

food
network
magazine



Easy
Lemon
Tart



Ina's
One-Pot
Dinner

**\$1,000
BAKE SALE
CONTEST!**
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FUN COOKING!

100
NEW RECIPES



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Spring
Pasta

VEGGIE
NOODLES
TONIGHT!

Mix & Match
ROAST CHICKEN



**Chocolate Malt
Nest Cake**

SUPER-COLORFUL KITCHENS! PAGE 38

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Rhapsody Lilac

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Impulsive Purple



PRESENTS

Hello Spring, Hello Color!

Refresh the colors of your kitchen
with the hues of spring's bounty

With **ColorSnap® Visualizer**, use your smartphone, tablet or computer to turn real-world colors from your photos into a custom paint color palette.

Feast your eyes on colorful offerings of the season, like fresh sugar snap peas and local farm eggs. Just take a picture on your phone or iPad, or upload an image to myS-W.com and **ColorSnap® Visualizer** will instantly match the colors in your photo.

This seasonal spring brunch inspired the custom paint palette of this kitchen! ▼



Island in SW 9020 Rayo de Sol, Wall in SW 6071 Popular Gray



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SW 6606
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SW 6732
Organic Green

SW 6887
Navel

SW 6774
Freshwater



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Food Network Magazine

THE
COLOR
ISSUE

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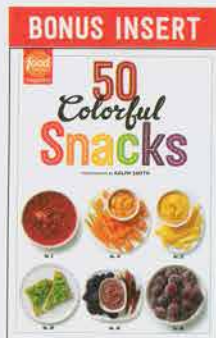
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MAKE A FUN
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PHOTO: LEVI BRIDGEMAN; FOOD STYLING: BERTT ALBUZQUEL

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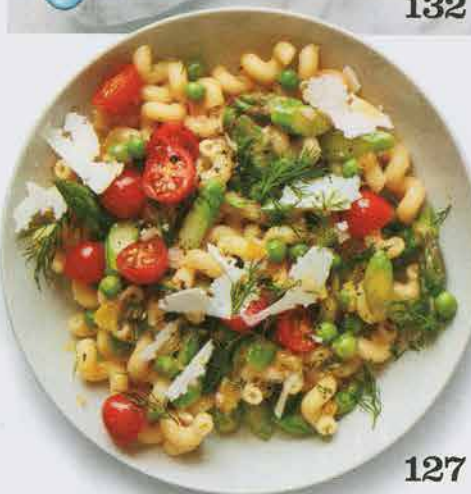
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 Food styling: Karen Tack
 Prop styling: Carla Gonzalez-Hart
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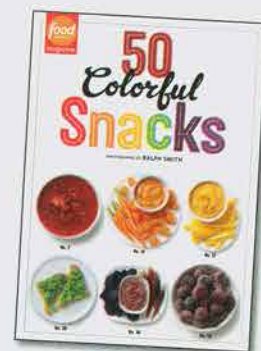
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Be a guest star
in Food Network
Magazine!

Send us your best cooking or baking tip: If we publish your tip, your photo will appear in our September Readers' Choice issue and you'll win a Food Network Magazine apron. E-mail ideas to BestTips@hearst.com.

MEAT, POULTRY AND EGGS



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NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine Best Taste Contest is sponsored by Heinen Companies, Inc. Beginning February 7, 2017, at 12:01 a.m. ET through April 11, 2017, at 11:59 p.m. ET, e-mail your best cooking creation to besttaste@foodnetwork.com. Odds of winning will depend upon the total number of eligible entries received. 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), and in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at foodnetwork.com/besttaste.

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.



CURRIED EGG SALAD WITH PICKLED BEETS
PAGE 102
.....
CALORIES: 450



SLOW-COOKER BARBECUE CHILI WITH CORN CHIPS
PAGE 104
.....
CALORIES: 440



APRICOT-GLAZED CHICKEN WITH SPRING VEGETABLES
PAGE 108
.....
CALORIES: 430



SALMON WITH THAI VEGETABLES AND BLACK RICE
PAGE 110
.....
CALORIES: 390

GUT REACTION

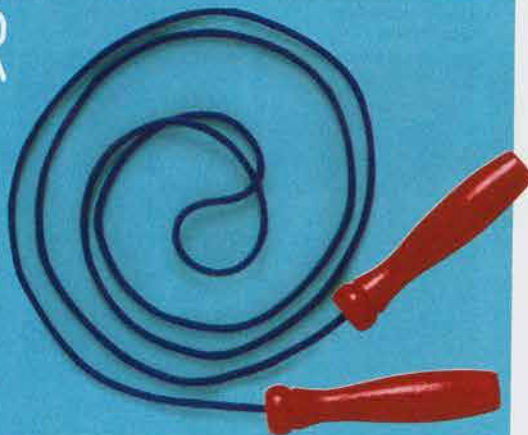
Fiber is good for more than just keeping you full: A recent study found that fiber protects the lining of the digestive tract and can prevent infections. Fill up with these high-fiber recipes:

- **Spiced Pork Tenderloin with Collard Green Salad** (page 108)
- **Rigatoni with Butternut Squash, Brussels Sprouts and Bacon** (page 110)
- **Shrimp in Enchilada Sauce with Poblano Rice** (page 96)



CRUSH YOUR CRAVINGS

A quick workout after you leave the office may curb cravings and prevent overeating. A recent study found that challenging mental tasks such as working and studying can trigger overeating—but that urge is decreased when the tough task is followed by 15 minutes of exercise.



LOOKING GOOD

The key nutrients for clear skin may be zinc and vitamins E and A. Researchers found that people with acne had significantly lower levels of zinc and vitamins E and A in their system than those without. Here's how to get more into your diet.



Sweet potatoes are super high in **vitamin A**. Top one with chorizo (page 100).



Make dumplings with spinach for extra **vitamin E** (page 100).



Lamb is a good source of **zinc**. Try it in a stew (page 135).



MILK  BREAKFAST

YOU SEE PROTEIN. THEY SEE “YUM!”

Adding milk's protein to your child's breakfast is a great way to help give them energy to be their best. Learn how to make Bunny Oatmeal and more wholesome recipes your family will love at MilkLife.com/MorningProtein

Protein-rich breakfast including milk and Bunny Oatmeal. ©2017 AMERICA'S MILK COMPANIES

milk life

Star Search

Find your favorite Food Network celebs in this issue.

If you had to eat only one color of food forever, what would you choose?

RED!
RED MEAT,
RED WINE,
RED VELVET!
SET FOR LIFE.



Maneet Chauhan
Chopped;
Chopped Junior
pg. 46



Ayesha Curry
pg. 12



Melissa d'Arabian
Drop 5 Lbs with
Good Housekeeping
(on Cooking Channel)
pg. 23



Nancy Fuller
Spring Baking
Championship;
Farmhouse Rules
pgs. 23, 130

"GREEN! ALL VEGETABLES IN THE GREEN CATEGORY ARE LIFE-SUSTAINING."



Ina Garten
Barefoot Contessa
pg. 134



Duff Goldman
Spring Baking
Championship;
Kids Baking
Championship;
Sugar Showdown
(on Cooking Channel)
pg. 23



Alex Guarnaschelli
Chopped;
Chopped Junior
pg. 121



Jeff Mauro
The Kitchen
pg. 127

"WITHOUT A DOUBT, WHITE. IT'S GOT EVERYTHING: FISH, CHICKEN, CHEESE, ICE CREAM, CAULIFLOWER, RANCH. I CAN LIVE OFF THOSE FOODS ALONE."



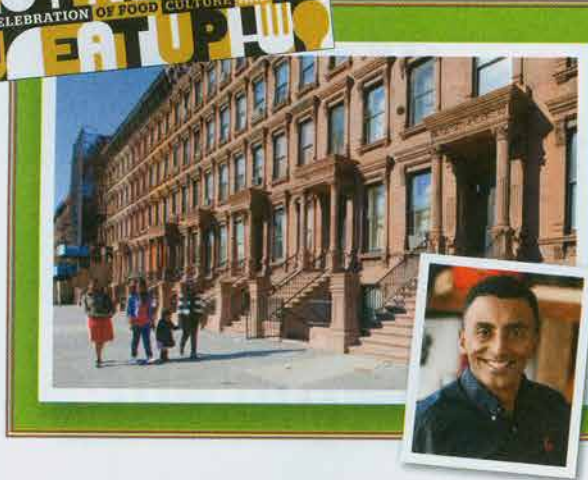
Masaharu Morimoto
Iron Chef America;
Iron Chef Gauntlet
pg. 23



Michael Symon
Iron Chef America;
Iron Chef Gauntlet
pg. 128



Geoffrey Zakarian
Cooks vs. Cons;
Chopped;
The Kitchen
pg. 23



NYC VACATION SWEEPSTAKES!

Enter for a chance to win a getaway to New York City and the Harlem EatUp! festival, founded by Marcus Samuelsson, from May 18 to May 21. One lucky reader and a guest will win VIP passes to this can't-miss event, plus a \$2,000 stipend for airfare, hotel and meals. Visit foodnetwork.com/harlemeatup to enter.

MARCUS SAMUELSSON: MATT DUTILE; HARLEM BROWNSTONES: GETTY IMAGES.
NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine Harlem EatUp! Festival Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning March 7, 2017, at 12:01 a.m. ET through April 10, 2017, at 11:59 p.m. ET, go to foodnetwork.com/harlemeatup on a computer or mobile device to enter. The entry form pursuant to the on-screen instructions. One winner will receive two (2) tickets to the Ultimate Grand Tasting at the Stroll, two (2) tickets to a public Dine-In dinner, a meet and greet with Marcus Samuelsson on-site at The Stroll and a \$2,000 stipend for airfare, hotel and meals. Odds of winning will depend on the number of entries received. Sweepstakes ends on April 10, 2017, at 11:59 p.m. ET. Winner will be selected by random drawing. Winner's name will be posted on the website. Winner must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or the U.S. Virgin Islands. Void where prohibited. ©2017 Food Network Magazine. All rights reserved. Terms of use: www.foodnetwork.com/terms

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Spin cycle

"I got a Peloton at-home spin bike for my birthday. There are workouts in increments from 10 to 90 minutes. I've done the 10-minute one, the 30-minute ones—but never the 90-minute ones. It gets the job done." *The Peloton Bike, from \$1,995; pelotoncycle.com*



mommy

Beloved necklace

"My favorite jewelry is from Jennifer Meyer. I had them make a necklace that says Ryan ♥ Riley, and I have another one that says Mommy." *Jennifer Meyer Statement "Mommy" Necklace in yellow gold, \$850; ylang23.com*



Target runs

"I'm a serial online shopper—Shopbop, Net-a-Porter and FWRD. Of course, I also love Target. I get lost there—I get a million and one things I don't need. We love Welch's Fruit Snacks. They're gluten-free and the perfect gummy texture." *Welch's Fruit Snacks, \$4.50 for 22 packs; target.com*

STAR SPOTLIGHT



Ayesha Curry



Rosy glow

"Japonesque blush is my favorite in the whole world. You can't put too much on, you can't put too little on. It's foolproof." *Japonesque Velvet Touch Blush, \$22; ulta.com*



Hair tamer

"I'm not loyal to a single shampoo—I'm a jumper. But my hairstylist did turn me on to the KeraCare wax stick. It smooths the edges down—it's really my jam. You put it on with a toothbrush, so now I have a toothbrush that is just for my hair." *KeraCare Styling Wax Stick, \$16; sallybeauty.com*



Morning pick-me-up

"In the morning, I always put some essential oil on my face with a hot towel and breathe it in—it wakes me up. I even got a spa towel warmer on Amazon." *Eucalyptus Spearmint Massage Oil, \$16; bathandbodyworks.com*

The Food Network host tells us about her beauty routine—and her 10-minute workout.



Mom-mobile

"I have the Model X Tesla SUV. The doors to the backseat go up instead of out, so whenever I'm in a tight spot I can get the kids out of their car seats, no problem. And when I turn it on, it's programmed to say 'Mommy's swag-mobile.' I love it!" *Model X, from \$75,900; tesla.com*



TOPS ON TOP

Cindy Crawford on Silestone Countertop



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Pick a

COLOR

I've lived in seven different apartments in New York City, and every one of them has had a horrible **kitchen**. In my first, the cabinets fell off the walls and broke every plate I owned. In the second, the stove was the size of a **toy**. My third kitchen had almost no counters, the fourth one was infested with roaches, the fifth was above a Dunkin' Donuts and came with a family of mice (although it smelled like **blueberry muffins** around the clock, which was nice). My current kitchen is better than any of these, but it's not exactly a chef's paradise: The fridge is tiny, there's zero ventilation, and worst of all, the cabinets and counters are **brown on brown**.

I always imagined that if I got to design my own kitchen I'd make it fun and bright: Maybe I'd put in **lime green** cabinets, or paint the walls **yellow**, or choose a colorful stove. My family and I are moving to a new apartment this summer and my dream of building a kitchen from scratch is finally a reality, but the **colorful** part? Not so much. I'm embarrassed to report that when my husband and I got around to picking everything, our most daring color move was a stove with **orange** knobs (orange is the family color). Our cabinets are white, our counters are stainless steel, our chairs are **gray**...the room is a study in neutrals.

Committing to big color in a kitchen is a big deal, and few people have the guts to go for it. Since we launched this magazine in the fall of 2008, we have photographed and published 78 celebrity kitchens. Do you know how many of these had **colorful** cabinets? Three! You have to hand it to Marc Vetri, Bobby Flay and Vegas magician Penn Jillette (who had a brief stint on Food Network in 2014). They dared to go **bold**, and as you can see at left, the results were pretty awesome. For this special **color issue**, our home editor, Erica Cohen, found three other amazing kitchens, drenched in **pink**, **teal** and **green** (see page 38). I admitted to Erica recently that I defaulted to white for my new space, but she's holding out hope that I'll accessorize with a bright appliance or two (see page 36). As it turns out, there's a toaster *and* a juicer that come in the **family color**.

Maile

Maile Carpenter
Editor in Chief

🐦@MaileCarpenter





Molly Burke



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SUN

MON

TUE

WED

THU

FRI

SAT

April



1
April Fools! Add some "ants" to breakfast: Stir chocolate sprinkles into maple syrup; drizzle on pancakes.



2
It's baseball's opening day! Have hot dog panini for dinner: Halve hot dogs lengthwise; tuck into sub rolls with white cheddar and pickles. Cook in a panini press.

4

5



11
Try caramelized matzo for Passover: Boil 1 cup sugar and 2 tablespoons water over medium-high heat until amber, 6 minutes. Pour over matzo; let set. Break into pieces.

6

The Twinkie was invented on this day in 1930. Turn the treat into an icebox cake: Layer Twinkies and whipped cream on a platter. Chill overnight.

7



8

9
Catch the double-episode finale of *Spring Baking Championship* tonight at 9 p.m. ET. Contestants will make whoopie pies that look like critters!



10

11

12

13

Make your own emoji eggs for Easter: Dye hard-boiled eggs bright yellow, then draw faces with food-safe markers.



14

15



16

Happy Easter! Make egg-shaped truffles: Mix 36 crushed chocolate sandwich cookies with 8 ounces cream cheese. Form into eggs and roll in colored sugar. Chill.



17

18

Taxes are due today! Have dinner on the cheap: Cook frozen dumplings in broth with a splash of soy sauce; add spinach and cook until wilted. Top with scallions.



19

Brighten up your week with a colorful after-school snack: Stir rainbow sprinkles and mini marshmallows into Rice Krispies Treats.



22

It's Earth Day! Make earth cupcakes: Prepare a white cake mix; tint half blue and half green. Drop spoonfuls of both batters into lined muffin tins; bake.

26

Make an easy spring dinner: Roll out puff pastry into a 10-by-12-inch rectangle. Top with 2 cups shredded fontina cheese and some asparagus; bake at 425°, 25 minutes.



28

Infuse tequila for next Friday's Cinco de Mayo party: Add 1 sliced jalapeño to a bottle of tequila; let sit 1 week.



29

Toast the last weekend of April with a rose-colored cocktail: Combine ½ cup ruby red grapefruit juice with ¼ cup gin in an ice-filled glass. Top with seltzer.

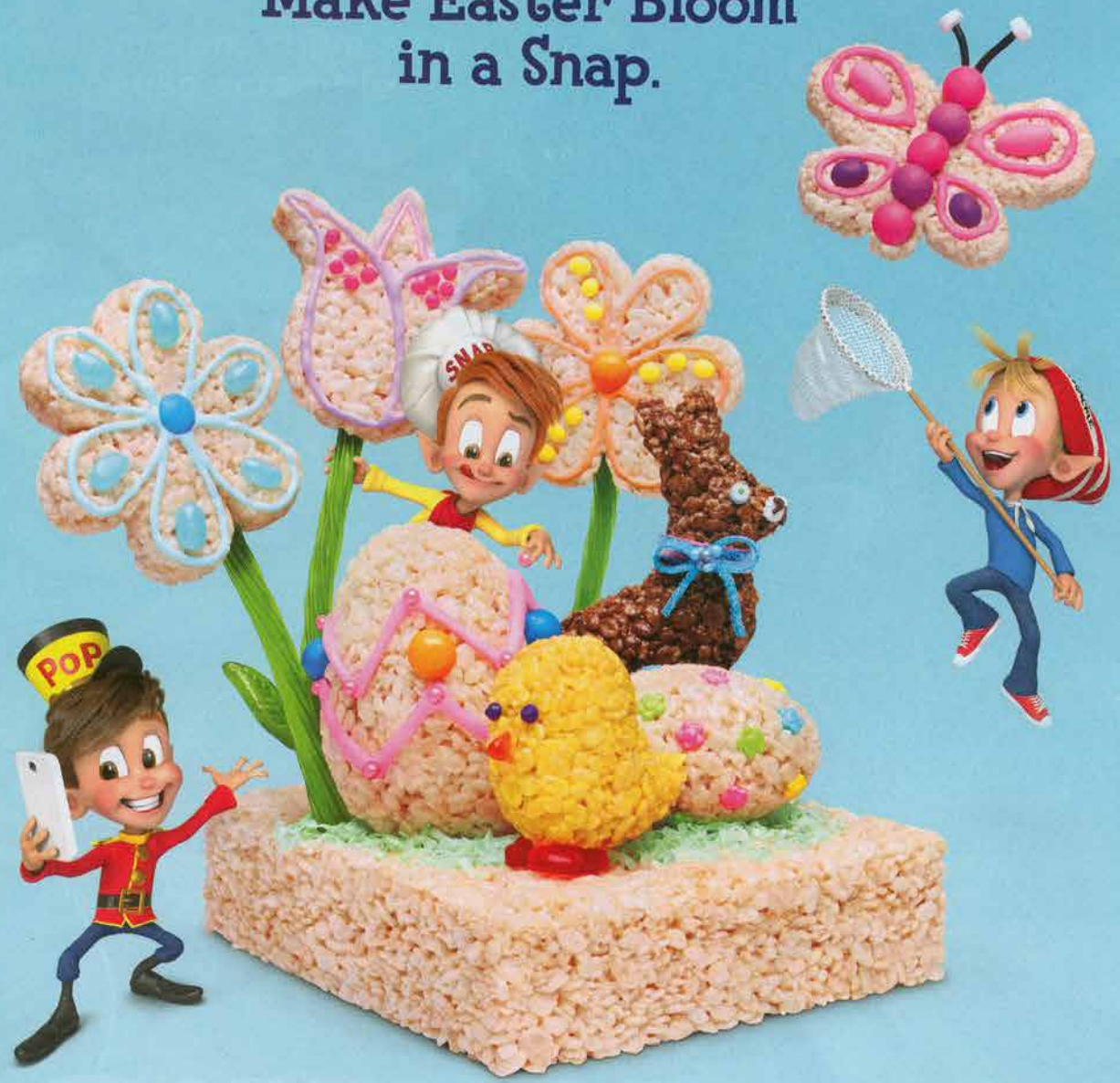


30

PANCAKES AND CUPCAKES: JEFFREY WESTBROOK/STUDIO D; FOOD STYLING: BRETT KURZWEIL; EMOJI EGGS AND TRUFFLES: JEFFREY WESTBROOK/STUDIO D; HOT DOG PANINI: KARL JUENGL/STUDIO D; TWINKIE: ALAMY.



Make Easter Bloom in a Snap.



 Visit Rice Krispies on Pinterest for more fun and easy ideas.

HOW MANY WAYS CAN YOU
SNAP, CRACKLE, POP?™






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**besties who
brunch**

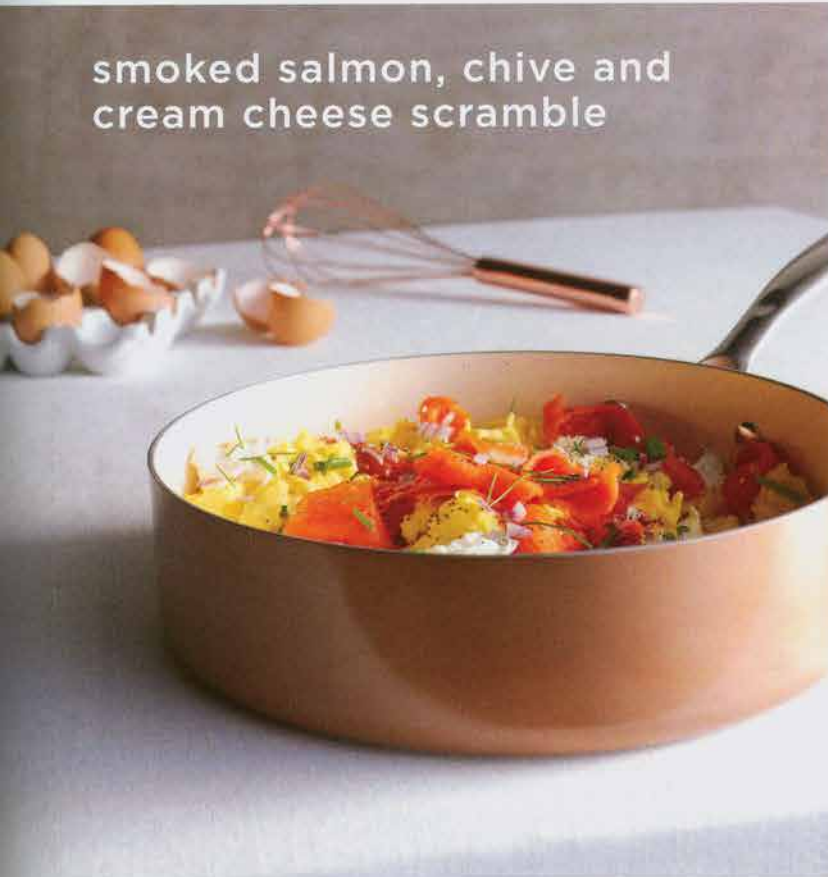
With Food Network on your side, getting the girls together for a little Sunday fun day has never been easier. From copper-clad cookware to pin-worthy place settings, we have everything you need to prepare a spread sure to wow your gal pals. Now, what to wear?

Shop the collection using the Kohl's App or Kohls.com  **FOOD NETWORK**

a fashionable feast

We're putting a modern spin on the classic brunch with these superchic and simple recipes. Don't forget the cocktails!

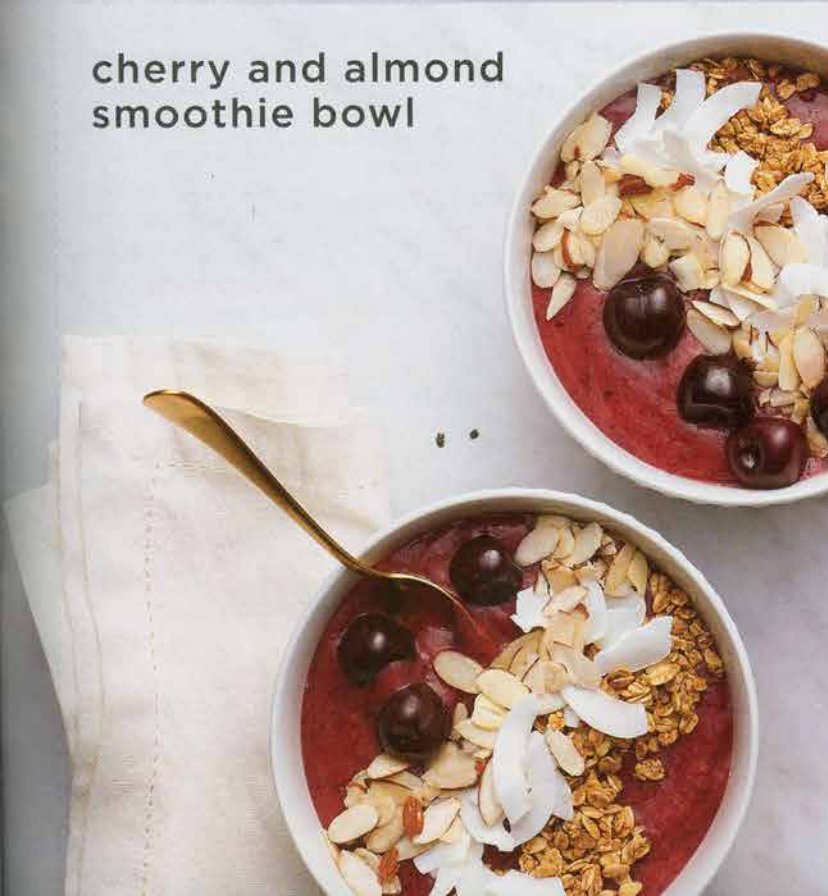
smoked salmon, chive and cream cheese scramble



raspberry-challah skillet french toast casserole



cherry and almond smoothie bowl



bring on the bubbly

Serve up a few of our favorite cocktail (or mocktail) recipes in your favorite Food Network drinkware. (We'll leave the measuring up to you!)



a fashionable feast

We're putting a modern spin on the classic brunch with these superchic and simple recipes. Don't forget the cocktails!



let's cook better. together.

raspberry-challah skillet french toast casserole



2 tablespoons unsalted butter, at room temperature
1 loaf challah bread, sliced into 1-inch slices
1 1/2 cups raspberry jam
1 cup whole milk
1 cup heavy cream
1 tablespoon pure vanilla extract
6 large eggs
2 tablespoons granulated sugar
Kosher salt
1 pint raspberries
Confectioners' sugar, for dusting

Butter the inside of a **10-in. Food Network Pre-Seasoned Cast-Iron Skillet**. Spread one side of each slice of challah with the jam and cut each slice in half. Arrange the slices in the skillet crust-side up.

Whisk the milk, heavy cream, vanilla, eggs, 1 tablespoon of the granulated sugar and 1/4 teaspoon salt in a large bowl until well combined. Pour the mixture over the challah, making sure they are covered evenly. Cover with foil and refrigerate for 4 hours and up to overnight.

Preheat the oven to 350 degrees F.

Uncover the skillet and sprinkle with half of the raspberries and the remaining 1 tablespoon granulated sugar. Bake until puffed and lightly golden, about 40 minutes. Dust with confectioners' sugar and top with the remaining raspberries.

Yield: 8 servings

Active Time: 15 minutes

Total Time: 4 hours 55 minutes (includes soaking time)

smoked salmon, chive and cream cheese scramble



12 large eggs
Kosher salt
2 tablespoons unsalted butter
8 ounces smoked salmon, sliced into 1-inch strips
4 ounces cream cheese, cut in pieces, at room temperature
2 tablespoons chopped fresh chives
2 tablespoons finely chopped red onions
1 teaspoon everything bagel seasoning or 1/2 teaspoon each poppy and sesame seeds
Toast, for serving

Whisk the eggs with 1/2 teaspoon salt in a large bowl until well combined. Heat the butter in a **Food Network Ceramic Nonstick Copper Cookware 3-qt. Covered Saute Pan** over medium heat until melted but not brown. Add the eggs and cook, stirring occasionally with a heatproof spatula, until they are set but still very wet, about 5 minutes. Fold in half of the salmon and cream cheese and continue to cook until the eggs are completely set, about 2 minutes more.

Remove from the heat, top with the remaining salmon and cream cheese and sprinkle with the chives, onions and bagel seasoning. Serve with toast.

Yield: 6 servings

Active Time: 20 minutes

Total Time: 20 minutes



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Sea Breeze Mimosa

grapefruit juice
+
cranberry juice
+
champagne

Sparkling Sangria

sweet white wine
+
berries
+
champagne

Classic Bellini

peach purée
+
prosecco

Raspberry Lemonade Spritzer

raspberries
+
lemonade
+
sparkling water

cherry and almond smoothie bowl



let's cook better. together.

2 cups frozen pitted dark cherries, 1/3 cup of them thawed, for topping
3/4 cup coconut water
1 medium banana, cut into chunks and frozen
1/2 cup of your favorite granola
1/4 cup coconut flakes
1/4 cup sliced almonds

Add the frozen cherries, coconut water and banana to a blender and blend until smooth.

Divide the smoothie between 2 bowls. We suggest the **Food Network Brie Dinnerware 6-in. Soup/Cereal Bowl**. Top each bowl with the granola, coconut flakes, almonds and thawed cherries arranged in neat lines.

Yield: 2 servings

Active Time: 5 minutes

Total Time: 5 minutes

You Asked...

Food Network stars answer your burning questions.



Melissa, how do you work around your daughter's food sensitivities? My son has dairy and nut allergies, and sometimes I have a hard time adjusting recipes.

Allison O'Mara
West Hartford, CT

My daughter Valentine is gluten-free, so I know how tricky it can be to modify recipes. Often there is no simple swap (I've had some disappointing results with gluten-free flour). It's worth seeking out recipes that address your specific allergy concerns, instead of retrofitting existing ones. Look for dairy- and nut-free cookbooks—the recipes were created and tested with those allergies in mind. No more guesswork!

—Melissa d'Arabian



Duff, I'm looking for a recipe for frosting that tastes delicious and isn't loaded with shortening. What do you suggest?

Liza Richardson
Devon, PA

I'd go with any meringue-based buttercream, like Italian or Swiss buttercream. When you make these kinds of frostings, you fold butter into a large amount of meringue, so the frosting ends up with a lower percentage of fat and is less heavy. Check out the recipes for buttercream in my book *Duff Bakes*.

—Duff Goldman

DUFF LIKES A MERINGUE-BASED BUTTERCREAM.



Geoffrey, what liquors should every home bar have? You use a wide variety on *The Kitchen*—it's hard to stock them all!

Andrew Nasser
Plainview, NY

Always have gin, bourbon, vodka, dark and light rum, red and white vermouth, tequila and scotch. It's a lot, but you'll be able to make nearly any cocktail you can think of. Plus, most liquor keeps for years; it's OK if it takes you a long time to finish off a bottle.

—Geoffrey Zakarian



Morimoto, what are your go-to knives?

Vicky Hart
Hopkinton, MA

There are two types of Japanese knives I can't cook without: a deba, which is a short, heavy knife traditionally used to butcher fish, and a sashimi knife, which is extremely sharp and long for thinly slicing fish.

—Masaharu Morimoto



Nancy, I love your recipes and was wondering: Why do you call it "farmhouse cooking"?

Noah Jerushalmy
Edison, NJ

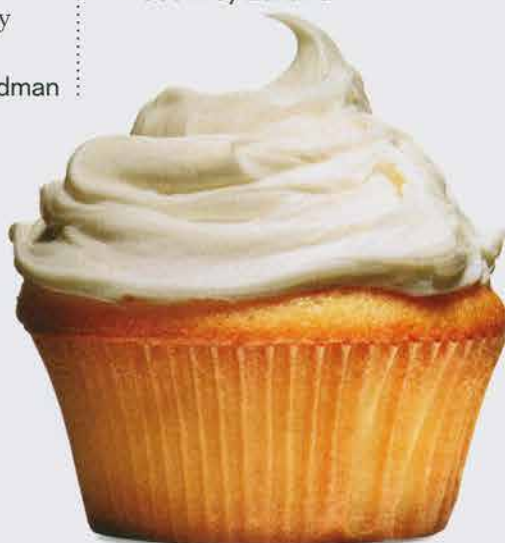
Farmhouse cooking is the type of cooking I do when I'm on my farm: simple meals made with seasonal ingredients that you can always find in a rural market—and recipe names that you can always pronounce!

—Nancy Fuller

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Have a question for a Food Network star?

Write to him or her at foodnetwork.com/youasked.

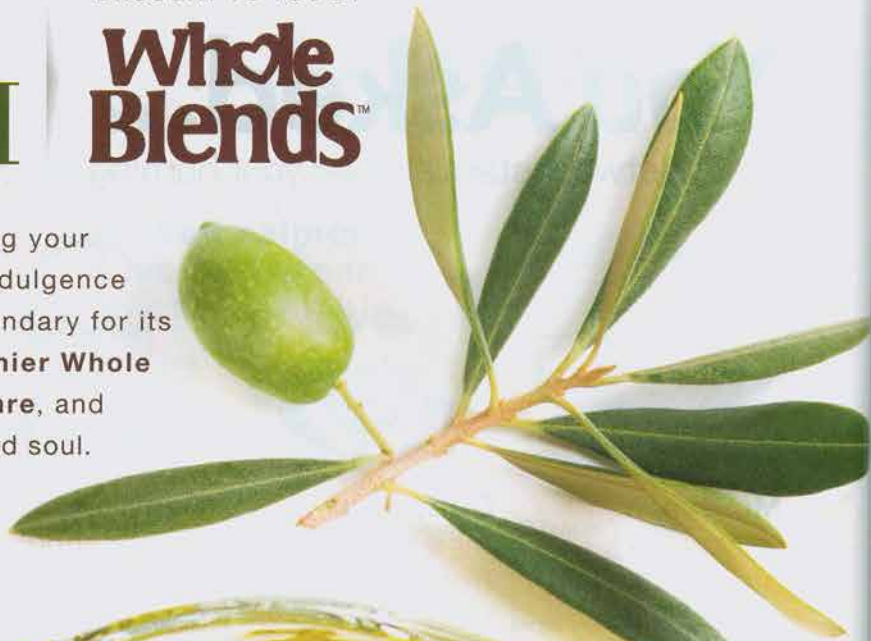


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Extra-virgin olive oil stands apart for its simplicity in processing. Look for oils that feature a harvest date to ensure freshness. Opt for oils made from olives sourced from a single location for highest quality.

To learn more about **Garnier Whole Blends Replenishing Hair Care**, visit garnierwholeblends.com.

TIP ADD IT TO YOUR BEAUTY REGIMEN...



SOOTHING BATH

Create a heavenly, healthy bath: Swirl several tablespoons of olive oil into warm water. After a soothing soak, pat skin dry to lock in moisture.

BODY SCRUB

Mix olive oil with coarse sugar to form a paste. Add a splash of lemon for its astringent properties and fragrance. Slather over skin, especially knees, heels and elbows, to exfoliate.

TIP TRY IT IN YOUR KITCHEN!



DINNER "DO"

Replace other fats (like butter) with extra-virgin olive oil: Use in dressings and sauces, drizzle on veggies, and slather on meat, chicken and fish before you pop them on the grill.

EASY & DELISH

Pulse 1½ cups of extra-virgin olive oil, 8 ounces each of parmesan and asiago cheese, a tablespoon of chopped garlic, salt, pepper and basil in a food processor. Serve with slices of crusty Italian bread.

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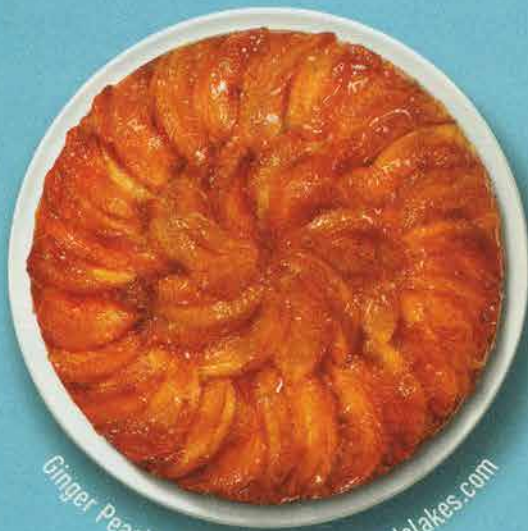
YOUR TREAT COULD BE ON OUR COVER!

Send us an original recipe for your best buttery bake-sale treat—cookies, cakes, breads, you name it. We'll feature the best entries in our September Readers' Choice issue, plus the winner will receive \$1,000 and three finalists will each receive \$250. Get baking, then enter at foodnetwork.com/bakesalecontest by April 24!

JUSTIN WALKER

NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine April 2017 Bake-Sale Contest is sponsored by Hearst Communications, Inc. Beginning March 7, 2017, at 12:01 a.m. ET through April 24, 2017, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/bakesalecontest 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, one (1) original bake-sale recipe that includes butter as an ingredient and one (1) uploaded or original photograph of your completed recipe. 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 and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/bakesalecontest.

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LAKES

Ginger Peach Upside Down Cake. landolakes.com



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In the Know

PHOTOGRAPH BY JEFFREY WESTBROOK



Seeing Red

The heart wants what it wants—and that's red food, according to new research. Our brains prefer naturally red foods, like berries and tomatoes, to green ones, and scientists have just postulated the reason: Participants in a recent study perceived red foods to be more caloric and filling, a good thing in the early times of hunting and gathering. If you find yourself reaching for an antioxidant-loaded red pepper at the salad bar, you can thank your caveman ancestors!

SOURCE: INTERNATIONAL SCHOOL FOR ADVANCED STUDIES

QUICKENLOANS.COM

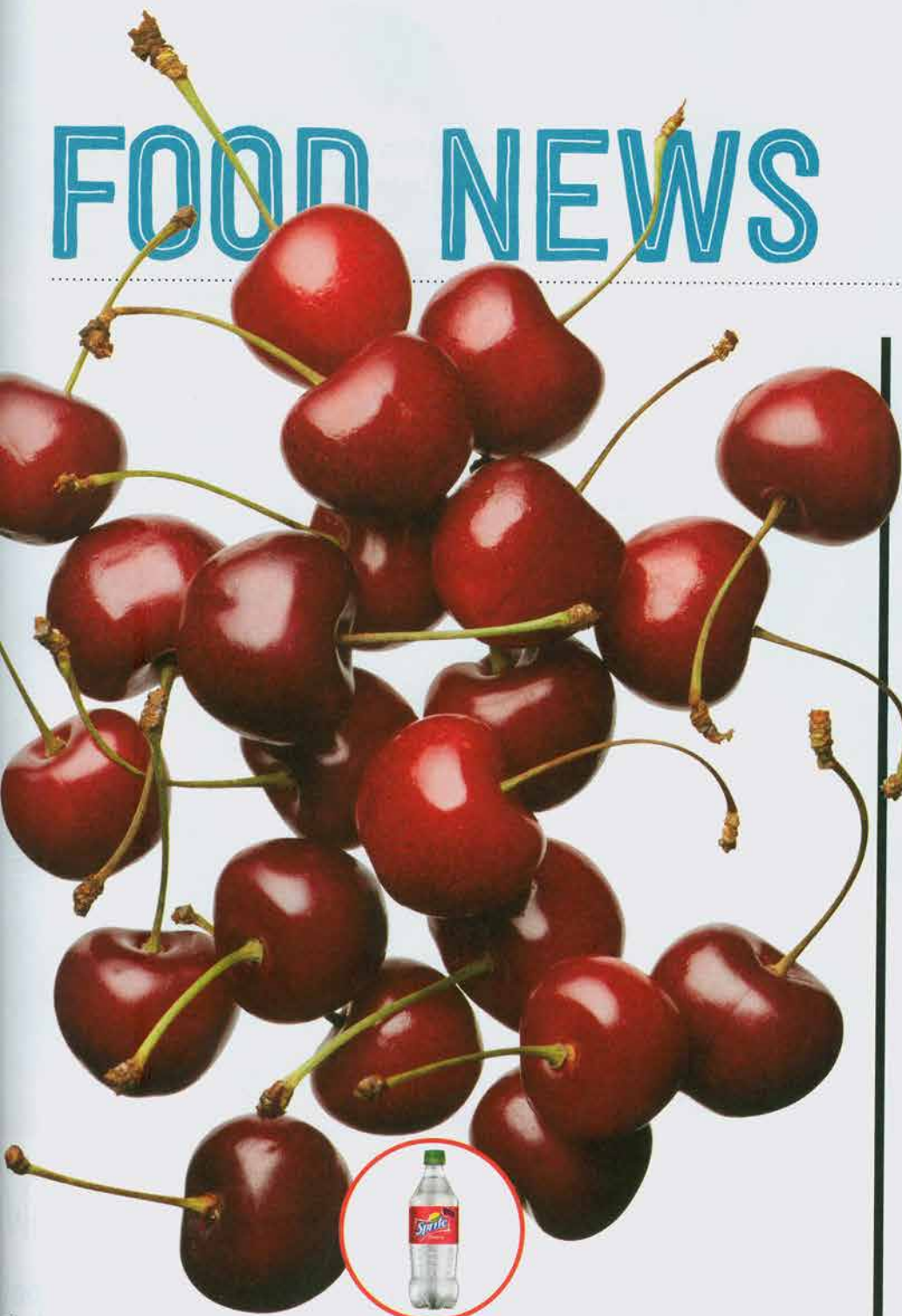
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FOOD NEWS



CHERRY ON TOP

When you fill your own soda cup at the movies or fast food spots, Coca-Cola takes note. The company just launched Sprite Cherry, inspired by data from their Freestyle soda machines, which showed that people were already DIY-ing the concoction by mixing Sprite and cherry flavor. The company hasn't announced what they'll bottle next—they just might be waiting for you to invent it.

Lots o' Matzo

Despite matzo's somber roots (it's eaten during Passover to symbolize the Jews' speedy flight from Egypt without enough time for bread to rise), two friends in Brooklyn are having a little fun with the holiday staple. Childhood camp buddies Ashley Albert and Kevin Rodriguez started The Matzo Project, a new line of crackers and chips with flavors such as cinnamon sugared and everything. matzoproject.com



Sip of the Lip

Here's a wine stain we don't mind: Château Labiotte's collection of lip tints is infused with extract from French vino. The hues include Blush Pink, Shiraz Red and Merlot Burgundy. \$12 each; memebox.com



A NEW LEAF

There's a reason your teeth might feel funny after you eat fresh spinach: The leaves contain high levels of oxalic acid, which can cause a chalky, squeaky sensation. Plant scientists from the University of Arkansas are working to eliminate that effect with a totally new breed of spinach, but in the meantime, they recommend squeezing lemon juice over the leaves before eating.

BEAR WITH IT!

This year marks the 60th anniversary of the iconic honey bear bottle. We talked with the family behind Dutch Gold Honey about their original design.



THE HONEY BEAR TODAY

Honey often leaked out of the pointed yellow caps, so the company switched to snap-close caps in the 1980s.

During the 1950s and '60s, the owner's daughters hand-painted the eyes and mouth on each bottle.

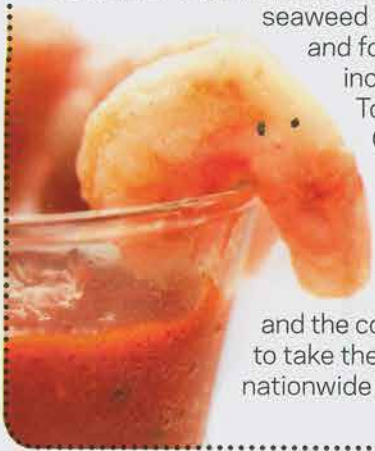
Inspiration for the bottle came from popular cartoon characters, including Yogi Bear, Smokey Bear and that renowned honey lover, Winnie the Pooh.

The bear finally got a name (alas, no gender) on its 50th birthday: Nugget.



Shrimp Mocktail

You might soon encounter shrimp that isn't shrimp at all. A Bay Area start-up, New Wave Foods, has formulated PopShrimp, faux (and vegan) shrimp from a sustainable seaweed extract. Caterers and food trucks—including The Town Kitchen in Oakland, and L'chaim Foods and The Sarap Shop in San Francisco—are serving it, and the company plans to take the product nationwide later this year.



EXTRA CHEESE

Americans seem to love eating mac and cheese at restaurants just as much as they do at home: Mentions of the dish on menus rose 33 percent in the United States over the past five years!

SOURCE: TECHNOMIC'S MENUMONITOR



"With Fisher, there are no preservatives. No extra ingredients. Just the nuts, fresh out of their shells."

Alex Guarnaschelli
 Judge on Food Network's *Chopped*, executive chef and mom

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For the Mixed Fruit Almond Tart recipe and more recipes from Alex, visit fishernuts.com/alex

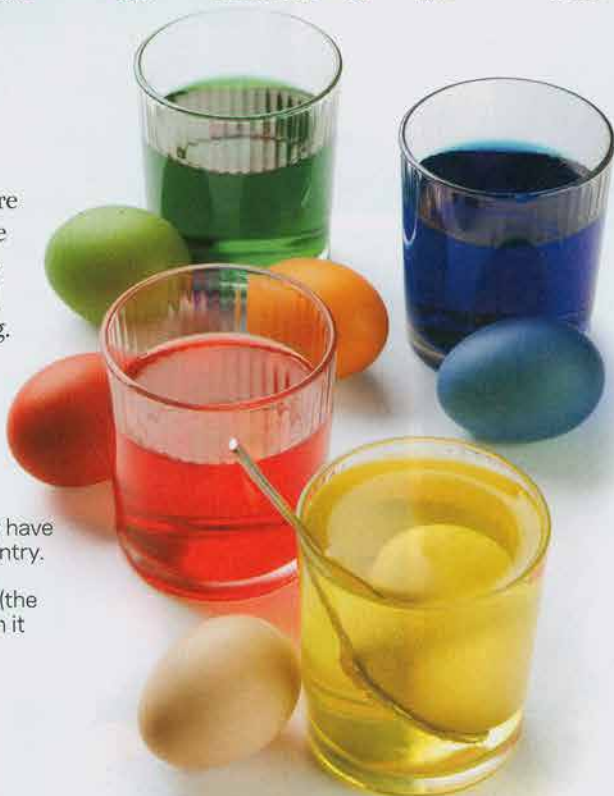
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Know It All:

EASTER EGGS

Egg decorating

has been a tradition for thousands of years: Ancient Egyptians, early Christians, Persians and many others were embellishing eggs to celebrate the start of spring long before anyone slipped a hard-boiled egg into a cup of food coloring. Here's a look at the colorful history of eggs, plus some dyeing tips to try at home.



DIY DYEING

No need for a kit! You probably have everything you need in your pantry. For each color, combine these ingredients, then dip the eggs (the dye will dry slightly lighter than it appears on the wet egg).

- ½ cup boiling water
- 1 tablespoon white vinegar
- 20 drops food coloring



WHY VINEGAR? Vinegar makes the solution acidic, helping the dye bind to the shells and achieve more vibrancy. Don't add too much vinegar, though, or you could end up with splotchy eggs.

INTERNATIONAL EGGS



GREECE: Red Eggs

Eggs are dyed bright red (to symbolize the Crucifixion), then braided into loaves of sweet bread called tsoureki.



MEXICO: Cascarones

Eggs are hollowed out, dyed, filled with confetti, sealed with tissue paper, then hidden. Once you find the egg, you crack it over someone's head.



UKRAINE: Pysanky

Intricate folk patterns are drawn with melted beeswax on eggs before dyeing.

Big Moments in Easter Eggs

1800s The Pennsylvania Dutch introduce Americans to a fable about a bunny that hides colorful eggs for kids on Easter.

1878 President Rutherford B. Hayes hosts the first official Easter Egg Roll on the White House lawn.



1880 The company now known as PAAS is the first to sell egg-dye tablets. A pack costs five cents.



1896 McCormick advertises its food coloring as egg dye, expanding egg-decorating options.



1954 The National Institute of Rug Cleaning urges housewives to dye eggs in the kitchen to avoid difficult stains.

1978 Inventor Erwin Weder and his son Don patent the hinged plastic egg, to prevent misplaced halves. (The duo would later invent antistatic Easter basket grass.)



1980s PAAS starts selling decorative wrappers called EggArounds in an effort to make eggs look hand-painted.

1990s Plastic bunny tongs go on sale as a kid-friendly alternative to wire egg dippers.



2011 Compostable plastic Eco Eggs arrive.

2016 Emoji egg-decorating kits hit shelves. This year, Easter Unlimited joins the craze with its EmojiEggs kit.



EGGS IN DYE: PYSANKY, TABLETS AND PLASTIC EGGS: SHUTTERSTOCK; RED EGG, VINEGAR AND WHITE HOUSE: GETTY IMAGES; CASCARONES: ISTOCKPHOTO; FOOD COLORING: ALAMY.

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\$50; cuisinart.com



ELECTRIC KETTLE
Smeg, \$190; abt.com



STOVETOP COFFEEMAKER
Bialetti, \$40; bedbathandbeyond.com



PERSONAL BLENDER
Ninja, \$121; qvc.com



SMART OVEN
\$270; brevilleusa.com



ESPRESSO MACHINE
\$300; delonghi.com



FRENCH PRESS COFFEEMAKER
\$50; lecreuset.com



TOASTER
Sencor, \$50; homedepot.com



JUICER
Novis, \$500; nordstrom.com



STAND MIXER
\$350; kitchenaid.com



RICE COOKER
\$63; panasonic.com



FOOD PROCESSOR
Elite by Maxi-Matic, \$23; wayfair.com



MINI FRIDGE
\$249; pbteen.com



MINI COFFEE BREWER
Keurig, \$90; target.com



ICE CREAM MAKER
Hamilton Beach, \$27; amazon.com

ICE CREAM MAKER: JEFFREY WESTBROOK/STUDIO D.



Salt Mill
\$38; lecreuset.com



Penelope Fuchsia Pendant
\$467; lampsplus.com

Acrylic Ombré Glass
\$5; worldmarket.com for stores



THE Bright SIDE

Give your kitchen what it
deserves: a bold splash
of color!

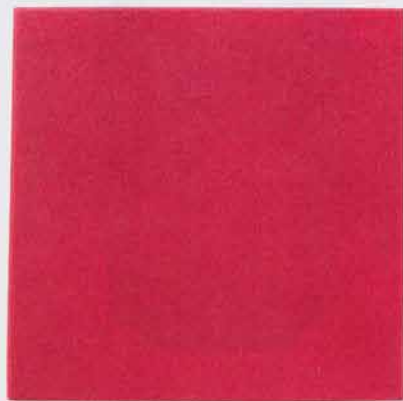


Aniline Red Paint
\$53 per gallon;
benjaminmoore.com for stores



**Bent Hot Pink
Bistro Chair**
\$295; abchome.com

Magenta Energy Silestone
From \$62 per square foot;
silestoneusa.com for stores



Set of Kitchen Tools
\$35; katespade.com



IN THE PINK

Fuchsia walls and magenta quartz countertops could be overwhelming, but in this Santa Fe, NM, kitchen, they make perfect sense: Designer Annie O'Carroll included walnut cabinets and other wood accents, like a mid-century hutch, to add warm, natural tones and balance the look.



PLAYING THE BLUES

When Amity Worrel designed this Austin kitchen, she used aqua all over, but in varying degrees. She decided to make the biggest statement with the island, then tied the room together with Original Mission Tile's cement zebra tiles.



Oceans Mosaic Pendant
\$129; pier1.com



Maze Turquoise Tile Wallpaper
\$94 per roll; homedepot.com



Aviaria Coasters
\$78 for four; jonathanadler.com



Aqua Dip Canisters
From \$20; crateandbarrel.com



Eat Print
From \$31; minted.com

Splashy Paint
From \$31 per gallon; sherwinwilliams.com for stores



Quatrefoil Runner
\$24; homedepot.com



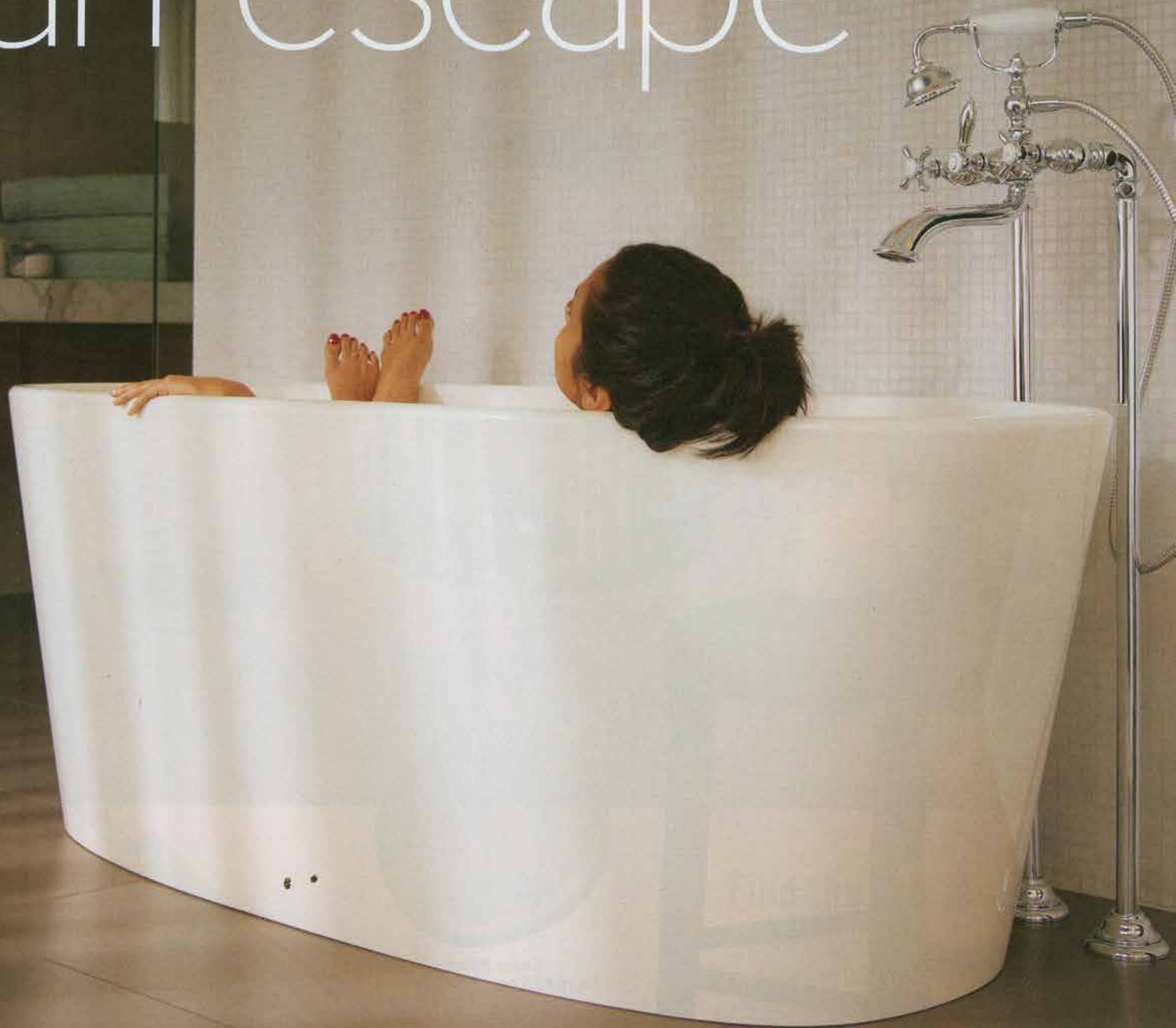
Food Network 5½-Quart Cast-Iron Dutch Oven
\$100; kohls.com

FROM THE TOP

In this upstate New York home, designer Gideon Mendelson set the tone for the country kitchen from the ceiling down by painting a large gingham check overhead. A green island—distressed to look antique—anchors the room.



buy it for an escape



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Kate Spade Birch Way Plate
\$26; macys.com



Pear Sugar Pot
\$48; store.moma.org

Awash in the Park Dinner Napkins
\$60 for four; loomdecor.com



Evelina Bar Stool
From \$249; wayfair.com



Le Creuset Classic Kettle
\$100; williamssonoma.com



**Miguel Green
Double Old-Fashioned
Glasses**
\$6; crateandbarrel.com



Laser Paint
From \$25 per gallon, Behr;
homedepot.com



**Green Checkered
Rolling Pin**
\$25;
acottageinthecity.com

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AT HOME WITH...

MANEET CHAUHAN

When she isn't at the *Chopped* judges' table, the star kicks back in Tennessee.

PHOTOGRAPHS BY PETER FRANK EDWARDS

Maneet Chauhan loves a pop of color. When you watch her as a judge on *Chopped*, she's often wearing vibrant hues and gilded accents—and she dresses her Nashville-area home in the same fashion. Each room has its own palette and always includes something shiny. The living room is cream and copper, the dining room is blue and silver, and the foyer connecting those rooms is teal and gold. Although Maneet is a natural at decorating, the 4,800-square-foot house was a challenge for the former New Yorker. She and her husband, Vivek, joke that “our bedroom is pretty much the size of our first apartment.” After the family (daughter Shagun is 5 and son Karma is 2) moved here in 2015, Maneet took about a year to cover the walls of their new home in textured papers and fill the rooms with beautiful objects she and Vivek collected from around the world. “I wanted a place that's contemporary but with hints of our Indian heritage,” she says. “India is a land of color, and by putting these accents around the house we were able to incorporate a little of where we are from into our style.”

LIVING ROOM

Maneet and Vivek fell in love with the living room's soaring ceiling, but decorating all that wall space wasn't easy. She started from the top with a pair of giant mirrors from Ashley Homestore, then filled the built-in shelves with colorful vases and metallic sculptures. She paired a formal but comfortable pewter velvet chair with a cream roll-arm sofa from Restoration Hardware.





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DINING ROOM ◀

Maneet had a clear vision for the dining room: “Versailles meets modern,” she says, laughing. She started with a powder blue damask wallpaper, then found tufted side chairs with a similar pattern. She offset the traditional look of the large Brazilian wood table with a more contemporary overdyed rug and a bright teal hutch.

FAMILY HEIRLOOMS ▶

The glass cabinet in the dining room is packed with pieces of family history, including 400-year-old etched silver handed down from Vivek’s relatives and some more recent acquisitions, like Maneet’s James Beard Award.



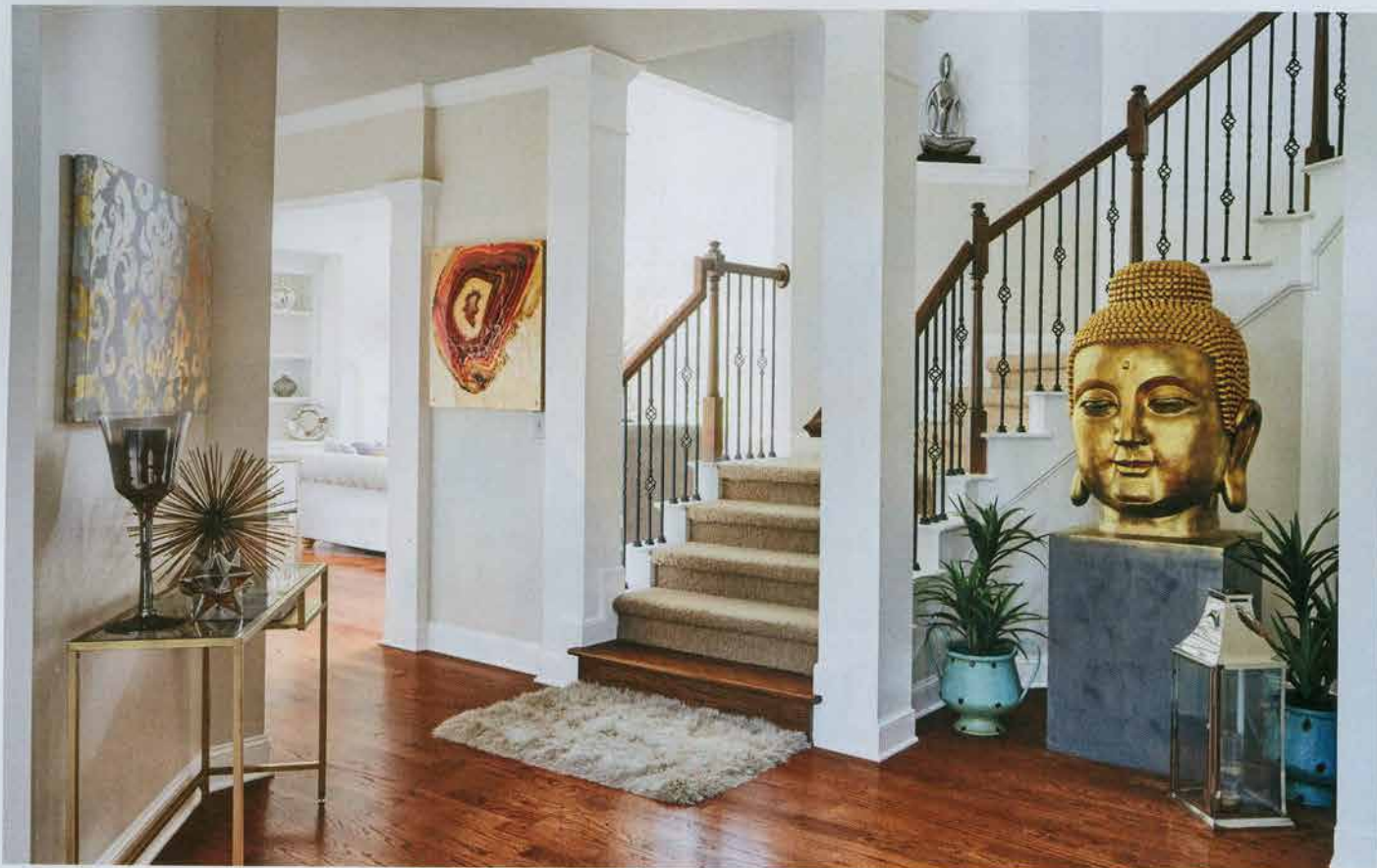
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TIME
TO
SHINE



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FOYER ◉

Vivek purchased the giant gold Buddha while working in Indonesia, and the couple found the perfect place for it—at the foot of the stairs—after it had been in storage for 10 years. It serves as the focal point in a room filled with gold, including metallic art and a console table Vivek spray-painted himself.

PATIO ◉

The couple wanted the patio to be casual, colorful and playful for the kids. “Inside is more peaceful and Zen, but outside is fun,” Vivek says. The synthetic rattan furniture is incredibly low-maintenance. They entertain here frequently and use their collection of garden stools as extra side tables and seats.





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Get the Look

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



Maneet and Vivek took multiple shopping trips to wallpaper stores, including one nearly an hour away, before they settled on **Decorative Medallion paper** for their dining room walls. \$80 for two rolls; yorkwall.com for stores



Shagun loves hanging out in their mod PVC outdoor chair, similar to this **Innit Acapulco Arm Chair**. \$348; wayfair.com



Sculptural pieces like this **Scoppio Sphere** add texture to the living room and foyer. \$30; zgallerie.com



Outdoor throw pillows like this **Artisan Pillows Caribbean Beach** add pattern to the bright orange sofa cushions. \$100 for two; hayneedle.com



Maneet loves the bold color of her turquoise dining hutch; this **Threshold Windham 2 Door Cabinet with Shelves** is similar. \$210; target.com

Look inside
for details!



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Fun Cooking

PHOTOGRAPH BY JEFFREY WESTBROOK



Out of This World

Galaxy cakes have exploded on Instagram, but making the mirror glaze on top can be tricky. We created this easy version using store-bought frosting instead. Place a round layer cake on an upside-down cake pan set on a baking sheet and cover with a thin, even layer of white frosting. Tint 2 cups frosting dark blue using gel food coloring, then tint another $\frac{1}{2}$ cup teal, $\frac{1}{2}$ cup purple and $\frac{1}{2}$ cup royal blue. Microwave the dark blue frosting in 30-second intervals until it's very runny, then repeat with the other colors. Working quickly, pour the dark blue frosting over the cake to cover completely, letting it drip down the side. Drizzle a few lines of the other colors over the cake, then smooth over them with an offset spatula. Using a small pastry brush, splatter the top with white food coloring, sprinkle with edible glitter and let set.

WHICH SIDE ARE

LEMON-PISTACHIO MACAROONS

ACTIVE: 20 min | TOTAL: 50 min | MAKES: about 30

- $\frac{1}{3}$ cup shelled unsalted pistachios
- 3 large egg whites
- $\frac{1}{2}$ cup sugar
- 1 tablespoon finely grated lemon zest
- $\frac{3}{4}$ teaspoon pure vanilla extract
- $\frac{1}{8}$ teaspoon salt
- 1 14-ounce package sweetened shredded coconut (about 3 packed cups)

1. Position racks in the upper and lower thirds of the oven and preheat to 325°. Line 2 baking sheets with parchment paper. Pulse the pistachios in a food processor until finely ground but not powdery. Whisk the egg whites with the sugar, lemon zest, vanilla and salt in a large bowl until frothy. Stir in the ground pistachios, then stir in the coconut until completely combined.

2. Scoop heaping tablespoons of the coconut mixture onto the prepared pans. Bake, switching the pans halfway through, until the macaroons are golden, 25 to 30 minutes. Let cool 10 minutes on the pans, then transfer to a rack to cool completely.



YOU ON?

We asked Food Network fans to vote:
macaroons or macarons?

Silicone
baking mats make
all the difference
for these macarons—
we found they
help the cookies
rise evenly.

CITRUS MACARONS

ACTIVE: 1½ hr | TOTAL: 2½ hr
MAKES: about 50

- 1¾ cups confectioners' sugar
- 1 cup superfine almond flour
(such as Bob's Red Mill)
- 3 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- Pinch of salt
- ¼ cup superfine sugar
- 4 drops green, orange or yellow
gel food coloring
- ¾ teaspoon pure lime, orange or lemon extract
- ¾ cup citrus curd or preserves

1. Preheat the oven to 325° (or 300° for convection). Line 3 baking sheets with silicone baking mats. Sift the confectioners' sugar into a large bowl. Whisk in the almond flour.
2. Beat the egg whites, cream of tartar and salt in a stand mixer with the whisk attachment on medium speed until frothy, about 1 minute. Increase the speed to medium high and gradually beat in the superfine sugar until the mixture is just stiff and shiny, 2 to 2½ more minutes, adding the food coloring and extract during the last 15 seconds of mixing.
3. Fold the egg white mixture into the almond flour mixture using a rubber spatula, giving the bowl a quarter turn with each fold, until incorporated. Continue folding and turning, scraping down the bowl, until the batter is smooth and falls off the spatula in a thick ribbon, no more than 2 minutes (about 60 strokes).
4. Transfer the batter to a piping bag fitted with a ¼-inch round tip. Holding the bag perpendicular to and ½ inch above the prepared pans, pipe 1¼-inch rounds (30 to 35 per pan). Firmly tap the baking sheets twice against the counter to release any air bubbles. Let the cookies sit at room temperature until the tops are no longer sticky to the touch, 30 to 40 minutes, depending on the humidity.
5. Slip another baking sheet under one batch of macarons (a double baking sheet protects the cookies from the heat). Bake the macarons, rotating the baking sheet halfway through, until the tops of the cookies are shiny and rise ⅜ inch to form a "foot," about 20 minutes. Transfer the top pan to a rack to cool completely. Repeat with the remaining two batches, using a double baking sheet for each. Sandwich the cookies with citrus curd or preserves. (The cookies will be crisp on top. For a softer texture, sandwich the cookies and let sit 4 to 12 hours before serving.)

37%
MACARONS



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)

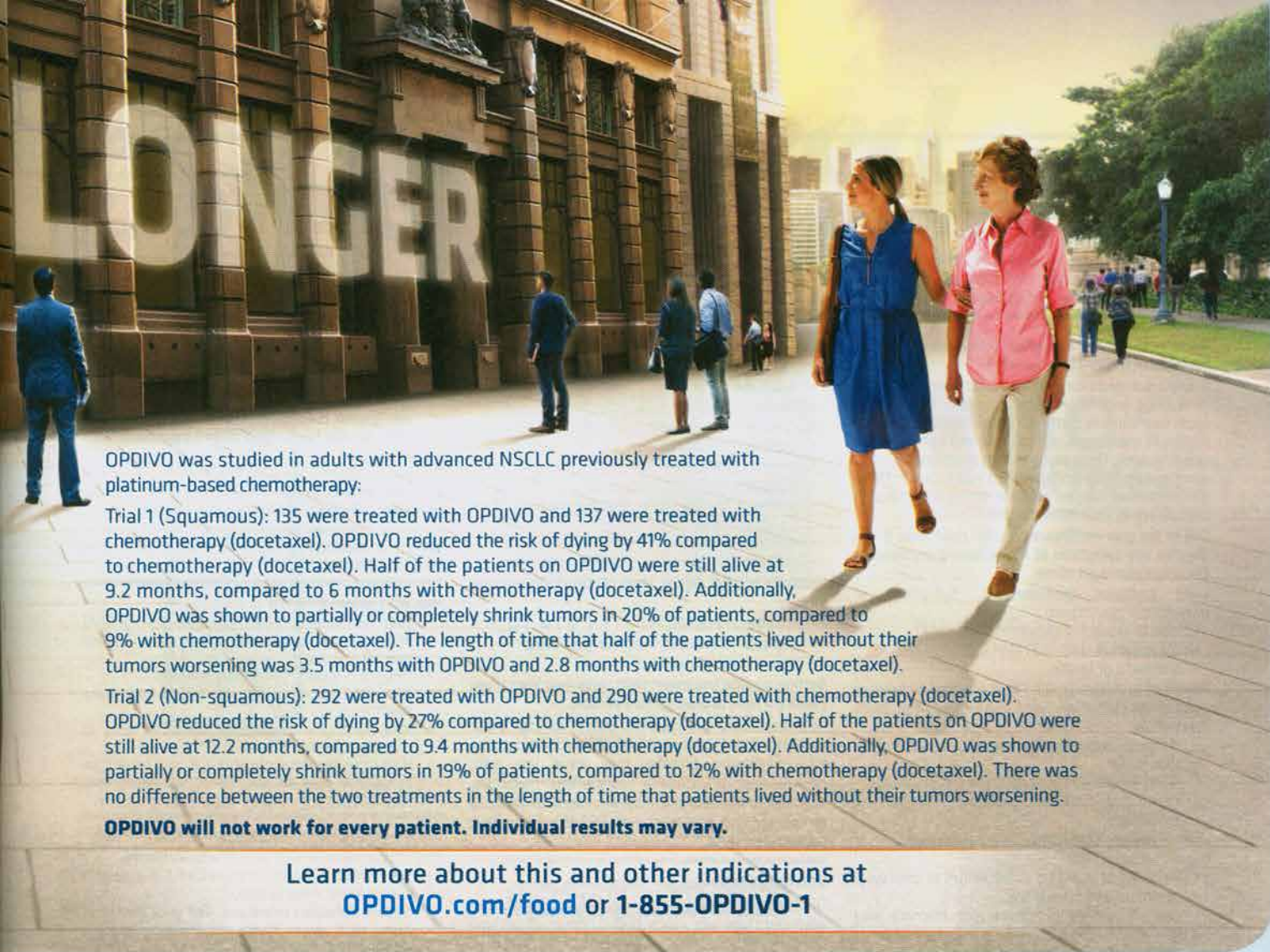
OPDIVO is a medicine that may treat your lung cancer by working with your immune system. OPDIVO can cause your immune system to attack normal organs and tissues in many areas of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to 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). Additionally, OPDIVO was shown to partially or completely shrink tumors in 20% of patients, compared to 9% with chemotherapy (docetaxel). The length of time that half of the patients lived without their tumors worsening was 3.5 months with OPDIVO and 2.8 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.

Learn more about this and other indications at
OPDIVO.com/food or 1-855-OPDIVO-1

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 when used alone include: feeling tired; pain in muscles, bones, and joints; diarrhea; cough; constipation; back pain; fever; rash; itchy skin; nausea; shortness of breath; decreased appetite; upper respiratory tract infection; and weakness.

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)



Expect More.

Talk to your doctor today about OPDIVO

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
 - dizziness
 - itching or rash
 - fever
 - flushing
 - feeling like passing out
 - difficulty breathing


The most common side effects of OPDIVO when used alone include:

- feeling tired
- rash
- pain in muscles, bones, and joints
- itchy skin
- nausea
- diarrhea
- shortness of breath
- cough
- decreased appetite
- constipation
- upper respiratory tract infection
- back pain
- fever
- weakness

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 1-855-673-4861, or go to www.OPDIVO.com.

Manufactured by:
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But one in five children struggles with hunger. Share Our Strength's No Kid Hungry campaign is ending child hunger in this nation by connecting kids in need with nutritious food and teaching families how to cook healthy, affordable meals. You can help surround kids with the healthy food they need where they live, learn and play. Pledge to make No Kid Hungry a reality at NoKidHungry.org.



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Eggland's Best is the ONLY egg with better taste, better nutrition and better freshness. Plus, EB eggs have more vitamins and less saturated fat compared to ordinary eggs. Make your recipes the very best only with Eggland's Best!



Make Your Own Curd

Choose your fruit
and mix up the
ultimate spread.

PHOTOGRAPHS BY LEVI BROWN

You can
spread these
fruit curds on
toast, cookies or
pound cake, or
use them in a tart
(turn the page).



LEMON CURD

ACTIVE: 20 min | TOTAL: 20 min (plus 4-hr chilling) | MAKES: 1½ cups

- 1 cup sugar
- 1 tablespoon grated lemon zest, plus ½ cup lemon juice (from 2 to 3 lemons)
- Pinch of salt
- 3 large eggs plus 3 egg yolks
- 4 tablespoons cold unsalted butter, cut into small pieces

1. Whisk the sugar, lemon zest, lemon juice and salt in a medium saucepan. Whisk the whole eggs and yolks in a small bowl, then whisk into the lemon mixture.
2. Cook the mixture over medium heat, whisking constantly, until it's thick like pudding, 6 to 8 minutes. Remove from the heat and whisk in the butter a few pieces at a time until incorporated.
3. Strain the mixture through a fine-mesh sieve into a small bowl, pushing it through with a rubber spatula. Press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until completely set, at least 4 hours and up to 5 days.



RASPBERRY-GRAPEFRUIT CURD

ACTIVE: 20 min | TOTAL: 20 min (plus 4-hr chilling) | MAKES: 1½ cups

- 1 6-ounce container raspberries (about 1 cup)
- 1 teaspoon grated ruby red grapefruit zest, plus ½ cup grapefruit juice (from 1 grapefruit)
- ½ cup sugar
- 4 teaspoons cornstarch
- Pinch of salt
- 3 large egg yolks
- 3 tablespoons cold unsalted butter, cut into small pieces

1. Puree the raspberries and grapefruit juice in a blender. Strain the mixture through a fine-mesh sieve into a medium saucepan, pushing it through with a rubber spatula. Rinse the sieve.
2. Whisk the sugar, cornstarch, grapefruit zest and salt into the raspberry puree. Whisk in the egg yolks. Cook the mixture over medium heat, whisking constantly, until it's thick like pudding, 5 to 7 minutes. Remove from the heat and whisk in the butter a few pieces at a time until incorporated.
3. Strain the mixture through the sieve into a small bowl, pushing it through with a rubber spatula. Press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until completely set, at least 4 hours and up to 5 days.



MANGO CURD

ACTIVE: 20 min | TOTAL: 20 min (plus 4-hr chilling) | MAKES: 1½ cups

- 1 cup thawed frozen mango pulp
- ⅓ cup sugar
- 3 tablespoons fresh lemon juice (from 1 to 2 lemons)
- 4 teaspoons cornstarch
- Pinch of salt
- 3 large egg yolks
- 3 tablespoons cold unsalted butter, cut into small pieces

1. Whisk the mango pulp, sugar, lemon juice, cornstarch and salt in a medium saucepan. Whisk in the egg yolks.
2. Cook the mixture over medium heat, whisking constantly, until it's thick like pudding, 5 to 7 minutes. Remove from the heat and whisk in the butter a few pieces at a time until incorporated.
3. Strain the mixture through a fine-mesh sieve into a small bowl, pushing it through with a rubber spatula. Press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until completely set, at least 4 hours and up to 5 days.



LIME CURD

ACTIVE: 20 min | TOTAL: 20 min (plus 4-hr chilling) | MAKES: 1½ cups

- ¾ cup sugar
- 4 teaspoons grated lime zest, plus ½ cup lime juice (from 3 to 4 limes, or use bottled Key lime juice)
- Pinch of salt
- 3 large eggs plus 3 egg yolks
- 4 tablespoons cold unsalted butter, cut into small pieces

1. Whisk the sugar, 1 tablespoon lime zest, the lime juice and salt in a medium saucepan. Whisk the whole eggs and yolks in a small bowl, then whisk into the lime mixture.
2. Cook the mixture over medium heat, whisking constantly, until it's thick like pudding, 6 to 8 minutes. Remove from the heat and whisk in the butter a few pieces at a time until incorporated.
3. Strain the mixture through a fine-mesh sieve into a small bowl, pushing it through with a rubber spatula. Press plastic wrap directly onto the surface to prevent a skin from forming; let cool to room temperature. Stir in the remaining 1 teaspoon lime zest. Cover and refrigerate until completely set, at least 4 hours and up to 5 days.





EASY CITRUS TART ACTIVE: 20 min | TOTAL: 40 min (plus 4-hr chilling) | SERVES: 8 to 10

- 14 whole graham crackers
 - 2 tablespoons sugar
 - 5 tablespoons unsalted butter, melted
 - 1 batch curd (see page 69; do not chill)
- Whipped cream, for topping

1. Preheat the oven to 350°. Break the graham crackers into pieces, then pulse in a food processor with the sugar until finely ground; drizzle in the melted butter and pulse to combine.
2. Press the crumb mixture into the bottom and about 1 inch up the side of a 9-inch springform pan. Bake until golden, about 10 minutes, then transfer to a rack and let cool completely.
3. Pour the curd into the prepared crust and gently press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until set, at least 4 hours. Remove the springform ring and transfer the tart to a platter. Top with whipped cream.

PREMARIN[®]

(CONJUGATED ESTROGENS TABLETS, USP)



HELP DIAL DOWN HOT FLASHES

PREMARIN is a treatment for moderate to severe hot flashes due to menopause.

Find out more at: www.PREMARIN.com/HotFlash

INDICATION
PREMARIN is used after menopause to reduce moderate to severe hot flashes.

IMPORTANT SAFETY INFORMATION

Estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right while you are using PREMARIN. 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).

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

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

You and your healthcare provider should talk regularly about whether you still need treatment.

PREMARIN 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. In general, the addition of a progestin is recommended for women with a uterus to reduce the chance of getting cancer of the uterus.

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.

The most common ($\geq 5\%$) side effects are abdominal pain, asthenia, pain, back pain, headache, flatulence, nausea, depression, insomnia, breast pain, endometrial hyperplasia, leucorrhea, vaginal hemorrhage, and vaginitis.

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.

If you experience **7** or more moderate to severe hot flashes daily, consider talking to your doctor about **PREMARIN**.

Please see Important Product Information on the next page.

IMPORTANT FACTS

Premarin

(CONJUGATED ESTROGENS
TABLETS, USP)

(prem-uh-rin)

ABOUT PREMARIN

PREMARIN® (conjugated estrogens tablets, USP) is a prescription medicine that contains a mixture of estrogen hormones. PREMARIN is used after menopause for women to:

- Reduce moderate to severe hot flashes.
 - Treat menopausal changes in and around the vagina.
- If you use PREMARIN only for the treatment of menopausal changes in and around the vagina, talk to your healthcare provider about whether a topical vaginal product may be better for you.
- Help reduce your chances of getting osteoporosis (thin, weak bones).

If you use PREMARIN only to prevent osteoporosis due to menopause, talk to your healthcare provider about whether a different treatment or medicine without estrogens might be better for you.

PREMARIN should be taken at the lowest dose for the shortest time possible and only for as long as treatment is needed.

IMPORTANT SAFETY INFORMATION

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

- Using estrogen-alone increases your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are taking PREMARIN because it may be a sign of cancer of the uterus.
- 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 aged 65 years or older.
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN.

DO NOT TAKE PREMARIN 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 to your healthcare provider about whether you should use PREMARIN.
- Have had a stroke or heart attack.
- Currently have or have had blood clots.
- Currently have or have had liver problems.
- Have been diagnosed with a bleeding disorder.
- Are allergic to PREMARIN or any of its ingredients.
- Think you may be pregnant or if you are breastfeeding.

Tell your healthcare provider:

- If you have any unusual vaginal bleeding.
- About all your medical problems. Your healthcare provider may need to check you more carefully if you have certain conditions such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or if you have high calcium levels in your blood.
- About all the medicines, vitamins, and supplements you take.
- If you are going to have surgery or will be on bed rest; you may need to stop taking PREMARIN.

POSSIBLE SIDE EFFECTS OF PREMARIN

Serious but less common side effects include:

- Heart attack
- Stroke
- Blood clots
- Dementia
- Breast cancer
- Cancer of the lining of the uterus
- Ovarian cancer
- High blood pressure
- High blood sugar
- Gallbladder disease
- Liver problems
- Enlargement of benign tumors of the uterus (fibroids)
- 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
- Sudden, new 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
- Nausea and vomiting
- Stomach or abdominal cramps, bloating
- Hair loss
- Fluid retention
- Vaginal yeast infection

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

What can I do to lower my chances of a serious side effect with PREMARIN?

- Talk to your healthcare provider regularly about whether you should continue taking PREMARIN.
- If you have a uterus, talk to your healthcare provider about whether the addition of a progestin is right for you to reduce the chance of getting cancer of the uterus.
- See your healthcare provider right away if you experience vaginal bleeding while taking PREMARIN.
- Have a pelvic exam, breast exam, and mammogram (breast X-ray) every year unless your healthcare provider advises you otherwise. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often.
- Ask your healthcare provider for ways to lower your chances of getting heart disease.

NEED MORE INFORMATION?

- This information does not replace talking to your healthcare provider about your menopausal symptoms and their treatment.
- Go to www.Premarin.com
- Call 1-888-240-8471.

In need of
prescription assistance?

Pfizer RxPathways™ can connect you with services to help you pay for your Pfizer medicines.

Learn more at:
PfizerRxPath.com



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Rx Only

This brief summary is based on PREMARIN tablets Patient Information
LAB-0515-4.0, Rev 12/2014

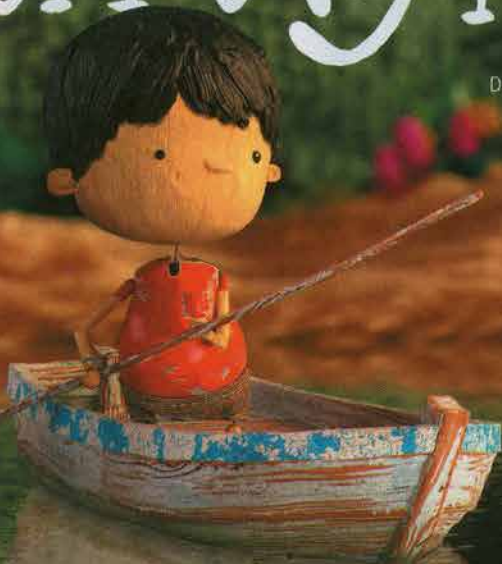
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PRM747809-03

Ad
Council

I didn't talk
for a
very long time

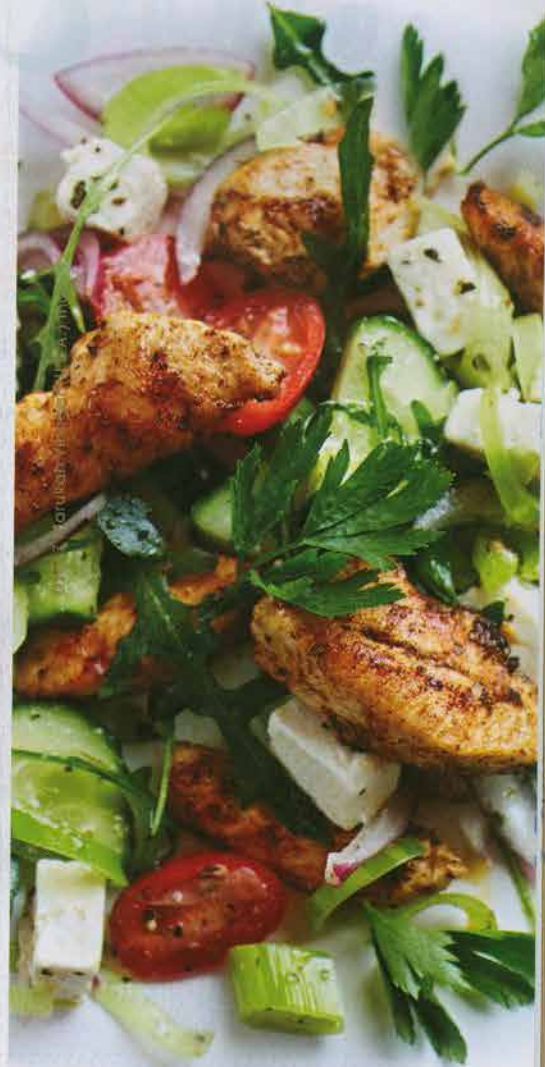
Jacob Sanchez
Diagnosed with autism



Lack of speech is a sign of autism.
Learn the others at autismspeaks.org/signs.

 AUTISM SPEAKS

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Marukan rice vinegars are slow-brewed to perfection using only non-GMO verified rice. Add smooth-tasting zest and flavor to all of your favorite foods.

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SINCE 1649

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50 Colorful Snacks

We dreamed up a rainbow of small bites.

PHOTOGRAPHS BY RALPH SMITH



RHUBARB TARTLETS
No. 1



SMOKED PAPRIKA BUTTER
No. 14



GINGER BROILED ORANGES
No. 16



PIMIENTO CHEESE BALLS
No. 17



SPICY AVOCADO
CUCUMBER CUPS
No. 33



SWEET PEA AND
MINT TOASTS
No. 39



MATCHA POPCORN
No. 41



BERRY SMOOTHIE BOWL
No. 2



ROASTED RED PEPPER SALSA
No. 3



CHILE-SPICED PEANUT MIX
No. 12



TROPICAL SMOOTHIES
No. 20



ROASTED SQUASH NACHOS
No. 25



CARROT HUMMUS
No. 27



KALAMATA TAPENADE
No. 46



CANDIED GRAPES
No. 49



BEET YOGURT DIP
No. 50



SAVOR THE SIMPLICITY OF THE TUSCAN WAY.



- A few key ingredients -



- Cooked lightly with olive oil -



- To lock in layers of flavor -

One hundred and fifty years ago, Francesco Bertolli embraced The Tuscan Way by using simple ingredients and elevating the flavors of each one. This inspired us today to create a bright and fresh-tasting sauce. Bring Bertolli home tonight and try dinner The Tuscan Way.



Bring Tuscany

To Your Table



Ribbon CUTTING

Try a new twist on pasta night: Make veggie noodles for dinner.

PHOTOGRAPHS BY LEVI BROWN



A spiralizer is key for cutting these zucchini noodles and the sweet potato noodles on page 84. If you don't have one, look for precut veggie noodles at your supermarket.

CHEESY ZUCCHINI NOODLES WITH BACON

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

- 1 pound zucchini (about 3 medium)
- ½ cup cherry tomatoes, halved
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 slices bacon, chopped
- 2 teaspoons unsalted butter
- 2 scallions, thinly sliced (white and green parts separated)
- 1 clove garlic, minced
- 2 teaspoons all-purpose flour
- ⅔ cup milk
- ½ teaspoon dijon mustard
- Pinch of cayenne pepper
- ⅓ cup shredded cheddar cheese

1. Cut the zucchini into long noodles using a spiralizer (or use 1 pound store-bought zucchini noodles). Set aside.
2. Put a baking sheet in the oven and preheat to 425°. Toss the tomatoes with 1 tablespoon olive oil in a bowl and season with salt and black pepper. Spread on the hot baking sheet and bake until the tomatoes are slightly softened and just browned around the edges, 7 to 10 minutes.
3. Meanwhile, cook the bacon in a medium nonstick skillet over medium heat until browned and crisp, about 7 minutes. Remove to a paper towel-lined plate and wipe out the skillet. Melt the butter in the skillet and add the scallion whites and garlic; cook until softened, about 1 minute. Add the flour and stir to combine, about 30 seconds. Whisk in the milk, mustard, cayenne and ½ teaspoon salt. Cook, whisking, until slightly thickened, about 2 minutes. Remove from the heat and whisk in the cheese until smooth.
4. Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the zucchini noodles and season with salt and black pepper. Cook, stirring, until the zucchini is just softened, 2 to 3 minutes. Using tongs, transfer the zucchini to the cheese sauce, leaving any extra liquid in the skillet. Cook over medium heat, gently tossing until coated; season with salt and black pepper. Top with the roasted tomatoes, bacon and scallion greens.

Oscar Mayer



BACONQUER ANY MEAL

Bow before the Baconquero, the one who bought the bacon that crushed it on burger night.



NATURALLY HARDWOOD SMOKED BACON

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CARROT NOODLES WITH SPICY PEANUT DRESSING

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

- 3 to 4 large carrots, peeled
- 1 English cucumber, halved lengthwise, seeded and cut into ½-inch pieces
- 1 shallot, thinly sliced lengthwise
- Kosher salt
- 1½ tablespoons creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 1½ teaspoons rice vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon Sriracha
- ½ teaspoon packed light brown sugar
- ½ teaspoon fresh lemon juice
- ½ clove garlic, finely grated
- 10 to 12 fresh mint leaves, thinly sliced
- 8 basil leaves, thinly sliced
- 1 teaspoon toasted sesame seeds

1. Use a vegetable peeler to shave the carrots into thin wide ribbons; discard the last thick strip. Transfer the carrot ribbons to a large bowl, fill with ice water and let stand 10 minutes.
2. Meanwhile, combine the cucumber and shallot in a colander, sprinkle with salt and let drain, 10 minutes. Whisk the peanut butter, soy sauce, mirin, rice vinegar, sesame oil, Sriracha, brown sugar, lemon juice and garlic in a small bowl.
3. Drain the carrots, blot dry with paper towels and transfer to a serving bowl. Press the cucumber and shallot in the colander with your hands to remove any excess liquid; pat dry with paper towels and add to the carrots. Add the mint and basil and toss to combine. Drizzle the peanut dressing over the salad and sprinkle with the sesame seeds.





BRIGHTEN UP BRUNCH

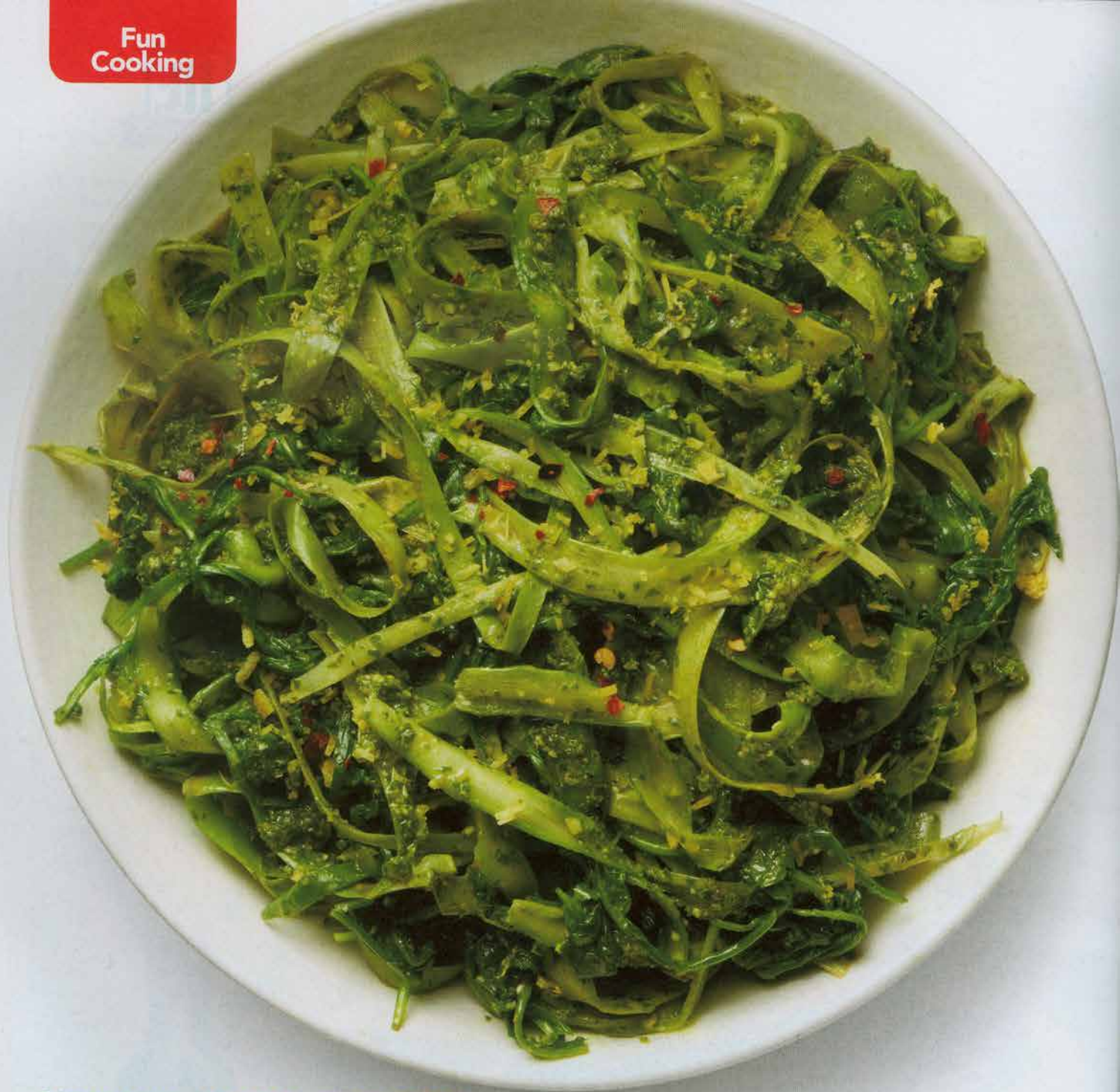


Our Pure Extracts are NON GMO and made from real ingredients, with no gluten or corn syrup. With a variety of delicious flavors, it's easy to brighten your Easter celebration.

WWW.MCCORMICK.COM/EASTER

KITCHEN TIP

Lemon extract isn't just for dessert. Elevate brunch with a lemon twist in **Lemon Ricotta Pancakes**, **Lemon Sweet Tea**, and **Lemon Rosemary Glazed Ham**.



ASPARAGUS NOODLES WITH PESTO

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

- 1 pound jumbo asparagus
- 1½ cups packed fresh basil
- ¾ cup packed fresh parsley
- 2 tablespoons pine nuts
- 1 tablespoon capers
- 1 small clove garlic
- Kosher salt and freshly ground pepper
- ¾ cup plus 1 tablespoon extra-virgin olive oil
- Pinch of red pepper flakes
- 3 cups baby arugula
- 1 teaspoon finely grated lemon zest, plus more for topping

1. Snap off the woody ends of the asparagus stalks. Use a vegetable peeler to shave the asparagus into thin wide ribbons. (The last strip of asparagus will be a little thicker than the others but it's fine to use.)
2. Pulse the basil, parsley, pine nuts, capers, garlic, ½ teaspoon salt and a few grinds of pepper in a food processor until coarsely ground. With the machine running, drizzle in ¼ cup olive oil and process until the pesto is mostly smooth.
3. Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the asparagus noodles, red pepper flakes and a pinch each of salt and pepper. Cook, stirring, until the asparagus is tender, 3 to 5 minutes.
4. Add the arugula and cook until just wilted, about 1 minute. Remove from the heat; add the pesto and 1 tablespoon water and toss to coat. Stir in the lemon zest and season with salt. Top with more zest.

THE PATH TO BEING YOUR BEST ISN'T ALWAYS
EASY. BUT IT IS PAVED WITH WHOLE NUTS,
REAL FRUIT AND DARK CHOCOLATE.



We believe every try is a step to being your best. So we created even more to try. 6 delicious varieties, each with 100 mg of naturally occurring cocoa flavanols—the good stuff in dark chocolate. And no, we didn't just make that up. Check the interwebs.

Try A Little Goodness™



SOUTHWESTERN SWEET POTATO NOODLES

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

- 3 small sweet potatoes (1½ pounds), peeled
- ¼ cup vegetable oil
- Kosher salt and freshly ground pepper
- 1 small red onion, halved and thinly sliced
- 1 red bell pepper, cut into thin strips
- ½ to 1 small serrano chile pepper, thinly sliced into rounds
- ½ cup frozen fire-roasted corn
- 3 cloves garlic, finely chopped
- ¾ teaspoon ground cumin
- ¾ teaspoon chili powder
- ½ teaspoon ground coriander
- ½ cup fresh cilantro, roughly chopped
- Juice of ½ lime, plus wedges for serving

1. Preheat the broiler. Cut the potatoes into long noodles using a spiralizer (or use 1 pound store-bought sweet potato noodles). Spread on a rimmed baking sheet, drizzle with 2 tablespoons vegetable oil and sprinkle with ½ teaspoon salt and a few grinds of pepper. Broil until browned in spots and slightly softened, 3 to 5 minutes.

2. Heat the remaining 2 tablespoons vegetable oil in a large nonstick skillet over medium-high heat. Add the red onion, bell pepper and serrano; cook, stirring, until just softened, about 3 minutes. Add the corn, garlic, cumin, chili powder, coriander, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the vegetables are tender, 3 to 5 more minutes.

3. Add the broiled sweet potato noodles and ¼ cup water to the skillet with the vegetables. Cook, gently tossing, until the noodles are coated and tender, 1 to 2 minutes. Remove from the heat and stir in the cilantro and lime juice; season with salt and pepper. Serve with lime wedges.





GET YOUR GOOD GOING.®

GOOD IS IN EVERY BLUE DIAMOND® ALMOND.
GOOD IS CONTAGIOUS.
GOOD ADDS FLAVOR TO OUR LIVES.



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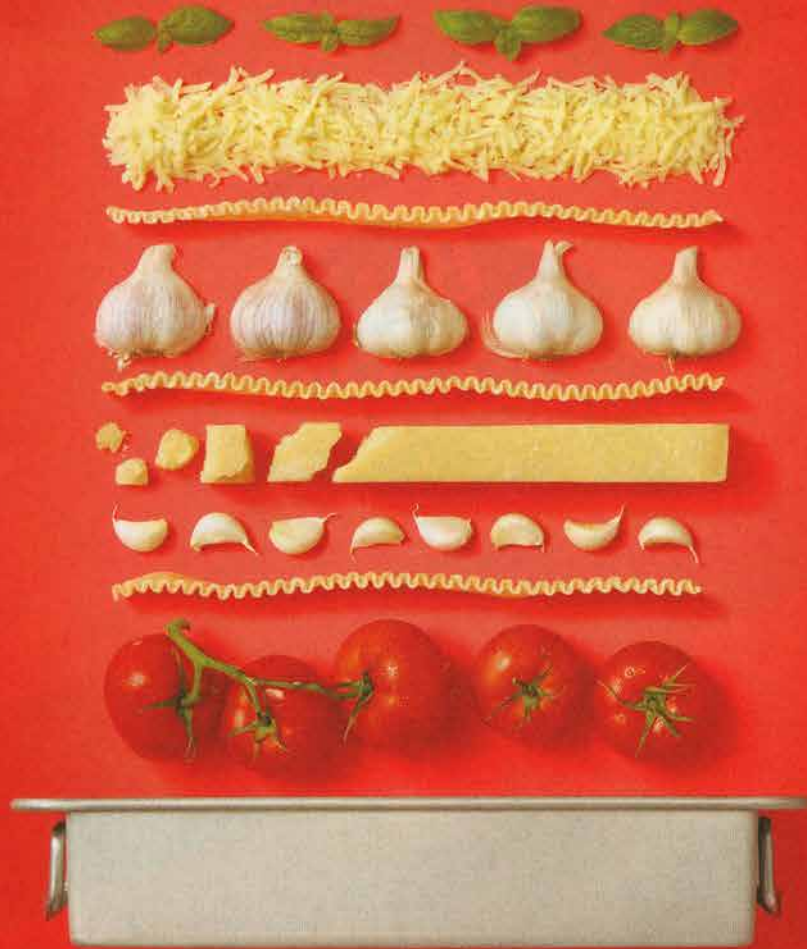


Select varieties of Blue Diamond Almonds are certified by the American Heart Association. Per 1 oz. serving of almonds. All certified nuts, including salted varieties, must meet the American Heart Association's nutritional criteria which include a limit of 140 mg or less of sodium per label serving size.

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutritional information for fat content.

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It's what's on the inside
THAT COUNTS



We care just as much as you do about what goes into our lasagnas. That's why we cook with high-quality ingredients like freshly made pasta and real mozzarella. Just like you would use at home.

Learn more at stouffers.com



It's what's on the inside

THAT COUNTS



We care about the ingredients that go into our mac and cheese as much as you do. That's why we use real, simple ingredients like freshly made pasta, butter, cheddar cheese and milk. Just like you'd use at home.

Learn more at stouffers.com



BLAST

from the

PAST

PHOTOGRAPH BY YUNHEE KIM

If you were throwing a party in the 1960s and you turned to your *Jays of Jell-O* cookbook for an idea, you might have ended up serving something called a Neapolitan Salad: a molded ring of electric green lime gelatin studded with tomatoes, olives, carrots and lima beans. That recipe, and many others in the book, haven't exactly stood the test of time. But one creation—the Crown Jewel Dessert (pictured at right)—is just as much of a showstopper as it ever was. It's cubes of colored gelatin set in either whipped cream or white gelatin. For our new version, we tweaked the original color palette, using purple, red and pink gelatin with a chocolate crust. To see more vintage dessert makeovers, tune in to the April 2 episode of *Spring Baking Championship* at 9 p.m. ET (the season starts March 12).



CROWN JEWEL LAYER CAKE

ACTIVE: 1 hr | TOTAL: 1 hr (plus 6-hour chilling) | SERVES: 10 to 12

FOR THE COLORED GELATIN

Cooking spray

- 2 3-ounce boxes purple gelatin (such as grape)
- 6 cups boiling water
- 2 3-ounce boxes red gelatin (such as strawberry)
- 2 3-ounce boxes pink gelatin (such as watermelon)

FOR THE WHITE GELATIN

- 6 ¼-ounce packets unflavored gelatin
- 1 cup cold water
- 3 cups boiling water
- 2 14-ounce cans sweetened condensed milk

FOR THE CRUST AND WHIPPED CREAM

Cooking spray

- 30 chocolate wafer cookies (from a 9-ounce package)
- 4 tablespoons unsalted butter, melted
- 2 cups cold heavy cream
- ¼ cup confectioners' sugar

- 1.** Make the colored gelatin: Lightly coat three 9-inch square cake pans with cooking spray. Combine the purple gelatin and 2 cups boiling water in a medium bowl; stir until dissolved. Pour into one of the prepared pans. Refrigerate until firm, about 2 hours. Repeat to make pans of red and pink gelatin. (You can make these in batches if you don't have three pans.)
- 2.** When all three colors are set, make the white gelatin: Sprinkle the unflavored gelatin over the cold water in a large bowl; let stand 1 minute. Add the boiling water and condensed milk and stir until dissolved. Let cool to room temperature, at least 20 minutes.
- 3.** Meanwhile, make the crust: Coat an 8-inch round cake pan with cooking spray, then line with plastic wrap, leaving an overhang; coat with more cooking spray. Pulse the chocolate cookies in a food processor until finely ground. Add the melted butter and pulse until combined. Press the mixture into the bottom of the prepared pan and freeze until firm, about 10 minutes. Generously coat two more 8-inch round cake pans with cooking spray; set aside.
- 4.** Loosen the edges of the purple gelatin with a knife and turn out onto a cutting board. Cut into ½- to ¾-inch cubes and layer over the chocolate cookie crust. Cut the red and pink gelatin into cubes and layer each one in the remaining two pans. Divide the cooled white gelatin mixture among the three pans, pouring it over the cubes (about 2 cups per pan). Refrigerate until firm, about 4 hours.
- 5.** Make the whipped cream: Beat the heavy cream and confectioners' sugar in a large bowl with a mixer until soft peaks form; set aside. Using the plastic wrap to help you, lift the purple gelatin cake out of the pan. Discard the plastic wrap and transfer the cake to a platter. Spread with a thin layer of whipped cream. Loosen the edges of the red gelatin cake with a knife and turn out of the pan; place on top of the purple cake and spread with more whipped cream. Remove the pink gelatin cake from the pan and place on top of the red cake. Cover the top and side of the cake with the remaining whipped cream.



Catch the
throwback
episode of
*Spring Baking
Championship*
April 2.



Rewrite your story for moderate to severe chronic plaque psoriasis with HUMIRA.

Who is HUMIRA for?¹

HUMIRA is a prescription medicine used to treat adults with moderate to severe chronic plaque psoriasis who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.

Important Safety Information¹

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

You should discuss the potential benefits and risks of HUMIRA with your doctor. HUMIRA is a TNF blocker medicine that can lower the ability of your immune system to fight infections. You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

- **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and check you closely for signs and symptoms of TB during treatment with HUMIRA. If your doctor feels you are at risk, you may be treated with medicine for TB.
- **Cancer.** For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

What should I tell my doctor BEFORE starting HUMIRA?

Tell your doctor about all of your health conditions, including if you:

- Have an infection, are being treated for infection, or have symptoms of an infection
- Get a lot of infections or infections that keep coming back

- Have diabetes
- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis, coccidioidomycosis, or blastomycosis
- Have or have had hepatitis B
- Are scheduled for major surgery
- Have or have had cancer
- Have numbness or tingling or a nervous system disease such as multiple sclerosis or Guillain-Barré syndrome
- Have or had heart failure
- Have recently received or are scheduled to receive a vaccine. HUMIRA patients may receive vaccines, except for live vaccines
- Are allergic to rubber, latex, or any HUMIRA ingredients
- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed
- Have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines

Also tell your doctor about all the medicines you take. You should not take HUMIRA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab). Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).

What should I watch for AFTER starting HUMIRA?

HUMIRA can cause other serious side effects, including:

- **Serious infections.** These include TB and infections caused by viruses, fungi, or bacteria. Symptoms related to TB include a cough, low-grade fever, weight loss, or loss of body fat and muscle.
- **Hepatitis B infection in carriers of the virus.** Symptoms include muscle aches, feeling very tired, dark urine, skin or eyes that look yellow, little or no appetite, vomiting, clay-colored bowel movements, fever, chills, stomach discomfort, and skin rash.
- **Allergic reactions.** Symptoms of a serious allergic reaction include hives, trouble breathing, and swelling of your face, eyes, lips, or mouth.
- **Nervous system problems.** Signs and symptoms include numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.

- **Blood problems.** Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **Heart failure** (new or worsening). Symptoms include shortness of breath, swelling of your ankles or feet, and sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or rash on your cheeks or arms that gets worse in the sun.
- **Liver problems.** Symptoms include feeling very tired, skin or eyes that look yellow, poor appetite or vomiting, and pain on the right side of your stomach (abdomen).
- **Psoriasis** (new or worsening). Symptoms include red scaly patches or raised bumps that are filled with pus.

Call your doctor or get medical care right away if you develop any of the above symptoms.

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), **upper respiratory infections** (sinus infections), **headaches, rash, and nausea.** These are not all of the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. **Remember, tell your doctor right away if you have an infection or symptoms of an infection, including:**

- Fever, sweats, or chills
- Muscle aches
- Cough
- Shortness of breath
- Blood in phlegm
- Weight loss
- Warm, red, or painful skin or sores on your body
- Diarrhea or stomach pain
- Burning when you urinate
- Urinating more often than normal
- Feeling very tired

HUMIRA is given by injection under the skin.

This is the most important information to know about HUMIRA. For more information, talk to your health care provider.

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.

If you cannot afford your medication, contact www.pparx.org for assistance.

Ongoing support is always available with HUMIRA Complete.

Talk to your dermatologist today to see if HUMIRA is right for you.

Visit HUMIRA.com or call 1.800.4HUMIRA

Please see the following pages for important product information for patients.

¹Based on IMS NPA data: Total HUMIRA prescriptions written by dermatologists from 11/2/12 to 7/10/15 vs. Enbrel®, Stelara®, Simponi®, Cimzia®, Otezla®, and Cosentyx®. All trademarks are properties of their respective owners.

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Reference: 1. HUMIRA Injection [package insert]; North Chicago, IL: AbbVie Inc.

abbvie

A smiling man with short brown hair and a goatee, wearing a dark polo shirt, stands in a kitchen. He is looking towards the camera with a bright smile. In the background, a woman with long blonde hair is seen from the back, wearing a colorful striped dress. The kitchen has a window with a view of a house and trees, and a countertop with various items like a green cup and a cutting board with red peppers.

Clearer Skin Is Possible

In clinical trials, most adults taking HUMIRA saw 75% and even 90% skin clearance, and many were clear or almost clear in just 4 months. Your results may vary.

The HUMIRA logo features a stylized sunburst or starburst icon above the word "HUMIRA" in a bold, sans-serif font. Below "HUMIRA" is the word "adalimumab" in a smaller, lowercase sans-serif font, and below that is the tagline "destination you™" in a script font.

HUMIRA[®]
adalimumab
destination you™

Illustration of 75% skin clearance at 4 months. Results may vary.

HUMIRA® (Hu-MARE-ah) (adalimumab) injection

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL
PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

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

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of your immune system to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some people have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should check you closely for signs and symptoms of TB during treatment with HUMIRA.

You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection or have symptoms of infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- weight loss

- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine ORENCIA® (abatacept), KINERET® (anakinra), RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (6-mercaptopurine, 6-MP).
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection.

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Cancer

- For children and adults taking TNF-blockers, including HUMIRA, the chances of getting cancer may increase.

- There have been cases of unusual cancers in children, teenagers, and young adults using TNF-blockers.
- People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.
- If you use TNF blockers including HUMIRA your chance of getting two types of skin cancer may increase (basal cell cancer and squamous cell cancer of the skin). These types of cancer are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Some people receiving TNF blockers including HUMIRA developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. Most of these people were male teenagers or young men. Also, most people were being treated for Crohn's disease or ulcerative colitis with another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used:

- To reduce the signs and symptoms of:
 - **moderate to severe rheumatoid arthritis (RA) in adults.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children 2 years and older.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **psoriatic arthritis (PsA) in adults.** HUMIRA can be used alone or with certain other medicines.
 - **ankylosing spondylitis (AS) in adults.**
 - **moderate to severe Crohn's disease (CD) in adults** when other treatments have not worked well enough.
 - **moderate to severe Crohn's disease (CD) in children 6 years and older** when other treatments have not worked well enough.
 - **moderate to severe hidradenitis suppurativa (HS) in adults.**
- In adults, to help get **moderate to severe ulcerative colitis (UC)** under control (induce remission) and keep it under control (sustain remission) when certain other medicines have not worked well enough. It is not known if HUMIRA is effective in people who stopped responding to or could not tolerate TNF-blocker medicines.
- **To treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults** who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).
- **To treat non-infectious intermediate, posterior and panuveitis (UV) in adults.**

What should I tell my doctor before taking HUMIRA?

HUMIRA may not be right for you. Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "**What is the most important information I should know about HUMIRA?**"
- have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children should be brought up to date with all vaccines before starting HUMIRA.
- are allergic to rubber or latex. Tell your doctor if you have any allergies to rubber or latex.
 - The gray needle cover for the HUMIRA Pen 40 mg/0.8 mL, HUMIRA 40 mg/0.8 mL prefilled syringe, HUMIRA 20 mg/0.4 mL prefilled syringe, and HUMIRA 10 mg/0.2 mL prefilled syringe contains natural rubber or latex.
 - The black needle cover for the HUMIRA Pen 40 mg/0.4 mL, HUMIRA 40 mg/0.4 mL prefilled syringe and the vial stopper on the HUMIRA institutional use vial are not made with natural rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.
- are pregnant or planning to become pregnant. It is not known if HUMIRA will harm your unborn baby. HUMIRA should only be used during a pregnancy if needed.
- have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines.
- breastfeeding or plan to breastfeed. You and your doctor should decide if you will breastfeed or use HUMIRA. You should not do both.

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

Especially tell your doctor if you use:

- ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol) or SIMPONI® (golimumab), because you should not use HUMIRA while you are also taking one of these medicines.
- RITUXAN® (rituximab). Your doctor may not want to give you HUMIRA if you have received RITUXAN® (rituximab) recently.
- IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than you were prescribed.**
- See the **Instructions for Use** inside the carton for complete instructions for the right way to prepare and inject HUMIRA.
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (1-800-448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection after he/she has been shown how to prepare and inject HUMIRA.
- **Do not** try to inject HUMIRA yourself until you have been shown the right way to give the injections. If your doctor decides that you or a caregiver may be able to give your injections of HUMIRA at home, you should receive training on the right way to prepare and inject HUMIRA.
- Do not miss any doses of HUMIRA unless your doctor says it is okay. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. In case you are not sure when to inject HUMIRA, call your doctor or pharmacist.
- If you take more HUMIRA than you were told to take, call your doctor.

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

• Serious Infections.

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. People who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

• Hepatitis B infection in people who carry the virus in their blood.

If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use HUMIRA. Your doctor should do blood tests before you start treatment, while you are using HUMIRA, and for several months after you stop treatment with HUMIRA. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- muscle aches
- feel very tired
- dark urine
- skin or eyes look yellow
- little or no appetite
- vomiting
- clay-colored bowel movements
- fever
- chills
- stomach discomfort
- skin rash

• **Allergic reactions.** Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction:

- hives
- trouble breathing
- swelling of your face, eyes, lips or mouth
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have. Call your doctor right away** if you get new worsening symptoms of heart failure while taking HUMIRA, including:

- shortness of breath
- sudden weight gain
- swelling of your ankles or feet
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may improve when you stop HUMIRA.

• **Liver Problems.** Liver problems can happen in people who use TNF-blocker medicines. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- poor appetite or vomiting
- skin or eyes look yellow
- pain on the right side of your stomach (abdomen)

• **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- injection site reactions: redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. Call your doctor right away if you have pain, redness or swelling around the injection site that does not go away within a few days or gets worse.
- upper respiratory infections (including sinus infections)
- headaches
- rash

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

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

General information about the safe and effective use of HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that is written for health professionals. For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (1-800-448-6472).

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Try apricot-glazed chicken with spring vegetables. See page 108.



MOROCCAN-SPICE BURGERS

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

- 1 pound frozen sweet potato fries
- Kosher salt
- 1¾ teaspoons ras el hanout (Moroccan seasoning) or pumpkin pie spice
- ½ cup mayonnaise
- 2 tablespoons harissa paste
- 3 cloves garlic, grated
- 1½ pounds ground beef
- ¼ cup finely chopped fresh parsley
- Freshly ground pepper
- 1 tablespoon vegetable oil
- 4 sesame buns, split and toasted

Sliced tomatoes, baby arugula and pitted cured olives, for topping

1. Bake the sweet potato fries as the label directs; season with salt and ¼ teaspoon ras el hanout. Reduce the oven temperature to 250° and keep the fries warm in the oven. Meanwhile, mix the mayonnaise, harissa and 1 grated garlic clove in a small bowl; refrigerate until ready to use.

2. Combine the ground beef, parsley and the remaining 2 grated garlic cloves and 1½ teaspoons ras el hanout in a large bowl. Mix with your hands until just combined. Form into four ¾-inch-thick patties; season on both sides with salt and pepper. Heat the vegetable oil in a large nonstick skillet over medium-high heat. Add the burgers and cook until browned, 3 to 5 minutes per side for medium rare.

3. Serve the burgers on the buns with a spoonful of the harissa mayonnaise and some sliced tomatoes, arugula and olives. Serve with the sweet potato fries and remaining harissa mayonnaise.

Per serving: Calories 940; Fat 57 g (Saturated 12 g); Cholesterol 112 mg; Sodium 1,106 mg; Carbohydrate 66 g; Fiber 7 g; Sugars 16 g; Protein 34 g



LOW-CALORIE
DINNER

SHRIMP IN ENCHILADA SAUCE WITH POBLANO RICE

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

- 4 dried ancho chile peppers
- ¼ cup vegetable oil
- 1 cup basmati rice
- 1 poblano chile pepper, seeded and chopped
- 3 cloves garlic (1 chopped, 2 smashed)

Kosher salt

- 1 8-ounce can tomato sauce
- 1 teaspoon dried oregano (preferably Mexican)
- ½ teaspoon ground cumin

Freshly ground pepper

- 1¼ pounds medium shrimp, peeled and deveined
- Shredded red cabbage, cilantro and/or crumbled Cotija cheese, for topping

- 4 corn tortillas, warmed
- Lime wedges, for serving

1. Pour boiling water over the ancho chiles in a bowl; cover and set aside 10 minutes. Meanwhile, heat 2 tablespoons vegetable oil in a medium saucepan over medium-high heat. Add the rice and cook, stirring often, until golden, about 3 minutes. Stir in the poblano and chopped garlic and cook until the poblano starts to soften, 3 minutes. Add 1½ cups water and ½ teaspoon salt. Bring to a boil, then reduce the heat to low; cover and cook until the rice is tender, 20 minutes.

2. Meanwhile, drain the anchos and remove the stems and seeds. Puree the anchos, smashed garlic cloves, ½ cup water, the tomato sauce, oregano, cumin, ¼ teaspoon salt and a few grinds of pepper in a blender. Heat the remaining 2 tablespoons vegetable oil in a large skillet over high heat. Add the ancho puree and cook until the sauce is reduced, about 5 minutes. Stir in 1 cup water and the shrimp. Return to a boil and cook until the shrimp are opaque, about 5 minutes. Season with salt.

3. Fluff the rice with a fork. Top each serving with the shrimp, sauce and desired toppings. Serve with the tortillas and lime wedges.

Per serving: Calories 480; Fat 18 g (Saturated 2 g); Cholesterol 143 mg; Sodium 1,284 mg; Carbohydrate 60 g; Fiber 8 g; Sugars 3 g; Protein 22 g

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

See www.florastor.com for cited references.

CHICKEN THIGHS WITH MINTY PEAS

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

- 1 small head cauliflower (preferably purple), trimmed and cut into small florets
- 1 red onion, cut into 8 wedges
- 2 tablespoons extra-virgin olive oil
- 8 small skin-on, bone-in chicken thighs (5 to 6 ounces each)
- 1½ teaspoons ground coriander
- 1 teaspoon sweet paprika
- 3 cloves garlic (1 grated, 2 thinly sliced)
- Grated zest of 2 lemons, plus lemon wedges for serving
- Kosher salt and freshly ground pepper
- 1 10-ounce package frozen peas
- 2 tablespoons unsalted butter
- ½ cup loosely packed fresh mint

1. Preheat the oven to 450°. Line a rimmed baking sheet with foil. Toss the cauliflower and red onion with 1 tablespoon olive oil in a large bowl; arrange on one side of the prepared pan. Toss the chicken with the remaining 1 tablespoon olive oil, the coriander, paprika, grated garlic and half of the lemon zest in the same bowl; arrange skin-side up on the other side of the pan. Season the vegetables and chicken with salt and pepper. Roast until the vegetables are browned and the chicken is crisp and cooked through, about 30 minutes.

2. About 10 minutes before the chicken is done, combine the peas, ¼ cup water and the sliced garlic in a medium microwave-safe bowl; cover with plastic wrap and poke a small hole in the plastic. Microwave until the peas are warmed through, about 5 minutes. Transfer to a food processor and add the butter, mint and the remaining lemon zest; puree, adding more water if needed to loosen. Season with salt and pepper.

3. Serve the chicken with the roasted vegetables, pea puree and lemon wedges.

Per serving: Calories 640; Fat 41 g (Saturated 13 g); Cholesterol 254 mg; Sodium 269 mg; Carbohydrate 19 g; Fiber 7 g; Sugars 6 g; Protein 48 g

GREEK COBB SALAD

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

- 6 slices bacon
- 4 large eggs
- ¼ cup vegetable oil
- ¼ cup red wine vinegar or fresh lemon juice
- ¼ cup roughly chopped fresh dill, plus more for topping
- Kosher salt and freshly ground pepper
- 3 romaine lettuce hearts, trimmed and chopped
- 1 avocado, thinly sliced
- 1 cup shredded rotisserie chicken, skin removed (about 5 ounces)
- ¾ cup crumbled feta cheese (about 3 ounces)
- 1 pint cherry tomatoes, halved
- 2 cups pita chips, lightly crushed

1. Cook the bacon in a medium nonstick skillet over medium heat, turning once, until crisp, about 8 minutes. Remove the bacon to a paper towel-lined plate to drain. Let cool slightly, then crumble.

2. Meanwhile, fill a medium bowl with ice water. Bring a medium saucepan of water to a boil and add the eggs; cook 4 minutes, then remove 2 eggs with a slotted spoon and transfer to the ice water. Continue cooking the remaining 2 eggs until hard-boiled, 6 more minutes; drain and let cool.

3. Make the dressing: Remove the eggs from the ice water and peel; transfer to a blender. Add the vegetable oil, vinegar, dill, ½ teaspoon salt and a few grinds of pepper and puree until smooth.

4. Put the romaine in a large serving bowl and drizzle with the dressing. Peel and slice the hard-boiled eggs. Arrange the avocado, chicken, feta, tomatoes, eggs and bacon in rows over the salad. Top with the pita chips and more dill. Toss before serving.

Per serving: Calories 580; Fat 45 g (Saturated 11 g); Cholesterol 242 mg; Sodium 1,043 mg; Carbohydrate 25 g; Fiber 7 g; Sugars 6 g; Protein 25 g



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Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.



CHORIZO-STUFFED SWEET POTATOES

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

- 4 medium sweet potatoes
- $\frac{3}{4}$ cup plus 1 tablespoon extra-virgin olive oil
- 1 tablespoon pickling spice
- 1 cup plain fat-free Greek yogurt
- 1 clove garlic, minced
- Kosher salt and freshly ground pepper
- $\frac{3}{4}$ cup golden raisins
- 8 ounces fresh chorizo, casings removed
- 2 tablespoons pine nuts
- Chopped fresh mint, for topping

1. Preheat the oven to 450°. Pierce the sweet potatoes all over with a fork and microwave on a microwave-safe plate until tender, 20 to 25 minutes.

2. Meanwhile, heat 2 tablespoons olive oil in a small skillet over medium-high heat. Add the pickling spice and cook, stirring, until toasted, about 1 minute. Transfer the spiced oil to a mini food processor and pulse until the pickling spice is finely ground, about 1 minute. Transfer the spiced oil to a medium bowl and stir in the yogurt, garlic, 1 teaspoon salt and a few grinds of pepper; set aside.

3. Soak the raisins in $\frac{1}{2}$ cup warm water in a small bowl, 10 minutes. Meanwhile, heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat. Add the chorizo and cook, stirring and breaking up the meat with a wooden spoon, until browned and crisp, 5 to 6 minutes. Stir in the pine nuts and cook, stirring, until lightly toasted, about 30 seconds. Transfer the chorizo mixture to a bowl. Drain the raisins and stir into the chorizo mixture.

4. Arrange the sweet potatoes on a foil-lined baking sheet. Drizzle with the remaining 1 tablespoon olive oil and season with salt and pepper; rub to coat evenly. Roast until the potato skins are crisp, about 10 minutes. Split open the sweet potatoes and fluff the flesh with a fork; season with salt and pepper. Top with the chorizo, yogurt sauce and mint.

Per serving: Calories 620; Fat 43 g (Saturated 11 g); Cholesterol 53 mg; Sodium 1,236 mg; Carbohydrate 31 g; Fiber 5 g; Sugars 14 g; Protein 22 g



SPINACH-RICOTTA DUMPLINGS WITH GARLIC TOMATO SAUCE

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

- $\frac{1}{4}$ cup extra-virgin olive oil
- 3 cloves garlic, minced
- 1 28-ounce can no-salt-added whole peeled tomatoes in puree
- 8 large fresh basil leaves
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ cup all-purpose flour, plus more for dusting
- 1 10-ounce package frozen chopped spinach, thawed, squeezed dry and finely chopped
- 2 cups whole-milk ricotta cheese
- $\frac{1}{4}$ cup grated parmesan cheese, plus more for topping
- 2 large egg yolks
- Pinch of grated nutmeg

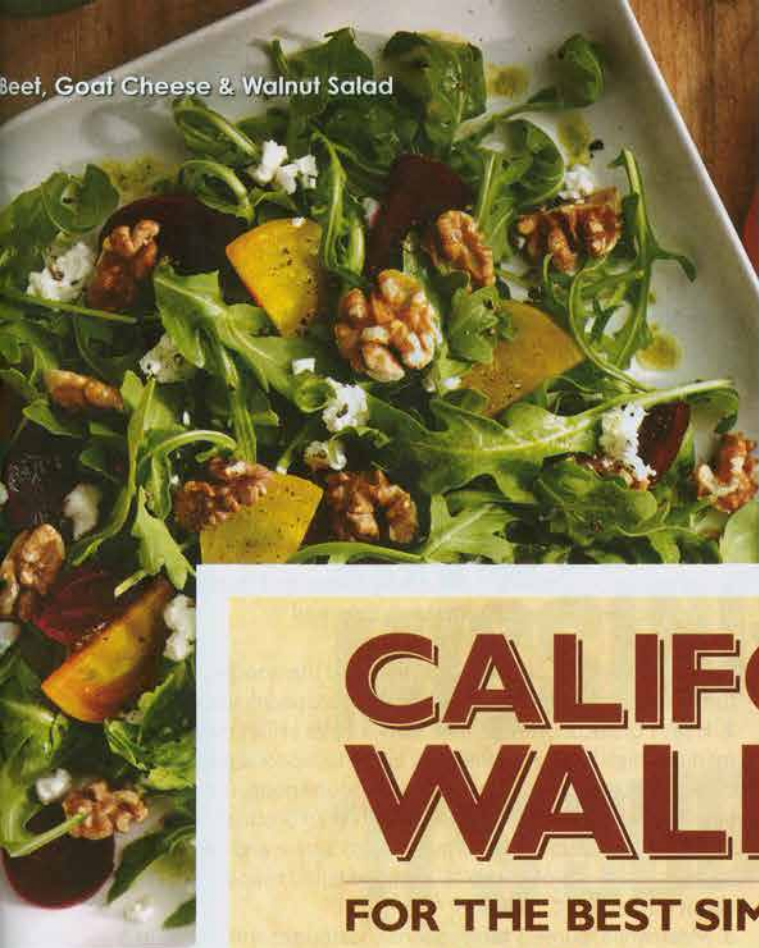
1. Heat 2 tablespoons olive oil in a medium saucepan over medium heat. Add the garlic and cook, stirring, until softened, 1 to 2 minutes. Stir in the tomatoes and mash into a chunky sauce using a wooden spoon. Bring to a boil, then reduce the heat to a gentle simmer and cook, stirring occasionally, until the sauce thickens, about 12 minutes. Stir in the basil and season with salt and pepper. Remove from the heat and transfer to a blender; puree.

2. Dust a rimmed baking sheet with flour; set aside. Mix the spinach, ricotta, parmesan, egg yolks, nutmeg and 1 teaspoon each salt and pepper in a large bowl. Add the flour and stir until just combined. Drop tablespoonfuls of the dough onto the flour-dusted pan, shaking the pan from side to side to coat the dumplings in the flour and smooth out their edges. Refrigerate 10 minutes.

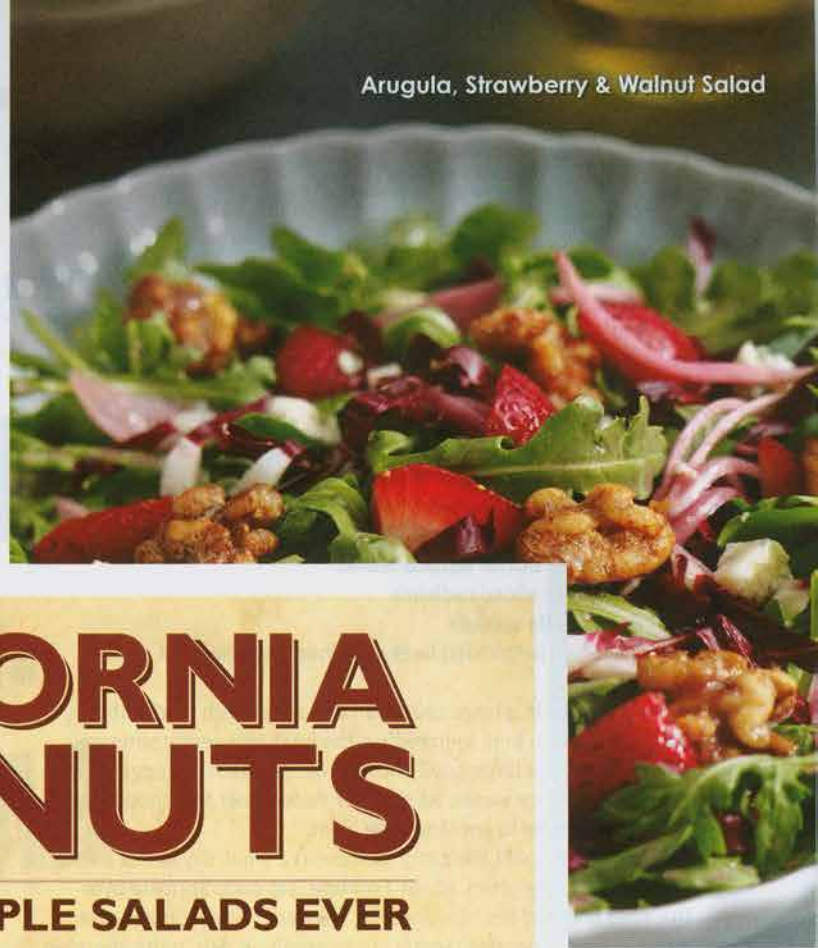
3. Meanwhile, bring a large pot of water to a boil. Reduce the heat to maintain a steady simmer. Add the chilled dumplings and cook until they float to the top and are tender, 4 to 5 minutes. Remove with a slotted spoon and transfer to a paper towel-lined plate to drain. Serve on top of the tomato sauce and drizzle with the remaining 2 tablespoons olive oil. Sprinkle with more parmesan.

Per serving: Calories 540; Fat 35 g (Saturated 14 g); Cholesterol 162 mg; Sodium 809 mg; Carbohydrate 31 g; Fiber 4 g; Sugars 6 g; Protein 24 g

Beef, Goat Cheese & Walnut Salad



Arugula, Strawberry & Walnut Salad



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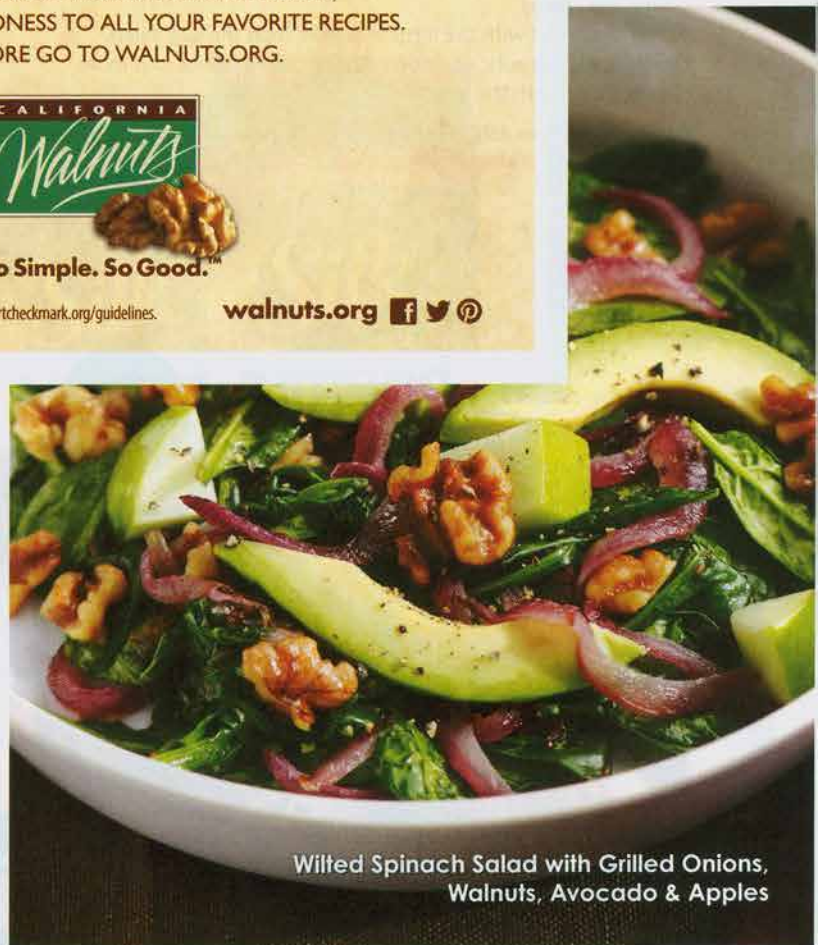
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walnuts.org   



Garden Salad with Walnut Vinaigrette



Wilted Spinach Salad with Grilled Onions, Walnuts, Avocado & Apples

*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant based omega-3.

CURRIED EGG SALAD WITH PICKLED BEETS

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

- 10 large eggs
- 1 tablespoon curry powder
- $\frac{1}{3}$ cup mayonnaise
- 1 tablespoon yellow mustard
- Kosher salt and freshly ground pepper
- 2 small celery stalks, chopped (about $\frac{1}{2}$ cup), plus celery leaves for topping
- 2 tablespoons chopped fresh chives, plus more for topping
- 4 slices pumpernickel bread, toasted and halved
- 8 Boston or butter lettuce leaves
- $\frac{1}{2}$ cup thinly sliced radishes
- $1\frac{1}{2}$ cups alfalfa sprouts
- 1 16-ounce jar pickled beets, drained and chopped

1. Put the eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil, then reduce the heat and gently simmer 10 minutes. Fill a large bowl with ice water. Drain the eggs and transfer to the ice water; let cool 5 minutes. Peel and chop the eggs and transfer to another large bowl.

2. Meanwhile, toast the curry powder in a small dry skillet over low heat, stirring often, about 1 minute. Let cool. Sprinkle over the eggs and add the mayonnaise, mustard, $\frac{1}{2}$ teaspoon salt and a few grinds of pepper. Gently stir to combine. Stir in the chopped celery and chives.

3. Top the bread with the lettuce leaves, then the egg salad, radishes and sprouts; sprinkle with the celery leaves and more chives. Serve with the beets.

Per serving: Calories 450; Fat 28 g (Saturated 6 g); Cholesterol 473 mg; Sodium 903 mg; Carbohydrate 31 g; Fiber 6 g; Sugars 11 g; Protein 20 g

SPICY PORK NOODLE BOWL

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

- 1 8-ounce package thin Chinese noodles
- $\frac{1}{4}$ cup plus 2 teaspoons vegetable oil
- 12 ounces ground pork
- 1 tablespoon minced peeled fresh ginger
- $\frac{1}{4}$ cup low-sodium chicken broth
- $\frac{1}{2}$ cup chopped bread-and-butter pickles, plus $\frac{1}{4}$ cup brine from the jar
- $\frac{1}{4}$ cup plus 2 tablespoons low-sodium soy sauce
- $\frac{1}{4}$ cup toasted sesame seeds
- 1 tablespoon Asian chili-garlic sauce
- 2 teaspoons packed light brown sugar
- 2 Persian cucumbers, halved lengthwise and thinly sliced
- 1 cup cherry or grape tomatoes, chopped

1. Bring a large pot of water to a boil. Add the noodles and cook as the label directs. Drain and toss with 2 teaspoons vegetable oil.

2. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add the pork and 2 teaspoons ginger; cook, breaking up the meat with a wooden spoon, until lightly browned, about 3 minutes. Add the chicken broth, pickles and 2 tablespoons each pickle brine and soy sauce and cook, scraping up any browned bits, until the liquid evaporates, about 4 minutes.

3. Meanwhile, puree 3 tablespoons toasted sesame seeds in a blender until finely ground, about 15 seconds. Add the remaining 3 tablespoons vegetable oil and puree until smooth. Add $\frac{1}{4}$ cup water, the chili-garlic sauce, brown sugar and the remaining $\frac{1}{4}$ cup soy sauce, 2 tablespoons pickle brine and 1 teaspoon ginger; puree until combined.

4. Top each serving of noodles with the sesame dressing, pork, cucumbers and tomatoes. Sprinkle with the remaining 1 tablespoon sesame seeds.

Per serving: Calories 700; Fat 41 g (Saturated 10 g); Cholesterol 114 mg; Sodium 1,209 mg; Carbohydrate 58 g; Fiber 4 g; Sugars 12 g; Protein 26 g



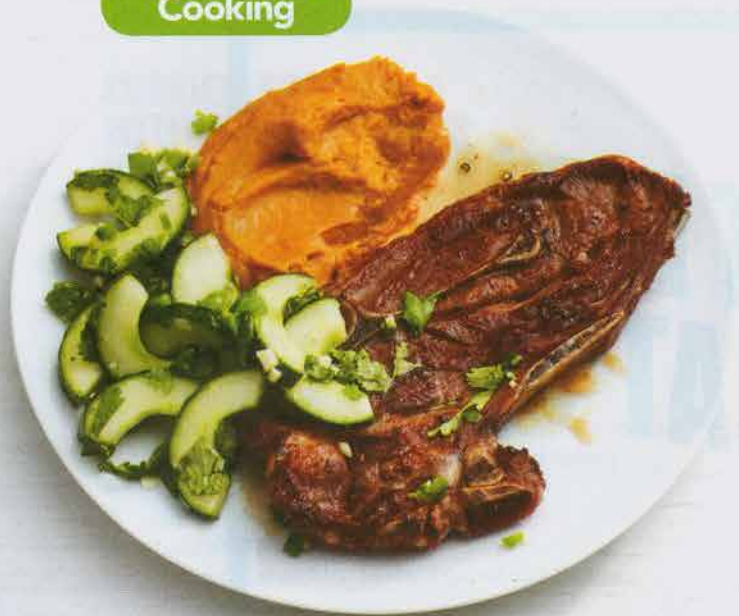
**YOU WON'T EVEN
KNOW WHAT'S
MISSING.***

***IT'S SUGAR**

Silk Unsweetened Almond Milk has 0 grams of sugar per serving. Which means it has nothing but taste.



TASTES LIKE BETTER™



LAMB CHOPS WITH CARROT PUREE AND CUCUMBER SALAD

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

- 1 large cucumber, halved lengthwise, seeded and thinly sliced
- Kosher salt and freshly ground pepper
- ½ cup extra-virgin olive oil
- 1 small onion, roughly chopped
- ½ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 1 bunch cilantro, leaves finely chopped and stems roughly chopped
- 1 pound large carrots, sliced ½ inch thick
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced
- ½ jalapeño pepper, minced (remove seeds for less heat)
- 4 lamb shoulder chops (½ inch thick; about 6 ounces each)

1. Put the cucumber slices in a colander and sprinkle with salt and pepper; toss. Let sit 20 minutes to drain.
2. Meanwhile, heat ¼ cup olive oil in a medium saucepan over medium heat. Add the onion, coriander and turmeric and cook, stirring occasionally, until softened, about 10 minutes. Add 1 cup water, the cilantro stems and carrots and bring to a simmer. Cover and cook, stirring occasionally, until the carrots are tender, about 10 minutes. Transfer the vegetable mixture to a food processor and puree until smooth, at least 1 minute. Season with 1 teaspoon salt and a few grinds of pepper; cover to keep warm.
3. Gently squeeze out any excess water from the cucumbers and transfer to a medium bowl. Stir in 2 tablespoons olive oil, the vinegar, cilantro leaves, garlic and jalapeño; season with pepper.
4. Heat a large cast-iron skillet over high heat. Season the lamb chops with salt and pepper; rub all over with the remaining 2 tablespoons olive oil. Cook the lamb chops two at a time, turning once, until browned, 6 to 7 minutes for medium doneness. Serve with the carrot puree and cucumber salad.

Per serving: **Calories** 620; **Fat** 48 g (**Saturated** 13 g); **Cholesterol** 119 mg; **Sodium** 692 mg; **Carbohydrate** 16 g; **Fiber** 4 g; **Sugars** 7 g; **Protein** 32 g

Kids'
MEAL



SLOW-COOKER BARBECUE CHILI WITH CORN CHIPS

ACTIVE: 15 min | TOTAL: 8 hr | SERVES: 4

- 1¾ pounds cubed beef stew meat
- 2 tablespoons ancho chile powder
- 2 tablespoons packed light brown sugar
- 1 tablespoon sweet paprika
- 2 teaspoons ground cumin
- Kosher salt and freshly ground pepper
- ½ cup chili sauce (such as Heinz)
- 1 tablespoon plus 1 teaspoon red wine vinegar
- 1 tablespoon yellow mustard
- 2 teaspoons Worcestershire sauce
- 1 16-ounce can chili beans (do not drain)
- Corn chips, shredded cheddar cheese, sour cream and/or sliced scallions, for topping

Set up a toppings bar so kids can customize their chili. You can also serve the chili over baked potatoes.

1. Toss the beef with the chile powder, brown sugar, paprika, cumin, ½ teaspoon salt and a few grinds of pepper in a 6- to 7-quart slow cooker. Whisk the chili sauce with 1 tablespoon vinegar, the mustard and Worcestershire sauce; add to the slow cooker along with the beans. Cover and cook on low until the beef is tender, 7 to 8 hours.
2. Uncover and stir to combine; let sit, uncovered, 10 minutes. Stir in the remaining 1 teaspoon vinegar. Serve with corn chips and desired toppings.

Per serving: **Calories** 440; **Fat** 11 g (**Saturated** 4 g); **Cholesterol** 127 mg; **Sodium** 1,311 mg; **Carbohydrate** 38 g; **Fiber** 8 g; **Sugars** 12 g; **Protein** 50 g



DON'T LET DIARRHEA AND ABDOMINAL PAIN BOSS YOU AROUND.

Your frustrating symptoms could be **Irritable Bowel Syndrome with Diarrhea (IBS-D).**

VIBERZI MAY HELP.

VIBERZI is a daily treatment for adults that helps proactively manage the core symptoms of IBS-D—diarrhea and abdominal pain—at the same time.

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

- 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.

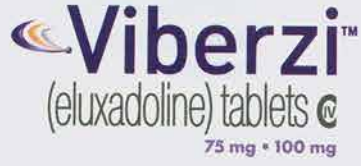
Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you are taking VIBERZI you should not take medicines that cause constipation, including: Lotronex® (alosetron), anticholinergic medicines, and opioid pain medicines.

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.



Brief Summary of the Medication Guide

VIBERZI (vye BER zee), CIV (eluxadoline) tablets

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

**Viberzi**[™]
(eluxadoline) tablets 
75 mg • 100 mg

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

**Actavis**

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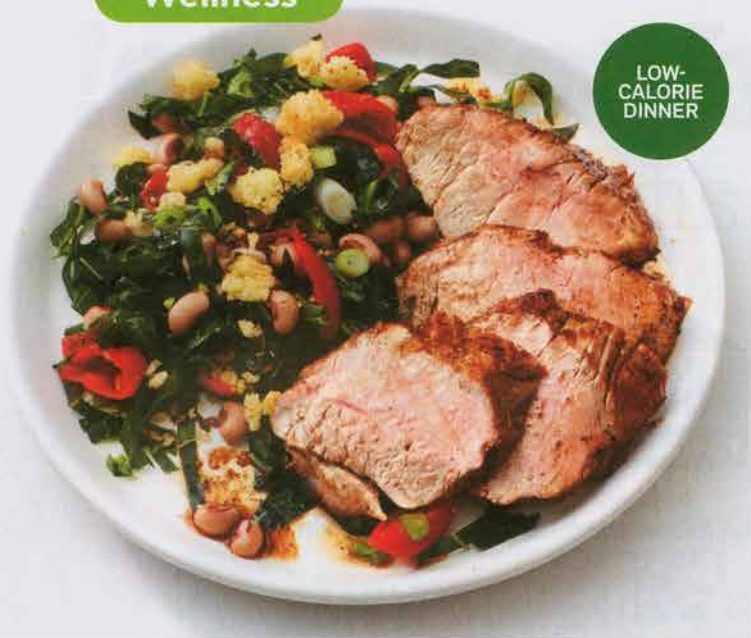
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LOW-CALORIE
DINNER

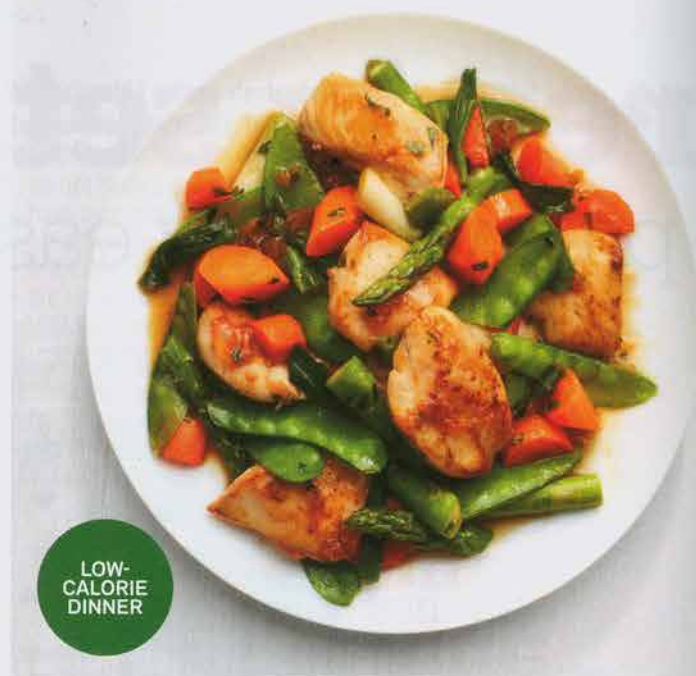
SPICED PORK TENDERLOIN WITH COLLARD GREEN SALAD

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

- 1 tablespoon chili powder
- 1 teaspoon dried thyme
- $\frac{1}{4}$ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 small pork tenderloins (about 12 ounces each)
- 3 tablespoons extra-virgin olive oil
- 1 bunch collard greens (about 1 pound), stems removed, leaves thinly sliced
- 1 15-ounce can black-eyed peas, drained and rinsed
- $\frac{1}{2}$ cup jarred Peppadew peppers, drained and roughly chopped
- 2 scallions, thinly sliced
- 2 tablespoons apple cider vinegar
- $\frac{1}{3}$ cup crumbled cornbread

- 1.** Preheat the oven to 475° and line a baking sheet with foil. Combine the chili powder, thyme, cayenne and $\frac{1}{4}$ teaspoon each salt and black pepper in a small bowl. Rub the pork with 1 tablespoon olive oil and the spice mixture. Transfer to the prepared pan and roast, turning once, until a thermometer inserted into the center of the pork registers 145°, about 15 minutes. Transfer to a cutting board; let rest.
- 2.** Meanwhile, combine the collard greens, 1 tablespoon olive oil and $\frac{1}{4}$ teaspoon salt in a large bowl. Massage the greens with your hands until slightly wilted, about 1 minute. Add the black-eyed peas, Peppadews, scallions, vinegar and the remaining 1 tablespoon olive oil; season with salt and black pepper and toss to combine. Set aside.
- 3.** Toast the crumbled cornbread in a small dry nonstick skillet over medium heat, stirring occasionally, until crisp, 3 to 5 minutes. Slice the pork and serve with the collard greens. Sprinkle the toasted cornbread over the greens.

Per serving: Calories 460; Fat 18 g (Saturated 4 g); Cholesterol 103 mg; Sodium 926 mg; Carbohydrate 31 g; Fiber 8 g; Sugars 5 g; Protein 43 g.



LOW-CALORIE
DINNER

APRICOT-GLAZED CHICKEN WITH SPRING VEGETABLES

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

- $1\frac{1}{2}$ pounds skinless, boneless chicken breasts (about 4)
- Kosher salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons unsalted butter
- 4 carrots, cut into $\frac{1}{2}$ -inch pieces
- 1 bunch asparagus (about 1 pound), ends trimmed, cut into 2-inch pieces
- 12 ounces snow peas, trimmed (about 2 $\frac{1}{2}$ cups)
- 3 tablespoons apricot preserves
- 4 teaspoons dijon mustard
- 4 scallions, chopped
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon finely grated lemon zest

WELLNESS TIP
Use dijon mustard to add flavor to sauces and vinaigrettes. It's low in calories and fat-free.

- 1.** Cut each chicken breast into 4 or 5 large chunks; season with salt and pepper. Heat a large nonstick skillet over medium-high heat. Add the olive oil. Add the chicken and cook, turning, until browned on all sides and almost cooked through, 4 to 6 minutes. Remove to a plate.
- 2.** Add 1 tablespoon butter to the skillet and reduce the heat to medium. Add the carrots and $\frac{1}{2}$ cup water. Cover and simmer until the carrots are crisp-tender, 3 to 4 minutes. Uncover and increase the heat to medium high. Cook until the water evaporates, 1 minute.
- 3.** Reduce the heat to medium and melt the remaining 1 tablespoon butter in the skillet. Add the asparagus, snow peas and $\frac{1}{4}$ teaspoon salt. Cover and cook until the vegetables are crisp-tender, about 3 minutes. Return the chicken to the skillet along with the apricot preserves, mustard, scallions, tarragon and lemon zest. Simmer, tossing, until the preserves are melted and the chicken and vegetables are glazed; season with salt and pepper.

Per serving: Calories 430; Fat 17 g (Saturated 7 g); Cholesterol 147 mg; Sodium 380 mg; Carbohydrate 26 g; Fiber 6 g; Sugars 14 g; Protein 43 g.

LATER TATERS.

HE'S BACK AND SO ARE VEGGIES.



It's time to swap in more veggies. Like new Green Giant® veggie tots. They're filled with cauliflower or broccoli – not potatoes – which makes them the perfect swap for potato tots and fries.

Find them in the frozen veggie section together with new Green Giant® Riced Veggies, Roasted Veggies and Mashed Cauliflower.



RIGATONI WITH BUTTERNUT SQUASH, BRUSSELS SPROUTS AND BACON

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

- 12 ounces Brussels sprouts, trimmed
- Kosher salt
- 12 ounces rigatoni
- 3 tablespoons extra-virgin olive oil
- 4 slices bacon, roughly chopped
- 4 cups diced peeled butternut squash (about 1 pound)
- 2 cloves garlic, sliced
- 6 scallions, sliced
- Freshly ground pepper
- $\frac{3}{4}$ cup grated parmesan and/or pecorino romano cheese

1. Tear off and reserve the outer leaves from the Brussels sprouts, then chop the rest. Bring a large pot of salted water to a boil.

Add the pasta and cook as the label directs, adding the chopped Brussels sprouts and their leaves during the last 2 minutes of cooking. Reserve $1\frac{1}{2}$ cups cooking water, then drain.

2. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium heat. Add the bacon and cook, stirring occasionally, until crisp, about 5 minutes. Remove to a paper towel-lined plate, reserving 1 tablespoon drippings in the skillet.

3. Add 1 tablespoon olive oil to the skillet, then add the squash, garlic and $\frac{1}{2}$ teaspoon salt. Cook until the squash is lightly golden around the edges, about 1 minute. Add 1 cup of the reserved cooking water, cover and simmer until the squash is tender, 4 to 5 minutes.

4. Add the pasta, Brussels sprouts, bacon, scallions, the remaining 1 tablespoon olive oil and $\frac{1}{4}$ cup cooking water to the skillet; toss until coated, adding the remaining cooking water as needed to loosen. Season with salt and pepper. Top each serving with the parmesan.

Per serving: Calories 600; Fat 19 g (Saturated 6 g); Cholesterol 25 mg; Sodium 780 mg; Carbohydrate 88 g; Fiber 8 g; Sugars 8 g; Protein 23 g



SALMON WITH THAI VEGETABLES AND BLACK RICE

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

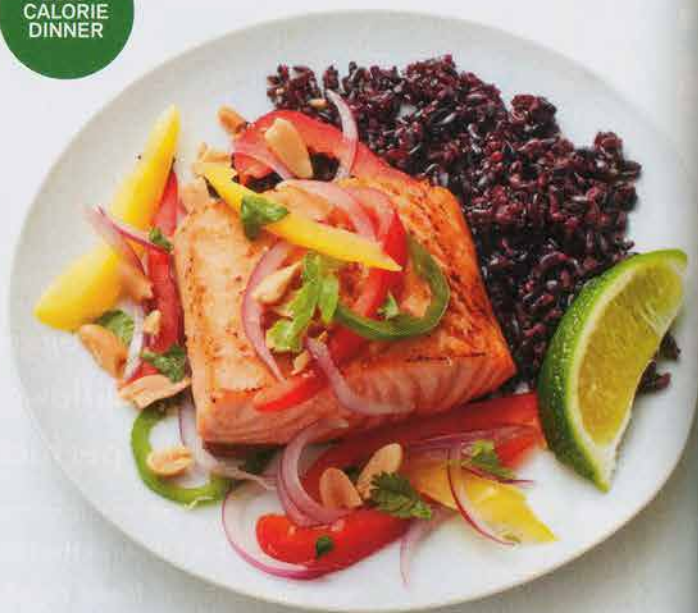
- 1 cup black rice
- 1 $\frac{1}{2}$ -inch piece fresh ginger, peeled
- 1 small clove garlic
- 2 limes
- $1\frac{1}{2}$ tablespoons fish sauce
- 2 bell peppers (1 red, 1 yellow), thinly sliced
- $\frac{1}{2}$ small red onion, thinly sliced
- $\frac{1}{2}$ jalapeño pepper, thinly sliced (seeds removed for less heat)
- 1 cup fresh cilantro
- Kosher salt and freshly ground pepper
- $1\frac{1}{4}$ pounds skin-on center-cut salmon fillet (in one piece), preferably wild
- $\frac{1}{4}$ cup chopped salted peanuts

1. Preheat the broiler. Cook the rice as the label directs; set aside. Meanwhile, finely grate the ginger, garlic and the zest of 1 lime into a large bowl. Stir in the juice of $1\frac{1}{2}$ limes and the fish sauce. Add the bell peppers, red onion, jalapeño, $\frac{1}{4}$ cup cilantro and a pinch each of salt and pepper; toss. Let sit, tossing occasionally, until ready to serve. Cut the remaining $\frac{1}{2}$ lime into wedges; set aside.

2. Line a baking sheet with foil. Cut the salmon in half lengthwise, then crosswise to make 4 equal squares; season with salt and pepper. Transfer to the prepared baking sheet and broil until just cooked through, 5 to 8 minutes.

3. Divide the rice among four plates. Transfer the salmon to the plates, leaving the skin behind; top with the vegetable mixture. Sprinkle with the remaining $\frac{1}{4}$ cup cilantro and the peanuts. Serve with the lime wedges.

Per serving: Calories 390; Fat 10 g (Saturated 2 g); Cholesterol 66 mg; Sodium 579 mg; Carbohydrate 43 g; Fiber 5 g; Sugars 2 g; Protein 36 g



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Easy Sides



LEMON-ROASTED POTATOES

Cut 1½ pounds peeled **Yukon Gold potatoes** into 1-inch chunks; toss with 3 tablespoons **olive oil**, 3 chopped **garlic cloves**, 1 teaspoon **kosher salt** and ½ teaspoon each **pepper** and **dried oregano** in a 9-by-13-inch baking dish. Add ¼ cup each **lemon juice** and **chicken broth**. Roast at 425° until the potatoes are tender, about 30 minutes. Toss with chopped **parsley**.



ASPARAGUS WITH ROASTED RED PEPPERS

Toss 2 bunches trimmed **asparagus** with **olive oil** on a foil-lined baking sheet; season with **salt** and **pepper**. Broil, stirring occasionally, until tender, about 4 minutes. Drizzle with **sherry vinegar** and more olive oil; season with salt. Top with crumbled **feta cheese** and chopped **roasted red peppers** and **parsley**.



GARLIC-ROSEMARY DUTCH BABY

Whisk 3 **eggs** with ¾ cup each **flour** and **milk** and 1 teaspoon **kosher salt**; let sit 5 minutes. Sauté 6 thinly sliced **garlic cloves** and 1 tablespoon chopped **rosemary** in 6 tablespoons **butter** in a large ovenproof nonstick skillet, 1 minute. Add the batter and sprinkle with more rosemary. Bake at 425° until puffed and golden around the edge, 18 to 20 minutes. Sprinkle with **sea salt**.



SPANISH QUINOA WITH OLIVES

Sauté 1 small chopped **onion** and 2 minced **garlic cloves** in **olive oil** in a saucepan over medium heat, 5 minutes. Stir in 1 cup **quinoa**, 1 teaspoon **tomato paste** and ½ teaspoon **ground turmeric**. Add 1½ cups water and 1 teaspoon **kosher salt**; bring to a boil. Reduce the heat to low; cover and simmer until tender, 15 minutes. Stir in ¼ cup each small **pimiento-stuffed green olives** and chopped **cilantro**.

Turn your little one into a Veggie-saurus Rex



Country Crock[®] Simply Sautéed Vegetables
are ready to be devoured in just 12 minutes.

Prep Time: 4 minutes

Ingredients

- 3 tbsp. Country Crock[®], divided
- 4 1/2 cups assorted cut-up fresh vegetables
- 1 small onion, chopped
- 1/2 tsp. dried Italian seasoning

Cook Time: 8 minutes

Directions

- MELT** 2 tablespoons Country Crock[®] in skillet over medium-high heat.
SAUTÉ vegetables, onion & Italian seasoning until veggies are crisp and tender.
TOP with remaining tablespoon of Country Crock[®] and serve! Makes 4 servings.

WELCOME TO
CROCK COUNTRY

Find more mealtime inspiration at
CountryCrock.com



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

INSIDE THE Test Kitchen

Go behind the scenes
of this issue.

COOKING IN COLOR

Our recipe developers found new ways to add color to this special issue.

••••• **ORANGE** We cooked carrots with a little turmeric to amp up the orange of the puree on page 104.



••••• **YELLOW** Toasted crumbled cornbread adds color and crunch to the salad on page 108.



••••• **GREEN** Collards can be drab when cooked, so we thinly sliced the raw greens on page 108 and rubbed them with a little olive oil and salt.



••••• **PURPLE** We love that purple cauliflower, on page 98, keeps its color when roasted. Look for it at your grocery store or farmers' market.



••••• **BLACK** We paired salmon with black rice on page 110. It's nutty in flavor, higher in fiber than white rice—and it's striking, too!

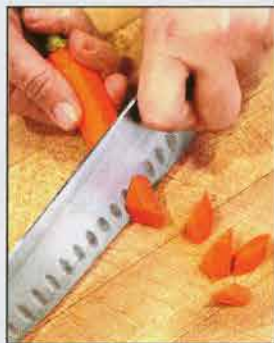


COOL AS A CUCUMBER

Cucumber salad is one of the most searched recipes on foodnetwork.com during spring and summer. The key to keeping cukes crisp is to drain them—they're 96 percent water. Toss slices with salt in a colander and let sit 20 minutes; the salt will draw out moisture. Then squeeze out as much water as possible before dressing them.

CHOP-CHOP

Chopping a carrot into equal-size pieces can be tough because the carrot tapers. The solution is a roll cut: Starting at the tapered end of the carrot, cut off a small piece at an angle, then roll the carrot a quarter turn and cut at an angle again. Repeat, rolling after each cut. The trick works with other long tapered veggies, too, like parsnips.



USE THE ROLL CUT FOR
THE RECIPE ON PAGE 108.



IMPORTANT SAFETY INFORMATION (CONTINUED)

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Do not take BOTOX[®] Cosmetic if you: are allergic to any of the ingredients in BOTOX[®] Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*[®] (rimabotulinumtoxinB), *Dysport*[®] (abobotulinumtoxinA), or *Xeomin*[®] (incobotulinumtoxinA); have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions, such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX[®] Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX[®] Cosmetic can harm your unborn baby); are breast-feeding or plan to (it is not known if BOTOX[®] Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX[®] Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX[®] Cosmetic in the past.**

Tell your doctor if you have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as *Myobloc*[®], *Dysport*[®], or *Xeomin*[®] in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX[®] Cosmetic include: discomfort or pain at the injection site; headache; and eye problems: double vision, blurred vision, drooping eyelids, and swelling of your eyelids.

For more information refer to the Medication Guide or talk with your doctor.

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 refer to Summary of Information about BOTOX[®] Cosmetic on the following page.

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BOTOX[®]
—Cosmetic
onabotulinumtoxinA injection

RETHINK

Your frown lines

BOTOX[®] Cosmetic is the ONLY FDA-approved treatment to temporarily improve the appearance of both moderate to severe frown lines between the brows and crow's feet in adults. Ask your doctor about the real deal.

Find a specialist at
BotoxCosmetic.com

Actual patient after treatment. Results may vary.

IMPORTANT SAFETY INFORMATION

BOTOX[®] Cosmetic may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX[®] Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing

BOTOX[®] Cosmetic dosing Units are not the same as, or comparable to, any other botulinum toxin product.

There has not been a confirmed serious case of spread of toxin effect when BOTOX[®] Cosmetic has been used at the recommended dose to treat frown lines, crow's feet lines, or both at the same time.

BOTOX[®] Cosmetic may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX[®] Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

BY PRESCRIPTION ONLY

See adjacent page for additional safety information associated with BOTOX[®] Cosmetic.

Summary of Information About BOTOX® Cosmetic (onabotulinumtoxinA)

What is the Most Important Information I Should Know About BOTOX® Cosmetic?

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines, crow's feet lines or both at the same time.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX® Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

BOTOX® Cosmetic dosing units are not the same as, or comparable to, any other botulinum toxin product.

What is BOTOX® Cosmetic?

BOTOX® Cosmetic is prescription medicine a medical professional injects into muscles to temporarily improve the look of both moderate to severe crow's feet lines and frown lines between the eyebrows in adults.

Who Should Not Use BOTOX® Cosmetic?

Do not use BOTOX® Cosmetic if you are: allergic to any of the ingredients in BOTOX® Cosmetic such as botulinum toxin type A and human serum albumin; had an allergic reaction to another botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); or have a skin infection at the planned injection site.

What Should I Tell My Doctor Before Treatment?

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects.

Tell your doctor if you have or have had bleeding issues; plan to or have had surgery; have forehead muscle weakness such as trouble raising your eyebrows; drooping eyelids; or any changes to your face.

Tell your doctor if you are pregnant, plan to become pregnant, are breastfeeding or plan to breast feed. It is not known if BOTOX® Cosmetic can harm your unborn baby or if BOTOX® Cosmetic passes into breast milk.

What Are Common Side Effects?

The most common side effects include temporary injection site pain; weakening of adjacent facial muscles; drooping eyelids; swelling eyelids; and headache. Other side effects, while less common, have been reported including blurred vision, double vision and allergic reactions (itching, rash, red itchy welts, wheezing, asthma symptoms, dizziness or feeling faint).

These are not all of the possible side effects. Call your doctor for medical advice if you experience any side effects after treatment with BOTOX® Cosmetic.

What Should I tell My Doctor About Medicines and Vitamins I Take?

Using BOTOX® Cosmetic with certain medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.** Tell your doctor if you have received an injection with another botulinum toxin product in the last 4 months, such as *Myobloc*®, *Dysport*®, or *Xeomin*®. Be sure your doctor knows which product you received.

Tell your doctor about all prescription and over-the-counter medicines and supplements you take including: vitamins and herbal products; recent antibiotic injections; anticholinergics; muscle relaxants; allergy or cold medicine; sleep medicine; aspirin-like products; and blood thinners. Ask your doctor if you are not sure whether your medicine is listed above.

To Learn More

If you would like more information, talk to your doctor and/or go to BotoxCosmetic.com for full Product Information.

You may report side effects to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

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underground
BEGINNINGS
TO
prima
donna.



BEHOLD
The 9th
WONDER
OF THE WORLD

The showstopper vegetable that's redefining what is and isn't an entrée is none other than potatoes. Find Russian Vegetable Salad and hundreds of other recipes at PotatoGoodness.com/primadonna.



Weekend Cooking



PHOTO: DANIE MARLES
FOOD STYLING: REBECCA JUSKOVICH
PROP STYLING: MARIAN WELCH

Make a spring salad with sugar snap peas and arugula. See page 122.

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Market DAY

Alex Guarnaschelli kicks off spring with a trip to the farmers' market—and three great recipes.

PHOTOGRAPHS BY DAVID MALOSH

Anyone wandering around New York City's Union Square farmers' market on a Saturday morning is almost certain to run into Alex Guarnaschelli. She has shopped there almost every Wednesday and Saturday for the past 13 years, and although she goes to the Greenmarket year-round, spring is her favorite season. "I love seeing potatoes and turnips making room for arugula, herbs and parsnips," she says. "Watching these shifts really inspires my cooking." We asked Alex for some of her go-to spring recipes, based on her market trips.

FOOD STYLING: REBECCA JURKEVICK; PROP STYLING: MARINA MALCHIN; HAIR AND MAKEUP: JENNIFER WORTON

LEMONY PEA SALAD

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 6 to 8

FOR THE DRESSING

- 2 tablespoons dijon mustard
- 2 tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- Kosher salt
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons vegetable oil

FOR THE SALAD

- Kosher salt
- 2 pinches of sugar
- 1 pound sugar snap peas, trimmed
- ½ teaspoon red pepper flakes
- 1 pound snow peas, trimmed
- 2 cups arugula leaves

- 1.** Make the dressing: Whisk the mustard, lemon juice, vinegar and a pinch of salt in a medium bowl. Slowly whisk in the olive oil and vegetable oil until smooth. Season with more salt.
- 2.** Make the salad: Fill a large bowl halfway with ice water. Set a colander in the ice bath. Bring a medium pot of heavily salted water to a boil; add a pinch of sugar. Add the snap peas and cook 2 minutes. Remove with a strainer or slotted spoon and transfer to the colander in the ice bath to stop the cooking. Drain the snap peas and spread out on a kitchen towel; pat dry.
- 3.** When ready to serve, transfer the snap peas to a large bowl and season with salt, the red pepper flakes and a pinch of sugar. Toss to blend. Add the raw snow peas and arugula and drizzle with the dressing; toss to coat. Serve immediately.

“The idea of fresh peas in the spring never gets old to me.”





PARSNIP SOUP WITH CORIANDER AND PARSLEY

ACTIVE: 30 min | TOTAL: 1 hr | SERVES: 4 to 6

- 2 tablespoons unsalted butter
 - 1 onion, thinly sliced
 - 1 teaspoon coriander seeds
 - 1 cup fresh parsley, leaves chopped and tender stems reserved
 - Kosher salt
 - 6 medium parsnips, peeled and cut into 1-inch pieces
 - 2 medium carrots, peeled and cut into 1-inch pieces
 - 2 cloves garlic, minced
 - $\frac{1}{2}$ cup fresh orange juice
 - 1 tablespoon molasses
 - $\frac{1}{2}$ cup heavy cream
 - $\frac{1}{2}$ cup whole milk
 - 1 tablespoon grated peeled fresh ginger
- Extra-virgin olive oil, for drizzling

1. Heat a large pot over medium heat and add the butter, onion, coriander seeds, parsley stems and a generous pinch of salt. Cook, stirring, until the onion is translucent, about 5 minutes. Add the parsnips, carrots and garlic; season with salt and cook, stirring, until slightly softened, 5 to 8 minutes.

2. Add 7 cups water, the orange juice and molasses to the pot and bring to a simmer over medium heat. Cook, stirring occasionally, until the vegetables are tender, 25 to 30 minutes.

3. Stir the heavy cream and milk into the soup and return to a simmer. Working in batches, transfer to a blender and puree until smooth; thin with water if the soup is too thick. Stir in the ginger and chopped parsley leaves and season with salt. Serve drizzled with olive oil.



ALEX VISITS ONE OF HER FAVORITE GREENMARKET VENDORS, SHE WOLF BAKERY.

“Parsnips have a grassy flavor that makes me think of Easter.”

GRILLED SHRIMP WITH WALNUT PESTO

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 6

FOR THE PESTO

- ½ cup walnut halves
- Grated zest and juice of 1 large lemon
- ⅓ cup extra-virgin olive oil
- Kosher salt
- 5 scallions, thinly sliced
- 1 cup packed fresh basil
- ½ cup packed fresh parsley

FOR THE SHRIMP

- 2 pounds large shrimp, peeled and deveined, tails intact
- 2 tablespoons vegetable oil
- Kosher salt
- 2 teaspoons red pepper flakes
- 2 tablespoons red wine vinegar
- Mixed greens, for serving

1. Preheat a grill to high. Soak six 10-inch wooden skewers in water for at least 30 minutes.
2. Meanwhile, make the pesto: Pulse the walnuts, lemon zest and juice, olive oil and a pinch of salt in a food processor until the walnuts are in small pieces. Pulse in the scallions, basil and parsley until fairly smooth. With the machine on, drizzle in 2 to 4 tablespoons cold water to loosen. Transfer to a bowl and season with salt.
3. Make the shrimp: Thread the shrimp through the tail and top end onto the prepared skewers so they lie flat. Brush with the vegetable oil and season on both sides with salt and the red pepper flakes. Grill the shrimp on the hottest part of the grill until marked, 3 to 4 minutes; flip and grill until cooked through, 2 to 3 more minutes. Remove from the grill and drizzle with the red wine vinegar. Remove the shrimp from the skewers, if desired, and serve over mixed greens. Drizzle with some of the pesto and serve the remaining pesto on the side.





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All-Star PRIMAVERA!

Food Network chefs put a fresh spin on spring pasta.

PHOTOGRAPHS BY DAVID MALOSH





JEFF MAURO'S SPRING PASTA SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 6 to 8



“The little green peas and salty ricotta salata make a killer combo.”

FOR THE PASTA

Kosher salt
 12 ounces cavatappi pasta
 4 ounces asparagus, woody ends trimmed, thinly sliced on the bias
 1 10-ounce box frozen peas, thawed
 1 12-ounce jar roasted yellow peppers, chopped
 1 pint grape tomatoes, halved
 1 shallot, minced
 ½ cup fresh dill, chopped
 Ricotta salata cheese, for garnish

FOR THE DRESSING

⅓ cup extra-virgin olive oil, plus more for drizzling
 2 teaspoons dijon mustard
 1 teaspoon honey
 1 clove garlic, grated
 Grated zest and juice of 1 lemon
 Kosher salt and freshly cracked pepper

- 1.** Make the pasta: Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the asparagus pieces 2 minutes before the pasta is done. Drain the pasta and asparagus; rinse under cold running water to stop the cooking. Toss the pasta and asparagus with the peas, roasted peppers, tomatoes, shallot and dill.
- 2.** Make the dressing: In a small bowl, whisk together the olive oil, mustard, honey, garlic and lemon zest and juice. Season with salt and pepper.
- 3.** Pour the dressing over the pasta salad, tossing to coat. Let the salad hang out for a bit to soak up all of the flavor.
- 4.** When ready to serve, bowl it up. Then shave some ricotta salata over the top, drizzle with a little olive oil and sprinkle with pepper.



"Nothing says spring like ramps. Their garlicky flavor pairs perfectly with the spicy Italian sausage."



To peel fava beans, remove the shells, then blanch the beans in boiling salted water for 30 seconds. Drain, transfer to a bowl of ice water and squeeze the beans from their skins.

MICHAEL SYMON'S ORECCHIETTE WITH RAMPS AND FAVAS

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

Kosher salt

- 1 pound fresh orecchiette pasta
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 pound spicy Italian sausage, removed from the casings if not bulk
- 1 cup peeled shelled fava beans
- 3 cups sliced ramps, bulbs and leaves (or an equal amount of leeks and 1 garlic clove)
- Freshly ground black pepper
- 2 cups freshly grated parmesan cheese

1. In a very large pot, bring 5 quarts water and 3 tablespoons salt to a boil. Add the pasta and cook until just al dente, about 1 minute less than the package directions. Occasionally give the pasta a stir so it doesn't stick together. Scoop out and reserve 1 cup of the pasta water before draining the pasta.
2. Meanwhile, put a large skillet over high heat. Add the olive oil and sausage and cook, breaking up the meat as it cooks, 2 to 4 minutes. Add the fava beans and ramps, season with salt and pepper and cook for 2 minutes.
3. Add the pasta and reserved pasta water to the pan and cook for 30 seconds, stirring to blend. Remove from the heat and stir in the parmesan. Top with a good drizzle of olive oil and a sprinkling of freshly ground pepper.

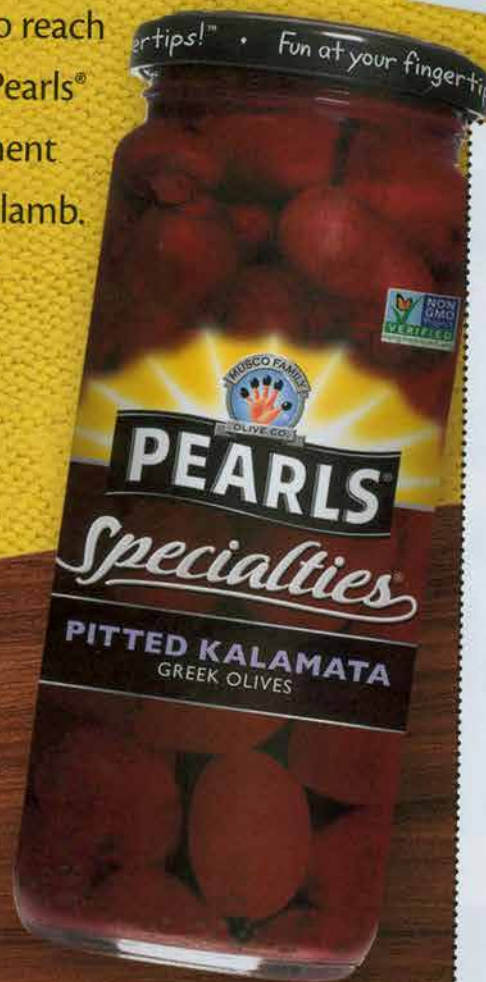
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NANCY FULLER'S LINGUINE WITH ASPARAGUS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 6 to 8

Kosher salt

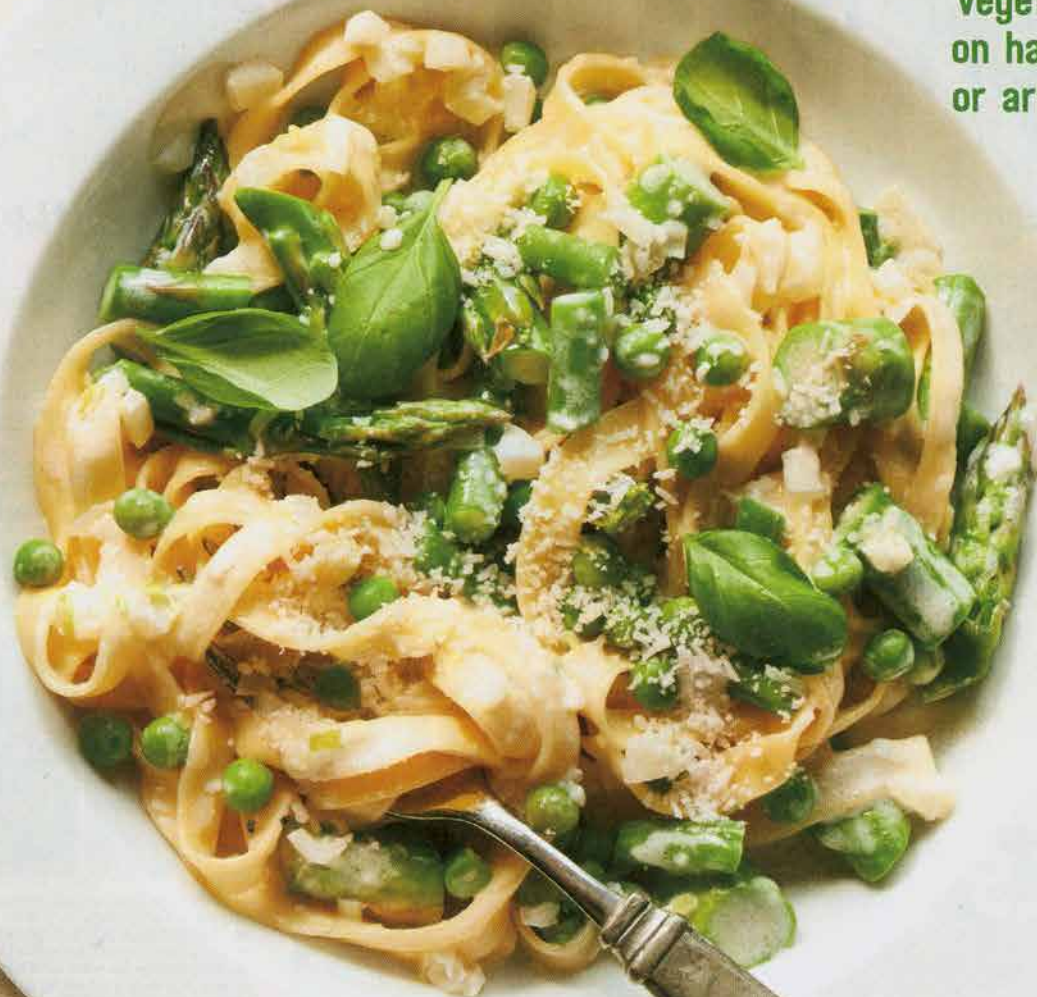
- 1 stick unsalted butter
- 8 ounces asparagus, woody ends trimmed, chopped
- $\frac{3}{4}$ cup peas (fresh or frozen)
- Handful of green beans, chopped
- 2 spring onions or garlic scapes, chopped
- 1 yellow onion, chopped
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup chicken stock
- 1 pound fresh linguine
- 1 cup freshly grated parmesan cheese
- Big handful of fresh basil leaves

1. Bring a large pot of salted water to a boil. Meanwhile, melt the butter in a large skillet over medium-high heat. Add the asparagus, peas, green beans, spring onions, yellow onion and a pinch of salt. Cook just until the onions soften, about 5 minutes. Add the heavy cream and chicken stock and cook until reduced slightly, about 3 minutes.

2. Meanwhile, add the pasta to the boiling water and cook as the label directs. Drain the pasta and transfer to the sauce; toss gently. Transfer everything to a serving bowl. Garnish with the parmesan and basil.



“Don't hesitate to toss in other vegetables you have on hand, like spinach or artichoke hearts.”



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MIX & MATCH

Roast Chicken

Use this customizable recipe to design the perfect Sunday supper.

PHOTOGRAPH BY RYAN LIEBE



Try Moroccan-spice roast chicken with onions, carrots, oranges and dried apricots.

1

PREPARE THE CHICKEN

Bring one 3½- to 4-pound chicken to room temperature, about 30 minutes. Pat the skin dry with paper towels. (For extra-crisp skin, refrigerate the chicken, uncovered, overnight; bring to room temperature before roasting.) Preheat the oven to 425°.

2

CHOOSE YOUR SEASONING

Heat 4 tablespoons butter or olive oil in a large ovenproof skillet over medium heat. Stir in your seasoning mix (choose one below) and cook until fragrant, about 2 minutes. Let cool slightly; set the skillet aside.

CURRY

- 2-inch piece ginger, thinly sliced
- 1 tablespoon Madras curry powder
- Pinch of kosher salt

MAPLE-CHIPOTLE

- ¼ cup maple syrup
- ½ chipotle chile in adobo, chopped, plus 2 tablespoons sauce from the can
- 1 bay leaf

MUSTARD-PEPPER

- 1 tablespoon mustard powder
- 1 tablespoon coarsely ground pepper
- 1 tablespoon brandy

CAJUN BARBECUE

- 2 teaspoons smoked paprika
- 2 teaspoons Cajun seasoning
- 1 teaspoon celery seeds
- 1 teaspoon garlic powder

MOROCCAN SPICE

- 2 tablespoons ras el hanout
- ½ teaspoon cayenne pepper
- Pinch of kosher salt

LEMON-ROSEMARY

- 3 sprigs rosemary plus 1 tablespoon chopped leaves
- 5 smashed garlic cloves
- 6 wide strips lemon zest
- Pinch of kosher salt

3

CHOOSE YOUR VEGETABLES AND/OR FRUIT

Prepare up to four of the following (3 cups total).



Garlic cloves, unpeeled



Carrots, cut into 1-inch chunks



Onions, cut into wedges



Celery, cut into 1-inch chunks



Leeks, cut into 1-inch pieces



Fennel, cut into thin wedges



Lemon or orange, cut into wedges (up to 1 cup)



Apple or pear, cut into chunks (up to 1 cup)



Dried fruit (up to ¼ cup)

4

ROAST THE BIRD

1. Brush the seasoned butter or oil all over the chicken on a large plate; season generously with salt and pepper. Tuck the wingtips under the body and tie the drumsticks together with kitchen twine.

2. Stir your vegetables and/or fruit (except any dried fruit) into the reserved skillet; set the chicken on top. Roast in the oven until the skin is golden and a thermometer inserted into the thickest part of the thigh registers 165°, about 1 hour, adding any dried fruit halfway through. (Tent with foil if the chicken is browning too quickly.)

3. Transfer the chicken to a cutting board, pouring any juices from the cavity back into the skillet. Let the chicken rest at least 20 minutes, then carve. Transfer the vegetables to a platter using a slotted spoon.

5

MAKE THE SAUCE

Adjust the consistency of the pan juices: Add a splash of water to loosen, or cook over medium heat to thicken. Whisk in 1 to 2 tablespoons cold butter or dijon mustard over medium-low heat, if desired. Season with salt and pepper. Serve the chicken with the vegetables and sauce.

Spring Forward

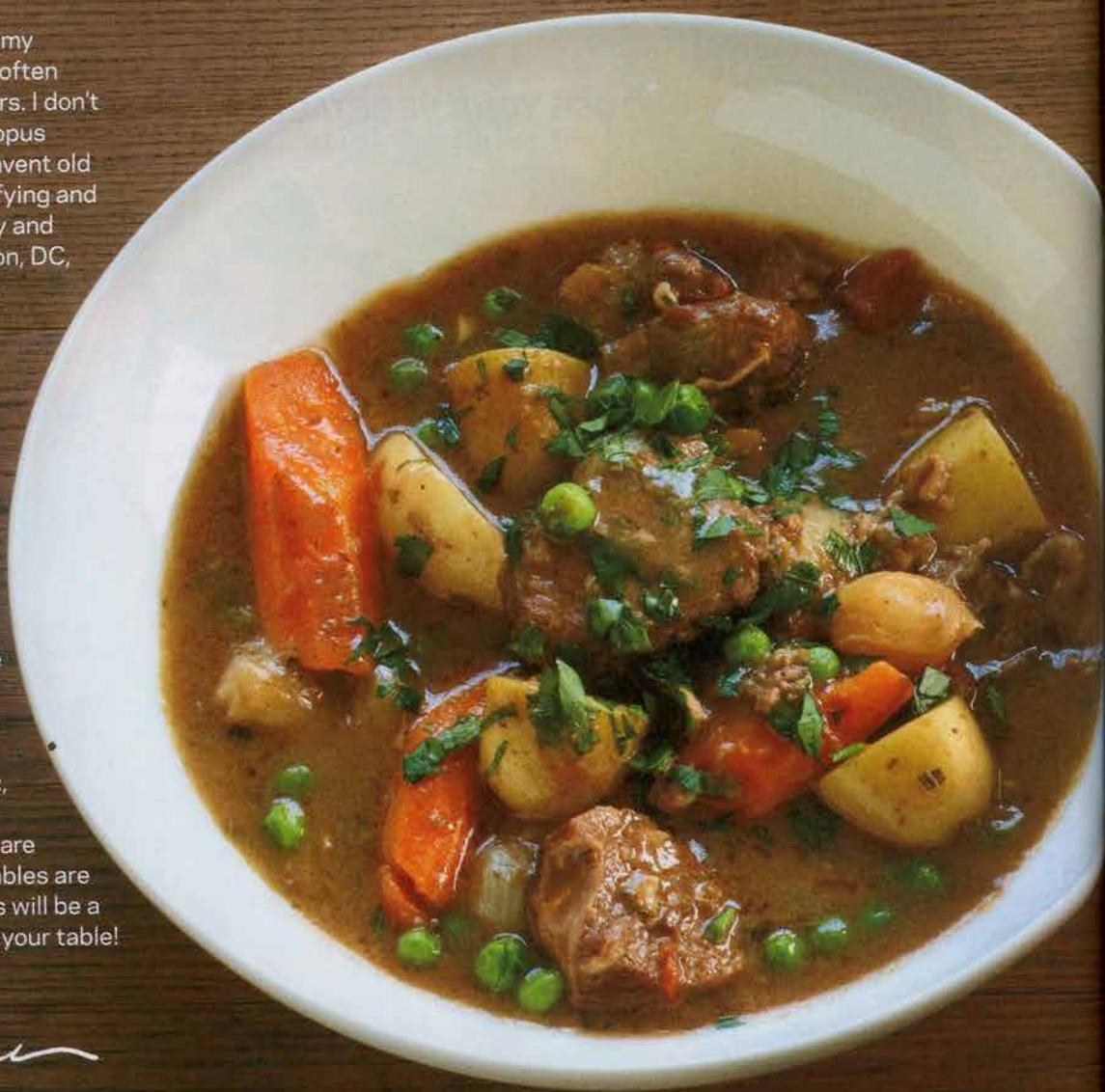


Ina Garten starts the season with a crowd-pleaser: hearty lamb stew packed with fresh vegetables.

PHOTOGRAPH BY STEVE GIRALT

One of the secrets to my cooking is that the recipes are often built around remembered flavors. I don't look for new ways to make octopus with lemongrass. Instead, I reinvent old favorites so they're more satisfying and easier to prepare. When Jeffrey and I lived and worked in Washington, DC, in the 1970s, I learned to cook by working my way through Julia Child's *Mastering the Art of French Cooking*. One of my standby recipes for entertaining was Navarin Printanier, or lamb stew with spring vegetables. It was a really comforting dish and one of Jeffrey's favorites, so I decided to revisit the recipe. My updated version is still great for entertaining because you can make it a day ahead and reheat it slowly before dinner. It's a meal all in one pot: lamb simmered with garlic, red wine, tomatoes and lots of vegetables. While the evenings are still cool and the spring vegetables are starting to arrive in stores, this will be a perfect dinner for everyone at your table!

xxx / Ina





To peel the onions, drop them in a pot of boiling water for 30 seconds, then trim and peel them, leaving the root intact.

LAMB STEW WITH SPRING VEGETABLES

ACTIVE: 30 min | TOTAL: 2 hr | SERVES: 6 to 8

- 2 tablespoons canola oil
- $\frac{3}{4}$ pound applewood smoked bacon, $\frac{3}{4}$ -inch-diced
- 3 pounds boneless lamb shoulder, $1\frac{1}{2}$ -inch-diced
- Kosher salt and freshly ground black pepper
- $\frac{3}{4}$ cup plus 2 tablespoons all-purpose flour
- 2 tablespoons minced garlic (6 cloves)
- 2 cups canned beef stock, such as College Inn
- 1 cup full-bodied red wine, such as Côtes du Rhône, plus extra for serving
- 1 cup diced canned tomatoes, preferably San Marzano
- 2 teaspoons minced fresh thyme leaves
- 2 teaspoons minced fresh rosemary leaves
- 1 pound carrots, peeled and cut 2 inches thick diagonally
- 12 ounces small Yukon Gold potatoes, $1\frac{1}{2}$ -inch-diced
- 8 to 10 ounces fresh cipolline or pearl onions, peeled (see note)
- 6 small turnips, whole or halved, depending on size (1 pound)
- 2 tablespoons unsalted butter, at room temperature
- (10-ounce) package frozen green peas, such as Birds Eye Garden Peas
- $\frac{1}{2}$ cup chopped fresh parsley leaves

1. Preheat the oven to 350°.
2. Heat the canola oil in a medium (10- to 11-inch) ovenproof pot or Dutch oven, such as Le Creuset, over medium heat. Add the bacon and cook for 5 minutes, until browned. Transfer the bacon to a large plate, leaving the fat in the pan. Dry the lamb with paper towels and toss it in a bowl first with 1 tablespoon salt and 1 teaspoon pepper and then with the $\frac{3}{4}$ cup of flour. Raise the heat to medium high and cook half the lamb in the bacon fat for 5 minutes, turning occasionally, until browned. Add the lamb to the plate with the bacon and brown the second batch, also transferring it to the plate. Add the garlic to the pot and cook for one minute.
3. Pour the lamb and bacon, along with any juices that collect, back into the pot. Add the beef stock, wine, tomatoes (including the juice), thyme, rosemary, 2 teaspoons salt and 1 teaspoon pepper and bring to a boil, scraping up the brown bits in the pot. Simmer for 5 minutes, cover and place in the oven for 30 minutes. Add the carrots, potatoes, onions and turnips, cover and return to the oven for 1 hour, until all the vegetables are tender.
4. Mash the 2 tablespoons of flour with the butter in a small bowl. Stir the mixture into the stew and simmer on top of the stove for 3 minutes. Off the heat, stir in the peas and parsley, season to taste and serve hot in large shallow bowls.

RECIPE FROM COOKING FOR ZEPHYRUS, A BARNBOOD COOKBOOK. PHOTOGRAPHY BY JAMES BRADY. STYLING BY CLARKSON POTTER, A DIVISION OF RANDOM HOUSE, LLC.

NEW

93
CAL

2.9^G
CARBS

Spiked
Sparkling
Water



93 CALORIES

LEMON LIME

2.9g CARBS

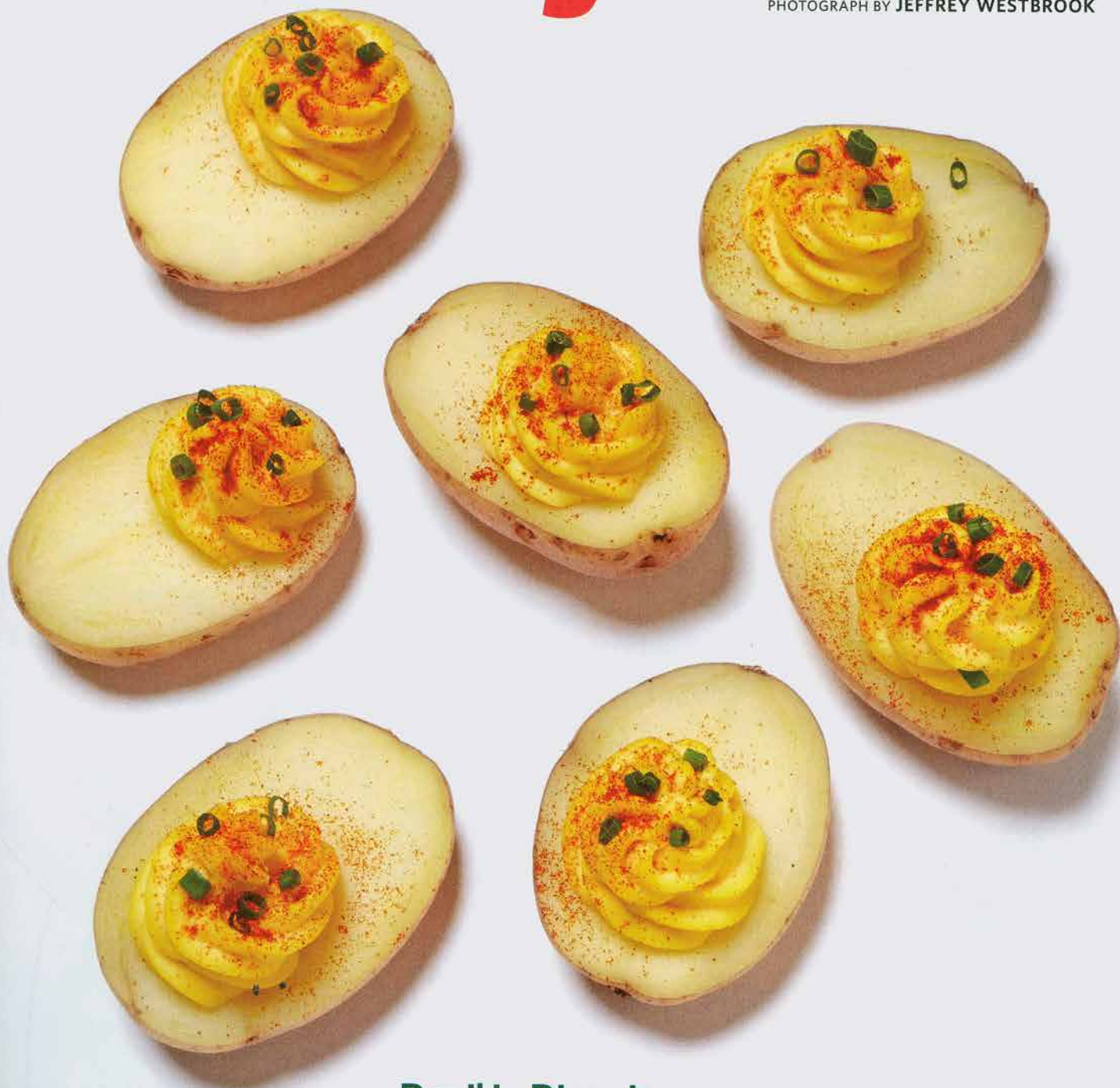


WITH A HINT OF
NATURAL FLAVOR

SPIKED
SPARKLING WATER

Party Time

PHOTOGRAPH BY JEFFREY WESTBROOK



Devil in Disguise

Try deviled eggs in a new way: Pipe the filling onto potatoes! Mash the yolks of 12 hard-boiled eggs with $\frac{1}{2}$ cup mayonnaise and 2 teaspoons dijon mustard; season with salt and pepper (save the egg whites for an egg salad).

Boil 12 baby potatoes in salted water until tender; halve lengthwise. Pipe the yolk mixture on top of the potatoes and sprinkle with paprika and chives.

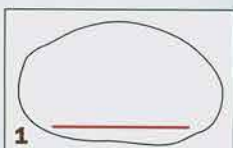
MAKE THE CUT!

All you need is a sharp knife to turn root vegetables into an impressive side dish—Hasselback style.

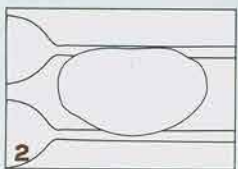
PHOTOGRAPH BY RYAN LIEBE

Hasselback 1-2-3

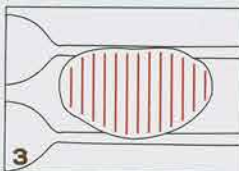
The term “Hasselback” comes from Stockholm’s Hasselbacken hotel, where the classic slivered potato originated. Here’s how to do it:



1
Cut a thin sliver from one side of the vegetable so it can sit flat. (If you’re starting with halved veggies, like the beets at right, skip this step.)



2
Position the vegetable cut-side down between the handles of two wooden spoons.



3
Using a sharp knife, make crosswise cuts ($\frac{1}{8}$ to $\frac{1}{4}$ inch apart), stopping when the knife hits the handles so you don’t cut all the way through the vegetable.



HASSELBACK RADISHES WITH MISO DRESSING

Trim 2 bunches radishes, then slice as directed (see left). Place in a 9-by-13-inch baking dish and drizzle with 4 teaspoons toasted sesame oil. Season with $\frac{1}{2}$ teaspoon salt and a few grinds of pepper and toss to coat. Roast at 425° until tender, 35 to 40 minutes. Whisk 2 tablespoons vegetable oil with 1 tablespoon mirin, 2 teaspoons each white miso paste and lemon juice, $\frac{1}{4}$ teaspoon salt and a few grinds of pepper. Drizzle over the radishes and top with sesame seeds and sliced scallions.

FOOD STYLING: CHRISTINE ALIBANO; PROP STYLING: PAIGE HICKS

HASSELBACK BEETS WITH DILL YOGURT SAUCE

Trim, peel and halve 2½ pounds medium beets; slice as directed (see left). Place the beets in a 9-by-13-inch baking dish and drizzle with ¼ cup olive oil; season with ¼ teaspoon salt and a few grinds of pepper. Add ¾ cup water and cover with foil. Roast at 425°, 40 minutes. Uncover and continue roasting, spreading the slices apart and basting with the pan juices halfway through, until the beets are tender, 30 to 40 more minutes. Let cool slightly. Mix ½ cup plain Greek yogurt with 2 tablespoons each chopped dill and lemon juice, 1 teaspoon salt and a few grinds of pepper. Drizzle over the beets and top with crushed pink peppercorns and more dill.



HASSELBACK POTATOES WITH BROWN BUTTER

Slice 2½ pounds small potatoes as directed (see left); transfer to a large bowl and add 1 large red onion (cut into wedges). Melt 6 tablespoons butter in a small skillet over medium-high heat, swirling, until browned, 2 to 3 minutes; pour into a small bowl. Whisk in 1½ teaspoons smoked paprika, 1 teaspoon kosher salt and a few grinds of pepper. Drizzle half of the brown butter over the vegetables; toss to coat. Spread on a rimmed baking sheet and roast at 425° until tender, 35 to 40 minutes. Drizzle with the remaining brown butter and roast until golden brown, 30 more minutes. Sprinkle with shredded manchego cheese, chopped chives and flaky sea salt.

HAPPY *Easter!*

Try a fun take on the classic feast with a buffet of sandwiches and bite-size sides.

PHOTOGRAPHS BY RYAN LIEBE



HAM
SANDWICHES
WITH PICKLED
VEGGIES



STUFFED
BABY
ARTICHOKES



SPRING
SALAD IN
PARMESAN
CUPS





STUFFED BABY ARTICHOKES

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 8

- 1 lemon
- 8 baby artichokes (1¼ to 1½ pounds)
- ¾ cup extra-virgin olive oil, plus more for drizzling
- 3 cloves garlic (2 smashed, 1 grated)
- Kosher salt
- ½ cup dry white wine
- ⅓ cup panko breadcrumbs
- 1 tablespoon chopped fresh parsley

1. Grate ½ teaspoon lemon zest and set aside. Quarter the lemon and squeeze the juice into a medium bowl of water; add the squeezed lemon quarters. One at a time, cut off the top one-quarter of each artichoke; pull off the tough outer leaves (there will be several layers). Using a paring knife, trim the stem and lightly peel around the bottom of the base where it meets the stem. Halve the artichokes lengthwise and add to the lemon water.

2. Heat 2 tablespoons olive oil in a large skillet over medium heat. Drain the artichokes, pat dry and place cut-side down in the skillet; add the lemon quarters. Add the 2 smashed garlic cloves and a generous pinch of salt. Cook until the artichokes soften slightly, about 3 minutes. Add the wine and bring to a simmer, then add 1 cup water. Cover, reduce the heat to medium low and cook until the artichokes are tender, 10 to 15 minutes. Uncover and remove from the heat.

3. Meanwhile, heat the remaining 2 tablespoons olive oil in a small skillet over medium heat. Add the reserved lemon zest and the grated garlic and cook, stirring constantly, about 20 seconds. Add the breadcrumbs and ½ teaspoon salt and cook, stirring, until golden brown, about 7 minutes. Stir in the parsley.

4. Transfer the artichokes cut-side up to a platter and season lightly with salt. Top with the breadcrumb mixture and drizzle lightly with olive oil. Serve warm or at room temperature.



SPRING SALAD IN PARMESAN CUPS

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 8

- 3 tablespoons extra-virgin olive oil, plus more for the baking sheets
- 1½ cups freshly shredded parmesan cheese (use the large holes of a box grater)
- 2 teaspoons all-purpose flour
- Kosher salt
- 1 pound fresh fava beans, shelled
- 6 ounces sugar snap peas
- ¼ teaspoon finely grated lemon zest, plus 1 tablespoon fresh lemon juice
- 1 tablespoon white wine vinegar
- ½ teaspoon dijon mustard
- ½ teaspoon honey
- Freshly ground pepper
- 3 heads baby lettuce, torn
- 2 small radishes, diced
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh tarragon

1. Preheat the oven to 375°. Line 2 baking sheets with silicone baking mats or lightly oiled parchment paper. Invert 4 small ramekins onto a cutting board; set aside.

2. Toss the cheese and flour in a bowl, then make 4 mounds on each of the prepared baking sheets (about 2 tablespoons cheese per mound). Spread into 5-inch rounds. Working with one pan at a time, bake until the cheese is golden, 8 to 10 minutes. Let cool slightly, 1 minute. Using a thin metal spatula, remove the cheese rounds and drape over the inverted ramekins. Let cool completely, then remove to a platter.

3. Meanwhile, bring a medium pot of salted water to a boil. Fill a medium bowl with ice water. Cook the fava beans in the boiling water until tender, 3 to 5 minutes, adding the snap peas during the last minute of cooking. Transfer the favas and peas to the ice water with a slotted spoon; drain well. Remove the papery shells from the favas. Pat the snap peas dry and cut in half.

4. Whisk the lemon juice, vinegar, mustard, honey, lemon zest, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl; whisk in the olive oil until smooth. Add the favas, snap peas, lettuce, radishes, chives and tarragon; toss. Season with salt and pepper. Divide among the parmesan cups.



HAM SANDWICHES WITH PICKLED VEGGIES

Blend ½ cup mayonnaise, 1 chopped spring onion, 2 tablespoons lemon juice, ½ teaspoon kosher salt and a few grinds of pepper in a small food processor or blender until smooth. Spread some of the sauce on the bottoms of 8 toasted rolls. Top with thick-sliced baked or smoked ham, assorted pickled vegetables (such as carrots, cucumbers and peppers), watercress, more sauce and the roll tops.

Get the Look

Gilded Platter
\$40; cb2.com



Gigi Gold Rim Platter
\$34; potterybarn.com



Lulie Stemless Champagne Glass
\$5; crateandbarrel.com



Let's Party Scallop Plates \$66 for four;
rosannainc.com



Floral Lace Cocktail Napkins
\$5 for 20;
casparionline.com



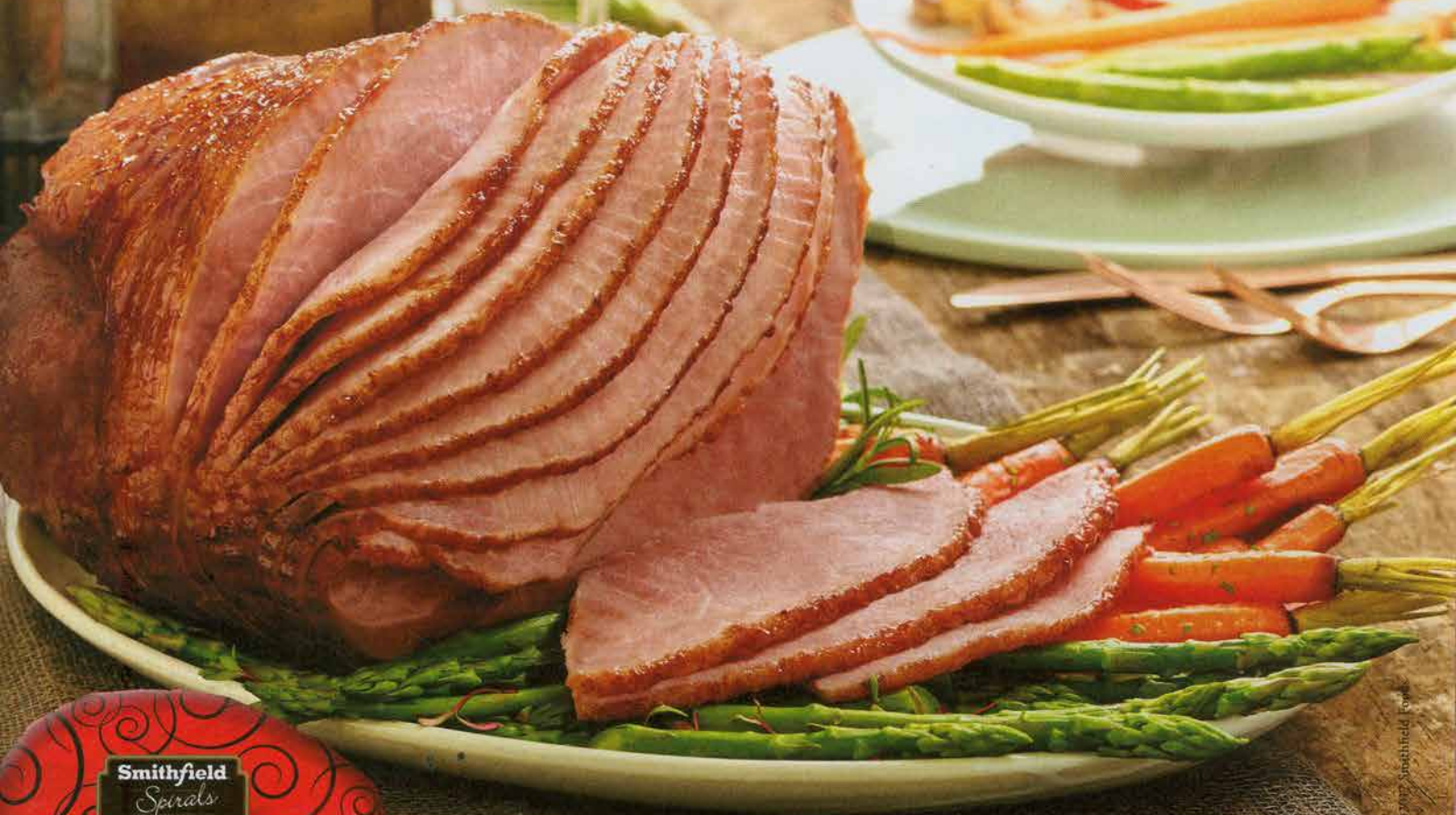
Threshold Embossed Round Earthenware Serving Platter
\$15; target.com



GATHER

TOGETHER.

Easter is the perfect time to bring family and friends together to share a great meal. A traditional slow-smoked, handcrafted Spiral Ham from Smithfield is just the right centerpiece for an occasion as special as this.



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For recipes and more, visit smithfield.com

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GOOD EGGS

These Easter desserts are the perfect centerpiece for a holiday gathering.

PHOTOGRAPHS BY YUNHEE KIM



*Chocolate Malt
Nest Cake*

FOOD STYLING: KAREN TACK; PROP STYLING: CARLA GONZALEZ-HART



Put cupcakes in a blank carton to give as a gift! Chicken egg carton, \$7 for six; homedepot.com

*Mini Egg
Cupcakes*

*Easter Egg
Cake*





CHOCOLATE MALT NEST CAKE

ACTIVE: 1½ hr | TOTAL: 3½ hr | SERVES: 10 to 12

FOR THE CAKE

- 1½ sticks (12 tablespoons) unsalted butter, at room temperature, plus more for the pans
- 1¾ cups all-purpose flour, plus more for the pans
- 1 cup malted milk powder (such as Carnation Original)
- ¾ cup unsweetened Dutch-process cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1¾ cups sugar
- 3 large eggs
- 2 teaspoons pure vanilla extract
- 1½ cups buttermilk

FOR THE FROSTING

- 1½ cups whole milk
- 1 cup malted milk powder (such as Carnation Original)
- ½ cup all-purpose flour
- 2 tablespoons unsweetened Dutch-process cocoa powder
- Pinch of salt
- 3 sticks unsalted butter, at room temperature
- 1½ cups sugar

FOR THE TOPPING

- 4 large shredded wheat biscuits, crushed (about 1½ cups)
- 4 tablespoons unsalted butter, melted
- ¾ cup sugar
- 3 ounces milk chocolate, chopped
- Candy eggs, for topping

1. Make the cake: Preheat the oven to 350°. Butter two 9-inch round cake pans and line the bottoms with parchment paper, then butter the parchment. Dust the pans with flour and tap out any excess.
2. Whisk the flour, malted milk powder, cocoa powder, baking powder, baking soda and salt in a large bowl. Beat the butter and sugar in a separate large bowl with a mixer on medium-high speed until light and fluffy, about 6 minutes. Beat in the eggs, one at a time, then beat in the vanilla. Reduce the mixer speed to low; beat in the flour mixture in three batches, alternating with the buttermilk. Beat until smooth, about 1 more minute.
3. Divide the batter between the prepared pans; tap on the counter to remove any air bubbles. Bake until a toothpick inserted into the centers of the cakes comes out clean, 30 to 35 minutes. Transfer to a rack; run a knife around the edges of the cakes and let cool 10 minutes, then turn out the cakes onto the rack to cool completely. Discard the parchment.
4. Meanwhile, make the frosting: Whisk the milk, malted milk powder, flour, cocoa powder and salt in a small saucepan until combined. Bring to a boil over medium-high heat, whisking, until the mixture is thick like pudding, 1 to 2 minutes. Transfer to a bowl and press plastic wrap directly onto the surface. Refrigerate until completely cool, about 1½ hours.
5. When you're ready to assemble the cake, finish the frosting: Remove the malted mixture from the refrigerator and whisk until creamy. Beat the butter and sugar in a large bowl with a mixer on medium-high speed until fluffy, about 8 minutes. Add large spoonfuls of the malted mixture, beating 1 to 2 minutes after each addition and scraping down the bowl as needed (the frosting will look separated). Continue beating until the frosting comes together and is light and fluffy, about 3 more minutes. (Do not chill!)
6. Assemble the cake: Place 1 cake layer on a platter. Spread with 1 heaping cup of the frosting. Top with the second cake layer. Cover the top and side with more frosting, then build up a ring around the top of the cake with the remaining frosting to create a nest. Refrigerate the cake until the frosting firms up, about 30 minutes.
7. Meanwhile, make the topping: Toss the shredded wheat in a large bowl with the melted butter, then add the sugar and toss again. Spread in a single layer on a baking sheet and bake at 350° until lightly browned, about 15 minutes. Melt the chocolate in a large microwave-safe bowl in 20-second intervals, stirring, until smooth, 1 to 2 minutes. Let cool slightly, then stir in the shredded wheat mixture until completely coated. Press the topping all over the top and side of the cake. Refrigerate until set, at least 30 minutes or overnight. Fill the nest with candy eggs.



MINI EGG CUPCAKES

ACTIVE: 45 min | TOTAL: 1½ hr | MAKES: 24

FOR THE CUPCAKES

- 1 cup all-purpose flour
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 6 tablespoons unsalted butter, at room temperature
- ¾ cup granulated sugar
- 1 teaspoon finely grated lemon zest
- 1 large egg plus 1 egg yolk
- 1 teaspoon pure vanilla extract
- ¾ cup whole milk

FOR THE FROSTING

- 1 stick unsalted butter, at room temperature
- 2 cups confectioners' sugar
- Pinch of salt
- 1 teaspoon pure vanilla extract
- 1 tablespoon whole milk
- Yellow, pink and blue food coloring

1. Make the cupcakes: Preheat the oven to 350°. Line a 24-cup mini-muffin pan with paper liners. Whisk the flour, baking powder and salt in a medium bowl. Beat the butter and granulated sugar in a large bowl with a mixer on medium-high speed until fluffy, about 4 minutes. Beat in the lemon zest. Beat in the whole egg, then the yolk, beating well after each addition; beat in the vanilla. Reduce the speed to low and beat in the flour mixture in three batches, alternating with the milk. Beat on medium speed until combined.
2. Divide the batter among the mini-muffin cups, filling them two-thirds of the way. Bake until the cupcakes are golden and the tops spring back when pressed, about 15 minutes. Transfer to a rack and let cool 10 minutes, then remove the cupcakes to the rack to cool completely.
3. Meanwhile, make the frosting: Beat the butter, confectioners' sugar and salt in a large bowl with a mixer on medium speed until combined. Add the vanilla and beat on medium-high speed until creamy, about 3 minutes. Add the milk and beat until fluffy, about 1 more minute.
4. Divide the frosting among 3 small bowls. Tint one yellow, one pink and one blue with food coloring. Drop alternating spoonfuls of the frosting into a pastry bag fitted with a ½-inch round tip. Pipe the frosting in a swirl onto the cupcakes. Serve in a clean egg carton.



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EASTER EGG CAKE

ACTIVE: 1½ hr | TOTAL: 5 hr | SERVES: 12

FOR THE CAKE

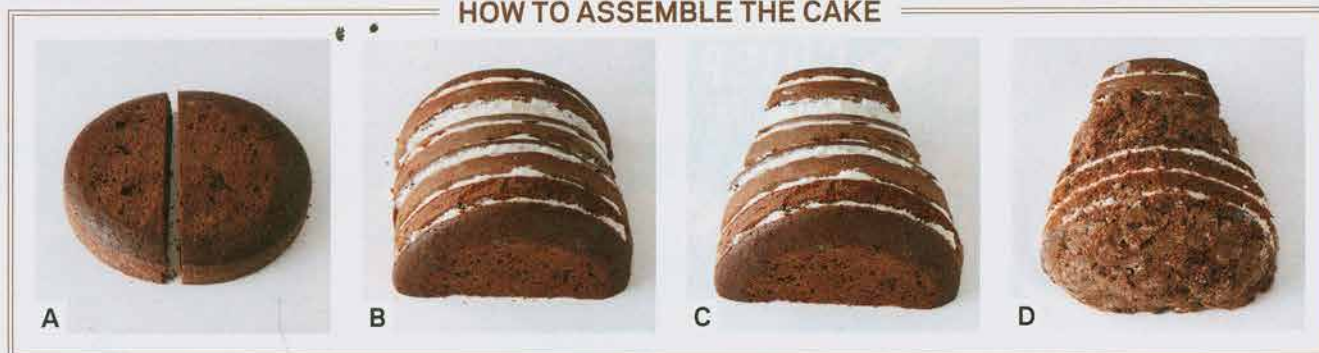
- ¾ cup coconut oil, plus more for the pans
- 2 cups all-purpose flour, plus more for the pans
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 4 ounces unsweetened chocolate, chopped
- 1½ cups hot water
- ½ cup unsweetened cocoa powder
- 2 cups granulated sugar
- ½ teaspoon salt
- 5 large eggs
- 1 teaspoon pure vanilla extract

FOR THE FROSTING

- 5 sticks unsalted butter, at room temperature
 - ¾ teaspoon salt
 - 5 cups confectioners' sugar
 - 1 tablespoon pure vanilla extract
 - 3 tablespoons whole milk
- Coarse sugar, nonpareils and candy-coated chocolates, for decorating

1. Make the cake: Preheat the oven to 350°. Lightly oil and flour two 8-inch round cake pans, tapping out any excess flour. Whisk the flour, baking powder and baking soda in a medium bowl; set aside.
2. Melt the coconut oil and unsweetened chocolate in a small saucepan over medium-low heat, stirring occasionally; remove from the heat. Whisk the hot water and cocoa powder in a large bowl until smooth. Drizzle in the melted chocolate mixture, whisking until combined. Whisk in the granulated sugar and salt until smooth. Whisk in the eggs, one at a time, then add the vanilla. Whisk in the flour mixture just until smooth.
3. Divide the batter between the prepared pans. Bake until the tops of the cakes spring back when lightly pressed, 30 to 35 minutes. Transfer to a rack and let cool 10 minutes in the pans, then run a knife around the edges and turn out onto the rack to cool completely.
4. Meanwhile, make the frosting: Beat the butter and salt in a large bowl with a mixer on medium speed until creamy, about 1 minute. Reduce the speed to low and gradually beat in the confectioners' sugar. Increase the speed to medium and beat until combined. Add the vanilla and beat on medium-high speed until fluffy, 2 to 3 minutes. Beat in the milk until smooth.
5. Assemble the cake: Trim the domed tops of the cakes using a long serrated knife; transfer the scraps to a bowl. Cut each cake into 2 equal layers (leave the layers stacked). Cut both cakes in half, about ½ inch off-center (*fig. A*). You will have 4 slightly smaller half moons and 4 slightly larger ones.
6. Stack the 4 larger half-moons, spreading frosting between the layers. Place the stack cut-side down on a piece of parchment paper. Repeat with the smaller half-moons to make another 4-layer stack, then turn the stack cut-side down and attach it to the larger stack using more frosting (*fig. B*).
7. Trim the sides of the smaller cake sandwiches to make a slightly pointed shape (*fig. C*). Transfer the cake scraps to the bowl.
8. Trim the curved top of the cake so that it has an even, rounded shape; add the scraps to the bowl. Add 2 to 3 tablespoons frosting to the bowl of cake scraps and mash with a fork until moistened. Pat the scraps mixture around the top, bottom and sides of the cake to round it out and form an egg shape (*fig. D*).
9. Cover the entire cake in a thin layer of frosting (this is the crumb coat; it doesn't have to be perfect). Refrigerate until firm, about 30 minutes. Cover the cake with the remaining frosting, building out the egg shape where needed with more frosting. Cover the cake with rows of coarse sugar, nonpareils and candy-coated chocolates. Refrigerate until set, at least 20 minutes.

HOW TO ASSEMBLE THE CAKE



BunnyLand



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On the Road

PHOTOGRAPH BY BEN GOLDSTEIN



WASHINGTON, DC



Flower and Sugar

Every spring, Washington, DC, visitors go nuts for the blossoming cherry trees—and the cherry-cream cheese doughnuts at Astro Doughnuts & Fried Chicken. The treats, sold during the National Cherry Blossom Festival (March 20 to April 16 this year), have become a DC Instagram darling: Those who score one of the nearly 600 made daily often snap a picture of it against an iconic backdrop like the White House, the Washington Monument or, of course, the cherry blossoms. astrodoughnuts.com

ROAD TRIP. PALM SPRINGS

This sunny oasis is an easy drive from three major cities.

There's no better time to visit Palm Springs than in the spring: The desert flowers are in bloom, the days are warm and dry, and the city revs up when music lovers arrive for nearby festivals like Coachella and Stagecoach. And while the Southern California locale has always been a favorite destination for its great weather and midcentury architecture, it's hotter than ever now, thanks to a growing collection of restaurants and vintage shops, and a flourishing arts scene.



Palm Springs Aerial Tramway



The Saguaro Palm Springs



Workshop Kitchen + Bar

EAT

Palm Springs is famous for its art and architecture, so it's fitting that the city's first James Beard Award was for restaurant design: **Workshop Kitchen + Bar** is outfitted with concrete tables and hundreds of low-hanging Edison bulbs. The small-plates menu focuses on locally sourced produce and meat. A sister restaurant, **Truss & Twine**, opens in early spring. workshoppalmsprings.com

ALSO TRY: **Woody's Palm House** for burgers and live music, and **Cheeky's** for break fast all day. woodyspalmhouse.com; cheekysps.com

DO

One of the best ways to see Palm Springs is from 8,516 feet up: Take the **Palm Springs Aerial Tramway** to the top of Mt. San Jacinto, then set out on a self-guided nature walk. Or dine at **Peaks Restaurant** and take in sweeping views of the Coachella Valley. pstramway.com

ALSO TRY: First-rate vintage shopping on **Palm Canyon Drive**, and a guided tour of midcentury architecture. palm Springs Modern Tours.com

STAY

Almost every square inch of **The Saguaro Palm Springs** is bathed in bright colors. It's designed to put everyone in a festive mood. From \$239; thesaguaro.com

ALSO TRY: **Arrive**, where you'll get free welcome drinks at the pool bar (from \$249; arrivehotels.com), or the tranquil **Two Bunch Palms Resort**, which is 20 minutes from downtown and offers hot springs and daily yoga classes (from \$269; twobunchpalms.com).

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AERIAL TRAMWAY: ALAMY

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Destination: DC

Food lovers will find a whole new world in the nation's capital.

The home of the federal government hasn't always been a destination for adventurous international cuisine, but over the past few years, Washington, DC, has become one of America's most exciting—and global—places to eat. If you find your way there soon, you could start your day with masala scrambled eggs (at Bindaas), order a bowl of Uzbek lamb soup for lunch (at Samovar) and try Trinidad's take on chicken wings for dinner (at EatBar).

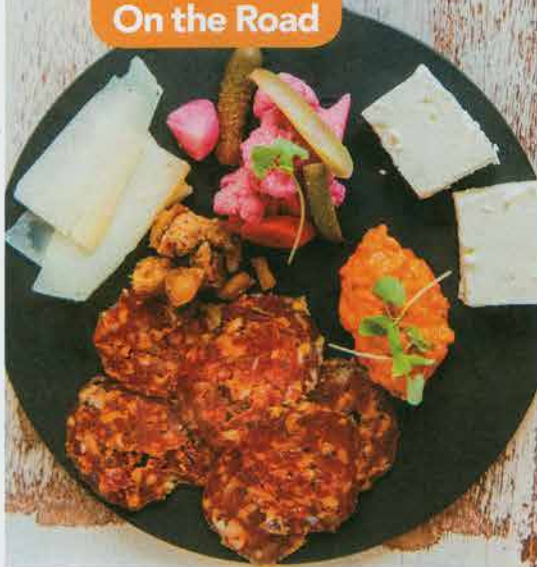
"The more international restaurants we have, the bolder our chefs become," says Alex McCoy, a local chef and finalist on Season 11 of *Food Network Star*. Alex has overseen his own rotation of global pop-ups, including an Australian burger joint, an Asian noodle shop and a now-permanent Thai spot, Alfie's.

In the tiny Shaw neighborhood (just a square mile), chefs have opened more than two dozen restaurants in the past two years alone, and lines snake out of hot spots like chef Jeremiah Langhorne's The Dabney. "DC is being taken seriously as a dining city," Langhorne says. "Visitors see that it's more than just the White House and Washington Monument." Turn the page to discover some of the best eats—and other sites—in town.





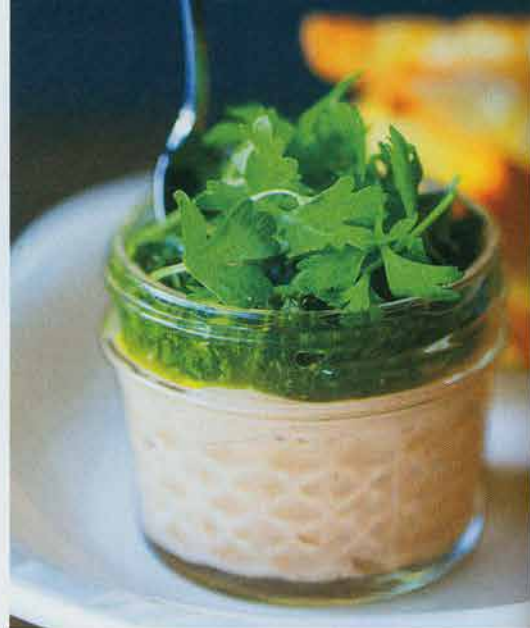
CHRISTIAN KOBES/AURORA PHOTOS



Ambar, in the Barracks Row area, serves Balkan-style small plates. Try the ajvar (a red pepper spread) with meat mezzes. ambarrestaurant.com

What to EAT

Washington, DC, has so many options beyond bistros and steak houses. Here are seven spots not to miss in the Park View, Barracks Row and Shaw neighborhoods—and a dish to order at each place.



Get the Sicilian tuna mousse with toast at All-Purpose Pizzeria in Shaw, then dig into a caramelized onion, potato and bacon pie. allpurposedc.com



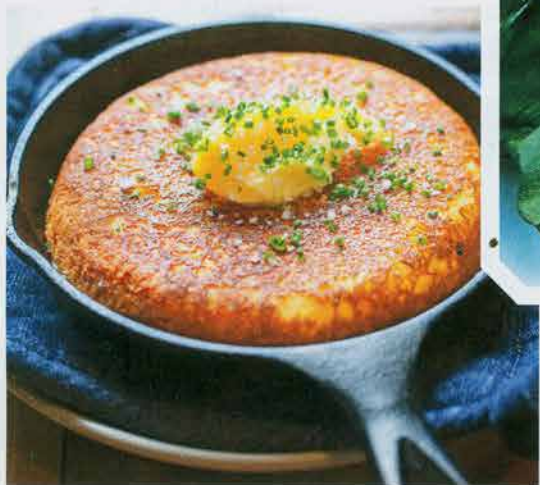
Rose's Luxury, in Barracks Row, specializes in little bites. A fan favorite is the sausage and lychee salad. rosesluxury.com



Laos-born chef Seng Luangrath learned to cook in a refugee camp in Thailand. At Thip Khao, near Park View, she whips up dishes from her homeland, like moak paa (steamed fish wrapped in banana leaves). thipkhao.com



Chef Alex McCoy's menu at Alfie's, in Park View, is ever-changing, but the green papaya salad with grilled chicken is a go-to. alfiesdc.com



At The Dabney in Shaw, Jeremiah Langhorne cooks everything over an open flame, including his skillet cornbread. thedabney.com



Barracks Row's EatBar encourages you to start your meal with a snack, like Trinidadian wings. eat-bar.com

ALL-PURPOSE: THIP KHAO; THE DABNEY AND ROSE'S LUXURY: SCOTT SUCHMAN; AMBAR: GETTY IMAGES

RECIPES FROM THE HARLEM RESTAURANT'S STORIED
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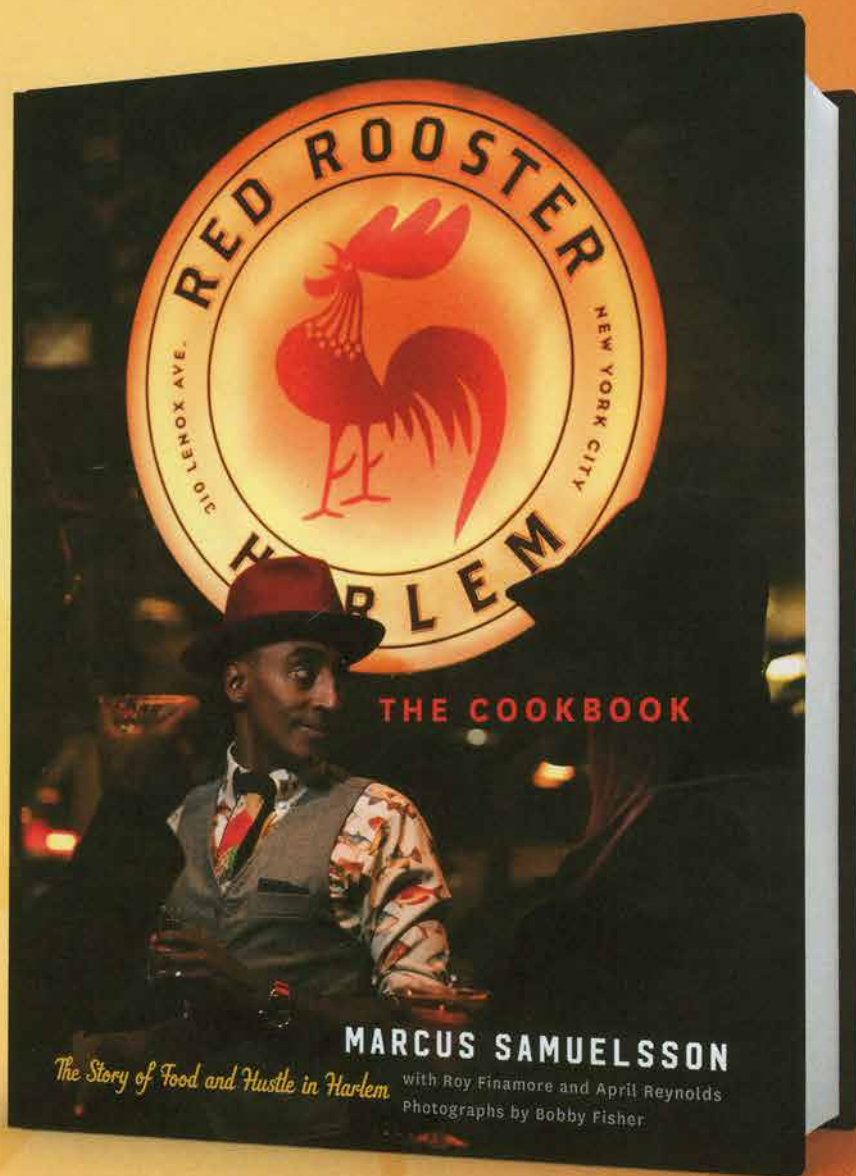
Harvard University

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Chef/Owner, The Dinex Group



The Story of Food and Hustle in Harlem

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What to DO

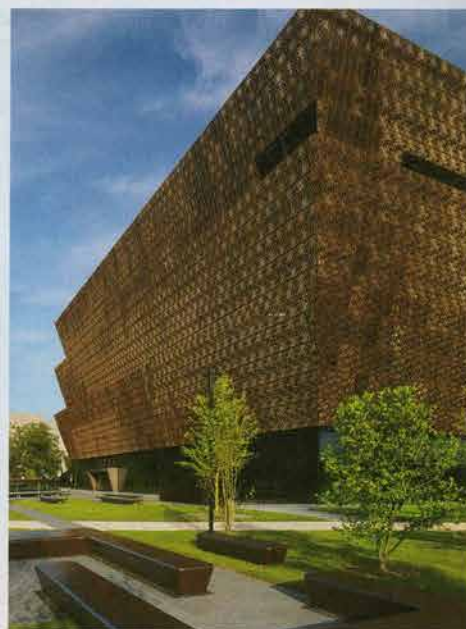
Stroll under the cherry blossoms, visit a new branch of the Smithsonian and roll up to the White House.

FLOWER POWER

Every spring, more than 3,000 cherry trees (a gift from the Tokyo mayor in 1912) blossom around the Tidal Basin and Washington Monument. Locals throw a National Cherry Blossom Festival from March 20 to April 16, and chefs around town celebrate the blooms: Maki Shop (getmakishop.com) serves sushi rolls wrapped in pink soy sheets, Ice Cream Jubilee (icecreamjubilee.com) churns out blush-colored black cherry scoops, and Astro Doughnuts (astrodoughnuts.com) cranks out their cherry-filled doughnuts (see page 153).

OPEN HOUSE

The White House will continue the 139-year-old tradition of hosting an Easter Egg Roll on April 17, when tens of thousands of children and adults roll hard-boiled eggs across the South Lawn. Other events are planned, like live music and garden tours. Check whitehouse.gov/1.info for details.



HISTORY IN THE MAKING

The most recent branch of the Smithsonian is the hottest one in town: The National Museum of African American History and Culture (nmaahc.si.edu) has nearly 37,000 artifacts (Harriet Tubman's shawl, a train ticket to the Selma-Montgomery March) and offers a powerful look at four centuries of black history.

WASHINGTON MONUMENT: GALLERY STOCK; THE NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE: ALAN KARCHNER FOR THE NMAAHC; WHITE HOUSE: PAUL GIANOLI/AURORA PHOTOS

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Everything at **Kimpton's George Hotel** is a nod to George Washington: A huge pop art dollar bill is framed in the lounge, the walls are papered with Washington's handwritten inaugural address, and cheeky presidential artwork is displayed throughout the hotel. From about \$239; hotelgeorge.com

Where to STAY



The Line DC, set to open this month in the Adams Morgan neighborhood, is housed in a 20th-century church. Guest rooms look onto the Washington Monument, and James Beard-honorees Spike Gjerde and Erik Bruner-Yang are in charge of food and drink. From \$268; thelinehoteldc.com

Spend the night at a hotel devoted to one of the Founding Fathers—or settle into a room in a converted old church.



If you're open to a splurge, consider **The Jefferson**, just blocks from the White House. Spa treatments incorporate botanicals grown in Monticello's gardens, and there's an on-property Michelin-starred restaurant, Plume. From \$525; jeffersondc.com

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Follow Up

GREAT SHOT!

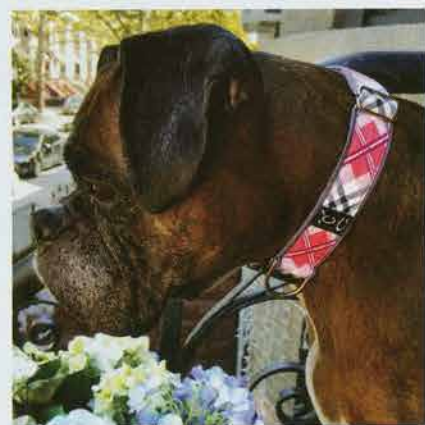
We ♥ these stars' floral photos on Instagram!



Ayesha Curry (@ayeshacurry) celebrates her daughter Ryan's first birthday with leis under the Maui sun.



Ted Allen (@thetedallen), husband Barry Rice (second from right) and friends posed under Washington, DC, cherry blossoms in 2016.



Sunny Anderson's (@sunnyanderson) dog Ella Edam takes time to smell the hydrangeas.



Jeff Mauro (@jeffmauro) hangs out in his favorite floral sweatshirt with his son, Lorenzo.



Katie Lee (@katieleekitchen) goes head-to-toe floral on the set of *The Kitchen*.



Kelsey Nixon (@kelseynixon) and her husband, Robby, share a smooch at a friend's wedding.

BLUE vs. Pedigree

Which ingredients would you rather feed your dog?



Top 5 Ingredients

1. Deboned Chicken
2. Chicken Meal
3. Brown Rice
4. Barley
5. Oatmeal

1. Ground Whole Grain Corn
2. Meat and Bone Meal
3. Corn Gluten Meal
4. Animal Fat
5. Soybean Meal

BLUE Life Protection Formula® and Pedigree® Complete Nutrition both have great looking packages, but their ingredients couldn't be more different. We know you love your dog and want to make the best choice for his food, so take a moment to compare ingredients and decide which brand you'd rather feed him.

Learn more about BLUE Life Protection Formula at

CompareBlueDog.com

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