. Bring to a boil, then stir and reduce the heat to low. Cover and cook until the liquid is absorbed and the rice is tender, 16 to 18 minutes. Remove from the heat and add the broccoli (do not stir). Cover and set aside to let the broccoli steam.
2. Meanwhile, heat 2 inches of vegetable oil in a separate large pot or Dutch oven over medium heat until a deep-fry thermometer registers 375°. Whisk the flour, mustard powder, ¼ teaspoon salt and the seltzer in a large bowl until smooth. Season the cod with salt. Working in batches, dip the cod in the batter, allowing the excess to drip off, and fry until golden brown and crisp, 6 to 7 minutes. Remove to a wire rack set over a baking sheet and season with salt; transfer to the oven to keep warm. Return the oil to 375° between batches.
3. Gently fluff the rice with a fork. Discard the ginger and stir in the sesame oil and scallions; season with salt. Serve the cod with the chili sauce, broccoli rice and lemon wedges.

Per serving: Calories 530; Fat 11 g (Saturated 1 g); Cholesterol 67 mg; Sodium 832 mg; Carbohydrate 73 g; Fiber 3 g; Sugars 2 g; Protein 32 g

Introduce kids to new flavors: Serve these fish sticks with sweet Thai chili sauce instead of ketchup—it has a slight kick but isn't super spicy.

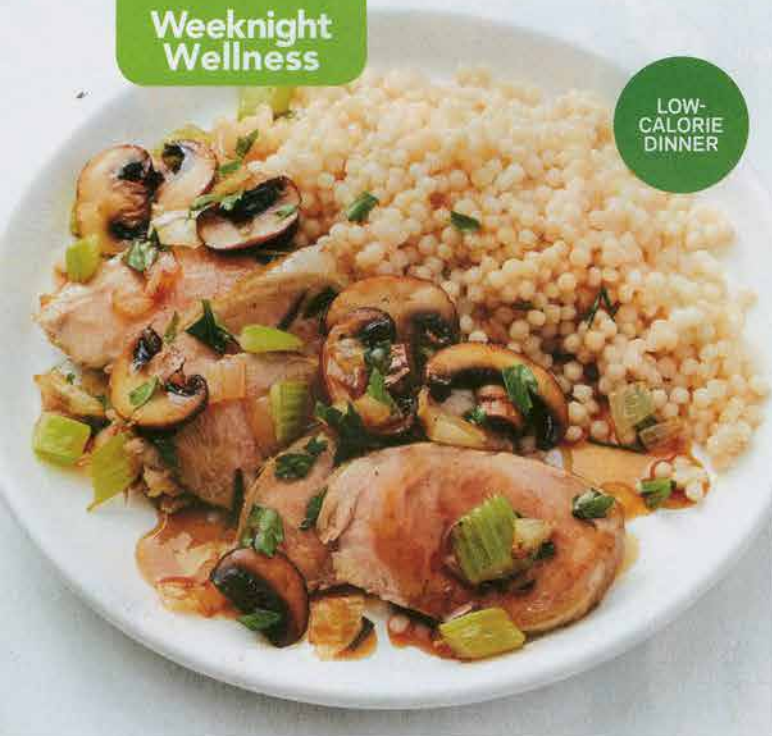
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LOW-CALORIE
DINNER

PORK TENDERLOIN WITH MUSHROOMS AND COUSCOUS

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

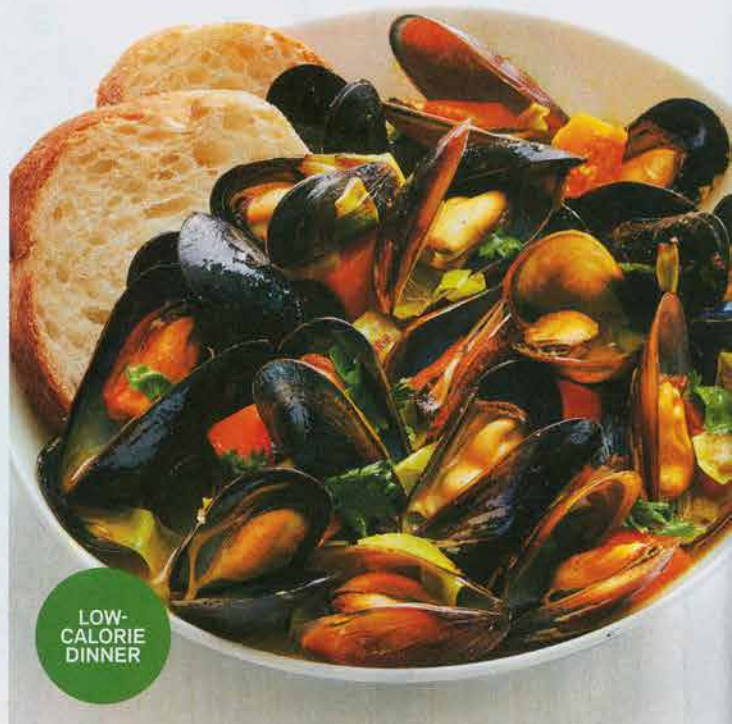
- 2 tablespoons extra-virgin olive oil
- 1 large pork tenderloin (about 1¼ pounds), trimmed
- Kosher salt and freshly ground pepper
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 8 ounces cremini mushrooms, sliced
- ¼ cup dry white wine
- 1½ cups low-sodium chicken broth
- 2 sprigs fresh rosemary
- 1 tablespoon plus 1 teaspoon unsalted butter
- ½ cup chopped fresh parsley
- 1 cup Israeli couscous

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Season the pork with salt and pepper and cook, turning, until browned on all sides, about 7 minutes. Remove to a plate, reserving the drippings in the pot. Add the celery, onion and mushrooms to the pot. Cook, stirring occasionally, until the vegetables are lightly browned and tender, about 5 minutes. Add the wine, scraping up any browned bits, and cook until reduced, about 1 minute.

2. Add the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and add the pork and rosemary. Cover and gently simmer until a thermometer inserted into the center of the pork registers 145°, 10 to 12 minutes. Remove the pork to a cutting board and let rest 5 minutes. Discard the rosemary. Add 1 tablespoon butter to the pot and stir until melted; season with salt and pepper. Stir in the parsley.

3. Meanwhile, bring a medium pot of salted water to a boil. Add the couscous and cook until tender, about 5 minutes. Drain and stir in the remaining 1 teaspoon butter; season with salt and pepper. Thickly slice the pork and serve with the couscous; top with the mushroom sauce.

Per serving: Calories 470; Fat 15 g (Saturated 5 g); Cholesterol 102 mg; Sodium 188 mg; Carbohydrate 44 g; Fiber 3 g; Sugars 4 g; Protein 40 g



LOW-CALORIE
DINNER

CURRIED MUSSELS WITH BUTTERNUT SQUASH AND LEEKS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- 2 tablespoons extra-virgin olive oil
- 2 cups cubed peeled butternut squash (about 8 ounces)
- 2 leeks (white and light green parts only), halved, thickly sliced and well rinsed
- Kosher salt
- 1 tablespoon curry powder
- 1 tablespoon grated peeled fresh ginger
- 1 teaspoon grated lime zest, plus the juice of 1 lime
- ¾ cup heavy cream
- 4 pounds mussels, scrubbed and debearded
- 1 cup fresh cilantro
- 4 thick slices crusty bread, halved

1. Heat the olive oil in a large Dutch oven over medium heat. Add the squash and leeks and season with ¼ teaspoon salt; cook, stirring occasionally, until the leeks start softening, about 3 minutes.

2. Add the curry powder, ginger and lime zest and stir to coat. Reduce the heat to medium low and add 1 cup water. Bring to a simmer, then cover and cook until the squash is almost tender, about 5 minutes.

3. Add the heavy cream to the pot, then stir in the mussels. Increase the heat to medium, cover and simmer until the mussels open, 5 to 6 minutes. (Discard any unopened mussels.) Stir in the lime juice and cilantro. Serve with the bread.

Per serving: Calories 430; Fat 15 g (Saturated 5 g); Cholesterol 45 mg; Sodium 772 mg; Carbohydrate 53 g; Fiber 4 g; Sugars 4 g; Protein 20 g

WELLNESS TIP

Eat more mussels! They're low in calories but high in protein and healthy omega-3 fatty acids.

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Stay ahead of your IBS-D.
Talk to your doctor or visit VIBERZI.com.

IMPORTANT RISK INFORMATION

VIBERZI can cause serious side effects, including:

- A spasm in a muscle of the digestive system (called the sphincter of Oddi), which may cause new or worsening abdominal pain. Your risk of having a spasm is increased if you do not have a gallbladder. This spasm usually happens within the first week of treatment and usually goes away when treatment is stopped.
- Inflammation of the pancreas (called pancreatitis). Symptoms of pancreatitis usually go away when treatment with VIBERZI is stopped. Your risk of getting pancreatitis is increased if you drink more than 3 alcoholic drinks a day.

Stop taking VIBERZI and call your doctor if you have new or worsening stomach-area (abdomen) pain or pain in the upper right side of your stomach-area that may move to your back or shoulder, with or without nausea and vomiting.

Do not take VIBERZI if you:

- Have or may have had a blockage in your gallbladder or a sphincter of Oddi problem
- Have or had problems with alcohol abuse, alcohol addiction, or drink more than 3 alcoholic drinks a day
- Have had pancreatitis or other pancreas problems, including if you have had or may have had a blockage in your pancreas



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- Have severe liver problems
- Have had long-lasting (chronic) or severe constipation, or problems caused by constipation
- Have or may have had a bowel blockage (intestinal obstruction)

Before taking VIBERZI, tell your doctor about all of your medical conditions, including if you do not have a gallbladder, have liver problems, or are nursing, pregnant, or plan to become pregnant.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you are taking VIBERZI you should not take medicines that cause constipation, including: Lotronex® (alosetron), anticholinergic medicines, and opioid pain medicines.

Side effects

The most common side effects of VIBERZI include constipation, nausea, and abdominal pain. Stop taking VIBERZI and call your doctor if you have constipation that lasts more than 4 days. These are not all the possible side effects of VIBERZI. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief
Summary of
Medication Guide
on the next page.

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Brief Summary of the Medication Guide

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This information does not take the place of talking with your doctor about your medical condition or your treatment.

What is VIBERZI?

VIBERZI is a prescription medicine used to treat adults who have irritable bowel syndrome with diarrhea (IBS-D).

- VIBERZI is a controlled substance (CIV) because it contains eluxadoline that can be a target for people who abuse prescription medicines or street drugs. Keep your VIBERZI in a safe place to protect it from theft. Never give your VIBERZI to anyone else, because it may harm them. Selling or giving away this medicine is against the law.

It is not known if VIBERZI is safe and effective in children.

People 65 years old and older have had an increased number of side effects, including serious side effects and stomach problems, while taking VIBERZI than people younger than 65 years old have had.

What is the most important information I should know about VIBERZI?

VIBERZI can cause serious side effects, including:

- **Sphincter of Oddi spasm.** A spasm in a muscular valve of the digestive system (called the sphincter of Oddi), which may cause new or worsening stomach area (abdomen) pain. Your risk of having a spasm is increased if you do not have a gallbladder. This spasm usually happens within the first week of treatment with VIBERZI and usually goes away when treatment with VIBERZI is stopped.
- **Inflammation of the pancreas (pancreatitis).** Symptoms of pancreatitis usually go away when treatment with VIBERZI is stopped. Your risk of getting pancreatitis is increased if you drink more than 3 alcoholic drinks a day. Limit your use of alcoholic drinks while you are taking VIBERZI.

Stop taking VIBERZI and call your doctor if you have new or worsening stomach-area (abdomen) pain or pain in the upper right side of your stomach-area (abdomen) that may move to your back or shoulder, with or without nausea and vomiting.

Who should not take VIBERZI?

Do not take VIBERZI if you:

- have or may have had a blockage in your gallbladder or a sphincter of Oddi problem
- have or had problems with alcohol abuse, alcohol addiction, or drink more than 3 alcoholic drinks a day
- have had inflammation of your pancreas (pancreatitis) or other pancreas problems, including if you have had or may have had a blockage in your pancreas
- have severe liver problems
- have had long-lasting (chronic) or severe constipation, or problems caused by constipation
- have or may have had a bowel blockage (intestinal obstruction)

Talk to your doctor if you are not sure if you have any of these conditions.

What should I tell my doctor before taking VIBERZI?

Before taking VIBERZI, tell your doctor about all of your medical conditions, including if you:

- do not have a gallbladder
- have liver problems
- are pregnant or plan to become pregnant. It is not known if VIBERZI will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if VIBERZI passes into your breast milk or could harm your baby.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Keep a list of your medicines to show your doctor and pharmacist when you get a new medicine. VIBERZI and other medicines may affect each other causing side effects.

If you are taking VIBERZI you should not take:

- medicines that cause constipation including:
 - Lotronex® (alosetron)
 - anticholinergic medicines
 - opioid pain medicines

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

- Avoid taking loperamide, a medicine used to treat diarrhea, for a long time (chronic use). You may take loperamide occasionally to treat severe diarrhea. **Stop taking loperamide right away if you become constipated.**

How should I take VIBERZI?

- Take VIBERZI exactly as your doctor tells you to take it.
- Take 1 tablet of VIBERZI 2 times each day with food.
- If you miss a dose, take your next dose at your regular time. Do not take 2 doses at the same time to make up for a missed dose.
- Do not change your dose or stop taking VIBERZI unless your doctor tells you to.
- If you take too much VIBERZI, call your doctor or go to the nearest hospital emergency room right away.

What should I avoid while taking VIBERZI?

- Limit your use of alcoholic drinks while you are taking VIBERZI.
- If you have liver problems, **do not** drive, operate machinery, or do other dangerous activities until you know how VIBERZI affects you.

What are the possible side effects of VIBERZI?

The most common side effects of VIBERZI include: constipation, nausea, and abdominal pain. Stop taking VIBERZI and call your doctor if you have constipation that lasts more than 4 days.

These are not all the possible side effects of VIBERZI. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Keep VIBERZI and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about VIBERZI. If you would like more information, talk with your doctor.
- Go to www.VIBERZI.com or call 1-800-272-5525


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Easy Sides



GREEN BEAN SATAY

Sauté 1½ pounds trimmed **green beans** in 1 tablespoon **coconut oil** in a large skillet until crisp-tender. Add ¼ cup water; cover and cook until charred in spots, 3 to 5 minutes. Transfer to a platter. Whisk 2 tablespoons **cashew butter** with 1 tablespoon each **soy sauce** and warm water and 2 teaspoons each **lime juice** and **Sriracha**. Spoon over the green beans; top with **cilantro**.



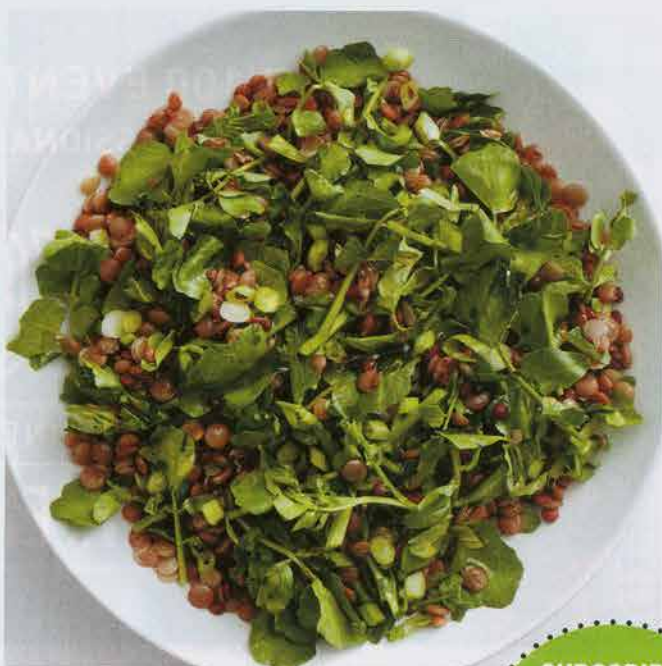
SPICED QUINOA WITH ZUCCHINI

Cook ¾ cup rinsed **tricolor quinoa** as the label directs, adding ¼ teaspoon **allspice** to the water. Meanwhile, toss 2 sliced **zucchini** with 2 tablespoons **olive oil** and 1 grated **garlic clove**; season with **salt** and **pepper**. Bake at 450° until tender, about 10 minutes. Stir into the quinoa along with ½ cup **golden raisins** and 2 tablespoons each olive oil, chopped **cilantro** and **dill**. Season with salt.



BAKED APPLESAUCE WITH THYME

Combine 2 pounds chopped peeled **McIntosh apples**, 2 tablespoons each **apple cider** and **butter**, 4 **thyme sprigs** and ¼ teaspoon **kosher salt** in a baking dish. Cover and bake at 400° until softened, 30 minutes. Discard the thyme and add 2 teaspoons **cider vinegar**; mash. Top with more thyme.



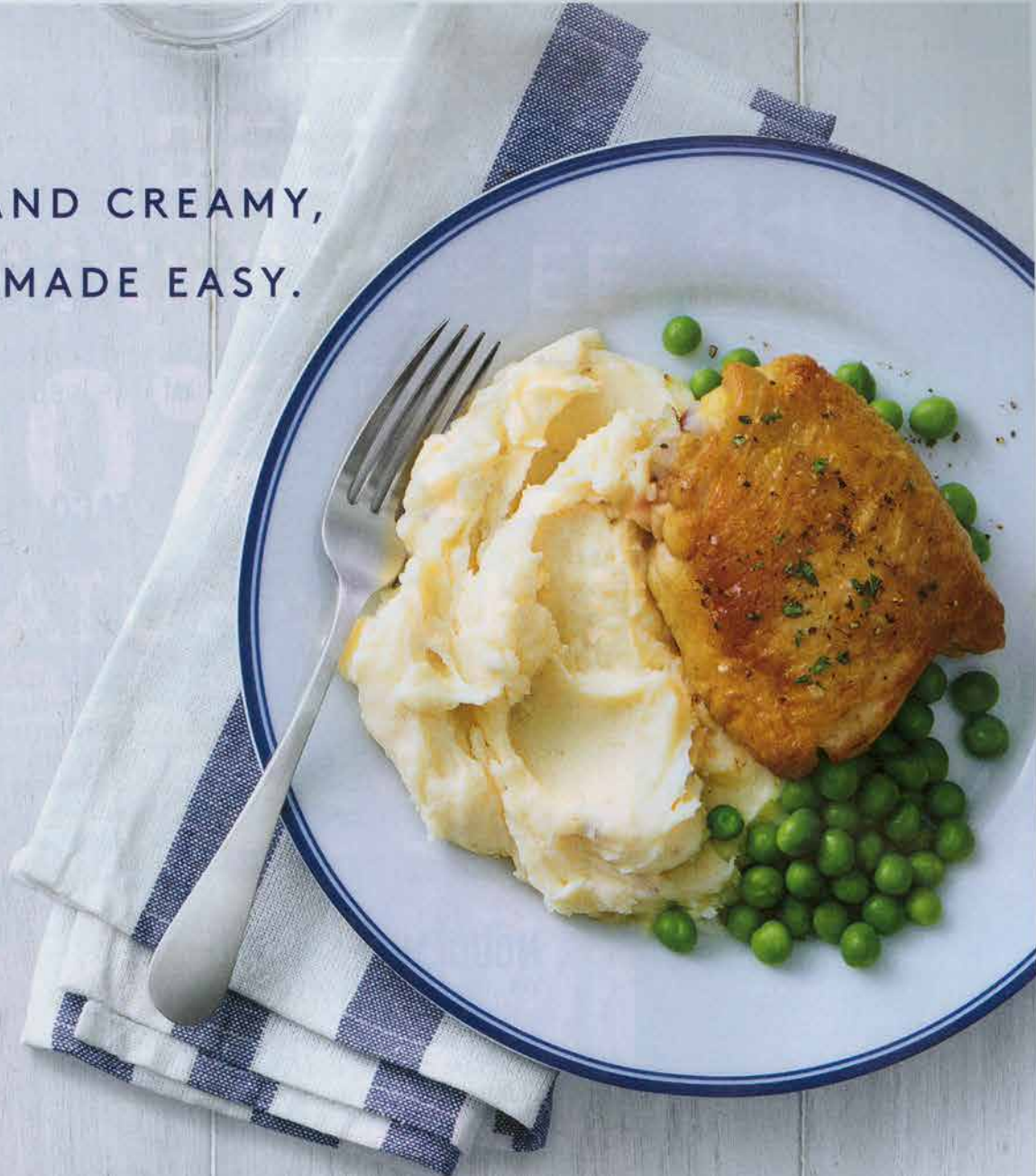
LENTILS WITH WATERCRESS

Cook 1 cup dried **green lentils** as the label directs, adding 2 **garlic cloves** to the water; drain and discard the garlic. Toss with 1 bunch chopped **watercress**, 2 sliced **scallions** and 2 tablespoons **red wine vinegar**; season with **salt** and **pepper**. Add 1 tablespoon **olive oil**; toss.

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Weeknight
 Cooking



Katherine Alford,
 Senior Vice President,
 Culinary, Food Network Kitchen

INSIDE THE **Test Kitchen**

Go behind the scenes
 of this issue.



TACO IT UP

We were discussing food trends at a recent brainstorming meeting, and two of them—fusion tacos and Indian flavors—ended up inspiring the same dish: the Indian tacos on page 112! You can really turn any cuisine into a taco. Try Italian tacos for a quick weeknight meal: Just cut up some meatballs and serve in hard taco shells with marinara sauce and shredded mozzarella.

NOODLING AROUND

We include a few gluten-free dinners in every issue, like the noodle bowl on page 114. For that recipe, we used cellophane noodles, which are made from mung beans and potato starch and are naturally gluten-free. (They're sometimes labeled glass noodles or bean threads and can be found in the Asian-foods section.) Cooking these noodles is super simple: You just soak them in boiling-hot water while you prepare the rest of the meal.



LESS IS MORE

We stick to an important rule when we develop weeknight recipes: No more than two pans allowed! One of the ways we pull this off is by steaming veggies right in a pot of cooked grains. We cook the grains in a large pot until tender, remove from the heat, then add any commonly steamed vegetable (we used broccoli on page 116) and cover—it cooks in the same pot!

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Potatoes 101

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Know Your Potatoes



STARCHY

Russet potatoes (sometimes labeled Idaho potatoes) are high in starch. They're usually the best choice for baking—they come out fluffy on the inside.



WAXY

These potatoes, including red-skinned or new potatoes, are low in starch. They hold their shape well, so they're great for roasting or for potato salad.



ALL-PURPOSE

Yukon Golds are generally considered the best all-purpose potatoes. They have a medium starch content, thin skin and a creamy, buttery flavor.



MASHED

1. Put 2½ pounds peeled and chopped russet or Yukon Gold potatoes in a large saucepan; cover with cold water by 1 inch and season with salt. Bring to a boil, then reduce the heat to medium and simmer until tender, about 15 minutes.
2. Drain the potatoes and return to the saucepan over low heat; cook until any remaining water evaporates, 2 minutes.
3. Add 1½ sticks softened salted butter (cut into pieces); mash with a potato masher until smooth. Add ½ teaspoon kosher salt, then gradually mash in ¼ to ½ cup warmed milk until creamy. Top with more butter before serving.

ROASTED

1. Preheat a baking sheet in a 450° oven.
2. Cut 1½ pounds large red-skinned potatoes lengthwise into wedges (or halve small potatoes). Toss with 2 tablespoons olive oil, melted butter, bacon fat or duck fat and season generously with salt and pepper.
3. Put the potatoes cut-side down on the hot baking sheet; roast until golden on the bottom, 20 minutes. Flip and roast until crisp, 15 more minutes.



BAKED

1. Preheat the oven to 400°.
2. Place russet potatoes directly on the oven rack. (No need to prick with a fork!)
3. Bake until tender, about 1 hour. Split open, fluff the inside with a fork and top as desired.

HOME FRIES

1. Cut 2 pounds peeled Yukon Gold potatoes into ½-inch cubes. Cook in salted boiling water until just tender, about 6 minutes; drain.
2. Heat 2 tablespoons each butter and olive oil in a large cast-iron skillet over medium heat. Add the potatoes and spread them out.
3. Cook, undisturbed, until the potatoes start browning, about 5 minutes, then add ½ chopped onion and ½ teaspoon paprika. Flip the potatoes and cook 5 more minutes. Stir, then continue cooking until the potatoes are mostly browned, about 5 more minutes. Stir in 1 finely chopped garlic clove; cook 2 more minutes. Season with salt and pepper.



HASH BROWNS

1. Peel 2 pounds russet potatoes; grate them on the large holes of a box grater into a colander. Squeeze out the moisture with your hands, then blot dry.
2. Heat 6 tablespoons vegetable oil in a large nonstick skillet over medium-high heat. Add the potatoes in a few piles and flatten with a spatula; season with salt and pepper. Cook, undisturbed, until the potatoes start browning on the bottom, about 5 minutes.
3. Flip, then drizzle the hash browns with ¼ cup heavy cream; cook until absorbed, about 2 minutes. Continue cooking, flipping occasionally, until golden brown and crisp all over, about 15 more minutes. Season with salt and pepper.

Super Skins

These cheesy potato skins are a great party app.

BASIC CHEESY SKINS

Bake 4 russet potatoes (see left); let cool. Cut lengthwise into quarters and scoop out the flesh, leaving a ¼-inch shell. Brush both sides with melted butter and season with salt and pepper. Place on a baking sheet skin-side up and bake at 425° until crisp, about 10 minutes. Turn skin-side down. Cut 8 slices cheese into quarters; top each potato wedge with 2 pieces cheese. Return to the oven until melted, 5 more minutes.

SWISS-SMOKED TROUT

Use Swiss cheese. Top with sour cream, smoked trout and chives before serving.

CHEDDAR-MUSTARD

Brush the potato wedges with whole-grain mustard and sprinkle with chopped dill pickles before adding sharp cheddar. Top with scallions before serving.

PROVOLONE-CAPICOLA

Top the potato wedges with thin slices of capicola before adding provolone. Sprinkle with finely chopped rosemary before returning to the oven.



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Weekend Cooking



Host an apple-themed dinner party. See page 136.

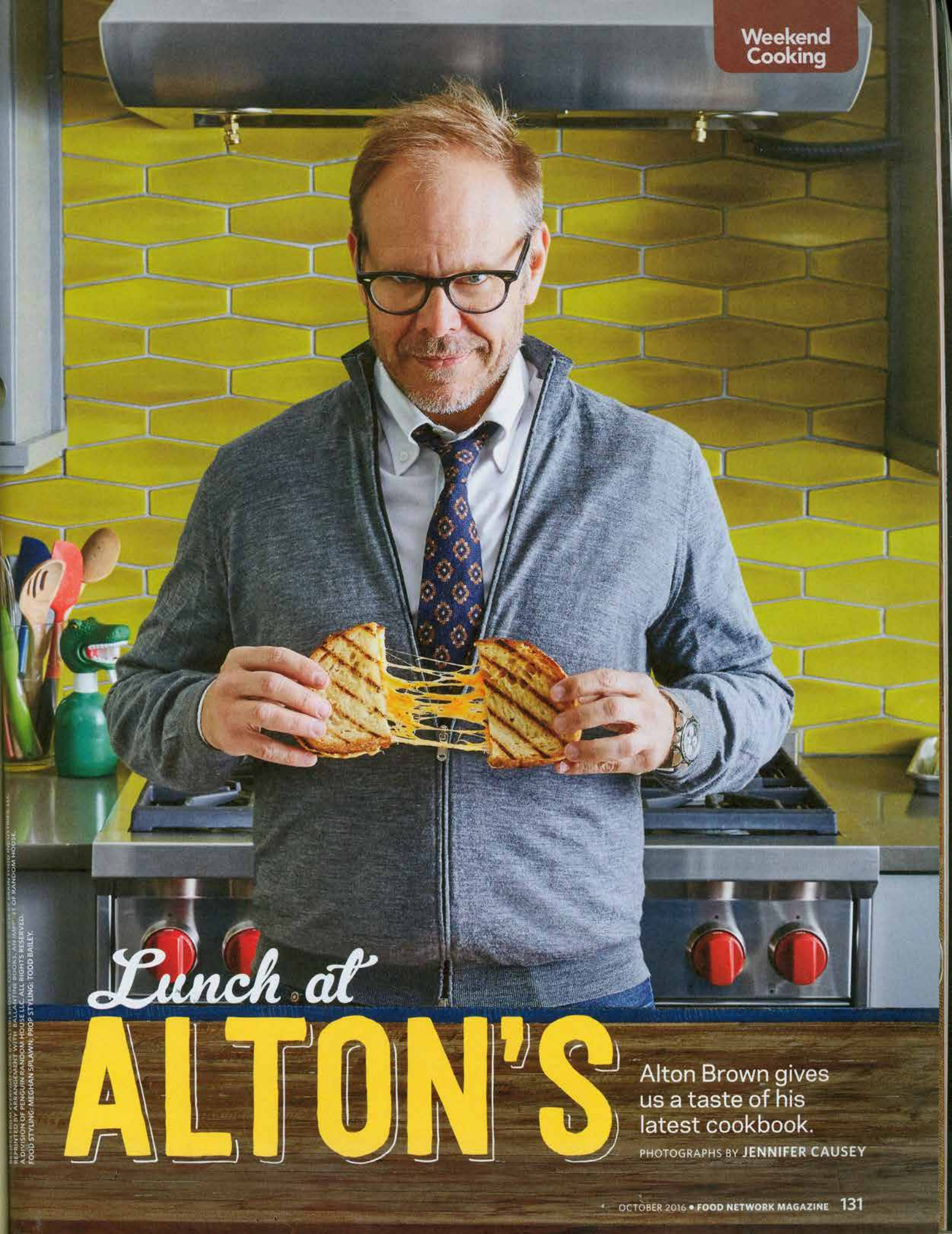


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ALTON'S

Alton Brown gives us a taste of his latest cookbook.

PHOTOGRAPHS BY JENNIFER CAUSEY

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FOOD STYLING: MEGHAN SPLAWN; PROP STYLING: TODD BAILEY.

Alton Brown remembers the first time he tried tomato soup:

The *Cutthroat Kitchen* host was about 5 years old, eating lunch on a rainy day with his grandfather. "He cracked open a can of Campbell's, doctored it up with hot sauce, then we ate the soup with saltines...and it was awesome," he says. "I remember thinking, 'Why hasn't anyone turned me on to this stuff before?'" Memories like those sparked the star's newest cookbook, *EveryDayCook*, a collection of recipes that Alton makes when he's cooking for himself. "Many of the dishes have been around forever and I love them, but they don't taste the way they did when I was a kid," he says. "This is my attempt to make them as exciting as I remember." To do this, Alton employed his usual science-driven methods for landing on just the right recipe—whether that meant using a pressure cooker for the tomato soup or entirely rethinking the way one should craft a grilled cheese sandwich. He also photographed the entire book on his iPhone. "I usually know I'm onto something good if people say I'm crazy," he says. "And everybody thought I was semi-crazy with this book."

GRILLED CHEESE GRILLED SANDWICH

ACTIVE: 30 min | TOTAL: 45 min | SERVES: 2

- 1 ounce (¼ stick) unsalted butter, at room temperature
- 4 hearty country bread slices, about ½ inch thick
- 3 ounces grated extra-sharp cheddar cheese
- 3 ounces grated gruyère cheese
- 1 teaspoon dry mustard powder
- ½ teaspoon smoked paprika
- ¼ teaspoon freshly ground black pepper

Special equipment: You'll need a charcoal starter, a grill, a spritz bottle of vegetable oil and two grill spatulas, which, let's face it, you should have anyway.

1. Spritz a couple pieces of newspaper with vegetable oil, wad them loosely and stick them into the bottom of a charcoal chimney starter. Fill the chimney with 2 to 3 pounds of natural chunk charcoal and set on the charcoal grate of a kettle grill. Light the paper and allow it to burn for 15 to 20 minutes, until the charcoal is hot and ashy.
2. Meanwhile, butter both sides of the bread. Combine the cheddar, gruyère, mustard, paprika and pepper in a small bowl.
3. Fold a 24-inch-long piece of heavy-duty aluminum foil in half, short end to short end. Set a large metal griddle spatula in the center and fold the sides up around the spatula, forming a tray (see right). Spritz the spatula tray with a small amount of vegetable oil, then repeat with the second spatula.
4. Divide the cheese mixture evenly between the spatula trays and set aside. Set aside two additional 15-inch sheets of heavy-duty aluminum foil.
5. Carefully distribute the hot charcoal onto one side of the charcoal grate. Set the cooking grate in place and heat for 2 to 3 minutes.
6. Set the cheese-filled spatula trays on the grill over indirect heat. Cook for 6 to 9 minutes, until the cheese melts and bubbles around the edges. You may have to adjust the placement of the spatula trays to ensure even melting and keep the cheese from overheating and breaking.
7. Grill the bread for 1 to 2 minutes per side over direct heat.
8. Place 1 slice of bread on each of the reserved sheets of aluminum foil. Use a pair of tongs to open up the end of the foil on one spatula, pour off any accumulated fat and then slide the cheese onto 1 slice of bread. Top with a second slice, then fold the foil around the sandwich.
9. Repeat with the remaining cheese and bread and return the sandwich packets to the grill over indirect heat for 1 to 2 minutes.



"I grilled the cheese and bread separately, then allowed them to get to know each other in the safe confines of aluminum foil."



NO-CAN TOMATO SOUP

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

- 2 small red onions, chopped
- 4 large garlic cloves, smashed
- 6 tablespoons olive oil, divided
- 2 28-ounce cans diced tomatoes
- 1 cup fresh orange juice
- 2 teaspoons kosher salt
- ½ teaspoon ground cinnamon
- 2 teaspoons sherry vinegar

Special equipment: pressure cooker

1. Sweat the red onions and garlic in 3 tablespoons of the olive oil in a pressure cooker over medium-low heat until translucent.
2. Add the tomatoes, orange juice, salt and cinnamon and affix the lid (according, of course, to the manufacturer's instructions). Increase the heat to high. Once the cooker comes to pressure (a constant loud hissing or even whistling will alert you), reduce the heat to low and maintain an even, low "hiss" for 6 minutes.
3. Kill the heat and release the pressure on the cooker.
4. Remove the lid and add the sherry vinegar. Puree with an immersion blender while adding 3 tablespoons olive oil in a steady stream.

"Orange juice rounds out the sweetness of the tomatoes, while a bit of cinnamon turns up the aromatics."

Freeze the extra soup in a zip-top bag. Laying the bag flat to freeze saves space and leads to faster thawing.

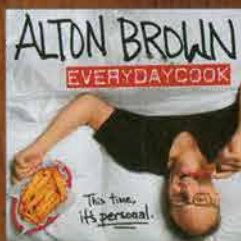
CHEWY PEANUT BUTTER COOKIES

ACTIVE: 15 min | TOTAL: 30 min | MAKES: 12

- 1 cup smooth peanut butter
- $\frac{1}{2}$ cup packed light brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 large egg
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon kosher salt

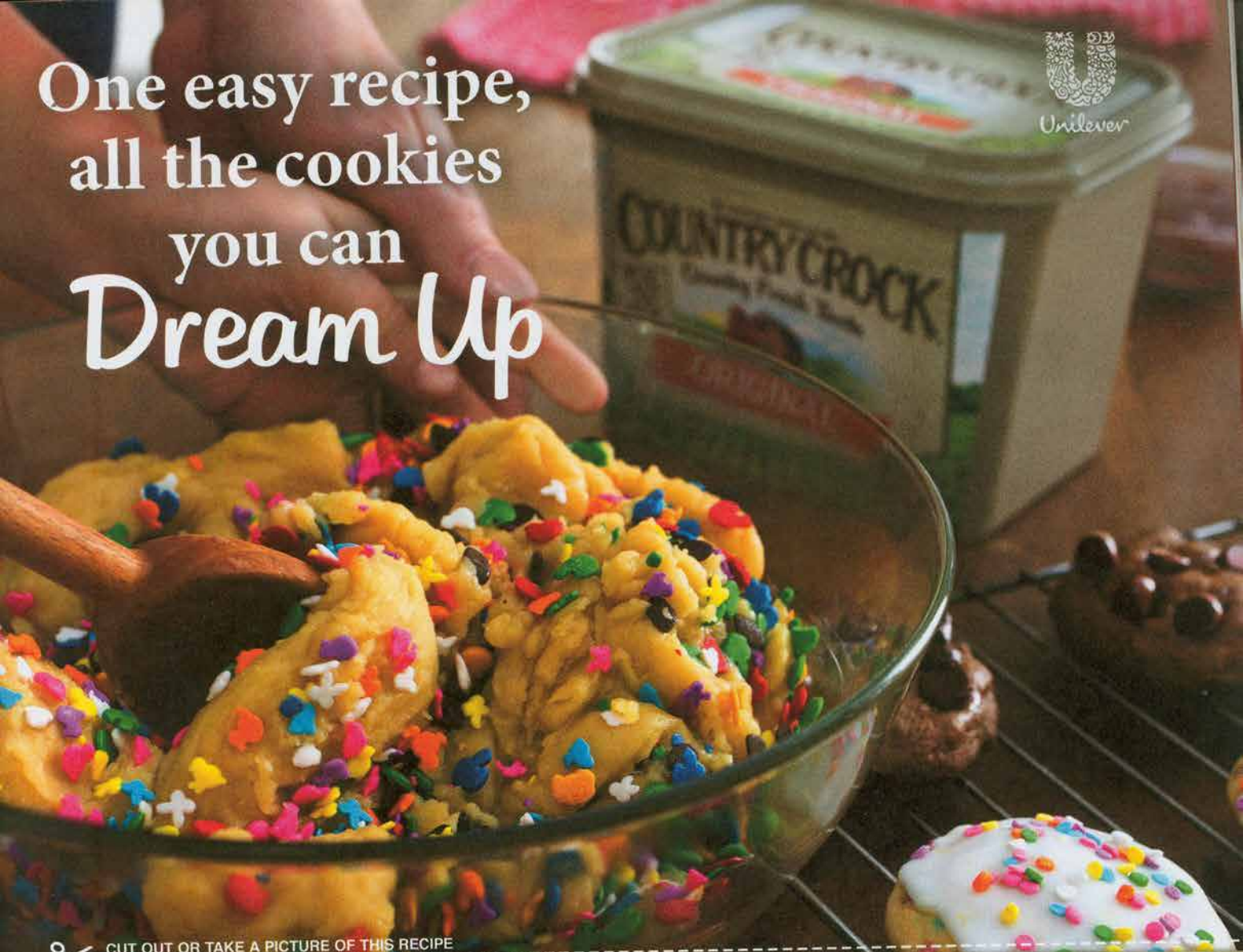
1. Heat the oven to 350°. Line two half sheet pans with parchment paper and set aside.
2. Beat together the peanut butter, brown sugar and granulated sugar until well combined with a wooden spoon in a large bowl. Add the egg, baking soda, vanilla and salt and beat until well combined.
3. Roll the dough into 1-ounce balls, place 6 per prepared sheet pan, then flatten with the tines of a fork. Bake for 10 minutes or until the cookies look dry and are just lightly browned. Cool the cookies for 2 minutes on the sheet pans.

“Coming up with this cookie was like culinary Jenga—I kept pulling out ingredients and steps until I had just the essentials.”



Find these recipes and more in *EveryDayCook* (\$35, Ballantine Books).

One easy recipe,
all the cookies
you can
Dream Up



CUT OUT OR TAKE A PICTURE OF THIS RECIPE

Country Crock® Make it Yours™ Cookie Recipe

Ingredients

- 1 cup Country Crock®
- 1 to 2 cups of your choice of mix-ins
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{3}{4}$ cup granulated sugar
- 1 large egg
- 1 large egg yolk
- 2 tsp. vanilla extract
- 3 cups all-purpose flour
- 1 tsp. baking powder
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. baking soda

Directions *Makes approximately 4 dozen cookies*

Preheat oven to 375°. Mix brown sugar, granulated sugar, Country Crock®, egg, egg yolk, and vanilla in a large bowl until well mixed. Stir in flour, baking powder, salt and baking soda until blended (dough will be soft and creamy).

Add mix-ins (such as chocolate chips, sprinkles, nuts, dried fruit, etc.) into the dough until every spoonful of dough has some of the delicious mix-ins.

Drop dough by rounded tablespoonfuls onto ungreased baking sheets 3-inches apart. Bake 10 to 12 minutes until edges are lightly golden. Cool 1 minute on wire rack; remove from baking sheets and cool completely.



Find mix-in inspiration
at CountryCrock.com



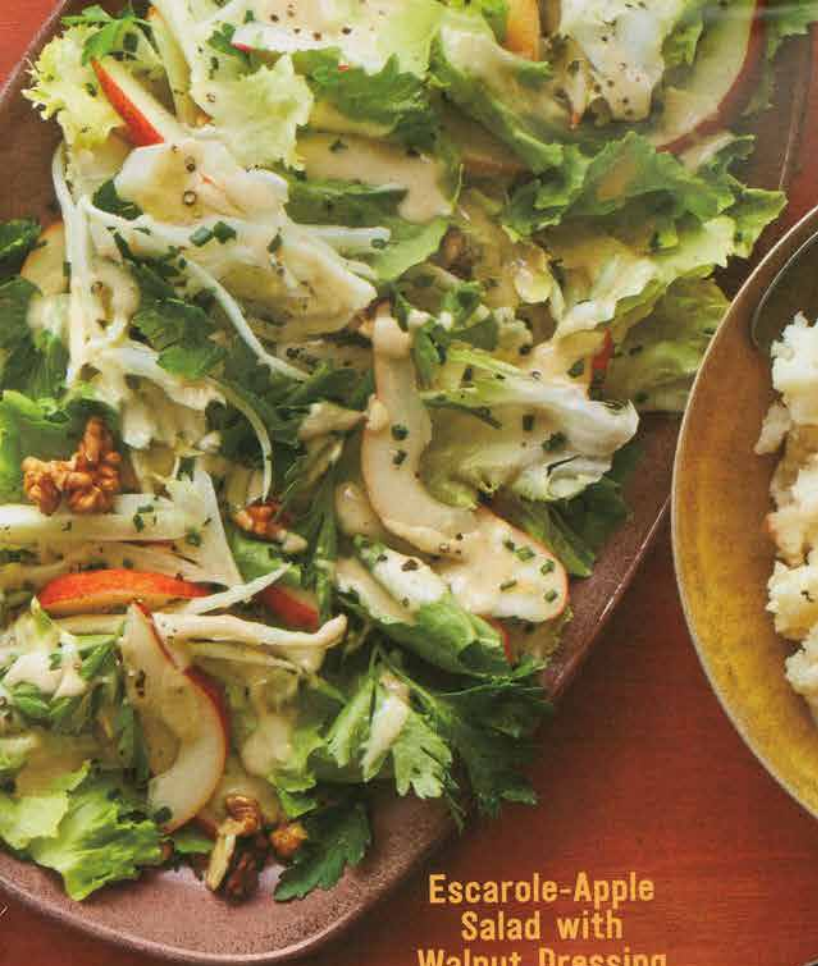
Apple Harvest SUPPER

Invite friends
over for a cozy
fall feast.

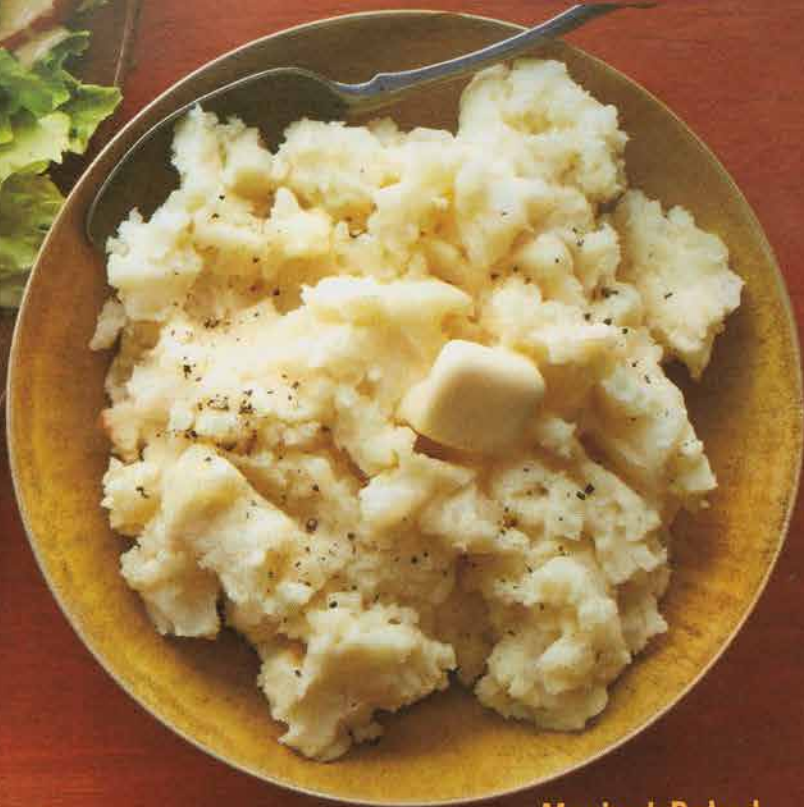
PHOTOGRAPHS BY CON POULOS



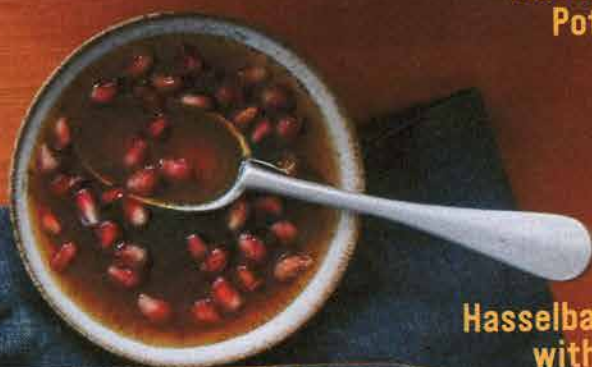
Cider Chicken
with Apples
and Onions



Escarole-Apple
Salad with
Walnut Dressing



Mashed Baked
Potatoes



Hasselback Apples
with Figs





CIDER CHICKEN WITH APPLES AND ONIONS

ACTIVE: 30 min | TOTAL: 1½ hr | SERVES: 6

- 6 whole chicken legs (about 3 pounds)
- 1 tablespoon mustard powder
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 8-ounce package pearl onions
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- ¾ cup dry white wine
- ½ cup apple cider
- ½ cup low-sodium chicken broth
- 2 Granny Smith apples, cut into chunks
- 1 tablespoon tarragon vinegar or white wine vinegar
- 3 tablespoons chopped fresh herbs (chives, tarragon and/or chervil)

1. Toss the chicken with the mustard powder, 1 tablespoon olive oil, 2 teaspoons salt and a few grinds of pepper in a large bowl. Cover and refrigerate, 30 minutes.

2. Preheat the oven to 500°. Place the pearl onions in a small bowl and cover with boiling water. Let sit 5 minutes, stirring occasionally, then drain. Trim the root ends of the onions and slip off the peels; set aside.

3. Heat the remaining 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat. Add half of the chicken skin-side down and cook until dark golden, 4 to 5 minutes. Flip and let brown slightly on the other side, about 3 minutes. Remove to a plate and repeat with the remaining chicken.

4. Wipe out the skillet, then melt the butter over medium-high heat. Add the pearl onions and cook, stirring, until coated. Sprinkle in the flour; stir to coat. Whisk in the white wine and cook 1 minute, then whisk in the cider and broth; bring to a boil. Remove from the heat; arrange the chicken skin-side up on top of the onions and tuck the apples around the chicken. Transfer the pan to the oven; bake until the chicken is crisp and a thermometer inserted into the thickest part of the thigh registers 165°, 25 to 30 minutes.

5. Transfer the chicken to a platter; stir the vinegar and herbs into the skillet. Spoon the onions, apples and sauce around the chicken.



MASHED BAKED POTATOES

Preheat the oven to 500°. Place 6 medium russet potatoes directly on the oven rack and bake until soft, about 35 minutes. Split each potato in half and scoop out the flesh; transfer to a large bowl. Add 1½ cups warmed heavy cream, 1 stick cubed salted butter, 1½ teaspoons kosher salt and a few grinds of pepper to the bowl and mash well. Top with more butter.



ESCAROLE-APPLE SALAD WITH WALNUT DRESSING

Puree ¾ cup apple cider vinegar, 3 tablespoons chopped walnuts, 2 teaspoons dijon mustard, 1 teaspoon honey and ½ teaspoon kosher salt in a blender until smooth. Slowly add ¾ cup olive oil with the motor running; blend until creamy. Combine 1 torn head escarole, 1 thinly sliced fennel bulb, 2 thinly sliced apples and/or pears, 1 cup fresh parsley, ½ cup chopped walnuts and ¼ cup minced chives in a large bowl. Add the dressing, season with salt and pepper and toss.



HASSELBACK APPLES WITH FIGS

ACTIVE: 30 min | TOTAL: 1 hr 10 min | SERVES: 6

- 3 tablespoons unsalted butter, at room temperature, plus more for the dish
- 3 large firm apples (such as Honeycrisp, Pink Lady or Gala)
- ¾ cup packed light brown sugar
- 2 tablespoons all-purpose flour
- ¼ teaspoon finely grated lemon zest
- Pinch of salt
- 4 fresh figs, stemmed and thinly sliced lengthwise
- ¼ cup honey
- ½ vanilla bean, split lengthwise
- 1 cinnamon stick
- 2 tablespoons pomegranate seeds
- Vanilla ice cream, for serving

1. Preheat the oven to 400°. Butter a 2- to 3-quart baking dish. Halve the apples; cut out the core and place flat-side down. Using a sharp knife, make slits in each apple half about ¼ inch apart; do not cut through to the bottom. Place the apples flat-side down in the prepared baking dish.

2. Combine 2 tablespoons each butter and brown sugar in a bowl and mash together with a fork; spread the mixture over the tops of the apples. Cover with foil and bake until just tender, 20 to 25 minutes. Meanwhile, combine the remaining 2 tablespoons brown sugar with the flour, lemon zest, salt and the remaining 1 tablespoon butter in a bowl until clumpy.

3. Uncover the apples and carefully insert the fig slices into the slits in the apples; sprinkle with the flour mixture. Bake, uncovered, until the topping is golden brown and the apples are tender, 20 to 25 more minutes.

4. Combine the honey with the vanilla bean, cinnamon stick and 2 tablespoons water in a small skillet over medium-low heat. Bring to a simmer, stirring occasionally, and cook until the honey is infused, about 5 minutes. Remove from the heat; discard the cinnamon stick and vanilla bean and stir in the pomegranate seeds. Transfer the apples to plates and serve with ice cream and the pomegranate syrup.



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A CHANCE TO LIVE

For Previously Treated Advanced Non-Small Cell Lung Cancer (NSCLC) Patients

IF YOU HAVE A TYPE OF ADVANCED-STAGE LUNG CANCER, THIS IS BIG.

- **OPDIVO demonstrated longer life in clinical trials and is also the most prescribed immunotherapy for adults with advanced NSCLC previously treated with platinum-based chemotherapy**
- **OPDIVO significantly increased the chance of living longer vs chemotherapy (docetaxel)**
- **OPDIVO works with your immune system**
- **No biomarker testing is required with OPDIVO, though your physician may choose to do so**

What does OPDIVO® treat?

OPDIVO (injection for intravenous use 10 mg/mL) is a prescription medicine used to treat a type of advanced stage lung cancer (called non-small cell lung cancer) that has spread or grown and you have tried chemotherapy that contains platinum, and it did not work or is no longer working. If your tumor has an abnormal EGFR or ALK gene, you should have also tried an FDA-approved therapy for tumors with these abnormal genes, and it did not work or is no longer working. It is not known if OPDIVO is safe and effective in children less than 18 years of age.

Important Safety Information for OPDIVO® (nivolumab)

OPDIVO is a medicine that may treat your lung cancer by working with your immune system. OPDIVO can cause your immune system to attack normal organs and tissues in many areas of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death. These problems may happen anytime during treatment or even after your treatment has ended.

Serious side effects may include:

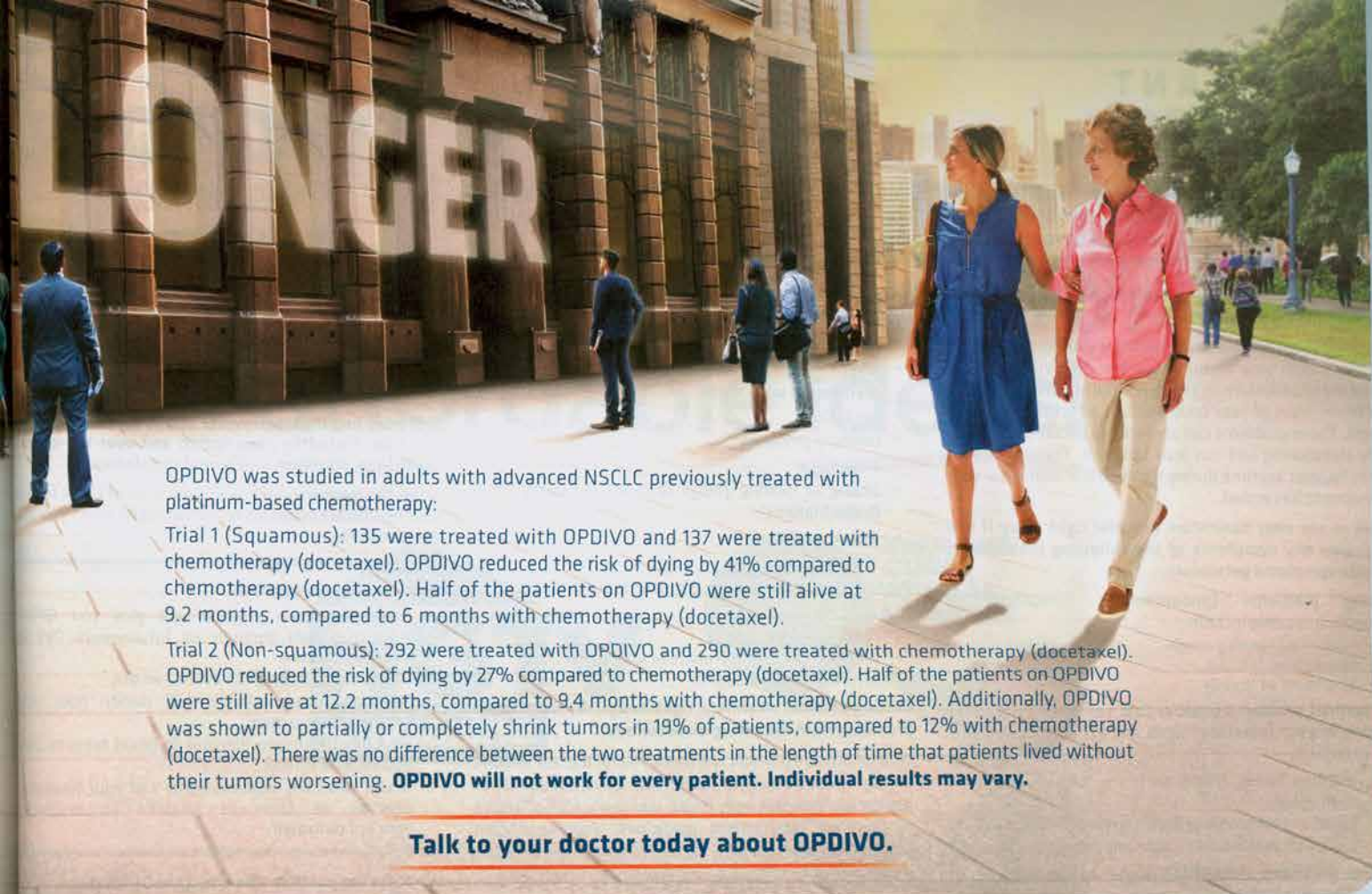
- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; and shortness of breath.
- **Intestinal problems (colitis) that can lead to tears or holes in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; blood in your stools or dark, tarry, sticky stools; and severe stomach area (abdomen) pain or tenderness.
- **Liver problems (hepatitis).** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; severe

nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; and feeling less hungry than usual.

- **Hormone gland problems (especially the thyroid, pituitary, adrenal glands, and pancreas).** Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; and excessive thirst or lots of urine.
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; and loss of appetite.
- **Skin problems.** Signs of these problems may include: rash; itching; skin blistering; and ulcers in the mouth or other mucous membranes.
- **Inflammation of the brain (encephalitis).** Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; and stiff neck.
- **Problems in other organs.** Signs of these problems may include: changes in eyesight; severe or persistent muscle or joint pains; and severe muscle weakness.

Getting medical treatment right away may keep these problems from becoming more serious.





OPDIVO was studied in adults with advanced NSCLC previously treated with platinum-based chemotherapy:

Trial 1 (Squamous): 135 were treated with OPDIVO and 137 were treated with chemotherapy (docetaxel). OPDIVO reduced the risk of dying by 41% compared to chemotherapy (docetaxel). Half of the patients on OPDIVO were still alive at 9.2 months, compared to 6 months with chemotherapy (docetaxel).

Trial 2 (Non-squamous): 292 were treated with OPDIVO and 290 were treated with chemotherapy (docetaxel). OPDIVO reduced the risk of dying by 27% compared to chemotherapy (docetaxel). Half of the patients on OPDIVO were still alive at 12.2 months, compared to 9.4 months with chemotherapy (docetaxel). Additionally, OPDIVO was shown to partially or completely shrink tumors in 19% of patients, compared to 12% with chemotherapy (docetaxel). There was no difference between the two treatments in the length of time that patients lived without their tumors worsening. **OPDIVO will not work for every patient. Individual results may vary.**

Talk to your doctor today about OPDIVO.

Your healthcare provider will check you for these problems during treatment. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment, if you have severe side effects.

OPDIVO can cause serious side effects, including:

- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; and feeling like passing out.

Pregnancy and Nursing:

Tell your healthcare provider if you are pregnant or plan to become pregnant. OPDIVO can harm your unborn baby. Females who are able to become pregnant should use an effective method of birth control during and for at least 5 months after the last dose of OPDIVO. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment. Before receiving treatment, tell your healthcare provider if you are breastfeeding or plan to breastfeed. It is not known if OPDIVO passes into your breast milk. Do not breastfeed during treatment.

Tell your healthcare provider about:

- Your health problems or concerns if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or have any other medical conditions.

- All the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

The most common side effects of OPDIVO in people with non-small cell lung cancer include: feeling tired; pain in muscles, bones, and joints; decreased appetite; cough; and constipation.

These are not all the possible side effects. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see Important Facts for OPDIVO on the following page.

OPDIVOTM
(nivolumab)



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Please visit www.OPDIVO.com/food or call 1-855-OPDIVO-1 for more information.

IMPORTANT FACTS

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how OPDIVO® may fit into your overall therapy. Talk to your healthcare professional if you have any questions about OPDIVO (pronounced op-DEE-voh).

OPDIVO™ **Rx ONLY**
(nivolumab)
INJECTION FOR INTRAVENOUS USE 10 mg/mL

What is the most important information I should know about OPDIVO (nivolumab)?

OPDIVO is a medicine that may treat your lung cancer by working with your immune system. OPDIVO can cause your immune system to attack normal organs and tissues in many areas of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse:

Lung problems (pneumonitis). Symptoms of pneumonitis may include:

- new or worsening cough
- chest pain
- shortness of breath

Intestinal problems (colitis) that can lead to tears or holes in your intestine. Signs and symptoms of colitis may include:

- diarrhea (loose stools) or more bowel movements than usual
- blood in your stools or dark, tarry, sticky stools
- severe stomach-area (abdomen) pain or tenderness

Liver problems (hepatitis). Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

Hormone gland problems (especially the thyroid, pituitary, adrenal glands, and pancreas). Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- hair loss
- feeling cold
- constipation
- voice gets deeper
- excessive thirst or lots of urine

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling in your ankles
- loss of appetite

Skin Problems. Signs of these problems may include:

- rash
- itching
- skin blistering
- ulcers in mouth or other mucous membranes

Inflammation of the brain (encephalitis). Signs and symptoms of encephalitis may include:

- headache
- fever
- tiredness or weakness
- confusion
- memory problems
- sleepiness
- seeing or hearing things that are not really there (hallucinations)
- seizures
- stiff neck

Problems in other organs. Signs of these problems may include:

- changes in eyesight
- severe or persistent muscle or joint pains
- severe muscle weakness

Getting medical treatment right away may keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during treatment with OPDIVO (nivolumab). Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with OPDIVO, if you have severe side effects.

What is OPDIVO?

OPDIVO is a prescription medicine used to treat a type of advanced stage lung cancer (called non-small cell lung cancer). OPDIVO may be used when your lung cancer:

- has spread or grown, and
- you have tried chemotherapy that contains platinum, and it did not work or is no longer working.

If your tumor has an abnormal EGFR or ALK gene, you should have also tried an FDA-approved therapy for tumors with these abnormal genes, and it did not work or is no longer working.

It is not known if OPDIVO is safe and effective in children less than 18 years of age.

What should I tell my healthcare provider before receiving OPDIVO?

Before you receive OPDIVO, tell your healthcare provider if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- have any other medical conditions
- are pregnant or plan to become pregnant. OPDIVO can harm your unborn baby.
 - Females who are able to become pregnant should use an effective method of birth control during and for at least 5 months after the last dose of OPDIVO. Talk to your healthcare provider about birth control methods that you can use during this time.

- Tell your healthcare provider right away if you become pregnant during treatment with OPDIVO (nivolumab).
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO passes into your breast milk. **Do not** breastfeed during treatment with OPDIVO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

How will I receive OPDIVO?

- Your healthcare provider will give you OPDIVO into your vein through an intravenous (IV) line over 60 minutes.
- OPDIVO is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will do blood tests to check you for side effects.
- If you miss any appointments call your healthcare provider as soon as possible to reschedule your appointment.

What are the possible side effects of OPDIVO?

OPDIVO can cause serious side effects, including:

- See **"What is the most important information I should know about OPDIVO?"**
- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO:
 - chills or shaking
 - itching or rash
 - flushing
 - difficulty breathing
 - dizziness
 - fever
 - feeling like passing out

The most common side effects of OPDIVO in people with non-small cell lung cancer include:

- feeling tired
- pain in muscles, bones, and joints
- decreased appetite
- cough
- constipation

These are not all the possible side effects of OPDIVO. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This is a brief summary of the most important information about OPDIVO. For more information, talk with your healthcare provider, call 1-855-673-4888 or go to www.OPDIVO.com.

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Pumpkin FOR DINNER

Food Network stars turn pumpkin into five delicious dishes.

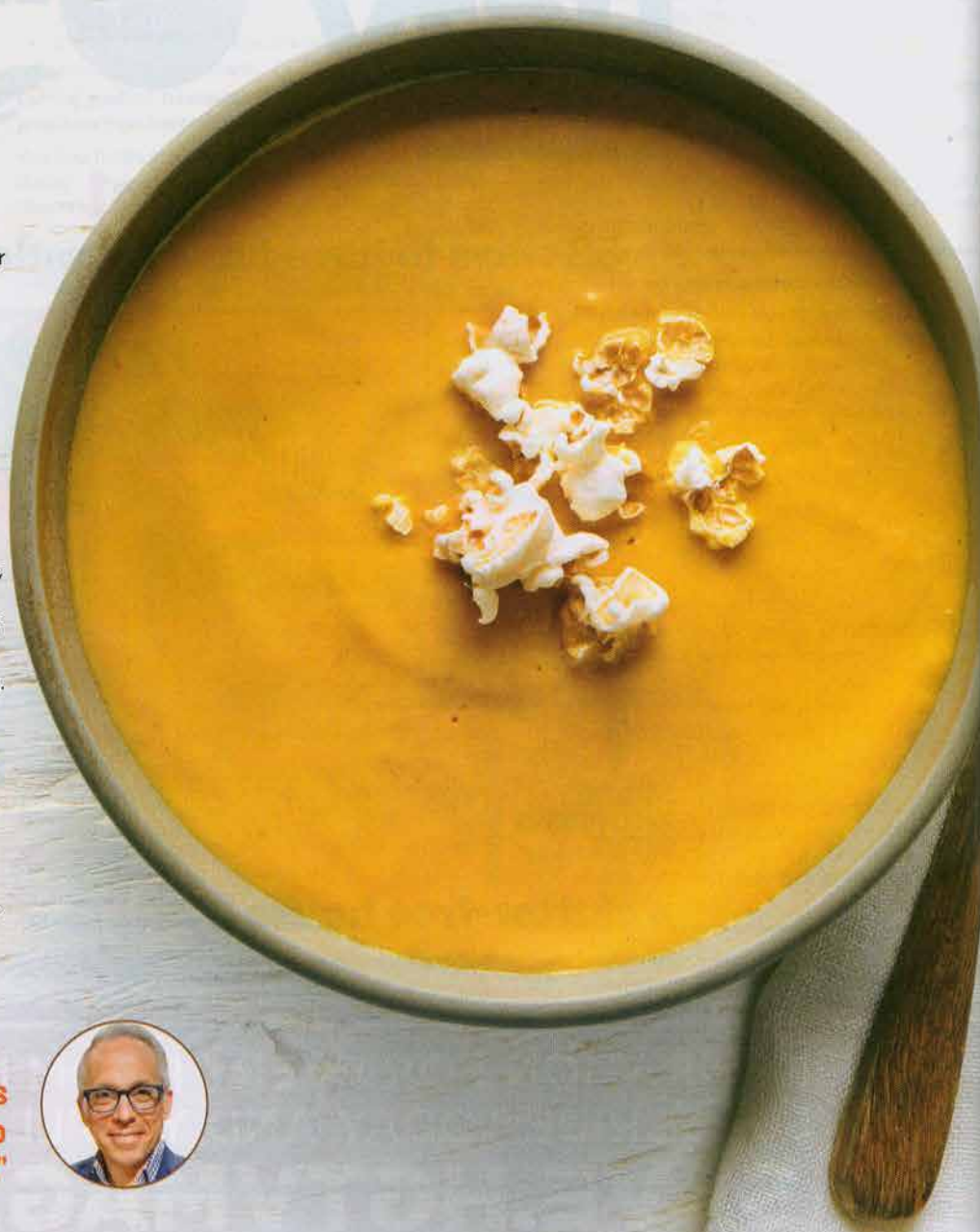
PHOTOGRAPHS BY DAVID MALOSH

GEOFFREY ZAKARIAN'S PUMPKIN-POPCORN SOUP

ACTIVE: 15 min | TOTAL: 45 min | SERVES: 4

- 3 tablespoons unsalted butter
- 2 medium leeks (white and light green parts), thinly sliced and well rinsed
- 2 cloves garlic, chopped
- 1 tablespoon chopped peeled fresh ginger
- 2 teaspoons curry powder
- 2½ cups plain popped popcorn
- 1 quart chicken stock
- 1 cup canned pumpkin puree
- ½ cup heavy cream
- Juice of 1 lime (about 2 tablespoons)
- Kosher salt

1. In a medium saucepan, melt the butter over medium heat. Add the leeks and cook until wilted, about 5 minutes. Add the garlic, ginger and curry powder and cook, stirring, until fragrant, about 1 minute. Add 2 cups of the popcorn and toss to coat in the butter.
2. Add the stock, pumpkin and heavy cream. Bring to a simmer. Cook until the leeks are very tender, the popcorn has dissolved away from the kernels and the kernels are softened, about 15 minutes.
3. Puree the soup with a hand blender or in batches in a countertop blender. Stir in the lime juice and taste for seasoning, adding a little salt if necessary. Thin with up to ½ cup water, if desired. Serve in individual bowls with the remaining popcorn as a garnish.



"The popcorn garnish gives this soup crunch—just make sure to add it at the very last minute."



REE DRUMMOND'S PUMPKIN WONTON RAVIOLI

ACTIVE: 45 min | TOTAL: 1 hr | SERVES: 4 to 6

- 1 stick unsalted butter
- 2 cloves garlic, minced
- 1 15-ounce can pumpkin puree
- Kosher salt
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{4}$ cup pine nuts
- 1 large egg
- 48 wonton wrappers
- $1\frac{1}{2}$ cups shaved parmesan cheese
- 6 sage leaves, rolled and very thinly sliced
- Freshly ground pepper

1. Melt 2 tablespoons of the butter in a large skillet over medium heat. Add the garlic and heat it for a couple of minutes (don't brown it). Add the pumpkin, $\frac{1}{2}$ teaspoon salt and the chili powder. Cook this filling for a few minutes, stirring occasionally, to warm it and cook off some of the excess liquid. Remove from the heat and let it cool slightly while you get the other components ready.

2. Toast the pine nuts in a small skillet over medium-low heat, tossing and stirring occasionally, until golden. Remove them to a plate and set aside.

3. Next, make browned butter: In the same small skillet, melt the remaining 6 tablespoons butter over medium-high heat; let it cook and bubble up for an additional minute or so, until the foam is golden brown. Watch it carefully and take the pan off the heat as soon as it's ready. Finally, beat the egg with 1 tablespoon cold water. Now you're ready for Operation Ravioli.

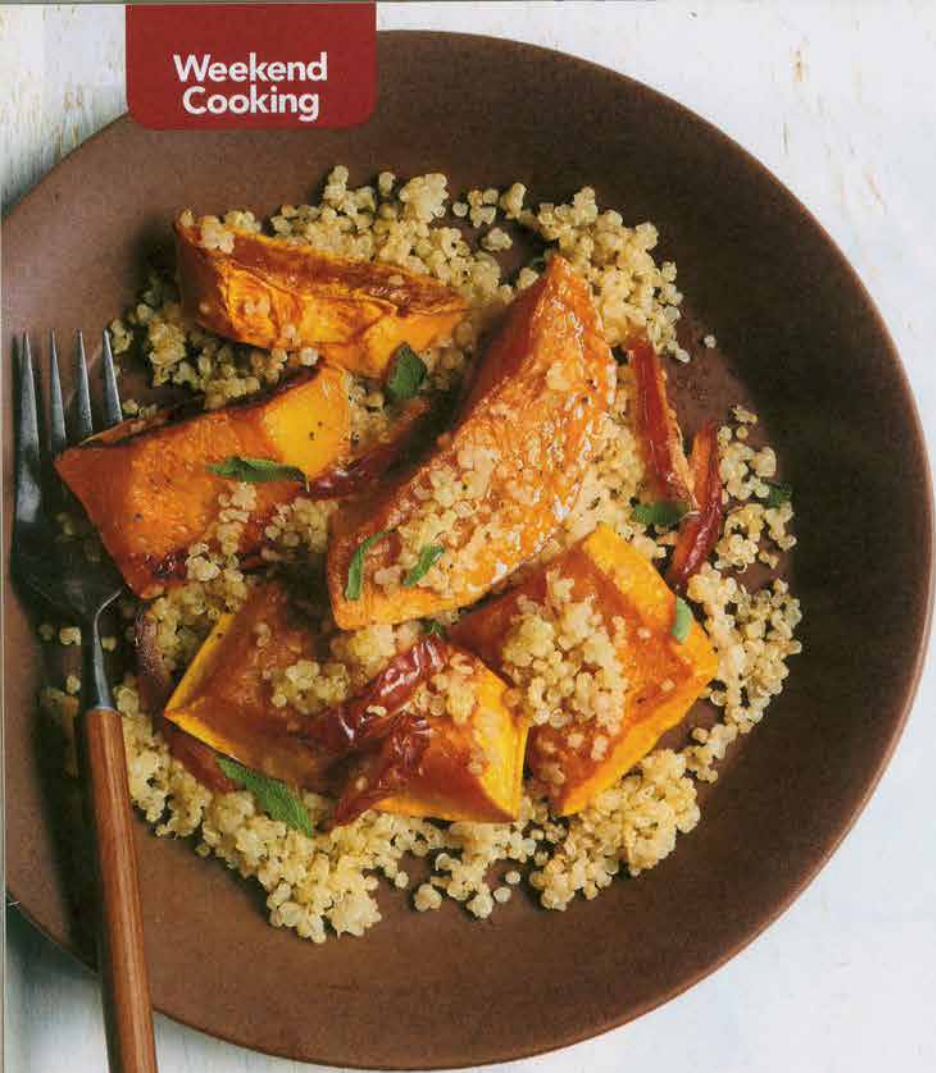
4. Bring a pot of salted water to a boil. Lay out a few wonton wrappers at a time and spoon about 2 teaspoons of the pumpkin mixture in the middle of each one. Then, one at a time, dab your finger into the egg wash mixture and "paint" around the pumpkin on the wrapper. Lay a second wonton wrapper on top of each one, match up the edges and press the two wrappers together, gently pressing out any air bubbles as you go. To seal the ravioli, use a knife or square cutter to neatly trim the edges. Set them aside while you work on the rest.

5. Drop a few ravioli at a time into the boiling water. Boil them for $1\frac{1}{2}$ to 2 minutes, then remove with a slotted spoon and place on a platter or serving plates. Spoon a little bit of the browned butter over the ravioli, then sprinkle on the parmesan shavings, sage, toasted pine nuts and a little pepper.



"Using ready-to-go wonton wrappers is a million times easier than making pasta dough from scratch."





TYLER FLORENCE'S ROASTED PUMPKIN WITH QUINOA, DATES AND SAGE

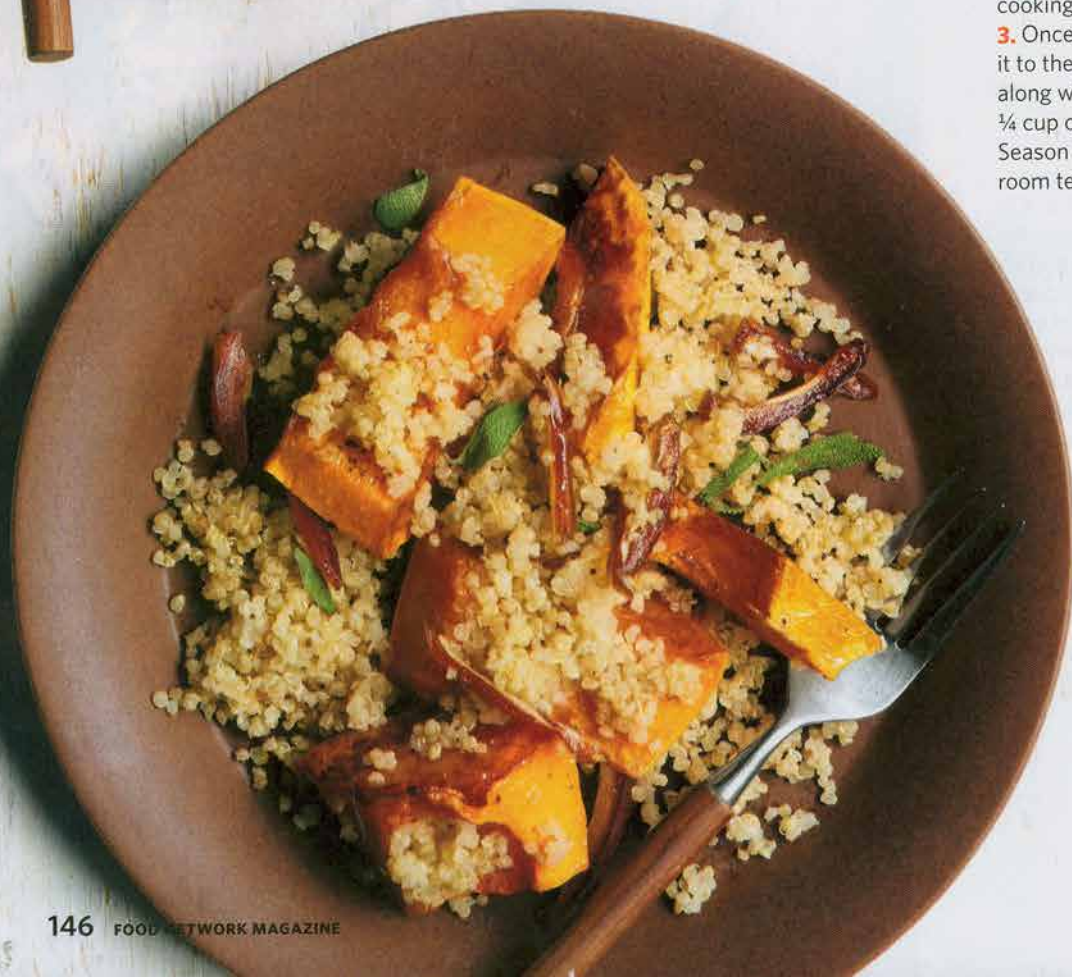
ACTIVE: 30 min | TOTAL: 1½ hr | SERVES: 8 to 10

- 1 small sugar pumpkin (2 to 3 pounds), halved and seeded
- ¼ cup extra-virgin olive oil, plus more for drizzling
- Kosher salt and freshly ground pepper
- 2 cups quinoa
- 3 cups pitted Medjool dates, julienned
- ¼ cup small sage leaves, torn

1. Preheat the oven to 375°. Cut the pumpkin into about 3-inch chunks and arrange on a rimmed baking sheet skin-side down. Drizzle the pumpkin pieces with olive oil and give them a sprinkle of salt and pepper. Roast the pumpkin until soft, about 1 hour. Once it is cool enough to handle, peel off and discard the skin, and place the roasted pumpkin flesh in a bowl.

2. Meanwhile, place a large dry skillet over medium heat and add the quinoa. Toast for 5 to 10 minutes or until the quinoa releases a beautiful toasty aroma. Add 3 cups of water and 1 tablespoon salt; cover and bring to a boil. Reduce the heat to low and simmer the quinoa until all the water has been absorbed, about 25 minutes. Remove from the heat and set aside, covered; the steam will finish cooking the quinoa.

3. Once the quinoa has cooled a bit, add it to the bowl with the roasted pumpkin along with the dates, torn sage leaves and ¼ cup olive oil. Toss gently to combine. Season with more salt and pepper. Serve at room temperature.



"I serve this as a side, with slow-roasted pork shoulder or herb-roasted chicken and a glass of pinot noir."



“The better I can make it look,
feel and taste, the better I feel
about it going out into the world.”

MADE THE  WAY.



AARÓN SÁNCHEZ'S CHILI VERDE WITH SAUSAGE AND PUMPKIN

ACTIVE: 20 min | TOTAL: 50 min | SERVES: 4

FOR THE TOMATILLO SALSA

- 1½ pounds tomatillos (6 to 8 medium)
- 5 serrano or 10 jalapeño peppers, stemmed (plus seeds, if you can take the heat)
- 3 cloves garlic, peeled
- 1 large white onion, peeled and sliced ½ inch thick
- ¼ cup extra-virgin olive oil
- Kosher salt
- ½ cup chopped fresh cilantro
- Freshly ground black pepper

FOR THE CHILI

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, roughly chopped
- 1 pound sausage meat (mild or hot)
- 1½ teaspoons dried oregano (preferably Mexican), crumbled
- 3 cloves garlic, very finely chopped
- 1 15-ounce can hominy
- ½ cup chopped fresh cilantro, plus more for topping
- 2 cups chopped peeled sugar pumpkin or butternut squash (about 8 ounces)
- Kosher salt
- Thinly sliced serrano or jalapeño peppers, for topping

1. Make the tomatillo salsa: Preheat the broiler. Remove the husks from the tomatillos, then rinse the tomatillos under warm water to remove any stickiness. Dry with a paper towel. Put the tomatillos, chiles, garlic and sliced onion on a rimmed baking sheet. Drizzle with the olive oil and sprinkle on 2 teaspoons or so of salt. Broil a few inches from the heat, turning everything once, until the tomatillos are softened and slightly charred, about 7 minutes. Let cool to room temperature.

2. Transfer the broiled vegetables to a blender; add the cilantro and puree until smooth. Season with salt and pepper.

3. Make the chili: Heat the olive oil in a Dutch oven or large saucepan over medium heat. Add the chopped onion and cook, stirring occasionally, until just translucent, about 4 minutes. Add the sausage and cook, stirring and breaking it up, until browned, about 10 minutes.

4. Spoon out and discard the excess fat, leaving 1 to 2 tablespoons in the pot. Stir in the oregano and garlic and cook, stirring, about 3 more minutes.

5. Stir in the tomatillo salsa, hominy (including the liquid), cilantro and pumpkin. Bring to a boil, reduce the heat to medium low and simmer, covered, until the pumpkin is tender, 15 to 20 minutes. Taste and season with salt, if necessary. Top with cilantro and chiles.

"This chili is perfect for leftovers—it's even better the next day."



Grown-Up Mac and Cheese

2 cups uncooked whole-grain elbow macaroni
2 tbsp olive oil
3 tbsp butter
3 tbsp flour
1 cup fat-free milk
1 cup panko breadcrumbs
1 tbsp chopped parsley
8 oz processed American cheese, cubed
1 link (half of 13.5-oz package) Johnsonville Smoked or Three Cheese Italian Style Sausage, quartered and sliced

- 1 | Cook macaroni according to package directions; drain.
- 2 | Mix breadcrumbs, parsley and olive oil together in a bowl.
- 3 | Meanwhile, in another saucepan, melt butter over medium heat.
- 4 | Stir flour into melted butter until smooth; gradually whisk in milk.
- 5 | Bring to a boil, stirring constantly. Cook and stir for 2 minutes or until thickened.
- 6 | Add cheese; cook and stir until melted.
- 7 | Stir in macaroni and sausage.
- 8 | Spread breadcrumb mixture on top and bake at 350°F for 25 minutes.



MADE THE  WAY.™



Look for our new packaging
in stores October 1, 2016.

ANNE BURRELL'S ORECCHIETTE WITH PANCETTA, PUMPKIN AND BROCCOLI RABE

ACTIVE: 25 min | TOTAL: 1 hr | SERVES: 4

- 2 cups diced peeled cheese pumpkin or butternut squash (about 8 ounces)
- Extra-virgin olive oil
- Kosher salt
- ½ bunch broccoli rabe, tough lower stems removed, cut into thirds
- ¾ cup pancetta, cut into ½-inch dice
- Pinch of red pepper flakes
- 2 cups orecchiette
- ½ cup grated parmigiana, plus more for topping
- ¼ cup green pumpkin seeds, toasted



"Put this dish in front of anyone and they'll automatically think of fall."

1. Preheat the oven to 375°. Toss the pumpkin with olive oil and salt and place in a single layer on a sheet tray. Bake in the oven until soft, about 20 minutes. Remove from the oven and reserve.
2. Bring a large pot of well-salted water to a boil. Set up a bowl of well-salted ice water. Drop the broccoli rabe into the pot of boiling water, swirl it around, remove it from the water and immediately plunge into the salty ice water. Reserve the boiling water. Remove the broccoli rabe from the ice water, squeeze out the excess water and reserve.
3. Coat a large sauté pan with olive oil and add the pancetta and red pepper flakes. Bring the pan to medium heat and cook the pancetta until brown and crispy. Add the roasted pumpkin and about ¾ cup of the broccoli rabe cooking water. Simmer until the water reduces by half, about 2 minutes.
4. Meanwhile, add the orecchiette to the reserved boiling broccoli rabe water and cook until al dente, about 1 minute less than the cooking time says on the box. Remove the pasta from the water and add to the pan with the pancetta and pumpkin. Add the broccoli rabe and about ½ cup of the pasta cooking water. Cook until the water has evaporated and the sauce clings to the pasta, about 1 minute. Drizzle with olive oil and sprinkle with the grated parmigiana. Toss vigorously.
5. Divide the pasta among dishes, sprinkle with a little more grated parm and top with the toasted green pumpkin seeds.



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(Cream puff dough)



PÂTE FEUILLETÉE
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Best of the Bunch

It's grape-harvest season!
Use your favorite variety to make one of these great desserts.

PHOTOGRAPHS BY DAVID MALOSH



Try a mix of grapes in this recipe: We like Concord, Muscat and champagne grapes, but you can use whatever is available.

GRAPE-VANILLA TARTLETS

ACTIVE: 40 min | TOTAL: 1 hr 40 min | SERVES: 6

FOR THE PASTRY CREAM

- ½ vanilla bean
- 1½ cups whole milk
- ⅓ cup sugar
- Pinch of salt
- 3 large egg yolks
- 3 tablespoons cornstarch
- 1 tablespoon unsalted butter

FOR THE TARTLETS

- 1 10-ounce package frozen puff pastry tart shells (6 shells)
- 2 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- ¼ cup good-quality grape jelly
- 1 tablespoon brandy or water
- Juice of ½ lemon
- 1 tablespoon water
- 1 cup assorted seedless grapes, halved

- 1.** Make the pastry cream: Split the vanilla bean lengthwise and scrape out the seeds with a paring knife. Combine the milk, sugar, vanilla seeds and pod, and the salt in a medium saucepan. Bring to a simmer over medium heat, then remove from the heat.
- 2.** Whisk the egg yolks in a medium bowl, then whisk in the cornstarch until smooth. Slowly whisk about half of the hot milk mixture into the egg yolk mixture, then pour back into the saucepan with the remaining milk; cook over medium-high heat, whisking, until a few bubbles break the surface and the mixture is thick like pudding, about 2 minutes. Remove from the heat and discard the vanilla pod. Transfer the pastry cream to a bowl; whisk in the butter, then continue whisking until the mixture cools slightly, about 10 minutes. Press plastic wrap directly onto the surface of the pastry cream to prevent a skin from forming; refrigerate until completely cooled, about 1 hour.
- 3.** Meanwhile make the tartlets: Bake the pastry shells as the label directs; use a fork to remove the centers. Brush the top rim of the shells with the melted butter, sprinkle lightly with the sugar and return to the oven until the sugar is slightly golden, about 5 minutes. Transfer the shells to a rack to cool completely.
- 4.** Whisk the jelly, brandy, lemon juice and water in a small skillet until smooth. Cook over medium heat, whisking constantly, until thick and bubbling, about 3 minutes. Remove from the heat and let cool slightly, about 5 minutes.
- 5.** Spoon the pastry cream into the shells. Top with the grapes and drizzle with the jelly mixture.

GRAPE-ALMOND COBBLER ACTIVE: 40 min | TOTAL: 1½ hr (plus cooling) | SERVES: 6 to 8

FOR THE FILLING

- 5 cups assorted red seedless grapes, halved if large
- 2 tablespoons all-purpose flour
- ⅓ cup sugar
- 1 teaspoon pure vanilla extract
- ¼ teaspoon pure almond extract
- Juice of ½ lemon
- Pinch of kosher salt

FOR THE TOPPING

- 1 cup all-purpose flour
- ⅓ cup almond flour
- ⅓ cup sugar, plus more for sprinkling
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- 5 tablespoons cold unsalted butter, cut into cubes
- 1 large egg
- ½ cup heavy cream
- 3 tablespoons sliced almonds

- 1.** Make the filling: Combine the grapes, all-purpose flour, sugar, vanilla and almond extracts, lemon juice and salt in a large bowl. Toss to coat the grapes.
- 2.** Preheat the oven to 375°. Make the topping: Whisk the all-purpose flour, almond flour, sugar, baking powder and salt in a medium bowl. Work the butter into the flour mixture with your fingers until it looks like coarse meal with pea-size bits of butter. Lightly beat the egg and heavy cream in a small bowl; add to the flour mixture and stir a few times until a sticky dough forms.
- 3.** Spread the filling in an 8-inch square baking dish. Drop heaping tablespoonfuls of the biscuit topping over the grapes, leaving a small space between each spoonful. Sprinkle the topping with sugar and the almonds.
- 4.** Bake until the biscuits are golden brown and puffy and the filling is bubbling, 40 to 50 minutes. Transfer to a rack and let cool at least 30 minutes before serving.



CONCORD GRAPE LAYER CAKE

ACTIVE: 1 hr 40 min | TOTAL: 2 hr 20 min | SERVES: 8 to 10

FOR THE FILLING

- 4 cups small seedless Concord grapes (about 2 pounds)*
- 1 small Granny Smith apple, peeled and finely diced
- $\frac{1}{2}$ cup water
- 1 cup granulated sugar

FOR THE CAKE

Unsalted butter, for the pans

- $3\frac{3}{4}$ cups all-purpose flour, plus more for the pans
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $2\frac{1}{4}$ cups granulated sugar
- 1 cup vegetable oil
- 4 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- $1\frac{1}{2}$ cups buttermilk

FOR THE TOPPING AND FROSTING

- 2 large pasteurized egg whites
- 1 cup granulated sugar
- 1 cup small seedless Concord grapes (about $\frac{1}{2}$ pound)
- 3 sticks unsalted butter, at room temperature

Pinch of kosher salt

- 4 cups confectioners' sugar, sifted
- 2 teaspoons pure vanilla extract

1. Make the filling: Combine the grapes, apple and water in a medium Dutch oven over medium-low heat. Cover and cook until most of the grapes pop and shrivel, about 12 minutes. Increase the heat to medium and stir in the granulated sugar. Cook, stirring often and mashing with a potato masher occasionally to crush the apple, until the filling is thick and syrupy, 15 to 20 minutes. Remove from the heat and let cool completely.

2. Make the cake: Preheat the oven to 350°. Butter and flour three 8-inch round cake pans; line the bottoms with parchment paper. Sift the flour, baking soda and salt into a medium bowl. Beat the granulated sugar and vegetable oil in a large bowl with a mixer on medium-high speed until it looks like wet sand, about 2 minutes. Scrape down the bowl and add the eggs, one at a time, beating well after each addition. Add the vanilla; beat on high speed until light, about 2 minutes. Reduce the mixer speed to low; beat in the flour mixture in three batches, alternating with the buttermilk, beginning and ending with the flour. Continue beating until smooth, about 1 minute.

3. Divide the batter among the prepared pans and bake until a toothpick inserted into the centers comes out clean, 25 to 30 minutes. Let cool 10 minutes in the pans, then invert onto racks; remove the parchment and let cool completely.

4. Meanwhile, make the topping: Line a rimmed baking sheet with parchment paper. Whisk the egg whites in a medium bowl until just foamy. Spread the granulated sugar in a pie plate or shallow bowl. Dip the grapes in the egg whites, letting any excess drip back into the bowl, then roll in the sugar. Transfer the sugared grapes to the prepared baking sheet. Freeze at least 30 minutes.

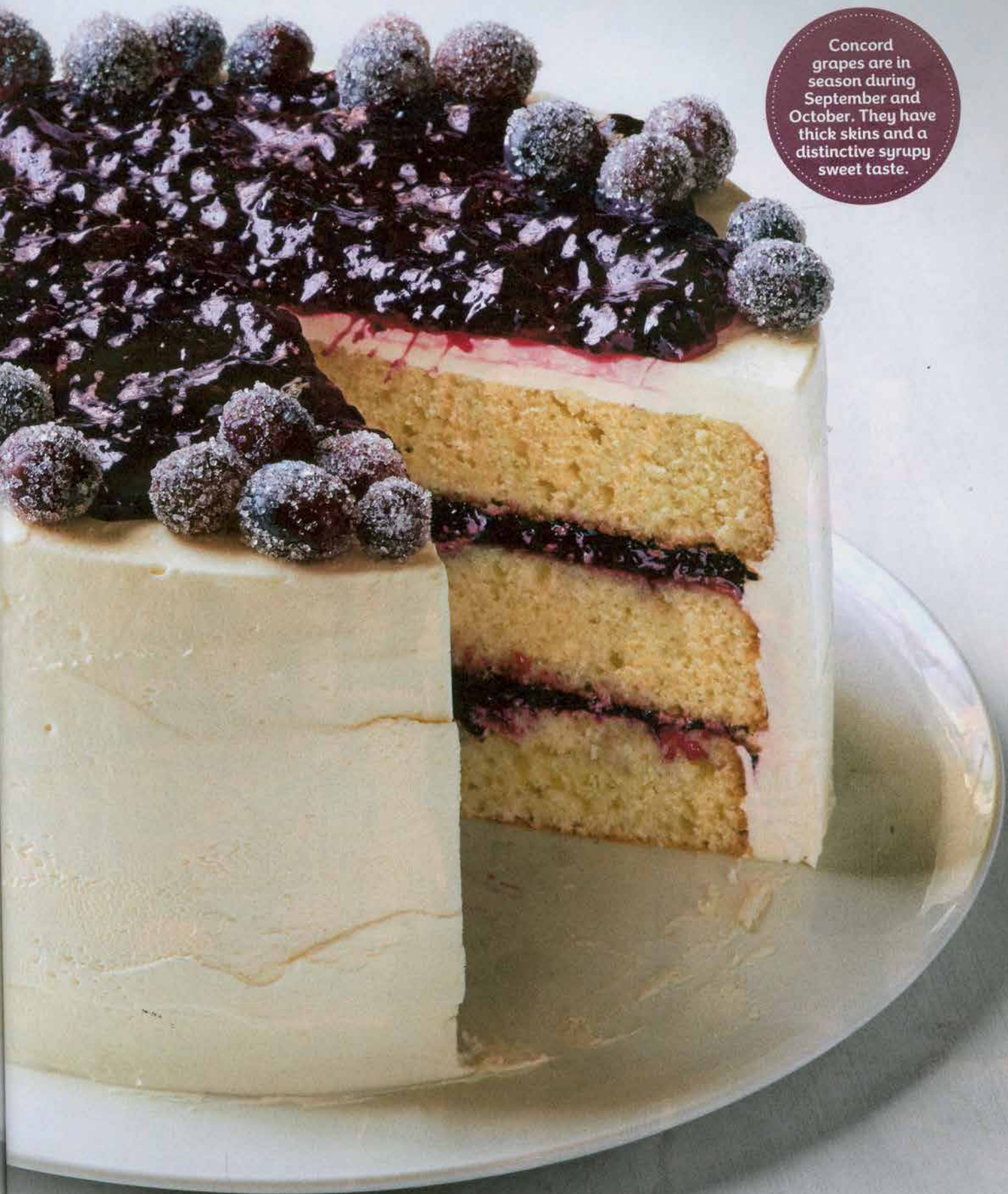
5. Make the frosting: Beat the butter and salt in a large bowl with a mixer on medium speed until smooth and fluffy, about 2 minutes. Gradually beat in the confectioners' sugar, then the vanilla. Increase the mixer speed to medium high and beat until very light and fluffy, about 2 more minutes.

6. Assemble the cake: Put 1 cake layer on a cake stand or serving plate. Spread about one-third of the grape filling on the cake, then top with another cake layer and half of the remaining filling. Top with the third cake layer. Cover the top and side of the cake with the frosting. Refrigerate to set the frosting, 15 to 20 minutes. Spread the remaining filling on top of the cake, leaving a $\frac{1}{2}$ -inch border. Arrange the frozen grapes around the border.

**If you can't find the seedless variety, you'll need to strain the filling at the end of Step 1 to remove the seeds. Halve and seed the grapes for garnish.*



Concord grapes are in season during September and October. They have thick skins and a distinctive syrupy sweet taste.







Life of the Party

At Marcela Valladolid's house, the most lively gathering of the year is the Day of the Dead.

PHOTOGRAPHS BY CORAL VON ZUMWALT



Every year at the end of October, Marcela Valladolid builds an elaborate altar in her Chula Vista, CA, backyard and places Mountain Dew and a Big Hunk candy bar on it. It's her way of remembering her late mother, Maria, for the Day of the Dead—and despite the name of the Mexican holiday, it's not at all morbid or sad. "It's about celebrating life," *The Kitchen* cohost explains. The tradition of honoring deceased family members and friends with festivals and altars began with the Aztecs at least 700 years ago. Typically, the festivities start on November 1 and go on for two days, but Marcela kicks things off a day early with a big party that coincides with Halloween. "We want to entice those who have passed back for the night to celebrate," she says, which explains why she puts out her mom's favorite soda and candy, along with her reading glasses, a Burberry handbag, dog figurines (to guide the spirits) and wine. "She's had a long journey—she gets to drink a little bit," Marcela says, laughing.

Skulls and skeletons are symbols of the holiday, too, but rather than being ghoulish, they're cheerful and sweet. The iconic *calaveras*—skulls that represent departed souls—are molded from sugar, then decorated by all the kids. "They make a mess, but they get so into it!" she says. Marcela also borrows details from Halloween, like fake tombstones and the occasional pint-size superhero running around among the calaveras. "My whole life, I've wanted to have big gatherings that are about food and tradition," says Marcela, who has two sons, Fausto, 12, and David, 1, and a third child on the way. She designs the menu around her mom's most-loved foods, including empanadas and popcorn, and *Día de los Muertos* classics such as Mexican hot chocolate. Marcela also asks guests to bring their own mementos of cherished ones for the altar. After the party (we shot this one last year), Marcela keeps the altar up for a few extra days. "It's like my mom is the star of the show," she says. "It's a beautiful reminder of her each time I walk by."



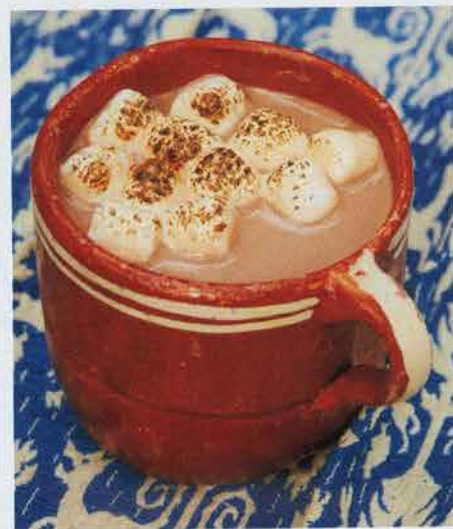
CHIPOTLE-PECAN CANDIED POPCORN

ACTIVE: 15 min | TOTAL: 1 hr 15 min | MAKES: about 13 cups

Cooking spray

- 12 cups plain popped popcorn
- 1 cup pecans, roughly chopped
- 1 cup packed dark brown sugar
- 4 tablespoons unsalted butter
- $\frac{1}{4}$ cup honey
- 1 teaspoon chipotle chile powder
- $\frac{1}{4}$ teaspoon baking soda
- Salt

1. Preheat the oven to 250°. Generously coat a baking sheet with cooking spray. Toss the popcorn and pecans on the prepared baking sheet. Transfer to the oven while preparing the syrup.
2. Combine the brown sugar, butter and honey in a medium saucepan over medium-low heat; cook, stirring occasionally, until the sugar is dissolved and the butter is completely melted. Increase the heat to high and boil, stirring constantly, until thickened, about 4 minutes. Remove from the heat and stir in the chile powder, baking soda and 1 teaspoon salt. Remove the popcorn mixture from the oven; slowly pour the syrup over the top and gently stir to coat.
3. Return the popcorn to the oven and bake until the caramel is dry and hardened, stirring halfway through, about 1 hour. Let cool on the baking sheet.




MEXICAN HOT CHOCOLATE

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 4

- 4 cups whole milk
- 1 3.2-ounce disk Mexican chocolate
- Mini marshmallows, for topping

1. Bring the milk to a simmer in a large pot over medium-high heat. Add the chocolate, reduce the heat to medium low and simmer, stirring occasionally, until the chocolate is fully melted, about 10 minutes.
2. Pour the hot chocolate into mugs and top with mini marshmallows. Toast the marshmallows with a kitchen torch, if desired. Serve immediately.

“Spices have been a big part of Mexican tradition since pre-Hispanic times.”



“With face painting, the trick is getting the kids to sit still for an hour—so we find clever ways to entertain them.”



Look for Day of the Dead party supplies at artellexia.com: sugar skull, from \$4; face paint, from \$7; face jewels, from \$3.

❧

“The kids write the name of the person they’re honoring on the sugar skull, then take it home from the party.”

❧



PICADILLO
EMPANADASCAJETA PINEAPPLE
EMPANADAS

PICADILLO EMPANADAS

ACTIVE: 30 min | TOTAL: 55 min | MAKES: 8

- 1 tomato
- 1 tablespoon vegetable oil
- 8 ounces ground beef
- Kosher salt
- $\frac{1}{4}$ cup finely chopped white onion
- $\frac{1}{4}$ cup finely chopped carrot
- $\frac{1}{2}$ cup pitted green olives, chopped
- $\frac{1}{2}$ cup raisins
- 1 large egg
- Cooking spray
- 2 sheets frozen puff pastry (one 17-ounce package), thawed
- All-purpose flour, for dusting

- 1.** Preheat the oven to 350°. Bring a small saucepan of water to a boil, drop in the tomato and boil 30 seconds. Remove with a slotted spoon and let cool 5 minutes, then peel and puree in a blender until smooth; set aside.
- 2.** Heat the vegetable oil in a large sauté pan over medium-high heat. Add the beef and cook, breaking it up with a wooden spoon, until browned, about 7 minutes; season with $\frac{1}{2}$ teaspoon salt. Add the onion, carrot, olives, raisins and the pureed tomato. Simmer until thick, about 2 minutes, then remove from the heat and set aside.
- 3.** Beat the egg with 2 teaspoons water in a small bowl; set aside. Coat a baking sheet with cooking spray. Working with 1 sheet of puff pastry at a time, unfold on a lightly floured surface. Roll out the dough into a 10-inch square, about $\frac{1}{4}$ inch thick, using a floured rolling pin. Cut into four 5-inch squares. Place $\frac{1}{4}$ cup of the picadillo mixture in the center of each square. Brush the edges with the egg wash and fold diagonally to form a triangle. Crimp the edges with a fork.
- 4.** Transfer the empanadas to the prepared baking sheet and brush with the remaining egg wash. Bake until golden brown, about 25 minutes.

CAJETA PINEAPPLE EMPANADAS

ACTIVE: 25 min | TOTAL: 55 min | MAKES: 8

- All-purpose flour, for dusting
- 2 sheets frozen puff pastry (one 17-ounce package), thawed
- 1 large egg
- 1 heaping tablespoon cajeta (Mexican caramel sauce) or dulce de leche, at room temperature
- $\frac{1}{4}$ cup finely grated monterey jack cheese
- $\frac{1}{4}$ cup diced pineapple
- 1 tablespoon demerara sugar

- 1.** Preheat the oven to 350°. Line a baking sheet with parchment paper. Working with 1 sheet of puff pastry at a time, unfold on a lightly floured surface and cut out four 4-inch circles.
- 2.** Beat the egg with 1 tablespoon water in a small bowl. Place $\frac{1}{2}$ teaspoon cajeta in the center of each circle. Top each with some grated cheese and a few pieces of pineapple. Brush the edge of each circle with the egg wash and fold in half to form a half-moon. Crimp the edges with fork.
- 3.** Transfer the empanadas to the prepared baking sheet, brush with the remaining egg wash and sprinkle with the demerara sugar. Bake until golden brown, about 30 minutes.


**"My mother adored empanadas—
but who doesn't?"**

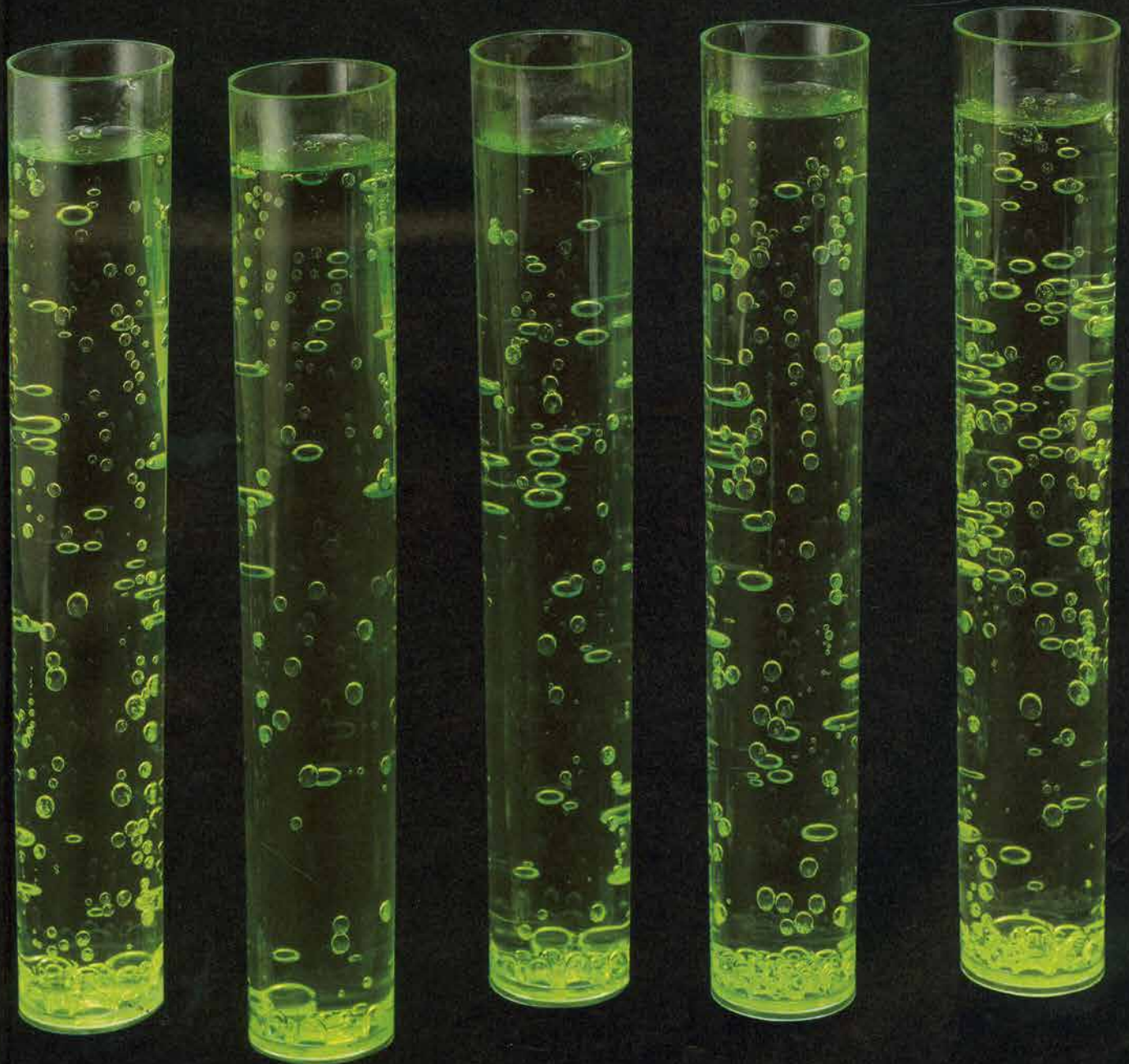



SO SWEET YOU
CAN'T HELP BUT CHEW.



Halloween

PHOTOGRAPH BY RALPH SMITH



Shot in the Dark

Kick off a grown-up Halloween party with mad-scientist shooters: Combine $\frac{1}{3}$ cup green melon liqueur with 1 cup tonic water in a liquid measuring cup and pour into 12 plastic test-tube shot glasses (available at party-supply stores). If you set them under black light, they'll glow in the dark thanks to the tonic.

50 Spooky SNACKS

Scare up some Halloween fun with these tricks and treats.

PHOTOGRAPHS BY RALPH SMITH



BAT WINGS CHEESE BALLS
No. 1



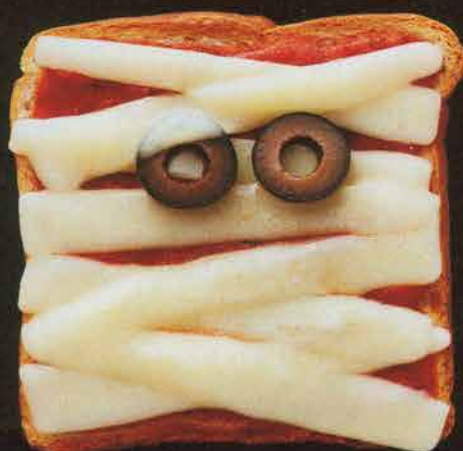
BLOODY MILKSHAKES
No. 2



DUG-UP PRETZEL BONES
No. 3



DEVILISH EGGS
No. 4



PIZZA MUMMIES
No. 5

PULL OUT THIS
BOOKLET FOR
RECIPES!



JACK-O'-LANTERN BEAN DIP
No. 6



GHOST TOASTS
No. 7



MERINGUE SKULLS
No. 8



EYEBALL GELATIN
No. 9



BUGGY WAFFLE COOKIES
No. 10



WITCH-FINGER
CHEESE STRAWS
No. 11



TRUFFLE MONSTERS
No. 12



BLOODSHOT PUDDING
No. 13



BACON-WRAPPED DATE BUGS
No. 14



SWAMP-CREATURE
SNACK MIX
No. 15



COBWEB DIP
No. 16



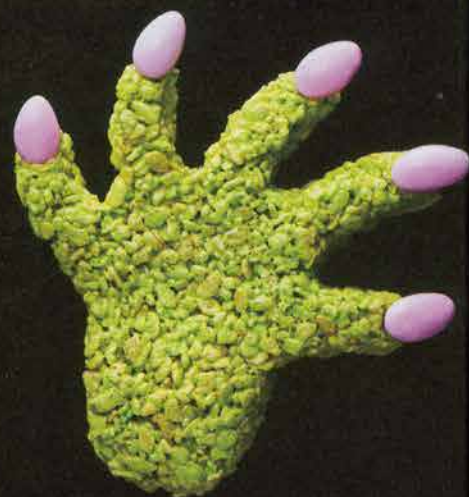
EARTHWORM MUFFINS
No. 17



MONSTER AVOCADO TOASTS
No. 18



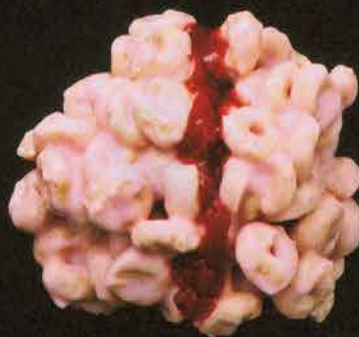
TARRED-AND-FEATHERED
COOKIES
No. 19



CEREAL MONSTER HANDS
No. 20



BAT CUPCAKES
No. 21



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BRAIN CLUSTERS
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No. 23



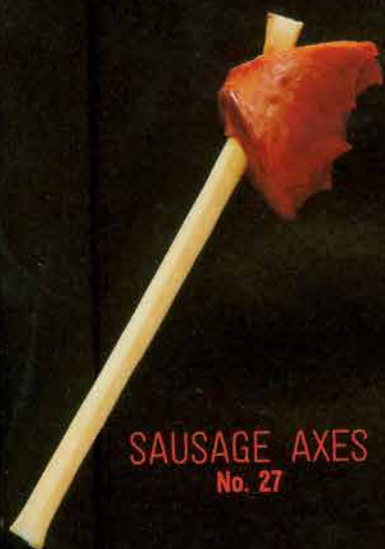
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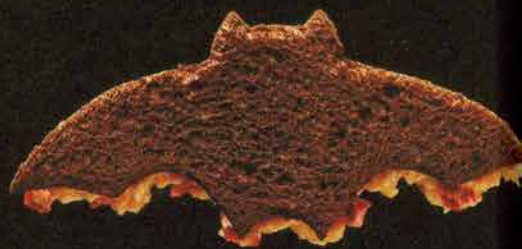
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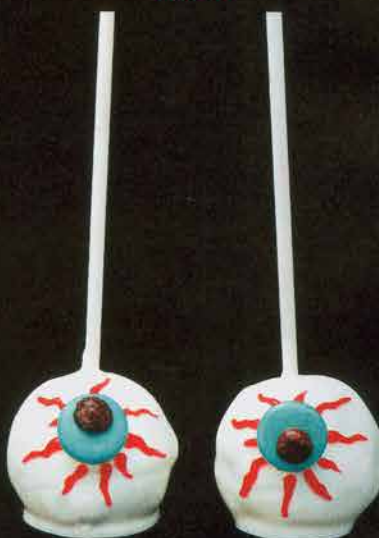
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No. 48



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No. 49



VAMPIRE DOUGHNUTS
No. 50

LOOK

CARMEN
MIRANDA



ASPARAGUS

FRESH

Whip up a food-inspired costume: These easy designs are all made with balloons!


PHOTOGRAPHS BY JEFF HARRIS



POPCORN



APPLE TREE

Turn the page  for the how-to's.

STYLING: MORGAN LEVINE



CARMEN MIRANDA

SUPPLIES

- 5-inch round yellow (1), orange (1), red (2) and purple (7) balloons
- Glue dots
- Green scrapbook paper
- Small wicker basket
- Turban-style headband
- Self-adhesive Velcro strips
- Colorful shirt, ruffled skirt and necklaces

1. Blow up the balloons. The yellow balloon should be slightly overinflated, the orange should be inflated a normal amount, and the red and purple should be underinflated. Use glue dots to make the bunch of grapes.
2. Cut out a few leaf shapes, a cherry stem and a pineapple crown from the paper. Use glue dots to attach the stems/leaves to the appropriate balloons. Arrange the balloons in the basket, then use glue dots to hold them in place.
3. Attach the basket to the headband with the Velcro.

ASPARAGUS

SUPPLIES

- Balloon pump
- 60-inch long green balloons (enough to cover the front of your child)
- Black permanent marker
- Green scrapbook paper
- Heavy-duty double-sided tape
- Posterboard
- 1 purple resistance band, cut in half lengthwise
- Green shirt and green pants

1. Using the pump, inflate the balloons. Draw scales on each balloon with the marker.
2. For each balloon, cut a 6- to 7-inch football shape from the paper. Draw asparagus crown details on each.
3. Use the tape to attach a crown to each balloon.
4. Cut two 1½-inch-wide strips of posterboard long enough to wrap around your kid's torso. Wrap one strip around your kid's chest and the other around the hips; secure with tape. Cover the front half of the strips with tape, and attach the balloons.
5. Wrap one piece of the resistance band around your kid's chest and the other around the hips; tie to secure. Trim excess.



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POPCORN

SUPPLIES

- Balloon pump
- 60-inch long yellow and white balloons (10 to 15)
- 5-inch round yellow balloons (4 to 6)
- Red-and-white-striped fabric
- Heavy-duty double-sided tape
- 1-inch-wide white ribbon
- Headband
- White shirt and white pants

1. Using the pump, inflate the long balloons about two-thirds full. Bend and twist each one into a cluster of loops to create popcorn shapes. Underinflate the round balloons (these will be the kernels).
2. Cut the fabric so it reaches from your kid's chest to just below the knees. Fold over the top and bottom edges of the fabric and hem with the tape. Wrap the fabric around your kid, and use the tape to close it in the back.
3. Cut the ribbon to desired length for straps; tape ends to fabric.
4. Tape the balloon clusters to the top edge of the fabric. Tape the kernels to the clusters and the clusters to each other. Attach two clusters to the headband with tape.

APPLE TREE

SUPPLIES

- 5-inch round red balloons (10 to 15)
- Dark and light green scrapbook paper
- Glue dots
- Green hoodie and brown pants
- Fast-drying fabric glue, such as Fabri-Tac

1. Blow up the balloons.
2. Cut small football-shaped leaves from the paper. Fold each one down the center, then unfold.
3. Use glue dots to attach two leaves to each balloon. Dress your kid in the hoodie, then affix the leaves to the fabric with the fabric glue.



You can't measure the importance of teaching them to cook.

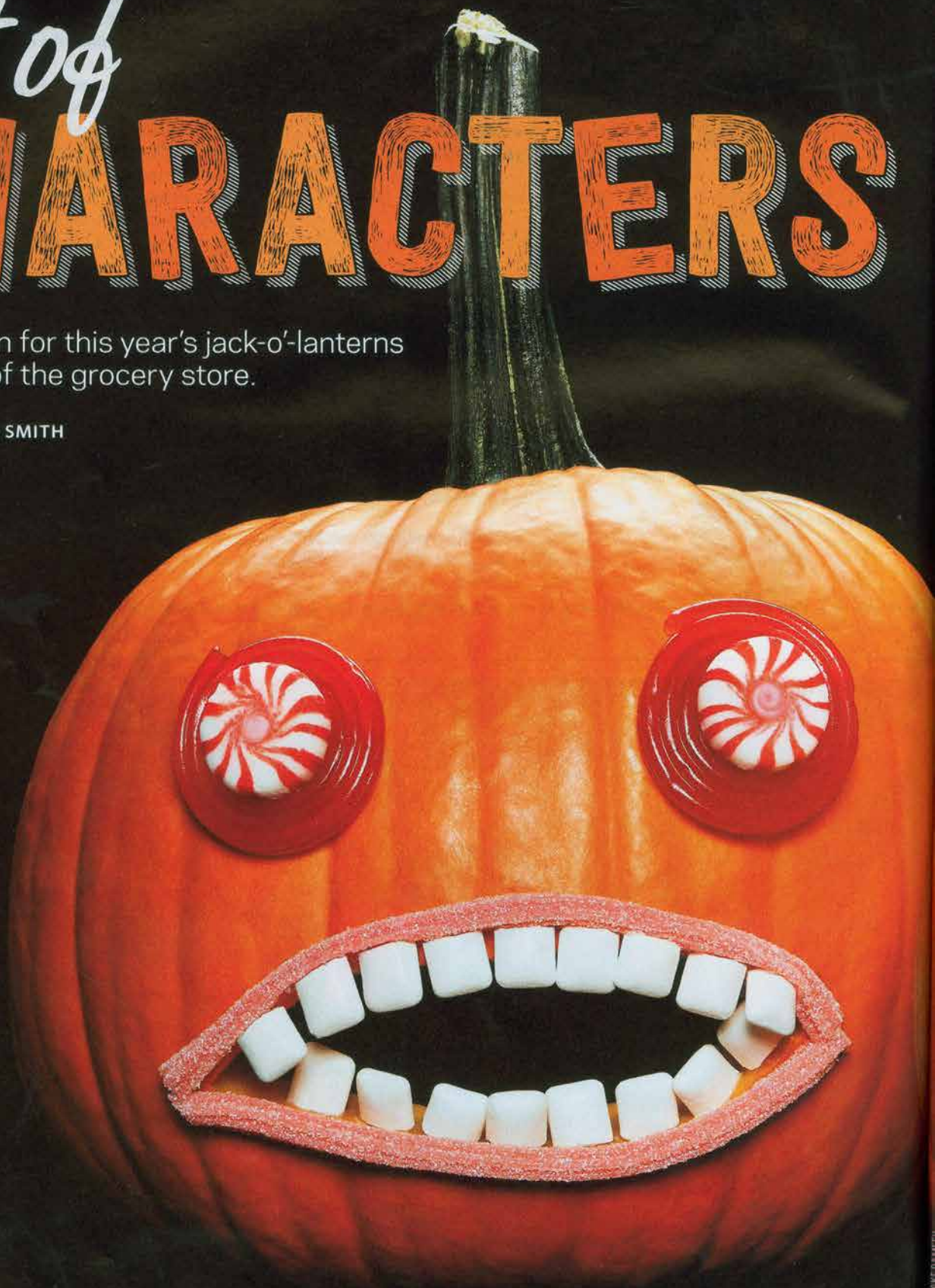
Ben's Beginners™ is a movement helping families to eat better, by cooking together. Enjoy a fresh start for the whole family with our cooking lessons at UncleBens.com



Cast of CHARACTERS

Find inspiration for this year's jack-o'-lanterns in every aisle of the grocery store.

PHOTOGRAPHS BY RALPH SMITH





Goblin Zombies

EYES: Attach a mint to a red licorice wheel with hot glue, then attach to the pumpkin. Or attach a red candy-coated chocolate to a thumbprint cookie with hot glue, then glue to the pumpkin.

MOUTH: Carve a hole and, using straight pins, outline the mouth with red sour straws (or just make the outline).

TEETH: Pin Chiclets along the edge of the sour straws.



Frankenstein's Monster

COMPLEXION: Paint the pumpkin with green acrylic paint; let dry.

HAIR: Unroll licorice wheels and snip into 3-inch pieces; affix to the pumpkin with hot glue.

EYES: Cut a sugar cookie in half and use hot glue to stick a raisin on each piece. Affix to the pumpkin with hot glue.

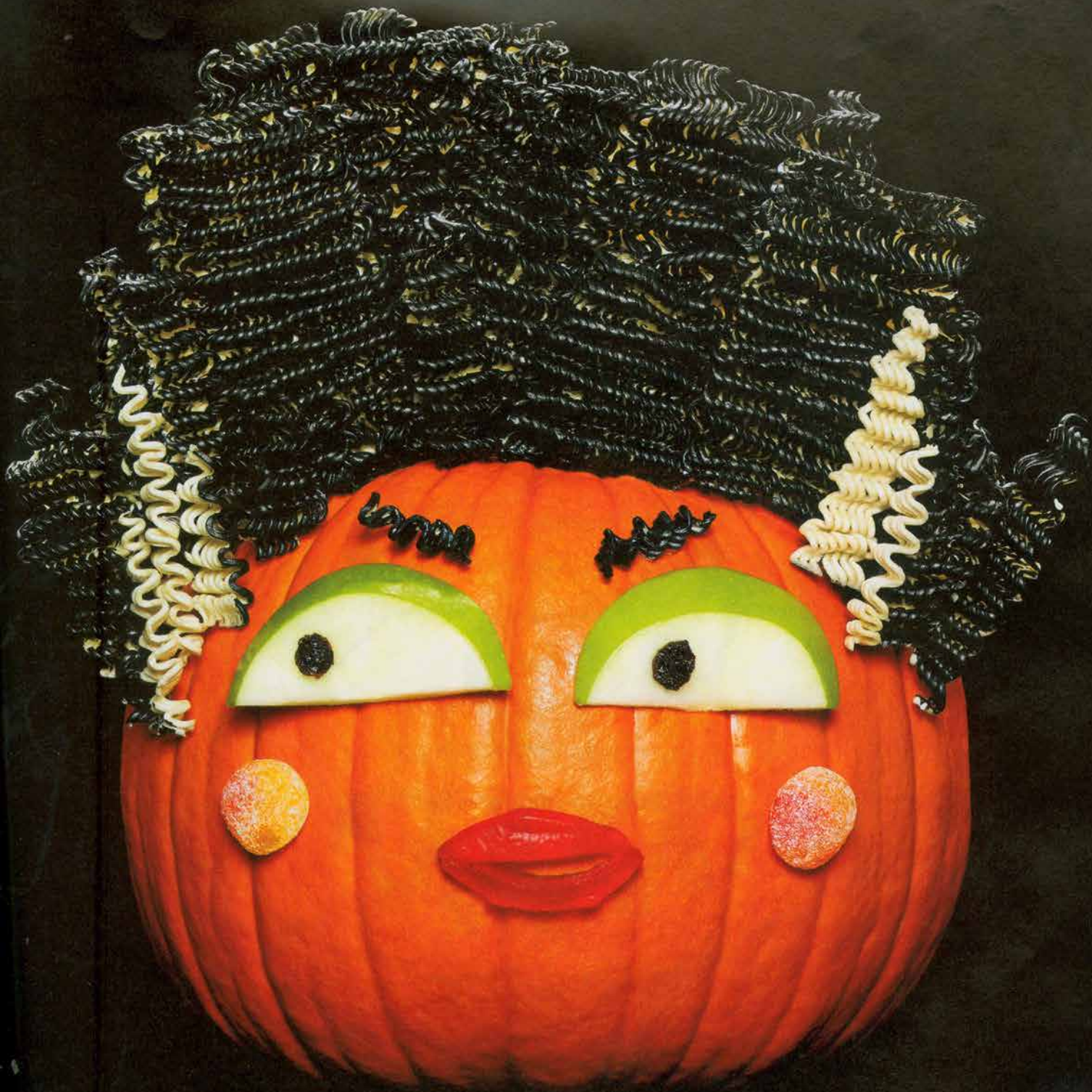
BROWS: Cut the tops off two asparagus stalks; affix to the pumpkin with hot glue.

NOSE: Cut a Persian cucumber in half lengthwise, then cut a piece off one end. Use toothpicks to attach to the pumpkin.

LIPS: Cut a pea crisp in half lengthwise; stick both pieces to the pumpkin with hot glue.

EARS: Cut a slit into each side of the pumpkin. Snip the stick off two lollipops; insert a lollipop into each slit.

NECK BOLTS: Pin a button mushroom to each side of the pumpkin.



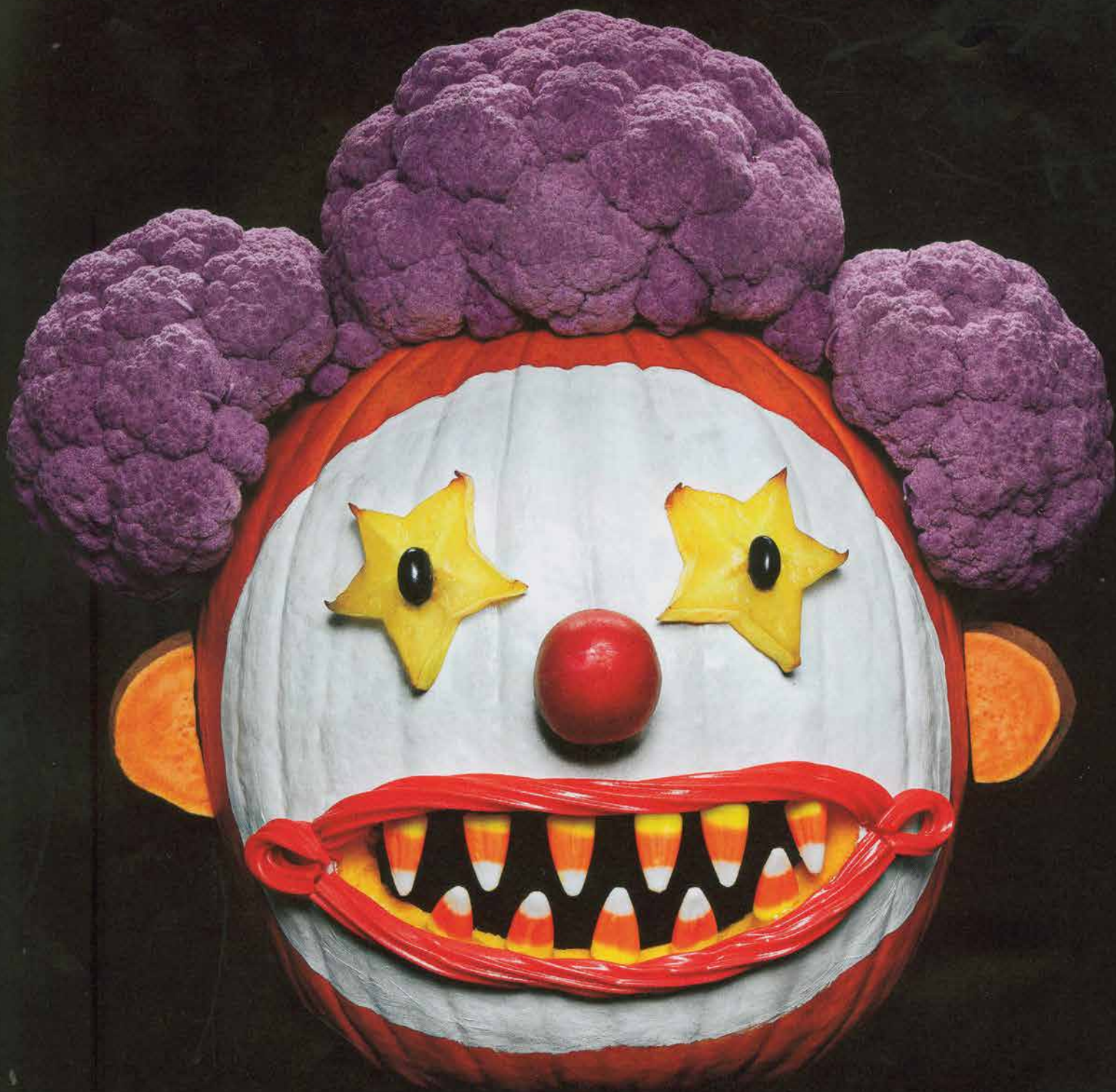
Bride of **Frankenstein**

HAIR AND BROWS: Paint uncooked ramen noodles and let dry; affix to the pumpkin with hot glue.

EYES: Pierce a raisin and apple slice with a toothpick, then insert into the pumpkin.

CHEEKS: Affix a gummy peach with a toothpick.

LIPS: Slice a Swedish fish in half, then affix the pieces to the pumpkin with hot glue.



Scary Clown

FACE MAKEUP: Paint a circle on the pumpkin with white acrylic paint; let dry.

HAIR: Pin large florets of purple cauliflower onto the pumpkin.

EYES: Pierce a black jelly bean and a slice of star fruit with a pin, then insert into the pumpkin.

NOSE: Use a toothpick to attach a small red potato to the pumpkin.

EARS: Stick one end of a toothpick into a yam slice, then press the other end into the pumpkin.

MOUTH: Carve a hole with a knife. Outline with red licorice, securing with pins.

TEETH: Pin candy corn into the cut edge of the mouth.



Count Dracula

HAIR: Snip a cabbage leaf into a widow's-peak shape and pin to a white lumina pumpkin.

BROWS: Pin a piece of black licorice to the pumpkin.

EYES: Attach a red ring-shaped candy to the pumpkin with hot glue; glue a black licorice nib into the hole.

NOSE: Peel a parsnip and trim the stem end. Cut it in half lengthwise and use a toothpick to attach it to the pumpkin.

EARS: Affix gummy grapefruit slices to the pumpkin with a pin.
LIPS: Secure red pepper slices with pins.

TEETH: Slice a Chiclet in half diagonally; attach to the lips with hot glue.

COLLAR: Place the pumpkin on two curled cabbage leaves.

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On the Road



HOUSTON

THIS PUMPKIN
IS SIX FEET
TALL!



Great Pumpkin

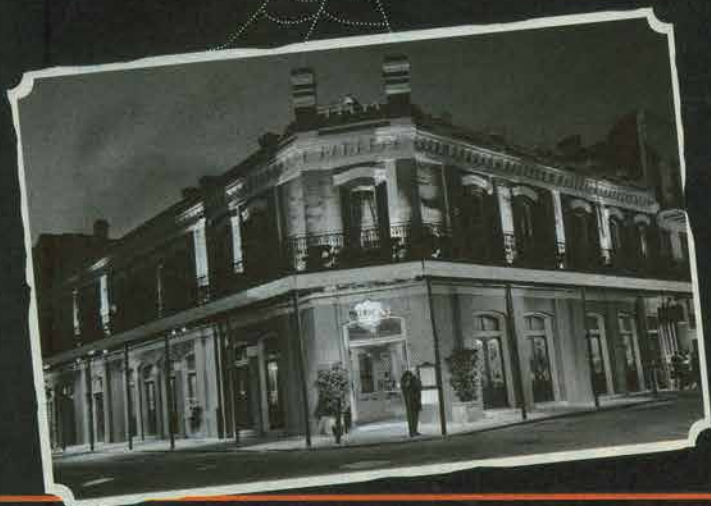
We're all trying to impress people with our pumpkins this time of year, but none of us can come close to artist Yayoi Kusama's creation at The Museum of Fine Arts in Houston. The six-foot-tall polka-dot fiberglass gourd is one of the 87-year-old artist's signature designs, inspired by the kabocha squash that grew on her family's farm in Japan. If you can't make it to the museum, take some inspiration from Yayoi: This graphic motif would look pretty cool painted on a pumpkin on your own front steps. "Kusama: At the End of the Universe," through September 18; mfah.org



THE ARTIST
AT WORK

OLD HAUNTS

Dine with someone special this Halloween: These spots are famous for their resident ghosts.

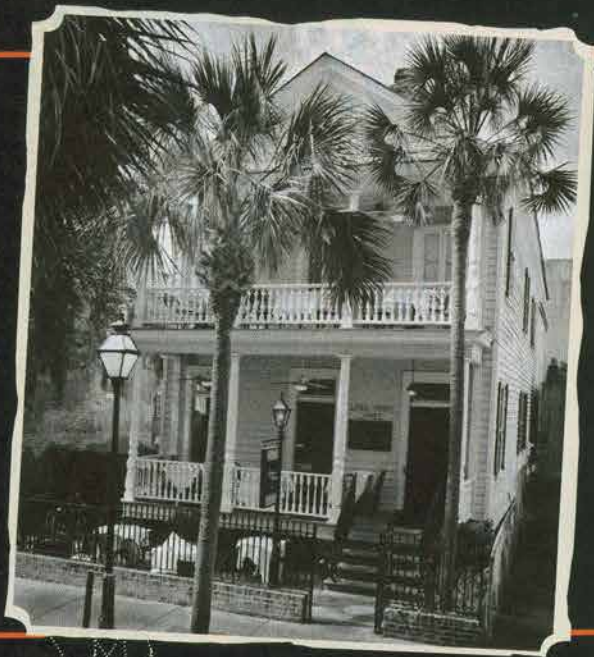


MURIEL'S JACKSON SQUARE New Orleans

Pierre Antoine Lepardi Jourdan died in 1814, but if you play your cards right, you could meet him today...or his ghost, at least. An incorrigible gambler, Pierre literally bet his house in a poker game. He lost the game along with his will to live: Rather than hand over the keys, he hanged himself on the second floor—and locals say his spirit stayed behind. Today, his French Quarter building houses the restaurant Muriel's (muriels.com), and every night servers set a table for him complete with bread and wine. But the ghost prefers to lurk in the shadows of the second-floor Seance Lounges near where Pierre took his last breath. If you snap a photo in the space, you might spot a bright orb in the background that many diners say is the man himself.

POOGAN'S PORCH Charleston, SC

A person waving hello from a front porch is a perfectly normal sight in the South—except when the waving person died more than 60 years ago. Zoe St. Amand, the resident ghost at the famed Charleston joint Poogan's Porch (poogansporch.com), is often visible on the second-story deck after dark. Zoe, a spinster schoolteacher, lived in the Victorian house with her sister Elizabeth. After Elizabeth's death in the mid-1940s, Zoe grew reclusive and mentally unstable, calling out for her sister every night. She died in a local hospital, but her ghost never left the house that is now Poogan's Porch. Visitors often feel someone brush up against their arm while eating, and some have even spotted Zoe walking into the ladies' room.



ONE IF BY LAND, TWO IF BY SEA New York City

One if by Land, Two if by Sea (oneifbyland.com) is considered one of New York's most romantic restaurants—and one of its most haunted, with more than 25 ghosts floating around (as tallied by professional ghost hunters). On the guest (or ghost) list in this nearly 200-year-old building: an early-1900s showgirl, a blacksmith, a black-clad woman who, according to legend, broke her neck falling down the stairs, and Vice President Aaron Burr's illegitimate daughter. Ghost hunters don't know why the spirits hang around, but there is no doubting their presence: The place is known for flickering lights, the occasional flying plate and footsteps running down the stairs but never up them—probably the woman in black.

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Shazam this ad to see Hammer do his thing. [#juicytheory](#)

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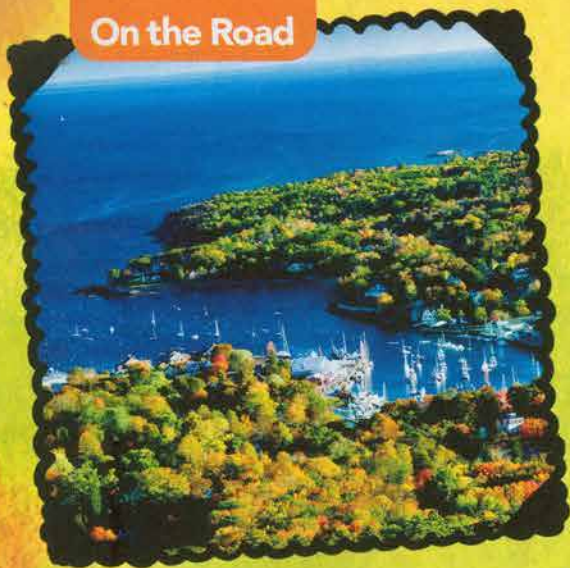
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Local Color

There's no better place to see fall foliage than New England: Here are three perfect routes for leaf-peeping...and eating along the way.

HAND-LETTERING AND ILLUSTRATIONS BY
GINA TRIPLETT



Maine Route 1



Maine has 3,478 miles of shoreline, and coastal Route 1 is one of the state's prettiest drives—especially in fall. Between Kittery and Camden, you'll find top-notch seafood in oceanside towns, plus plenty of trendy eateries in Portland.

DISTANCE: 135 miles **PEAK LEAF PERIOD:** mid to late October



EVENTIDE OYSTER CO.

Oysters, not lobsters, are the seafood stars here. Try 10 local varieties and six offbeat toppings, including kimchee ice and red wine mignonette. 86 Middle St.; eventideoysterco.com



THE HOLY DONUT

Owner Leigh Kellis folds mashed Maine potatoes into her doughnut batter (a local tradition). Try the ginger glazed, made with russets and sweet potatoes. Two locations; theholydont.com

Deering Oaks Park
Take a midday walk along the paths through red and white oaks. deeringoaks.org

Ferry Beach State Park
The trails at this park, in Saco, offer views of Maine's rare tupelo trees, which turn crimson in the fall. maine.gov

WHEN PIGS FLY

Road trips are made for carbo-loading, so start here with a pumpkin-apple-cranberry loaf topped with pumpkin butter. 460 US Rte. 1; sendbread.com



Start Here

FLO'S HOT DOGS

This 57-year-old local fixture sells just one item, a hot dog, so the question at the counter isn't "What'll it be?"—it's "How many?" The famous steamed dogs come with mayo, celery salt and Flo's secret relish. 1359 US Rte. 1; floshotdogs.com



RED'S EATS

Stop for a lobster roll before you hit the traffic on the bridge from Wiscasset to Edgecomb. Red's toasty buns are stuffed with an entire lobster's worth of meat—butter or mayo on the side. 41 Water St.; redseatsmaine.com



Waldoboro

Rockland

Camden

Wiscasset

MOODY'S DINER

This family-run diner has been attracting locals and road-trippers for 82 years. Order a fried seafood platter and a classic whoopie pie, or a float made with Moxie, Maine's official soft drink. 1885 Atlantic Hwy.; moodydiner.com



Camden Hills State Park

The hike to the summit of Mount Battie, this park's most famous peak, takes two hours, but you can drive it, too. At the top, you'll find a sweeping vista of Penobscot Bay.

UNCLE WILLY'S CANDY SHOPPE

This is the only all-candy shop in town, and the owner stocks it with every treat imaginable, including chocolate-covered potato chips, penny candy and a 12-foot wall of jelly beans. 57 Bay View St.; unclewillyscandyshoppe.com



SLAB

Locals lost their minds when chef Stephen Lanzalotta stopped selling his supersize one-pound Sicilian pizza slices at a local market. A year later, he opened his own spot. 25 Preble St.; slabportland.com

Portland Schooner Co.

Take a break from driving and board a 104-year-old windjammer for a two-hour cruise of Casco Bay—and amazing views of the trees. Maine State Pier; portlandschooner.com

HOME KITCHEN CAFE

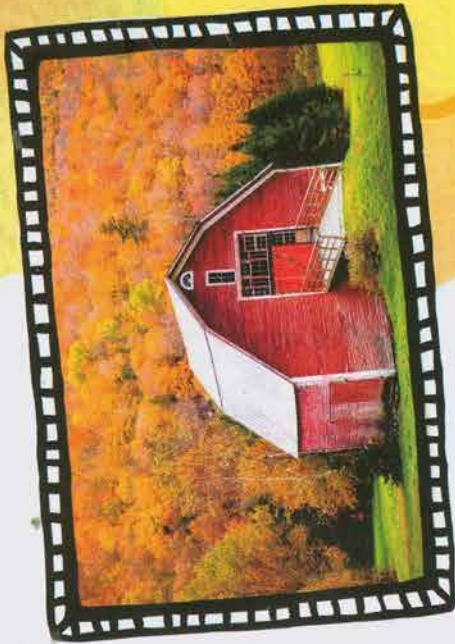
Rockland is one of the world's biggest lobster-shipping centers, and this place serves more than just rolls: Try lobster tacos or a lobster omelet with goat cheese and scallions. 650 Main St.; homekitchencafe.com



Vermont Route 100

Vermont natives know Route 100 as Skiers' Highway, but before snow bunnies take over the twisty road, leaf-peepers do. Much of this drive follows the Green Mountain National Forest, known for its explosion of colorful leaves. The stops along the way highlight what Vermont does best: cheese and dairy, maple syrup and lots of small-town charm.

DISTANCE: 142 miles **PEAK LEAF PERIOD:** late September to mid-October



TRAPP FAMILY LODGE

The Trapp Family Lodge (owned by the von Trapp family of *Sound of Music* fame) is like a little slice of Austria in the hills of Vermont: Sheep and cattle roam around, and you'll find Wiener schnitzel and Sachertorte, plus lager from the on-site brewery. 700 Trapp Hill Rd.; trappfamily.com



Moss Glen Falls

You can see this fairy tale–like waterfall, in Granville, from the road, but you should pull in to the parking lot and admire it up close.

Start Here



Stowe



Waterbury



BEN & JERRY'S FACTORY AND CABOT ANNEX STORE

Vermont is famous for its dairy, and Waterbury is home to two big names—Ben & Jerry's and Cabot. See flavors of years past in Ben & Jerry's Flavor Graveyard (1281 Waterbury-Stowe Rd.; benjerry.com), and sample as many cheeses as you want at Cabot's store (2657 Waterbury-Stowe Rd.; cabotcheese.coop).



Rochester

Umiak Outdoor Outfitters

Take a self-guided kayak tour around Waterbury Reservoir, which is surrounded by foliage. A shuttle from the company's outpost in Stowe will drop you at the water. 849 South Main St.; umiak.com

COLD HOLLOW CIDER MILL

A proper leaf-peeping tour calls for an apple cider doughnut or two. The best in Vermont are made from a secret recipe at this cider mill, which also churns out 5,000 gallons of cider every day. 3600 Waterbury-Stowe Rd.; coldhollow.com



SANDY'S BOOKS & BAKERY

The stretch of road from Granville to Rochester hugs the Green Mountain National Forest, and there aren't too many places to stop for food. Take advantage of this luncheonette-bookstore, which has big cookbook and food-politics categories, plus hyper-local grub from the owner's garden. 30 North Main St.; sandysbooksandbakery.com



SQUEELS ON WHEELS

Barbecue lovers Angelo "Tump" Chiari and Cindy Dilworth enter plenty of 'cue competitions, but their spot in Ludlow is where you can usually find them. The menu rotates, and if you're lucky, it will include pulled pork or beef brisket when you go. 471 Rte. 103; squeelsonwheels.com



Weston Town Green

The common of this 556-person town is as quaint as you'd imagine for a hilly New England hamlet, with a gazebo, scattered benches and yellow and orange leaves everywhere.

PLYMOUTH ARTISAN CHEESE

This cheese factory was built in 1890 by Calvin Coolidge's father, and the current owner still uses the same recipe and wax-dipping method for its cow's milk varieties. 106 Messer Hill Rd.; plymouthartisancheese.com



THE VERMONT COUNTRY STORE

This woodsy warehouse of made-in-Vermont goods is actually four separate buildings devoted to items that "must be useful, work and make sense." There's also a huge supply of penny candy and state-made cookies. 657 Main St.; vermontcountrystore.com



CREEMEE STAND

Maple creemees (vanilla soft-serve mixed with maple syrup) are a Vermont tradition, but once the leaves are off the trees, they're hard to find. Get one while you still can at this popular stand. 716 Rte. 100; creemeestand.com



DOT'S RESTAURANT

When Hurricane Irene destroyed Dot's in 2011, residents rallied to rebuild their favorite diner: Warm up with a mug of spicy Jailhouse Chili. (Yes, there are beans underneath the mountain of cheddar.) 3 West Main St.; dotsofvermont.com



Plymouth

Ludlow

Weston

Wilmington

Massachusetts Route 2



Route 2 runs almost all the way across Massachusetts, so it's a great way to experience the state for the first time. Begin in Concord (where the American Revolution started!), then wind your way through the foliage on the Mohawk Trail, a curvy, hilly 63-mile stretch of the route in the northwest corner of the state. As you drive through the hills of the Berkshires, you'll see New England's legendary fall colors in every direction.

DISTANCE: 131 miles **PEAK LEAF PERIOD:** October



North Adams

Zoar Outdoor
On this 1.1-zipline course, in Charlemont, you don't just get to see the changing leaves—you get to fly past them from 50 feet up. 7 Main St.; zoaroutdoor.com



PUBLIC EAT + DRINK

Come dinner time, this farm-to-table eatery is packed, but you can sneak in without a long wait in the afternoon. Ask for a table near the open kitchen, where you can watch the chefs at work. 34 Holden St.; publiceatanddrink.com

The Bridge of Flowers
Shelburne Falls locals turned this former trolley bridge into a pedestrian walkway; it's lined with clematis and dahlias in the fall.



THE WAGON WHEEL RESTAURANT

This place is like a '50s roadside drive-in—you can order from the walk-up window—but you'll also find modern conveniences, like WiFi, and table service inside. 39 French King Hwy.; wagonwheelgill.com

Gill

Shelburne Falls



HAGER'S FARM MARKET

Load up on healthy snacks at this fifth-generation farm stand. The shelves are stocked with apples from the 58-acre property, plus maple goodies made with syrup from their taps. 1232 Mohawk Trail; hagersfarmmarket.net

HAUTE COFFEE

You can get a taste of eastern Massachusetts in one stop, with breakfast sandwiches on brioche from Iggy's Bread in Cambridge, milk from Shaw Farm in Dracut and chocolate goodies from EHCocolatier in Somerville. 12 Walden St.; myhautecoffee.com



Westminster

THE 1761 OLD MILL

Stretch your legs on this picturesque property before eating: There's a duck pond, a waterfall and a covered-bridge walkway. Inside the sawmill turned restaurant, you can try favorites like the pecan rolls and corn fritters, or fill up on one of the famous haddock lunch dishes. 69 State Rd. East; 1761oldmill.com



Concord



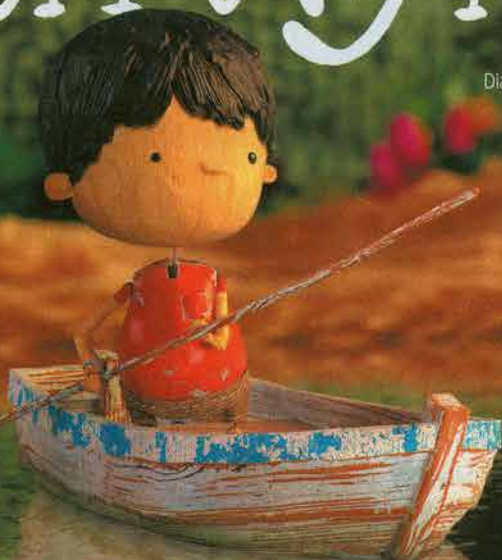
Start Here

Walden Pond

Henry David Thoreau lived for two years in a little cabin on this lake and wrote *Walden*, celebrating the beauty of nature. As you kick through the leaves along the shores, you'll understand why he was so inspired. mass.gov

I didn't talk for a very long time

Jacob Sanchez
Diagnosed with autism



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Good Question...

Ask us anything about cooking! Visit foodnetwork.com/goodquestion.



Q: Is there a less expensive substitute for saffron?

Noah Jerushalmy, Edison, NJ

A: Nothing really matches saffron's subtle earthy flavor, but a combination of two parts paprika to one part turmeric will add a similarly bright color and deep flavor to a dish. Saffron is so expensive because the threads come from the crocus flower, which blooms just a couple of weeks a year. Each flower has only three threads and they have to be harvested by hand!

Q: I try to eat mostly whole-wheat flour. How do I substitute it for all-purpose flour in recipes?

Danny Herzog, Brooklyn

A: If you're using whole-wheat flour for breading, batter or roux, a straight substitution is fine. However, making the swap in baking recipes can be tricky: Whole-wheat flour absorbs more liquid than all-purpose flour, and that can affect rising and density. Start by swapping in whole-wheat flour for just a quarter of the total flour, then try increasing the proportion of whole-wheat flour each time you bake the same item. You could also consider using white whole-wheat flour, which is not as dense as regular whole wheat; if you do, use it in place of half the all-purpose flour in the recipe.



Q: Many Food Network chefs cook directly on baking sheets and jelly roll pans. How do you keep the stains off?

Terri Goldman, Los Altos Hills, CA

A: To keep pans looking new, we recommend scouring them with cleansers such as Bar Keepers Friend or Bon-Ami. Both remove stains without harming the cookware. Before cleaning, be sure to let your baking sheets cool—if you put cold water on a hot baking sheet, it can warp. If you really want to keep your pans pristine, line them with parchment or foil before using.

Q: What does "marinate overnight" actually mean? I'm not planning to cook my steak for breakfast!

Jan Walters, Morris Plains, NJ

A: When a recipe calls for marinating overnight, you can safely marinate between 8 and 24 hours, so you could start marinating the morning of or the night before your dinner. Don't go much longer than that unless directed: Acidic marinades can cause meat to toughen over time.

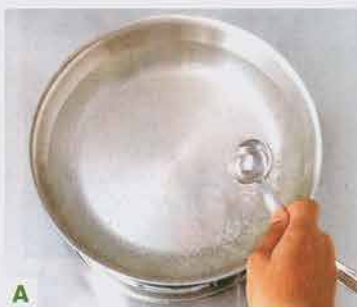




Q: What's the best way to poach an egg?

Heather Bensinger,
Parma Heights, OH

A: Start with fresh eggs if possible: They hold their shape better than older ones. Bring a large skillet of water to a bare simmer over medium-low heat and add 1½ tablespoons white vinegar (*fig. A*). Crack each egg into a small bowl, then gently slip the eggs into the water (*fig. B*). Cook until the whites are set but the yolks are still runny, about 4 minutes. Remove the eggs with a slotted spoon (*fig. C*); blot dry with paper towels. You can poach eggs up to 5 days in advance; Transfer to a container of very cold water and refrigerate; reheat briefly in simmering water.



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Follow Up

GREAT SHOT!

We ♥ these stars' pizza pics from Instagram.



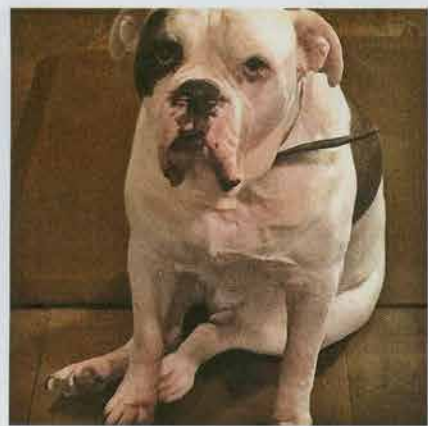
Katie Lee (@katieleekitchen) checks off an item on her bucket list: Eat Neapolitan pizza in Naples, Italy.



Geoffrey Zakarian (@gzchef) folds his slice before the first bite.



Pinkie up! **Marcela Valladolid's** son David nibbles his mom's (@chefmarcela) homemade pizza.



Michael Symon (@chefsymon) says "no more pizza" for his bulldog, Ozzy.



Donatella Arpaia (@donatellaarpaia) and her mom pose with a personal pie in Donatella's outdoor kitchen.



Giada De Laurentiis (@giadadelarentiis) gets help from her daughter, Jade, while slicing pies in the kitchen of Giada Las Vegas.



Jacqui & Willy, Chicago IL

— "THE VERY —
1ST INGREDIENT
IS
Real —
CHICKEN

HE LOVED IT AND GOT HIS WAIST BACK!"

— Jacqui G.

Jacqui received Beneful® Healthy Weight and compensation for her time. Opinions are her own.



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— **PURINA** —
Beneful —

Jacqui and Willy switched to our NEW Recipe. Try it for yourself!

Color This Dish!

Color this Halloween pumpkin and you could win big!



How to enter:

- 1 Color this patterned pumpkin—on this sheet, a photocopy or a printable download at foodnetwork.com/colorthisdish.
- 2 Go to foodnetwork.com/colorthisdish and submit a scan or photo of your finished work. The winner will receive \$500, and three runners-up will each receive \$50.

NO PURCHASE NECESSARY TO ENTER OR WIN. Color This Dish! contest is sponsored by Hearst Communications, Inc. Beginning September 6, 2016, at 12:01 a.m. ET through October 3, 2016, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/colorthisdish on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and a scanned copy or photo of your completed work that appears in the October 2016 issue of Food Network Magazine. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/colorthisdish.

ILLUSTRATION: JIM SCHUESSLER

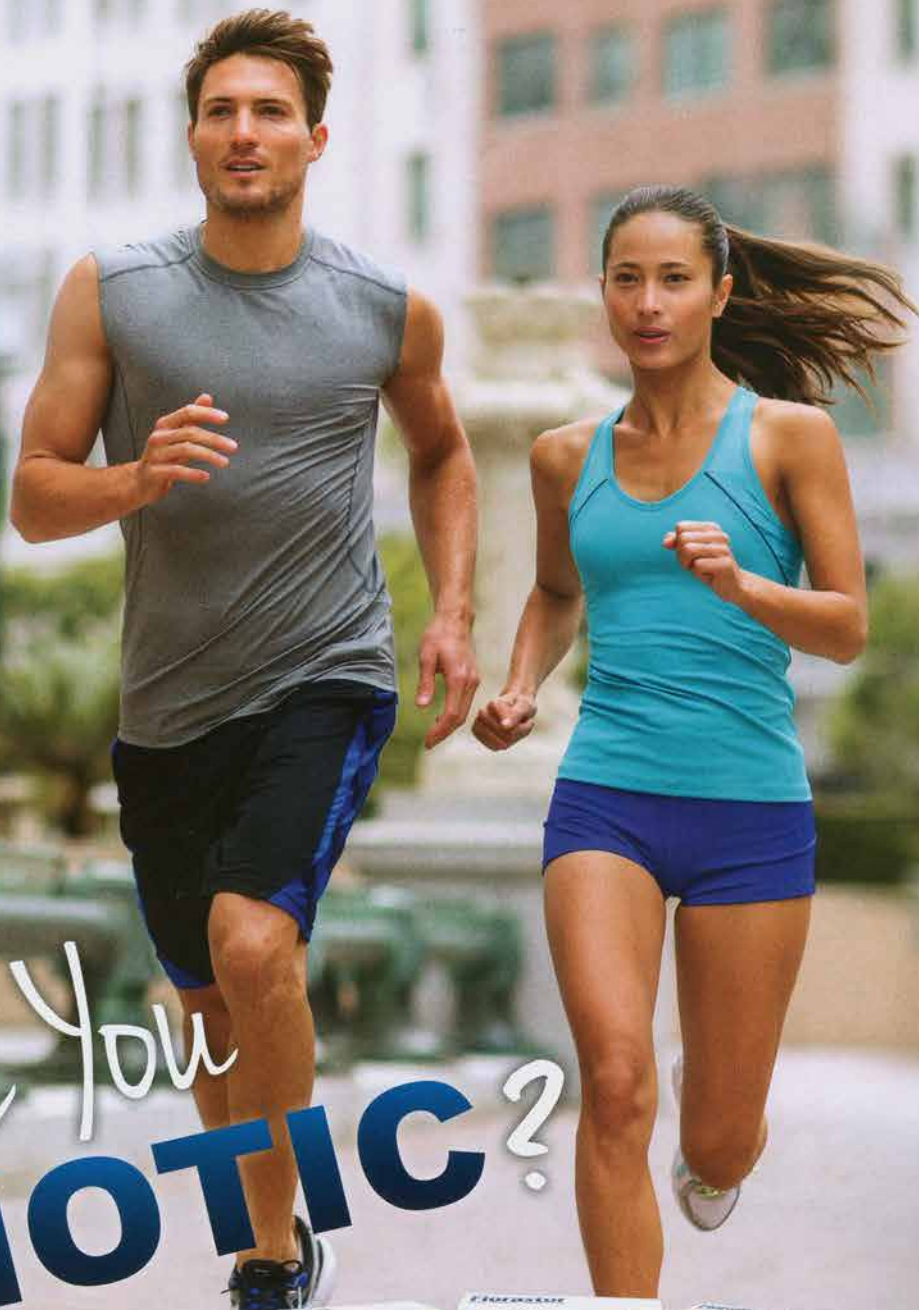
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