



magazine



INA'S
TRES LECHES
CAKE



MARCELA'S
CINNAMON
ICE CREAM



SUNNY'S
HOMEMADE
CHURROS



MARGARITAS
AND MORE!

The **TEX-MEX** Issue!

103 NEW RECIPES

Like these
Chipotle Chicken Enchiladas

Taco Tuesdays!

BONUS MINI COOKBOOK:
50 things to
make with
AVOCADOS

FUN WITH Queso

ENTER OUR
COLORING
CONTEST!
PAGE 22



WHAT'S YOUR TEX-MEX IQ? PAGE 31

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with pure vitamin C 10%

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Contents

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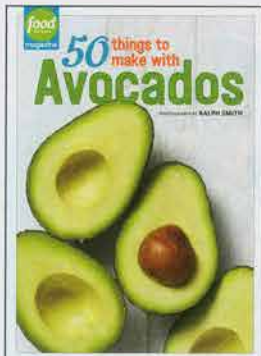
FIRST, SOME MARGARITAS!

Mix 1½ cups water, 1¼ cups each triple sec and lime juice and ¾ cup superfine sugar; freeze in ice cube trays. For each drink, puree 6 margarita ice cubes and 2 ounces tequila; add 6 regular ice cubes, one at a time, until slushy.

- 6 Recipe Index
- 8 To Your Health
- 12 Star Spotlight
- 16 Editor's Letter
- 18 Calendar
- 20 You Asked
- 22 Color This Dish!
- 166 Great Shot!

In the Know

- 25 **Sour Power** • Bite into a lime and snap a pic for a good cause.
- 27 **Food News** • See a car modeled after your favorite hot sauce.
- 31 **What's Your Tex-Mex IQ?** • Test your knowledge with our spicy quiz.
- 36 **How America Eats Tacos**
Food Network fans reveal their habits.
- 38 **Hot Commodity** • Meet a couple who turned salsa into big business.
- 40 **Star Kitchen** • Texas chef Tim Love shows off his home kitchen.
- 44 **Unforgettable Iron Chef**
We take a look back at the hit show.



PAGE 55



Fun Cooking

- 47 Hole in One** • Cook an egg inside an avocado!
- 48 Which Side Are You On?**
Food Network fans decide: red salsa or green?
- 51 Easy Ceviche** • For your next dinner party, try one of these seafood starters.
- 55 50 Things to Make with Avocados**
It's time to think beyond guac.
- 58 Mix & Match Queso** • Make yours just the way you like it.
- 60 Try This at Home: Churros**
Sunny Anderson shows us how to whip up these classic treats.
- 65 Piece of Cake!** • Create a trifle that looks like your favorite party dip.

Weeknight Cooking

- 69 Weeknight Dinners** • Go for a few Tex-Mex-inspired dishes this week.
- 88 Inside the Test Kitchen**
Pick up some expert tips from our recipe developers.

Weekend Cooking

- 94 Marcela's Sunday Supper**
Cook an easy Mexican family meal.
- 102 Tacos Tonight** • Chris Santos shares his recipe for fish tacos.
- 104 Time for Tres Leches** • Ina Garten makes a decadent cake.



60

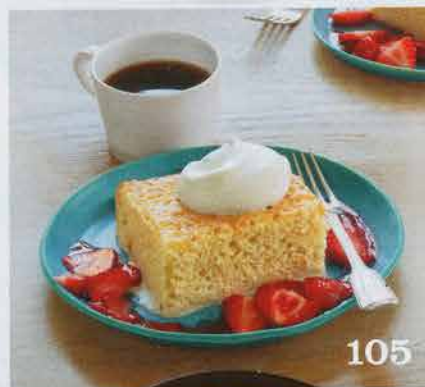
Cover photograph by Ryan Dausch
Food styling: Jamie Kimm
Prop styling: Marina Malchin



112



78



105

58



Party Time

- 107 Lucky Break** • Craft mini piñatas for your next fiesta.
- 108 ¡Salud!** • These colorful cocktails have a Mexican twist.
- 112 It's Cinco de Mayo!** • Celebrate with a flavorful feast.
- 117 Chip In!** • Turn a bag of tortilla chips into a fun party dish.
- 126 Sugar and Spice** • Try three desserts spiked with chiles.

On the Road

- 133 Hot to Tot** • The latest nacho trend: Tater Tots in place of chips!
 - 135 The States of Tex-Mex** • Find your way to the best tacos (and more).
- SUMMER TRAVEL SPECIAL**
- 143 Island Time** • Go on a quick island getaway—no passport required.

Contest

- 168 Name This Dish!** • Enter this month's recipe-naming contest.



122

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Recipe Index

BREAKFAST AND BRUNCH



47 Avocado Egg-in-a-Hole



120 Tortilla Chip Chilaquiles

SNACKS AND APPETIZERS



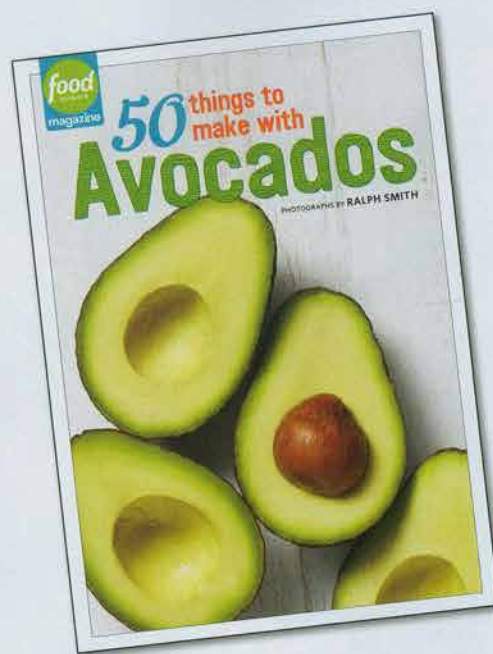
48 Tomatillo Salsa



48 Chipotle Tomato Salsa



59 Mix & Match Queso



FIND THIS
BONUS BOOKLET
ON PAGE 55!

MEAT AND POULTRY



70 Spiced Burgers with Chili Onion Rings



83 Chipotle Skirt Steak with Green Beans



114 Braised Brisket Tacos



76 Grilled Pork Tenderloin and Sweet Potatoes



84 Smoky Pork Posole



76 Mac and Queso with Sausage



78 Breakfast Burritos with Chorizo



70 Corn Chip-Crusted Chicken



74 Cover Recipe Chipotle Chicken Enchiladas



78 Chicken Taco Salad



122 Spicy Chicken-Tortilla Chip Casserole



74 Turkey Fajita Rice Bowls

FISH AND SEAFOOD



72 Chili-Spiced Cod with Roasted Cabbage Slaw



103 Red Snapper Mini Tacos with Mango Salsa, Chipotle Cream and Guacamole



101 Roasted Tomatillo Salmon



51 Mango Salmon Ceviche



52 Bay Scallop Ceviche



52 Shrimp-Corn Ceviche



84 Shrimp and Pepper Jack Grits



118 Chipotle Tortilla Chip-Crusted Shrimp

MAKE RECIPES FROM
MARCELA VALLADOLID'S
NEW COOKBOOK!

VEGETARIAN DINNERS



83

Spaghetti with Pepita Pesto and Cactus



73

Mushroom Quesadillas with Succotash

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.

SIDES



86

Sweet-and-Sour Kale



86

Grilled Okra with Sun-Dried Tomatoes



86

Beer and Bacon Beans



86

Chile-Cheese Rolls



100

Cucumber, Kohlrabi and Spinach Salad



100

White Rice with Basil and Corn



114

Tomato Rice



114

Refried Beans



114

Jicama Salad



124

Tortilla Chip Spoonbread with Chiles

DESSERTS AND DRINKS



61

Churros



101

Cinnamon Ice Cream



127

Mango Meringue Pie with Candied Chiles



128

Ancho Brownie Sundae



130

Spicy Texas Sheet Cake



105

Tres Leches Cake with Berries



65

Seven-Layer Dip Cake



110

Mango Mezcal Breeze



110

Hibiscus Gin-and-Tonic



110

Grapefruit Beer Cocktail



110

Spicy Cucumber Margarita



3

Frozen Margaritas



115

Classic Margaritas



168

"Name This Dish!" Cocktail



NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine Best Tips Contest. Sponsored by Hearst Communications, Inc. Beginning February 7, 2017, at 12:01 a.m. ET through April 21, 2017, at 11:59 p.m. ET, e-mail your best cooking or baking tip to BestTips@hearst.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). Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at foodnetwork.com/besttips.

BURGER: RYAN DAUSCH

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.



CHILI-SPICED COD WITH ROASTED CABBAGE SLAW
PAGE 72

CALORIES: 440



GRILLED PORK TENDERLOIN AND SWEET POTATOES
PAGE 76

CALORIES: 390



CHIPOTLE SKIRT STEAK WITH GREEN BEANS
PAGE 83

CALORIES: 430



SHRIMP AND PEPPER JACK GRITS
PAGE 84

CALORIES: 430

GO NUTS!

Eating just a handful of nuts every day may reduce your risk of death from various diseases, according to a recent review of 20 studies.

People who frequently ate nuts had a lower risk of heart, respiratory and infectious diseases as well as cancer and diabetes than people who didn't consume nuts. Benefits were achieved by eating an average of just one ounce of nuts a day—about two dozen almonds.



BEANS, BEANS

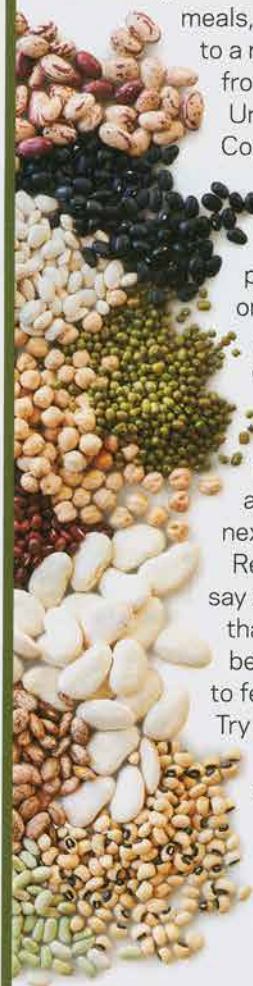
Legume-based meals can be more filling than meat-based meals, according to a new study from the University of Copenhagen.

Participants who were given high-protein beans or peas instead of meat at one meal

consumed 12 percent fewer calories at their next meal.

Researchers say this suggests that fiber can be the key to feeling full.

Try the beans on pages 86 and 114 to fill up on fiber.



LOOKING GOOD

Omega-3 and omega-6 fatty acids have been praised for years—and now researchers are saying these essential fats might also be able to improve your skin: An Oregon State University study found that omega-3s protect against sun damage and signs of aging, while omega-6s may alleviate skin sensitivity. Fill up on omega-3s with one of the ceviches on page 51, and get some omega-6s into your diet with one of the 50 avocado recipes in the booklet on page 55.



THIS SALMON CEVICHE ON PAGE 51 IS FULL OF OMEGA-3S AND OMEGA-6S.



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NATURAL
EXFOLIANTS?**

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NATURAL
EXFOLIANTS

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APRICOT EXTRACT, NOT PLASTIC MICROBEADS
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Star Search

Find your favorite Food Network celebs in this issue.

How do you take your tacos?

"I CANNOT LIE. I DON'T HAVE ANY DISCERNMENT. I'M GONNA TAKE ANY TACO."



Sunny Anderson
The Kitchen
pgs. 20, 60



Alton Brown
Iron Chef Gauntlet;
Good Eats (on
Cooking Channel)
pg. 20



Haylie Duff
The Real Girl's Kitchen;
Haylie's America (both
on Cooking Channel)
pg. 12



Guy Fieri
Diners, Drive-Ins and Dives;
Guy's Grocery Games;
Guy's Big Bite
pg. 20



Ina Garten
Barefoot Contessa
pg. 104



Eddie Jackson
Kids BBQ
Championship
pg. 20

"A WARM CORN TORTILLA FILLED WITH SEASONED CARNE ASADA, TOPPED WITH PICO AND COTIJA CHEESE AND A DAB OF TOMATILLO VERDE, LIMES ON THE SIDE."



Tim Love
pg. 40



Chris Santos
Chopped
pg. 102



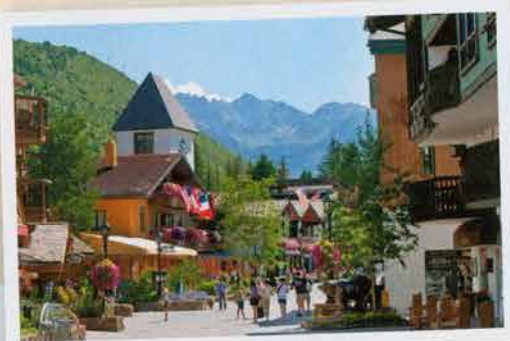
Marcela Valladolid
The Kitchen
pgs. 20, 94

"MY FAVORITE IS A SINCRONIZADA, WHICH IS ALMOST A SANDWICH OF A TACO: A TORTILLA, CHEESE, GRILLED MEAT, TOPPINGS, THEN ANOTHER TORTILLA."



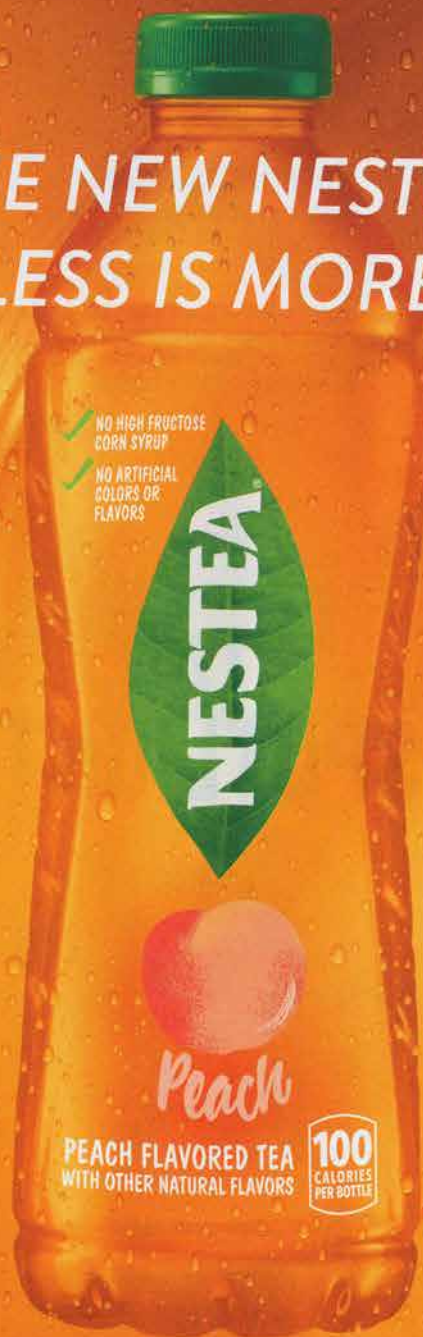
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Easy jeans

"Jeans can be insanely expensive, so I love that Blank NYC is affordable. I live in their boyfriend-cut jeans:

They're so comfortable, they don't stretch out and they just kind of mold to your body."

Tomboy in Fit of Rage jeans, \$98; blanknyc.com



No-snap shades

"I wear my Illesteva sunglasses every single day. They don't have that nose-rest piece, which means I can put them up on my head and then pull them back down without snagging my hair."

Illesteva Milan III Round Sunglasses, \$300; saks.com

Wave makers

"My hairstylist Ashley and I change the products we use all the time, but lately we've been using R+Co hairspray and dry shampoo." Death Valley Dry Shampoo, \$29; randco.com



STAR SPOTLIGHT



Haylie Duff

The Cooking Channel host reveals a few of her favorite things—including hairdo-friendly sunglasses.



Perfect pink

"I use Inglot lip paint. It gives a pink boost to my natural lip tone, plus it stays on really well and doesn't feather." AMC Lip Paint 57, \$14; inglotusa.com



Beloved blender

"This year I treated myself for my birthday and got a Vitamix blender in copper. The Vitamix I had before is eight years old—I really do think those things keep blending past the apocalypse. I took that one up to our little trailer in Malibu, so it's still in the family." Vitamix Pro 750 Heritage Blender, \$650; williams-sonoma.com



Simple kicks

"When it comes to shoes, I am the most low-maintenance person ever. If I'm not working, I'm either barefoot or in Ugg boots or slippers. I probably have 20 pairs."

Classic II Short, \$160; ugg.com

Minimal makeup

"I never want to look like I have on a ton of makeup. Jouer tinted cream is my favorite thing on earth. It adds a slight dewiness, so my skin glows and looks healthy." Matte Moisture Tint, \$36; jouercosmetics.com



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private island.

SEKTION / VOXTORP
kitchen

\$3399*

*Based on a 10'x10' kitchen

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A dream kitchen should be a luxury that everyone can afford – a complete kitchen with a beautiful island, all the storage you'll need, and unique solutions that fit your budget. Because no matter what you do, who you are, or how much you make, you deserve to make the dream yours.



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Requires assembly. *The total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances, and lighting sold separately. See IKEA store for limited warranty, country of origin and 10'x10' details. Valid in US stores only.



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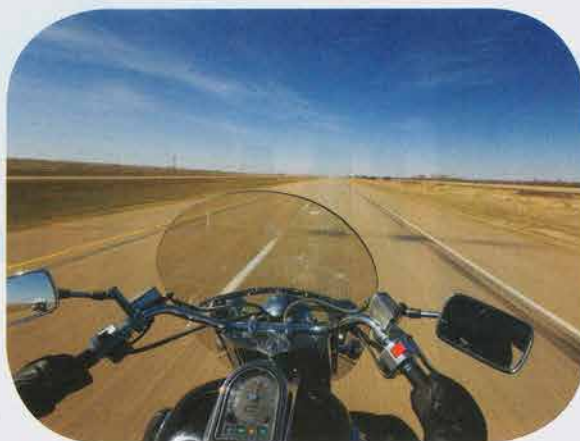
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IN THE MEX

One of the plus sides of growing up in a military family is that every three or four years you're uprooted from your school and friends and forced to move clear across the United States, or the world. Just kidding—this is not at all a plus. There is, however, some good that can come of all the relocating: Sometimes, you get lucky and land in a place with really **great food**. When I was in grade school, my dad's tours took us to Alabama and Louisiana (for meat pies and beignets), and after that, to Germany (for the world's greatest sausage). And then, in the middle of high school, we were sent to **Phoenix**.

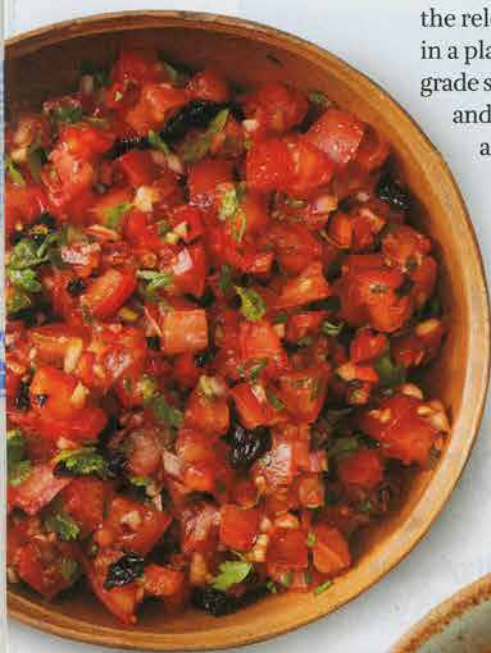
I cried when I heard the news. This was a pretty dire assignment for a socially awkward 15-year-old with a weird Euro fashion sense. But once I got past the emotional trauma and focused on important issues, like food, I realized that

Arizona's cuisine was the most exciting I'd ever tried. Before we moved there, the closest my family had ever come to a **Tex-Mex** dinner was an Old El Paso hard-shell taco kit. Suddenly I was eating chimichangas in the school cafeteria, trying Southwestern casseroles at church potlucks and begging for a summer job at Macayo's Mexican Restaurant just so I could eat unlimited amounts of their deliciously smoky salsa. Foodwise, I'd found my **happy place**.

Tex-Mex has a way of doing that for people: It's an instant mood booster, and it can turn pretty much any event into **a party**. (Just try showing up at an office meeting with queso sometime.) We filled this special Tex-Mex issue with more than 100 recipes that are guaranteed to bring on the fun, whether you're hosting a big **Cinco de Mayo** bash, trying your hand at ceviche or just eating tacos—on Tuesday, of course.

Maile

Maile Carpenter
Editor in Chief
@MaileCarpenter



CHIPS AND SALSA: CHRISTOPHER TESTANI; CARPENTER: TRAVIS HUGGETT



Molly Burke

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NEW



May

THE
TEX-MEX
ISSUE!

SUN

MON

TACO
TUESDAY

WED

THU

FRI

SAT

**KIDS
BBQ
CHAMPIONSHIP**

1

It's barbecue season! Tune in to Kids BBQ Championship tonight at 8 p.m. ET.

2

Combine Meatless Monday and Taco Tuesday! Toss roasted sweet potato cubes with olive oil, cumin and salt. Serve on tortillas with black beans and guac.

3



4

5

Happy Cinco de Mayo! Have a hot sauce taste test at your party. Buy a few kinds and put out chips for dipping. Cool off with a little sour cream.



6

It's Derby Day! Try mint julep granitas. Heat 2 cups water, ¼ cup sugar and 1 cup fresh mint, strain. Stir in ½ cup bourbon. Freeze in a loaf pan, scraping until slushy.

7



9

Get your taco fix at dessert. Fill hard shells with ice cream; freeze at least 1 hour. Dip halfway in chocolate shell, sprinkle with peanuts and freeze until firm.

10

Today is Mother's Day in Mexico. Make dulce de leche cookie bars as an early present for Mom (or yourself). Go to foodnetwork.com/dulcedeleche.

11



12

13



14

Host a Mother's Day brunch with churro-flavored waffles. Brush waffles with melted butter; sprinkle with cinnamon sugar and drizzle with chocolate sauce.

15

Duff Goldman and hundreds of other chefs will ride 300 miles this week to raise money for No Kid Hungry. Follow along or donate at chefscycle.org.

16

Try taco fillings in a new kind of shell. Fill cooked jumbo pasta shells with taco meat. Top with salsa, sprinkle with cheddar and bake at 350°, 15 minutes.

17



18

19

Friday happy hour! Make a round of apricot colodas. Blend 1 cup apricot nectar, ¼ cup each rum and coconut milk, the juice of ½ lime and ice. Pour into glasses.

20



21



22



23

Have breakfast tacos for dinner! Fill corn tortillas with cheesy scrambled eggs, Tater Tots and hot sauce.

24



25

Make mango pops for the holiday weekend. Pack mango sorbet into small paper cups; add sticks and freeze. Unmold and dip in lime zest and chili powder.

26



27



28



29

Grill a fun Memorial Day dessert: smorritos! Top tortillas with banana slices, chocolate chips and marshmallows. Roll up and wrap in foil; grill.

30

Instead of taco salad, try salad tacos. Fill hard shells with romaine lettuce and grilled chicken. Top with Caesar dressing and parmesan.

31





6 ก.ค. 2560



JUST ONE SLICE IS THE COMPLETE PACKAGE.



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You Asked...

Food Network stars answer your burning questions.



Sunny, cilantro tastes like soap to me. What can I use in its place?

**Marian Zanetti
Green Cove Springs, FL**

Not liking cilantro is a genetic thing, so don't think your palate is off. People say you can substitute parsley because it's in the same family, but it can't really compare. Just skip cilantro in salsas and guacamole. If you want to experiment with cilantro-adjacent flavors in other recipes, try whole or ground coriander seed. The cilantro plant grows from coriander seeds, which taste more earthy and less soapy. Why do I think this might work? Because I don't like black licorice but I love fennel, which has a faint licorice-adjacent flavor.

—Sunny Anderson



Guy, which tortilla chips should I use when I make chilaquiles? They always soak up the salsa too soon and become soggy.

**Barbara Stockton
Jackson, WI**

Try frying your own chips. Make sure you start with fresh, thick good-quality corn tortillas and pan-fry them right before you use them. For a recipe I love that was on *Diners, Drive-Ins and Dives*, go to foodnetwork.com/dddchilaquiles.

—Guy Fieri



Alton, can you please clear up the great rice debate? Is white rice its own type of rice, or is it brown rice stripped of nutrients? Is it just as healthy as brown?

**Marla Howard
Albuquerque, NM**

Brown rice is just white rice that's still wearing its thin coat of bran, which contains some heart-healthy fats. Me, I eat brown rice because I love the nutty flavor and slightly chewy texture.

—Alton Brown



Eddie, how long is too long to soak dried beans? Many recipes say to soak beans overnight, but what if I don't have time to deal with them the next morning?

**Lev Kolinski
Glen Ridge, NJ**

Unfortunately, there is such a thing as soaking beans too long. If you keep them in water longer than overnight, some beans may begin to ferment or become mushy when cooked. I prefer to hard-boil dried beans: Put them in water, bring to a boil for three to five minutes, then turn off the heat and let everything sit for a couple of hours. Be sure to give the beans a good rinse before adding them to your recipe.

—Eddie Jackson



Marcela, Mexican sour gherkins (aka cucamelons) grow in my garden, and I'm at a loss for what to do with them. Any suggestions?

**William Burkett
Greensburg, PA**

Last year my garden was full of Mexican sour gherkins, which taste like tangy cucumbers. I love to eat them with just a drizzle of olive oil and lemon and a sprinkle of chili powder.

—Marcela Valladolid

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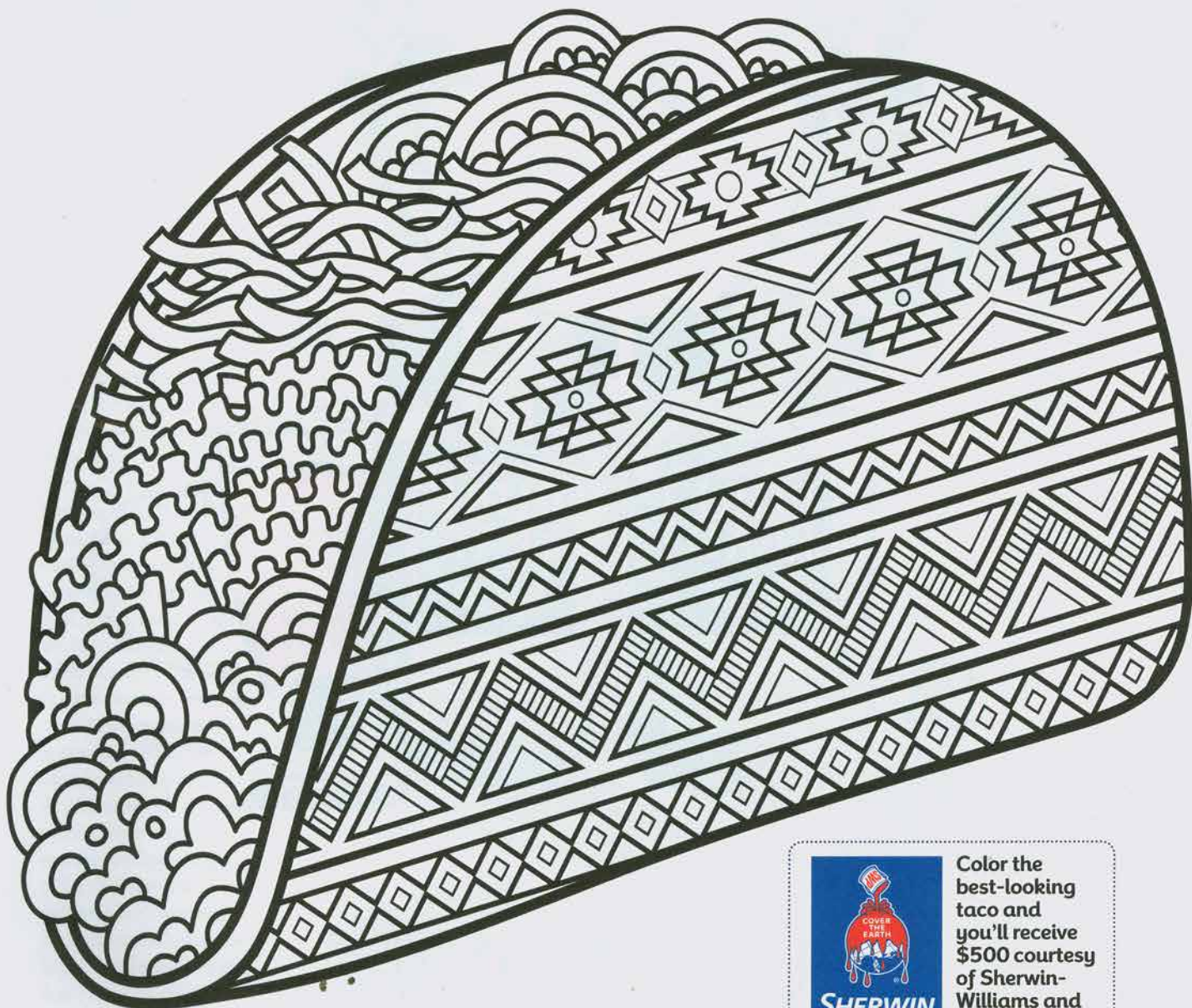
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- 2 Go to foodnetwork.com/colorthisdish and submit a scan or photo of your finished work. The winner will receive \$500 and three runners-up will each receive \$50.

NO PURCHASE NECESSARY TO ENTER OR WIN. Color This Dish! Contest. Sponsored by Hearst Communications, Inc. Beginning April 11, 2017, at 12:01 a.m. ET through May 3, 2017, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/colorthisdish on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and a scanned copy or photo of your completed work that appears in the May 2017 issue of Food Network Magazine. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/colorthisdish.

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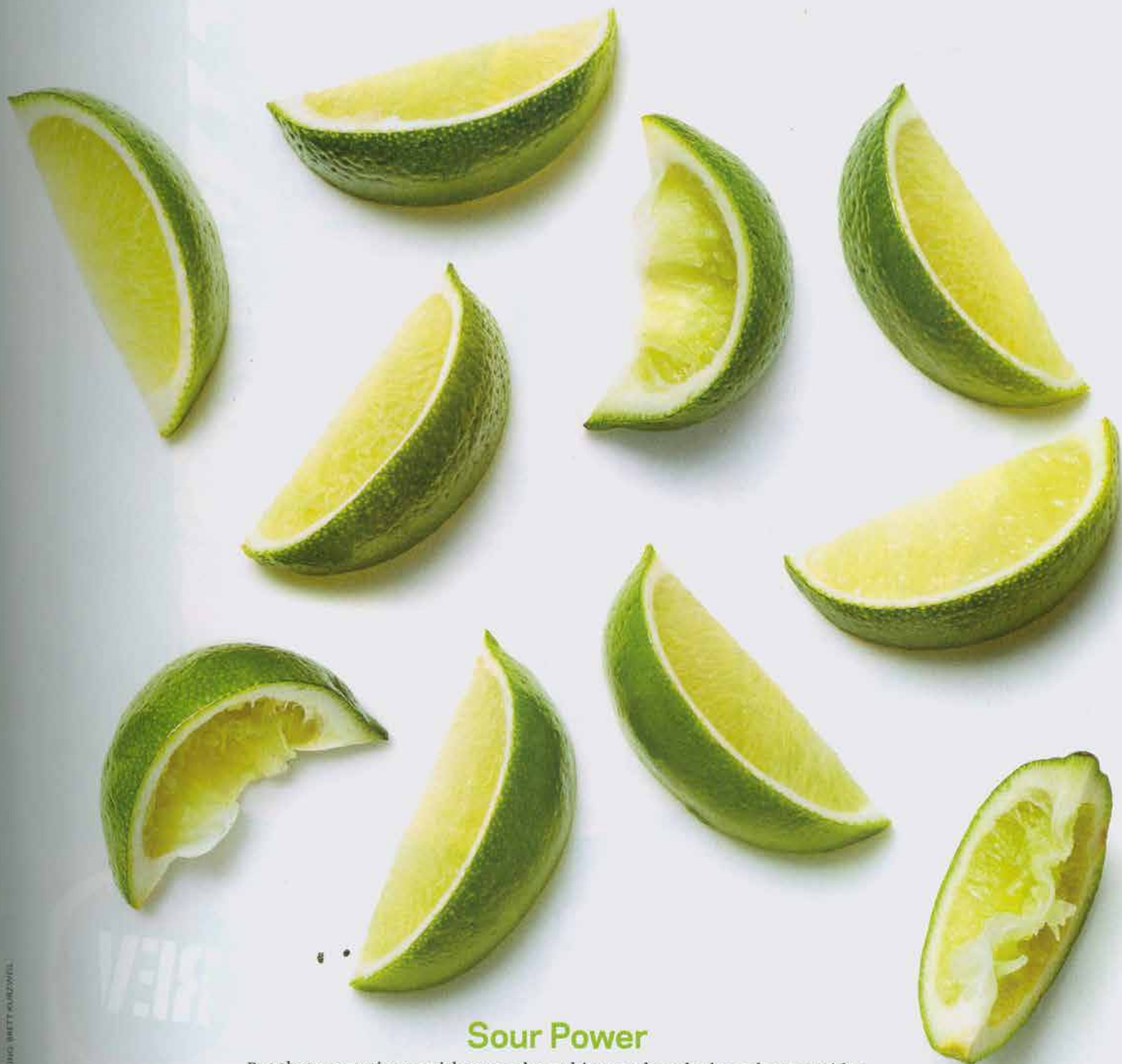


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In the Know



Sour Power

Put that margarita garnish to good use this month and take a photo or video of yourself biting into a lime. The Take a Bite Out of Lyme Disease Challenge, now in its third year, kicks off May 1 and aims to drum up awareness for the tick-borne illness (and raise money for research) through a social media campaign similar to the ALS Ice Bucket Challenge. Just bite in, share your picture or video with #LymeDiseaseChallenge and tag three friends so they'll do the same. For more information, visit lymediseasechallenge.org or projectlyme.org.



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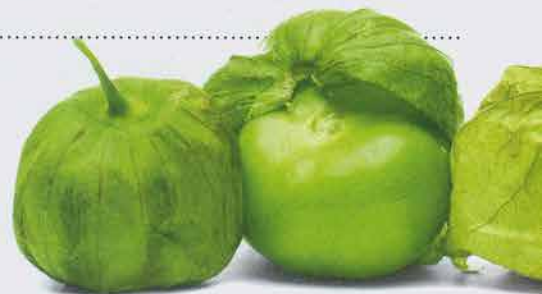
FOOD NEWS



THINK PINK

Keep your eye on the produce aisle: Del Monte has just earned FDA approval to sell a new, pink-fleshed pineapple.* The rosé-colored fruit is extra sweet—just like its yellow predecessor.

*RENDERING OF HOW THE PINEAPPLE MIGHT APPEAR



OLDIE BUT GOODY

Scientists recently uncovered two 52-million-year-old fossilized tomatillos in Patagonia, establishing that the green husk-covered fruit is five times older than originally thought. This means that its relatives—including the pepper, tomato and potato—might have grown among the dinosaurs.



CRUNCH TIME

Further proof that we can't get enough over-the-top pizza toppings: Flamin' Hot Cheetos has been added to the permanent toppings menu at some locations of Ameci Pizza Kitchen, a California chain. The ingredient was originally just a short-term special, but everyone went crazy for it. Try it yourself: Scatter a bunch of the puffs on a pizza—and make sure you finish off with dust from the bottom of the bag.

SPLASH IN THE PAN

Now you can take your nachos straight from the oven to the table: Just top a baking sheet with one of these fun, festive silicone liners inspired by Mexican blankets. \$20; wandpdesign.com



Take Some Heat

Nestlé has just launched Butterfinger Smokin' Hot Peanut Butter Cups, laced with chipotle pepper. The cups arrived on shelves on April 1, but they're not an April Fools' joke—Americans are apparently just craving spicy flavors in new forms. They're on sale nationally until July.



You might not be stuck with so many brown bananas in the future: Food innovation start-up Apeel Sciences has created Edipeel, an invisible plant-based film that can extend the life of fresh produce up to five times. The company is currently working with major suppliers of bananas, avocados and berries to test the organic barrier before taking it to grocery stores.



HOT WHEELS

If your mouth is watering over this custom Lexus, there's a reason. The 2017 Sriracha IS's design is a nod to a Sriracha bottle. The car isn't for sale, but it is making the rounds at US food festivals. Next stop: the 10th Annual Pebble Beach Food & Wine in California from April 20 to 23.



THE STEERING WHEEL WAS MOLDED FROM A HOT SAUCE-LIKE LIQUID.



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What's Your

TEX-MEX IQ?

Take this quiz to see if you know your chilaquiles from your chimichangas.

1 Circle the dishes that are considered Tex-Mex.



A. Nachos



B. Tacos al pastor



C. Chili con carne



D. Fajitas



E. Queso



F. Mole

2 San Antonio used to be nicknamed:

- A. Taco Town
- B. Chililand
- C. Tortilla Flats
- D. Tamaleville

3 Which ingredient is frowned upon in Texas chili?



A. Jack cheese



B. Beans



C. Sour cream



D. Red onion

4 In the 1970s, the margarita became the most popular cocktail in America, surpassing which drink?



A. Martini



B. Manhattan



C. Mojito



D. Bloody Mary



SOUR CREAM: SHUTTERSTOCK; NACHOS: TACOS AL PASTOR, CHEESE, ONION, MARTINI, MANHATTAN, MOJITO AND BLOODY MARY: GETTY IMAGES; QUESO: SAM KAPLAN; FAJITAS: KANG NIM, CHILI: CON POULOS; MOLE: ALAMY; BEANS: RYAN DAUSCH.

In the Know

5 Name these chile peppers in order from least to most spicy.



A. Poblano



B. Serrano



C. Jalapeño



D. Habanero

6 Who created the first successful commercial chili powder?

- A. A German immigrant
- B. A San Antonio sheriff
- C. A Colorado cowboy
- D. The founders of the International Chili Society



7 Which one of these chain restaurants started in Texas?



A. Chili's



B. Taco Bell



C. Moe's



D. Chipotle

8 Tex-Mex was originally an abbreviation for:

- A. The Texas Mexican Railway
- B. Texans of Mexican descent
- C. The border between Texas and Mexico
- D. A gas station chain in the Southwest

9 Refried beans are most commonly made with:



A. Black beans



B. Kidney beans



C. Pinto beans



D. Navy beans

10 Fajita means:

- A. Hot plate
- B. Little belt
- C. Hot skirt
- D. To sizzle



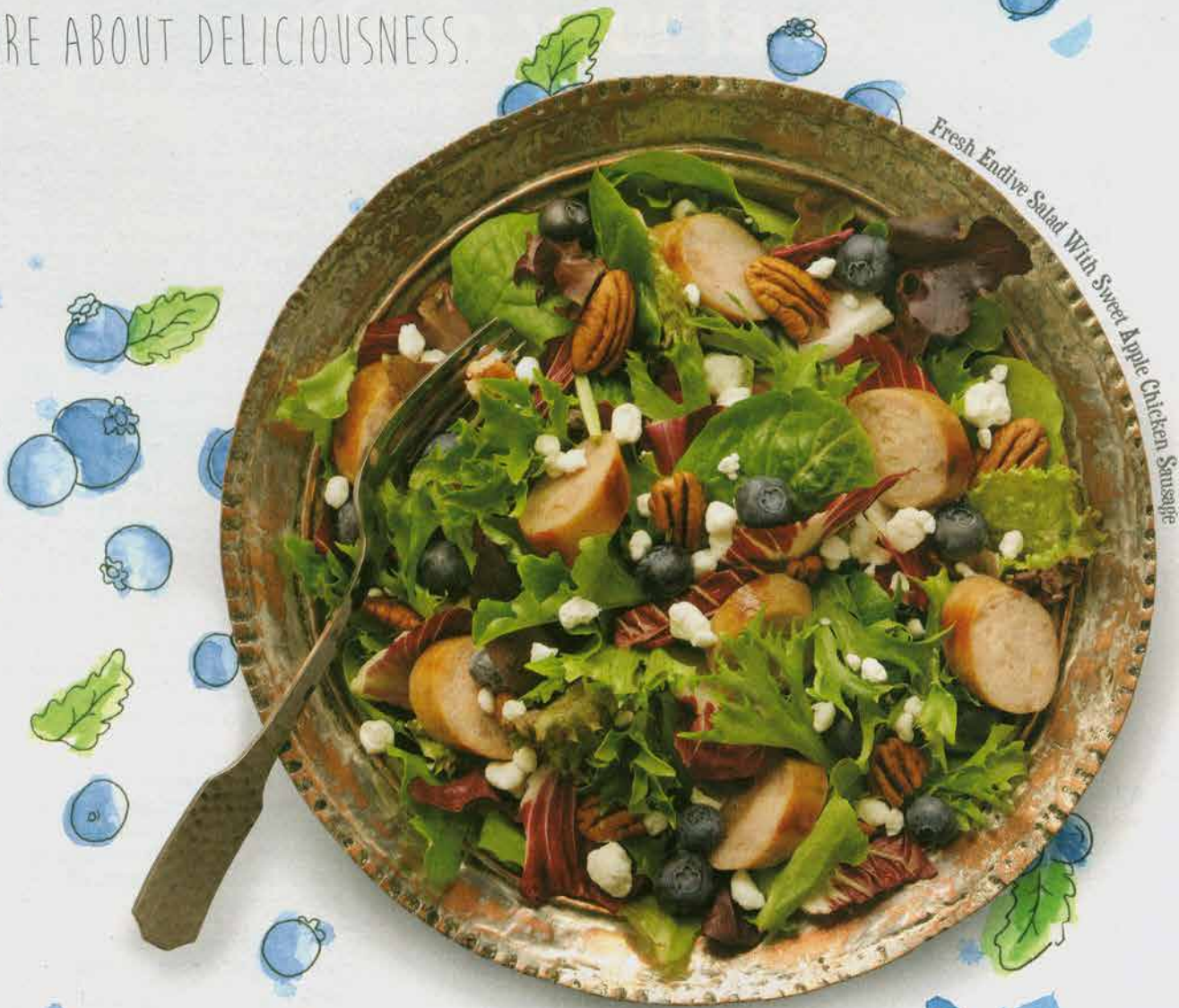
11 "Chimichanga" roughly translates to:

- A. Cowboy burrito
- B. Whodunit
- C. Crispy tortilla
- D. Whatchamacallit

12 Which of these taco incidents actually happened?

- A. Last year, a 10-year-old boy persuaded his Texas town to help him make the biggest taco in the world.
- B. A California black bear was dubbed the Taco Bandit by local newspapers after raiding the kitchen of a local taco joint.
- C. Astronaut Scott Kelly celebrated Cinco de Mayo by eating a breakfast taco on the International Space Station.
- D. The Dallas Mavericks celebrated their most recent NBA Finals win with a courtside taco buffet.

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- 13.** What inspired the invention of the frozen margarita?
- A. The frozen daiquiri
 - B. A 7-Eleven Slurpee machine
 - C. A margarita that was accidentally left in a freezer
 - D. Snow cones at the Texas State Fair

TRUE OR FALSE?

- 14.** Taco Bell lobbied for a taco emoji. T F
- 15.** A Texan holds a record for most tacos eaten in 10 minutes. T F
- 16.** Refried beans are fried twice. T F
- 17.** Calling food "Tex-Mex" was at one time considered an insult. T F
- 18.** In Texas, the sauce that tops enchiladas is called chili gravy. T F
- 19.** The green chile pepper plant is native to Texas. T F
- 20.** Texas residents drink more tequila per capita than residents of any other state. T F



SCORE SHEET

Give yourself one point for each correct answer.

- 1. A, C, D, E** (one point for each) Tacos al pastor and mole are the only traditional Mexican dishes on this list. The other dishes were popularized in Texas.
- 2. D** San Antonio was nicknamed Tamaleville, thanks to its population of "Chili Queens" and "Tamale Kings," young Mexican vendors who peddled homemade food from stands in the town plaza starting in the 1880s.
- 3. B** Texas chili (aka "a bowl of red") originated from chili con carne, made with beef, ancho chiles and spices—so purists believe it should not contain beans.
- 4. A** The margarita has been the most popular cocktail in the United States for about four decades.
- 5. A, C, B, D** (one point for each)
- 6. A** In 1896, German immigrant Willie Gebhardt invented and sold a Mexican-inspired spice mix he later called Gebhardt's Eagle Brand Chili Powder. His San Antonio-based company went on to produce canned chili, canned tamales and other Tex-Mex food.
- 7. A** Chili's is also the only chain of the four that calls its food Tex-Mex. The first location opened in Dallas in 1975.
- 8. A** Starting in the late 1800s, newspapers used the abbreviation "Tex.Mex." when printing the train schedule.
- 9. C** Most American adaptations of "frijoles refritos" call for pinto beans. Black beans are the second-most popular choice.
- 10. B** This dish is named for what skirt steak looks like after it's been thinly sliced.
- 11. D** The name for these deep-fried burritos comes from Mexican slang for whatchamacallit. Chimichangas were reportedly invented in the 1920s when a restaurant owner in Tucson, AZ, accidentally dropped a burrito into a deep fryer.
- 12. C** In 2015, Capt. Scott Kelly ate a space taco made with rehydrated eggs, sausage and hot sauce on a tortilla.
- 13. B** In 1971, Dallas restaurateur Mariano Martinez adapted a soft-serve ice cream machine to create a Slurpee-like margarita. The machine has been in the Smithsonian since 2005.
- 14. T** In 2014, the chain started a Change.org petition called "The Taco Emoji Needs to Happen" that garnered more than 33,000 signatures.
- 15. F** Last summer, Takeru Kobayashi from Japan ate 137 tacos in 10 minutes at the Gringo Bandito Chronic Tacos Challenge at the Palms in Las Vegas.
- 16. F** Refried beans are prepared by cooking pinto beans until soft, mashing them, then either baking or frying them (only once!). The name is a mistranslation of the Spanish term "frijoles refritos," which means "beans well-fried."
- 17. T** In the early 1970s, Diana Kennedy, an expert on Mexican cuisine, dismissed Tex-Mex food as inauthentic Mexican food, inadvertently making it a category of its own. Tex-Mex is now regarded by many as one of America's first regional cuisines.
- 18. T** Chili gravy is basically a brown beef gravy spiced with chili powder.
- 19. F** In 1598, Spanish conquistador Don Juan de Oñate brought the green chile pepper plant to what is now New Mexico.
- 20. F** Nevada has the highest tequila consumption per capita. (Texas is fifth, behind Colorado, Arizona and California.)

HOW DID YOU DO?

0 TO 10 POINTS

MILD!

Tater Tot nachos might be more your speed. Check them out on page 133.

11 TO 20 POINTS

MEDIUM!

Toast your good score with a Mexican-style cocktail. See page 108.

21 TO 26 POINTS

HOT!

You're on fire—and now it's time to try frying your own shells for fish tacos. Turn to page 102.

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Let's
Go
Places

HOW AMERICA EATS TACOS

Food Network fans fill us in on their taco habits.

What the shell?



53%
prefer soft

24%
prefer hard



23%
say it depends on the place

FLOUR OR CORN TORTILLAS?



SOME LIKE IT *Hot*



58%
ADD JALAPEÑOS TO THEIR TACOS

You're split on breakfast tacos:



52% "NOT FOR ME."
48% "THEY'RE THE BEST!"



63%
eat three or more tacos in one sitting!

81% WARM THEIR TORTILLAS BEFORE EATING THEM

TUESDAY IS INDEED THE MOST POPULAR DAY FOR TACOS. SECOND PLACE: SATURDAY.



30% EAT TACOS AT LEAST ONCE A WEEK

FAVORITE FILLING



48% BEEF



17% FISH



16% CHICKEN



15% PORK



4% VEGGIE



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Hot COMMODITY

This Texas couple turned a family recipe into a sizzling salsa business.



Susie and Dom Mendiola

For the past two decades, salsa has been one of America's top-selling condiments, and there is no shortage of companies that make it—especially in Texas. But that didn't faze Dom and Susie Mendiola: The San Antonio couple started jarring their homemade salsa in 2014, and their company, Dom's Chop Salsa, has been on fire ever since.

It all started when Dom tinkered with Susie's mom's recipe for salsa: At home

in Mexico, she made hers by cooking tomatoes, onions and hot peppers on a *comal*, or flat griddle. On a whim, Dom threw the ingredients on a charcoal grill, which resulted in a salsa with great smoky flavor. Dom and Susie gave the salsa to coworkers at the tech company Rackspace, and within days, "Everybody asked for more, offering to pay for it," Dom recalls. "That's when I said 'Let's do this.'"



First they had to get their kids, Joshua, 16, and Isabella, 11, on board. "We were going to spend every weekend making salsa, so we needed their help," says Susie. Dom and a friend then designed a "monster-truck grill" that could handle 250 pounds of tomatoes in 10 minutes. To cover the \$24,000 price tag, the Mendiolas launched an Indiegogo campaign, supplemented with savings and an investment from a mentor.

"The main sacrifice we've made is our personal time."

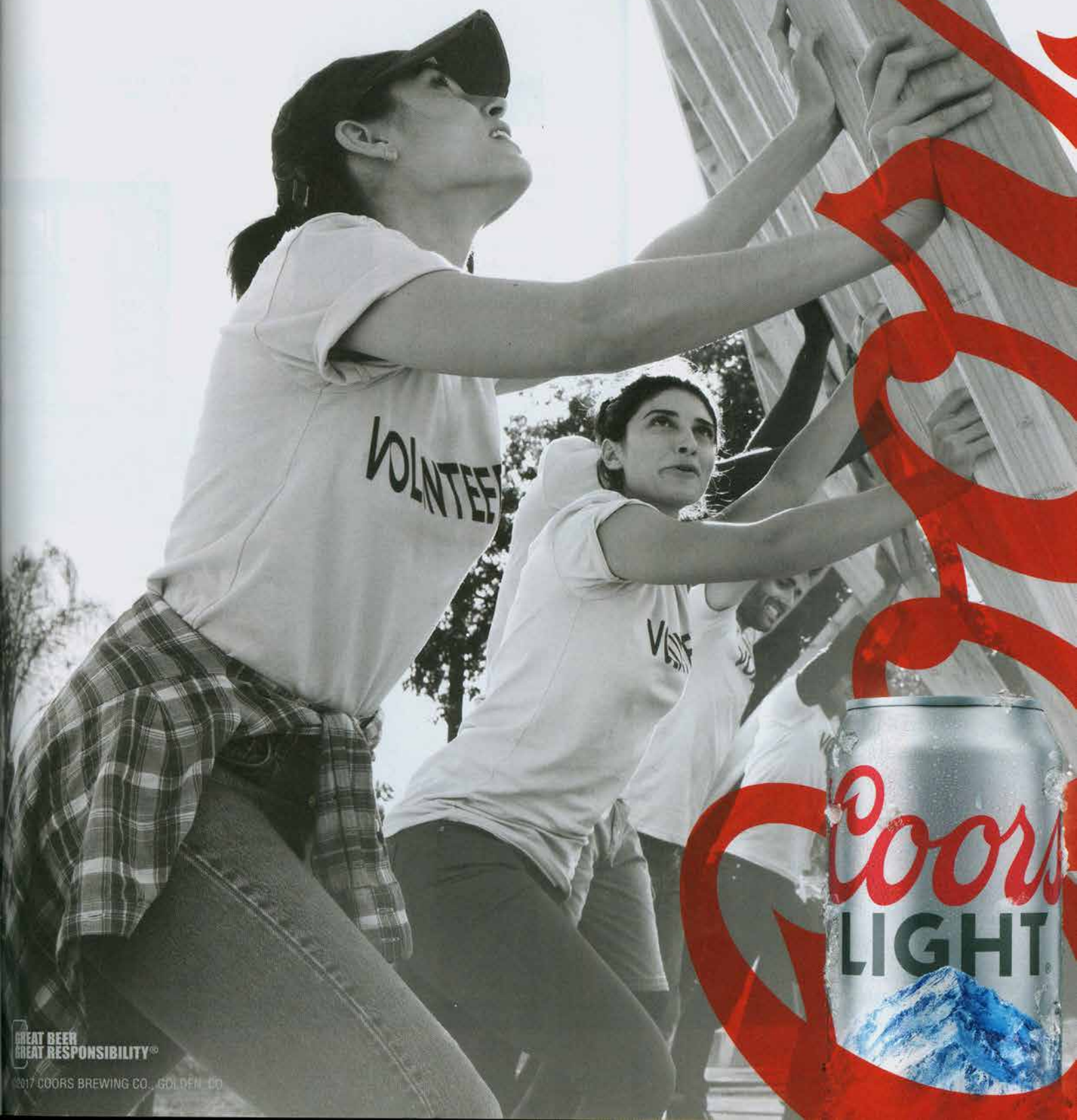
They also got a small-business loan to pay for ingredients and packaging.

Dom and Susie planned to sell the salsa online and at farmers' markets, but the day their website launched in late 2015, something amazing happened: A buyer for HEB supermarkets read about the couple in the local paper, and after meeting them, placed a 12,000-jar order. "The stars aligned for us," says Susie.

These days, Dom's Chop Salsa is in more than 130 HEB stores, and the Mendiolas make huge batches in a production plant arranged by HEB. Dom left his job and now works on the salsa full-time—although it's even more than a full-time job. "The main sacrifice we've made is our personal time," says Dom. While their friends are relaxing on Sundays, he and Joshua are at the grill, charring ingredients for the next batch.

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US BETTER. SOME MAKE
THE WORLD BETTER.**

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Star Kitchen

Chef and restaurateur **Tim Love** shows us around his Fort Worth, TX, kitchen.

PHOTOGRAPHS BY **DAVE LAURIDSEN**

Born-and-bred Texas chef Tim Love owns six restaurants in Texas (and one in Tennessee) and has become famous for his Western-style cooking. What many fans don't know is that he is also a kitchen designer on the side: In his limited free time, Tim plans kitchens for clients and friends, so of course he was fanatical about planning his own. Tim and his wife, Emilie, built this one from scratch, and their first priority was assembling what Tim calls the cockpit. "Whoever is cooking has their own space that no one can get to for any reason," he says, laughing. Tim's cockpit includes a massive 12-burner range and two convection ovens. He likes an industrial look, and he chose a sheet-metal backsplash; Emilie added an apron sink and curtains to make the space feel homey. The layout works well whether the couple is throwing a big summer party or just rolling out pizzas for a family dinner with the kids (son Tannahill is 15; twin daughters Ella and Anna are 14). "This is where we make all the memories," Tim says.



Meat slicer

Because Tim loves charcuterie, Emilie got him this Berkel pro-grade slicer for Christmas one year. "Doesn't everyone get their husband a meat slicer?" she jokes.



THE WINDOW-TRIM PAINT IS BLACK BEAN BY SHERWIN-WILLIAMS.



Carrara counters

Some people shy away from Carrara marble because it's prone to staining, but Tim and Emilie like the character that comes with wear and tear. "The more it gets used, the more I like it," he says.

Custom mixer

For the 10th anniversary of Lonesome Dove Western Bistro, one of Tim's Fort Worth restaurants, KitchenAid gave him a custom horsehide-printed commercial mixer.



Kitchen cart

Tim kept losing his keys, wallet and sunglasses around the house, so Emilie brought in this cart to serve as a catchall for the family's essentials.



Trough sink

Tim often hosts cooking classes for friends; he installed a narrow trough sink fitted with a disposal in the island so everyone can just push their scraps in. During parties, he fills the basin with ice and bottles of champagne.

THE LEATHER CLUB CHAIRS ARE THE MOST POPULAR SEATS IN THE HOUSE.

Turn the page to get Tim's look. 

Get the Look

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



THE FAMILY EATS MOST MEALS RIGHT IN THE KITCHEN.



Tim and Emilie chose silver hardware and pendants similar to these **Savoy House School House Mini Pendants**. \$142; bedbathandbeyond.com



To complement their modern kitchen table, Emilie found seats similar to these **Mid-Century Dining Chairs**. \$249; westelm.com



Tim keeps his **Juice Fountain Duo** on the counter so he can easily make his favorite juice with pineapple, beets, ginger, apples and jalapeños. \$400; brevilleusa.com



Emilie saw the **Nixon Dining Table** in the Jonathan Adler showroom and knew right away that it was perfect for their dining nook. \$2,950; jonathanadler.com



The 4-inch-thick **Boos Block** takes up a ton of countertop real estate, but Tim has no regrets. "We use it every single solitary day," he says. \$208; johnboos.com for stores



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UNFORGETTABLE IRON X CHEF

Iron Chef is back! Take a look at 10 of the biggest moments in Kitchen Stadium history.

ILLUSTRATIONS BY TOM COCOTOS

Catch the new series *Iron Chef Gauntlet Sundays* at 9 p.m. ET starting April 16.

1

OCTOBER 10, 1993

A Japanese TV network premieres *Iron Chef*, a cooking competition based on a fictional tale about the host, Chairman Kaga. As the story goes, he loved food so much, he built a Colosseum-style kitchen where chefs could compete in over-the-top battles focused on a single ingredient. The show becomes a pop-culture phenomenon in Japan.



2

JULY 10, 1999

Food Network starts airing dubbed reruns in the US, and *Iron Chef* becomes a cult favorite. A year later, Bobby Flay competes against Japanese Iron Chef Masaharu Morimoto on an episode and excitedly jumps onto his cutting board when the clock stops. Morimoto considers the move disrespectful and the two enter into a bitter (but short-lived!) TV rivalry.



3

APRIL 23, 2004

Iron Chef America debuts with Mario Batali, Wolfgang Puck and Flay as Iron Chefs (joined soon after by Morimoto) and Alton Brown as emcee. In the premiere, Flay cooks against Hiroyuki Sakai, an original Japanese Iron Chef, in "Battle Trout." Sakai makes trout ice cream, kicking off the show's tradition of wild ice cream flavors.



4

MARCH 6, 2005

For the first time in Kitchen Stadium history, a competitor, Italian chef Roberto Donna, fails to finish his five dishes in time. Humiliated, he trains intensively and returns for a rematch with Morimoto—and wins.





5

APRIL 3, 2005

Cat Cora joins the cast, the first female Iron Chef. She becomes famous for ending battles with a celebratory shot of ouzo (a Greek liqueur).



6

JANUARY 21, 2007

Season Three's "Battle Beets" introduces viewers to the late Chicago chef Homaro Cantu, who brings an arsenal of high-tech equipment—a printer with edible ink, liquid nitrogen tanks and a laser. In a major upset, he beats Morimoto by one point.



7

OCTOBER 7, 2007

The spin-off series *Next Iron Chef* premieres, and Cleveland-based chef Michael Symon prevails, joining the ranks of Flay, Batali, Morimoto and Cora as an Iron Chef. He wins his debut battle, "Thanksgiving," then goes on to an impressive first season.



8

NOVEMBER 25, 2007

Tina Fey serves as a judge for "Battle Sugar," bringing serious star power to the judges' table. She gets big laughs for her comment on a cocktail: "This seems like the kind of drink that would sneak up on you. Next thing you know, you've got your top off."



9

OCTOBER 5, 2008

The challenger in "Battle Sturgeon" leaves a butane lighter next to his stovetop, causing a fireball that nearly takes out Alton Brown's computers. No chefs have been seriously injured on the show, but Morimoto was bitten by a monkfish, and Geoffrey Zakarian shattered glass while trying to saber a champagne bottle.



10

DECEMBER 23, 2012

New Yorker Alex Guarnaschelli wins a new season of *Next Iron Chef* to become the second female Iron Chef. Before this win, Guarnaschelli served as a judge, challenger and sous chef to Zakarian on *Iron Chef America*.



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AS DRAWN BY: <i>Johnny</i>	AGE: <i>9</i>



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Fun Cooking



Hole in One

Next time you make an egg-in-a-hole, consider using avocado instead of bread: Cut an avocado in half, remove the pit and scoop out about 1 tablespoon of flesh from each half. Season with salt and pepper and nestle the halves cut-side up in a small pile of salt on a baking sheet so they won't wobble. Crack a medium egg into each (a large egg will overflow). Season with salt and bake at 425° until the white is just set, 16 to 18 minutes; top with pico de gallo and crushed tortilla chips. Turn the page for dozens more avocado ideas.

WHICH SIDE ARE YOU ON?

Food Network fans pick their salsa: green or red.



TOMATILLO SALSA

ACTIVE: 15 min | TOTAL: 1 hr | MAKES: about 3½ cups

- 1 pound tomatillos, husked and rinsed
- 1 small white onion, quartered
- 1 serrano chile pepper, stemmed and halved lengthwise
- 3 cloves garlic
- ½ small bunch cilantro, leaves and tender stems separated

Kosher salt

Juice of ½ to 1 lime

1. Combine the tomatillos, onion, serrano (including the seeds), garlic, cilantro stems and 1 teaspoon salt in a medium saucepan. Add enough water to just cover the vegetables and bring to a boil over medium-high heat. Reduce the heat and simmer until the tomatillos are tender and slightly darkened, about 15 minutes. Let cool slightly.

2. Transfer the vegetables to a blender with a slotted spoon; reserve the cooking water. Add the cilantro leaves and puree until smooth, adding a few tablespoons of the reserved cooking water if the salsa is too thick. Let sit 30 minutes to let the flavors develop. Add lime juice and salt to taste.

CHIPOTLE TOMATO SALSA

ACTIVE: 20 min | TOTAL: 1 hr 10 min | MAKES: about 3 cups

- 1 pound plum tomatoes (4 to 5), cored
- 1 large white onion, sliced ½ inch thick
- 5 cloves garlic, unpeeled
- 1 canned chipotle chile pepper in adobo
- 1 teaspoon apple cider vinegar

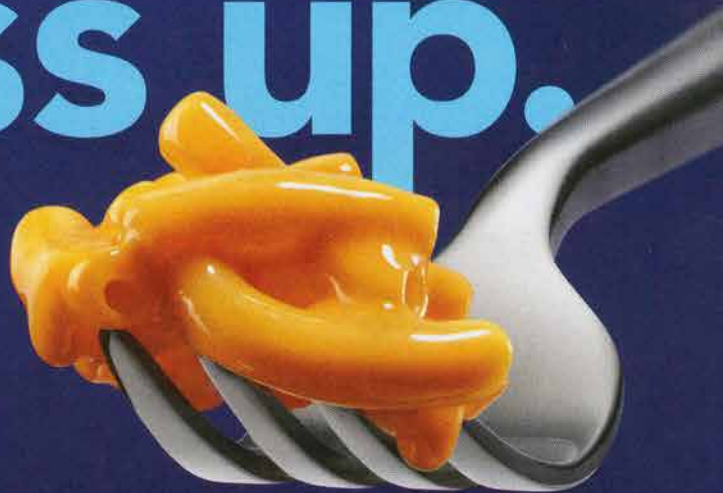
Kosher salt

1. Preheat the broiler. Arrange the tomatoes, onion and garlic close together on a rimmed baking sheet. Broil, turning occasionally, until the tomatoes burst and all the vegetables are softened and charred, about 15 minutes. Let cool 5 minutes.

2. Peel the garlic, then transfer to a blender along with the remaining broiled vegetables. Add ½ chipotle chile, the vinegar, 1½ teaspoons salt and ½ cup water; puree until smooth. For more heat, add the remaining ½ chipotle and puree. If the salsa is too thick, add a splash of water. Let sit 30 minutes to let the flavors develop. Season with salt.

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EASY

CEVICHE

Add some seafood to your party menu—no cooking required!

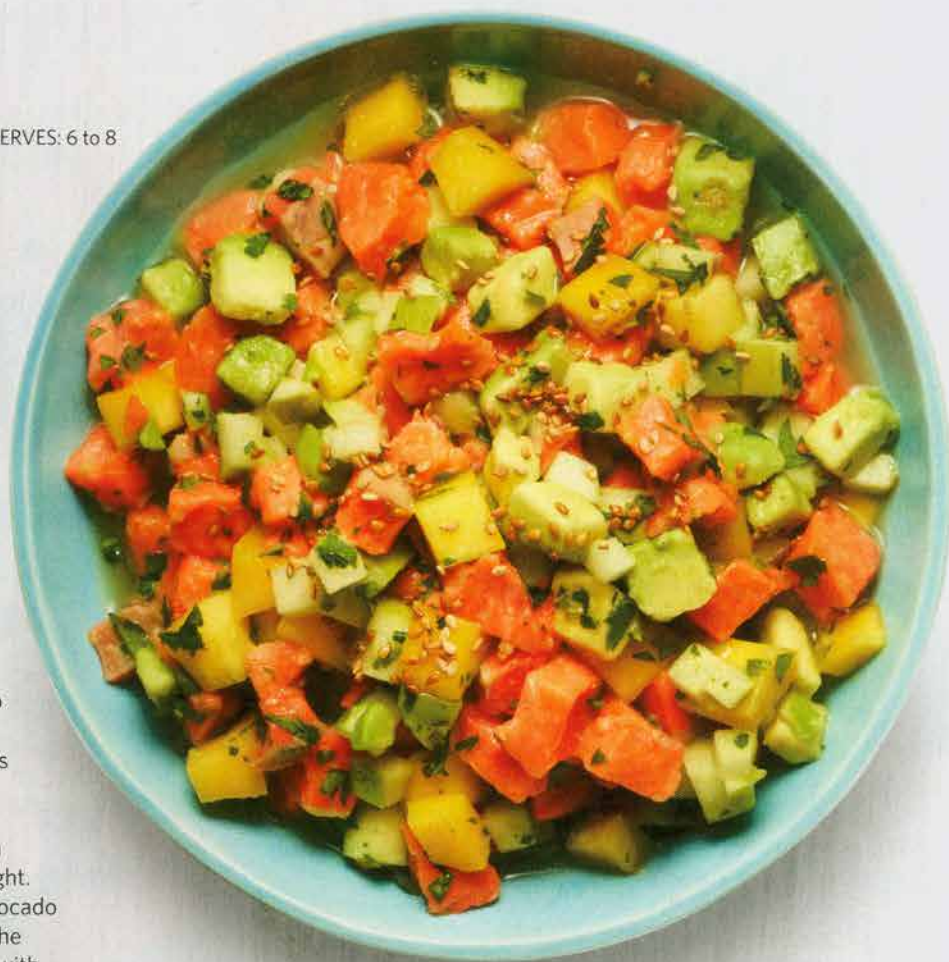
PHOTOGRAPH BY LEVI BROWN

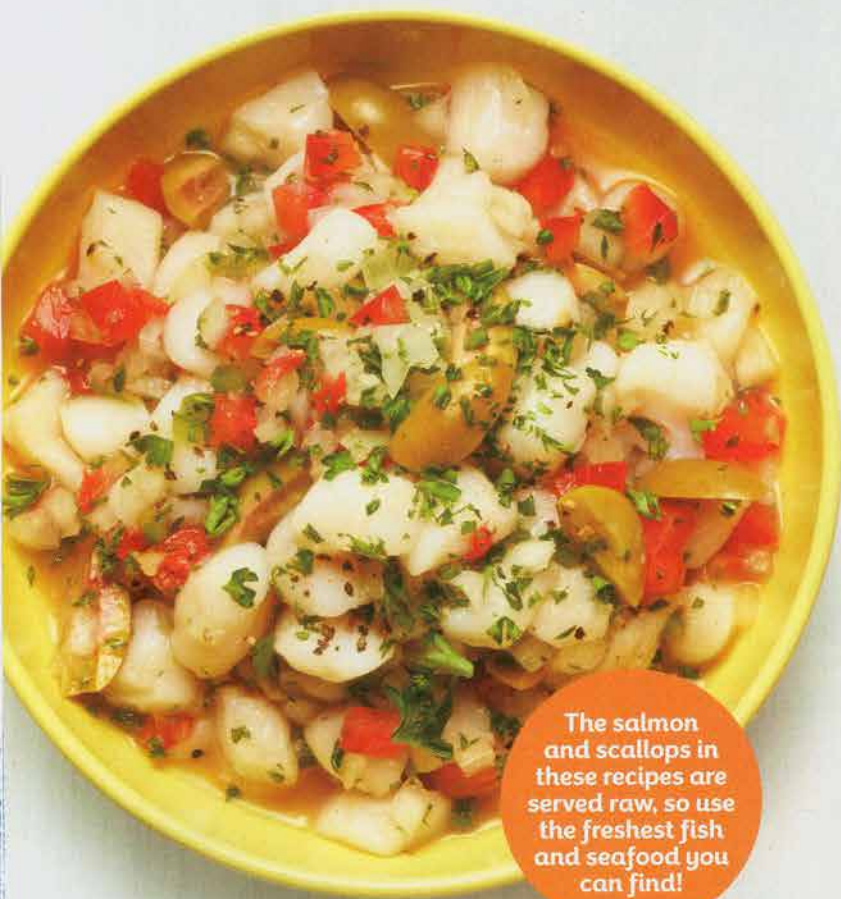
MANGO SALMON CEVICHE

ACTIVE: 30 min | TOTAL: 30 min (plus 6- to 8-hr chilling) | SERVES: 6 to 8

- 1 pound skinless wild Pacific salmon, cut into ½-inch pieces
- 1½ cups fresh lime juice (from about 12 limes), plus more if needed
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground pepper
- 1 mango
- 1 avocado
- 1 tart green apple
- 1 teaspoon toasted sesame oil
- 1 teaspoon toasted sesame seeds
- Tortilla chips, for serving

1. Combine the salmon and lime juice in a large bowl, making sure the salmon is fully submerged (add more lime juice if necessary to cover). Cover with plastic wrap and refrigerate 6 to 8 hours.
2. Combine the cilantro, vinegar, sugar and 2 teaspoons salt in another large bowl. Drain the salmon, reserving ¼ cup of the lime juice. Add the salmon and reserved lime juice to the cilantro mixture and toss; season with pepper. Cover and refrigerate, at least 1 hour or overnight.
3. Just before serving, peel and dice the mango and avocado and dice the apple; fold into the ceviche. Drizzle with the sesame oil and sprinkle with the sesame seeds. Serve with tortilla chips.





The salmon and scallops in these recipes are served raw, so use the freshest fish and seafood you can find!

BAY SCALLOP CEVICHE

ACTIVE: 20 min | TOTAL: 20 min (plus 6- to 8-hr chilling)
SERVES: 6 to 8

- 1 pound bay scallops, cut into ½-inch pieces
- 1½ cups fresh lime juice (from about 12 limes), plus more if needed
- ⅓ cup pitted green olives, quartered
- 1 large vine-ripe tomato, cored and finely chopped
- 1 white onion, finely chopped
- 1 small jalapeño pepper, seeded and minced
- 2 tablespoons fresh orange juice
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon sugar
- 1 teaspoon hot sauce

Kosher salt and freshly ground pepper
Tortilla chips, for serving

1. Combine the scallops and lime juice in a large bowl, making sure the scallops are submerged (add more lime juice if necessary to cover). Cover with plastic wrap and refrigerate 6 to 8 hours.
2. Combine the olives, tomato, onion, jalapeño, orange juice, 2 teaspoons parsley, the sugar, hot sauce and 2 teaspoons salt in a separate large bowl. Refrigerate 30 minutes.
3. Drain the scallops, reserving ¼ cup of the lime juice. Add the scallops and reserved lime juice to the olive mixture. Toss and season with pepper. Cover and refrigerate, at least 1 hour or overnight.
4. Sprinkle the ceviche with the remaining 1 teaspoon parsley. Serve with tortilla chips.

SHRIMP-CORN CEVICHE

ACTIVE: 25 min | TOTAL: 25 min (plus 2-hr chilling)
SERVES: 6 to 8

- 1 pound cooked shrimp, cut into ½-inch pieces
- 1 cup frozen fire-roasted corn, thawed
- ½ cup finely chopped canned hearts of palm
- 1 small grapefruit, peeled and chopped
- ¼ cup fresh lime juice (from 2 limes)
- 2 tablespoons fresh orange juice
- 1 teaspoon sugar
- 1 teaspoon adobo (from a can of chipotle chile peppers)

Kosher salt and freshly ground pepper
2 scallions, thinly sliced
Tortilla chips, for serving

1. Combine the shrimp, corn, hearts of palm and grapefruit in a large bowl. Stir in the lime and orange juices, sugar, adobo and 2 teaspoons salt and toss. Season with pepper. Cover and refrigerate, at least 2 hours or overnight.
2. Sprinkle the ceviche with the scallions. Serve with tortilla chips.



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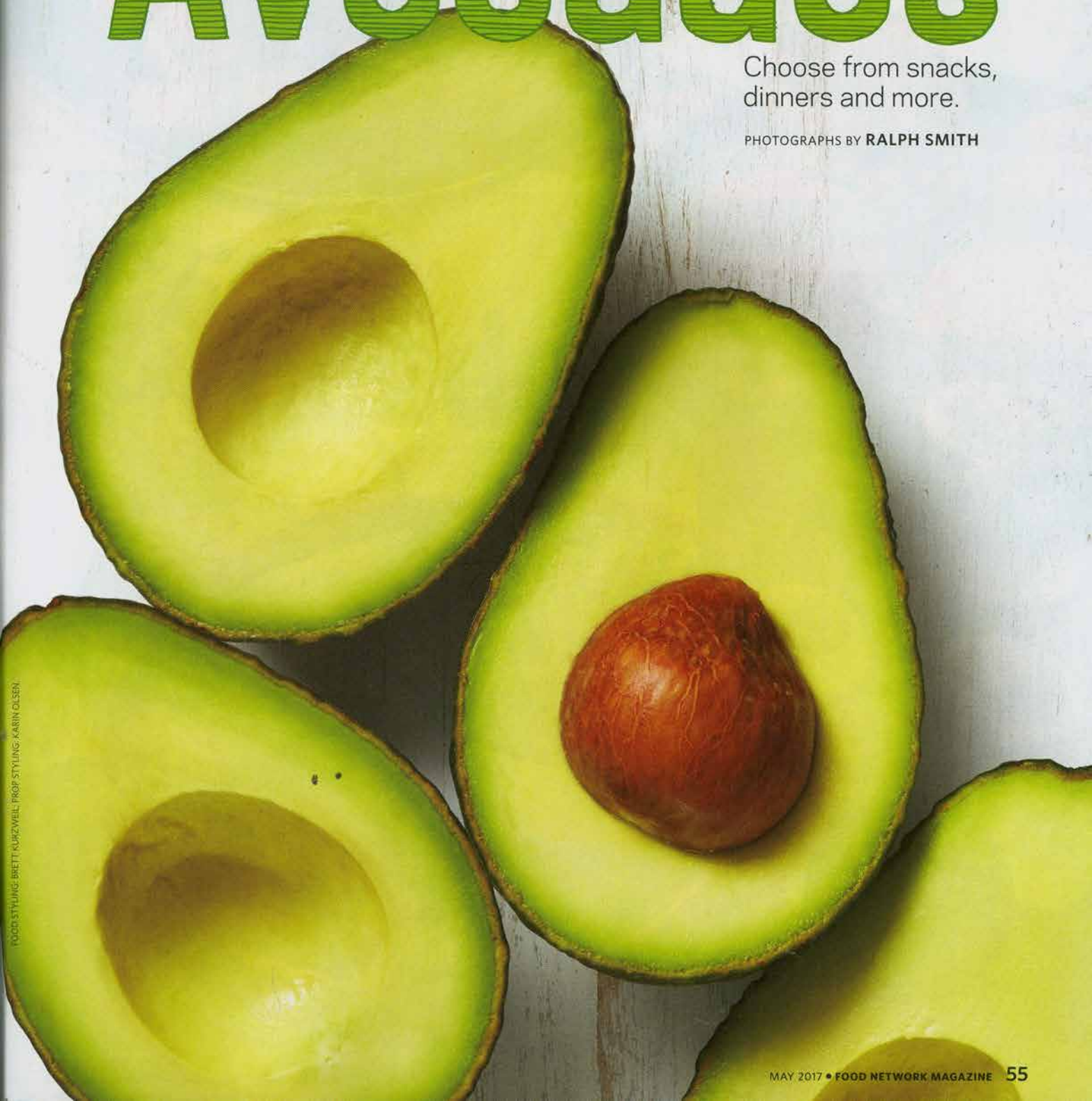


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50 things to make with Avocados

Choose from snacks,
dinners and more.

PHOTOGRAPHS BY RALPH SMITH



FOOD STYLING: BRETT KURZWEIL; PROP STYLING: KARIN OLSEN

Mexican Grilled Corn
with Avocado
No. 38



Lobster-Avocado Sliders
No. 41



Chilled Avocado
Soup Shooters
No. 37



Poblano Guacamole
No. 15



To ripen avocados, place in a paper bag with an apple or banana for a day or two. The fruits release ethylene gas, which speeds up ripening.

Avocado Flatbread
with Soppressata
No. 30



Avocado Ranch Dip
No. 23



Avocado Deviled Eggs
No. 18



Nacho Avocado Toast
No. 32



MIX & MATCH
QUESO

Make the ultimate cheese dip with this customizable recipe.

PHOTOGRAPHS BY LEVI BROWN

Cheddar-American
Queso with Bacon
and Green Chiles



1

SHRED YOUR CHEESE

Choose up to 3 of the following and shred 2 cups total (about 8 ounces) on the large holes of a box grater.



Cheddar
(mild, sharp,
smoked or
chipotle)



Pepper jack



Monterey jack



American



Havarti



Muenster



Mozzarella
(low-moisture)



Processed
cheese (such
as Velveeta;
cut into cubes)

2

PREP YOUR MIX-INS

Choose up to 3 of the following and prepare 1 cup total.

- Chorizo, cooked and crumbled
- Bacon, cooked and crumbled
- Ground beef or turkey, cooked and crumbled
- Rotisserie chicken, skin removed, chopped
- Shrimp, cooked and chopped
- Crab or lobster meat, chopped
- Onions, chopped and sautéed
- Mushrooms, chopped and sautéed
- Zucchini, chopped and sautéed
- Frozen fire-roasted corn, thawed
- Poblano peppers, roasted and diced
- Canned black or pinto beans, drained and rinsed
- Jarred roasted red peppers, chopped (use only $\frac{3}{4}$ cup)
- Canned chopped green chiles, drained (use only $\frac{1}{4}$ cup)

3

PICK YOUR SPICES

Melt 2 tablespoons butter in a 10-inch cast-iron skillet over medium heat.

Add 1 minced garlic clove and 1 finely chopped jalapeño (remove seeds for less heat); cook until softened, about 4 minutes. Sprinkle in 2 teaspoons spice, using any combination of the following:

- Ground cumin
- Chili powder (regular or ancho)
- Taco or fajita seasoning
- Ground coriander
- Paprika (sweet, hot or smoked)
- Chopped chipotle in adobo (use 1 tablespoon)

4

MAKE THE QUESO

Whisk $1\frac{1}{2}$ cups half-and-half (or 1 cup half-and-half and $\frac{1}{2}$ cup beer) and $\frac{1}{2}$ teaspoon salt into the skillet. Bring to a simmer, then remove from the heat and whisk in 4 ounces cubed cream cheese until melted. Whisk in the shredded cheese in batches until melted, then add your mix-ins. Return the skillet to low heat and stir until heated through.

5

ADD YOUR TOPPINGS

Sprinkle the finished queso with any of the following:



Pickled
jalapeños



Black olives



Cilantro,
chopped



Tomato,
chopped



Red onion,
chopped



Bell pepper,
chopped



Scallions,
chopped



Try this at home:

CHURROS

The Kitchen's Sunny Anderson shows us how to make a favorite Mexican treat.

PHOTOGRAPHS BY DAVID MALOSH

1. Make the dough.

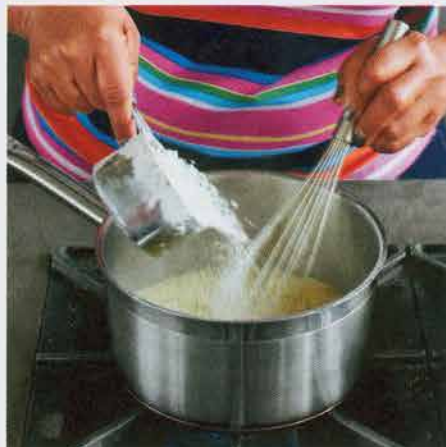
SUNNY'S CHURROS

ACTIVE: 40 min | TOTAL: 1 hr 15 min
MAKES: about 30

- 1 stick unsalted butter
- $\frac{1}{4}$ teaspoon salt
- 2 limes
- 1 cup all-purpose flour
- 3 large eggs
- Vegetable oil, for frying
- $\frac{1}{2}$ cup sugar
- 2 teaspoons ground cinnamon



Combine the butter with 1 cup water and the salt in a medium saucepan over medium heat; grate in the zest of 1 lime.



Let the butter melt, then bring the mixture to a simmer and slowly whisk in the flour.



Remove from the heat and keep whisking until the dough forms a ball and pulls away from the side of the pan.



Whisk in the eggs, one at a time, mixing each in completely before adding the next.

“

I did a lot of research—as in, I ate a lot of churros—to come up with this recipe!”

2. Fry the churros.



Fit a pastry bag with a medium open star tip. Prop up the bag in a glass and cuff the bag over the edge. Fill with the dough and refrigerate 15 minutes.



Meanwhile, fill a large pot with 2½ inches of vegetable oil. Heat until a deep-fry thermometer registers 350°. Working in batches, slowly squeeze 3-inch-long strips of dough into the oil, breaking off the dough with your fingers or a knife.



Working in batches, fry the churros, 5 to 6 minutes, flipping halfway through, until golden brown and crisp.



Remove the churros with tongs and drain on a paper towel-lined baking sheet. Let cool slightly.

TO GET AUTHENTIC RIDGES, USE A MEDIUM OPEN STAR PASTRY TIP. THE OPENING SHOULD BE ABOUT THE WIDTH OF YOUR PINKY FINGER.

“ I add a little lime to my churros—it’s my go-to citrus for Mexican food.”

3. Coat the churros.



Combine the sugar, cinnamon and the zest of the remaining lime in a small paper bag.



Working in batches, add the churros to the bag and shake to coat in the cinnamon sugar. Serve warm.



Little black dress.



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AFTER THE VOICE

PIECE OF CAKE!

Surprise friends on Cinco de Mayo with a seven-layer...dessert.

PHOTOGRAPHS BY RALPH SMITH



MARASCHINO
CHERRIES

CANDY
MELTS

COCONUT

STRAWBERRY
SAUCE

GREEN
FROSTING

WHIPPED
CREAM

CHOCOLATE
PUDDING

Don't try dunking tortilla chips into this dip—there's a cake inside! To make the fake-out dessert, we put vanilla cake in a large glass bowl (a flat-bottom 8- to 10-inch bowl is best) and surrounded it with seven layers of sweets to look just like everyone's favorite Tex-Mex dip. Scoop it out with a big spoon so you get a bit of everything! Turn the page for the how-to.

SEVEN-LAYER DIP CAKE

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

Cooking spray

- 1 16- to 18-ounce box yellow cake mix (plus required ingredients)
- 1 3.4-ounce box instant vanilla pudding (plus required ingredients)
- 1 to 2 tablespoons unsweetened cocoa powder
- 1½ pounds strawberries

- 2 cups coconut flakes
- Yellow, green, black and red food coloring
- 1 cup yellow candy melts
- ¼ cup orange candy melts
- 8 maraschino cherries
- 1½ cups whipped cream
- 1 16-ounce tub vanilla frosting



HOW TO

Make the Seven-Layer Dip Cake



1
Preheat the oven to 350°. Coat two 9-inch round cake pans with cooking spray. Prepare the cake mix as directed; divide between the pans and bake as directed. Let cool on a rack.



2
For the refried beans, make the pudding as the label directs; fold in the cocoa powder until combined. Transfer to a large resealable plastic bag and refrigerate until ready to use.



3
For the salsa, hull the strawberries and finely chop. Mash with a fork until juicy; set aside.



4
For the lettuce, combine the coconut, 2 drops yellow food coloring, 1 drop green food coloring and 2 teaspoons water in a resealable plastic bag; shake and massage to distribute the color.



5
For the cheese, melt the yellow and orange candy melts together in the microwave, stirring, until smooth. Let cool slightly, then transfer to a resealable plastic bag and snip a small corner. Make lines back and forth on 2 parchment-lined baking sheets; let set.



6
For the olives, thinly slice the cherries; combine with 3 to 4 drops black food coloring in a resealable plastic bag and shake to distribute the color. Transfer to a paper towel-lined plate; blot dry.



7
Stack the cakes and trim with a paring knife so that they are about 1½ inches smaller in diameter than your serving bowl. Transfer 1 cake to the bowl.



8
Pipe the pudding around the cake and up against the glass bowl; stop when the pudding is about three-quarters of the way up the side of the cake.



9
For the sour cream, put the whipped cream in a resealable plastic bag. Pipe on top of the pudding and cake. Place the second cake on top.



10
For the guacamole, tint the frosting with yellow and green food coloring, plus a few drops of red. Transfer to another resealable plastic bag; pipe around the second cake layer.



11
Strain the strawberries through a fine-mesh sieve, pressing to remove as much liquid as possible. Spoon the strawberry pulp on top of the cake and frosting.



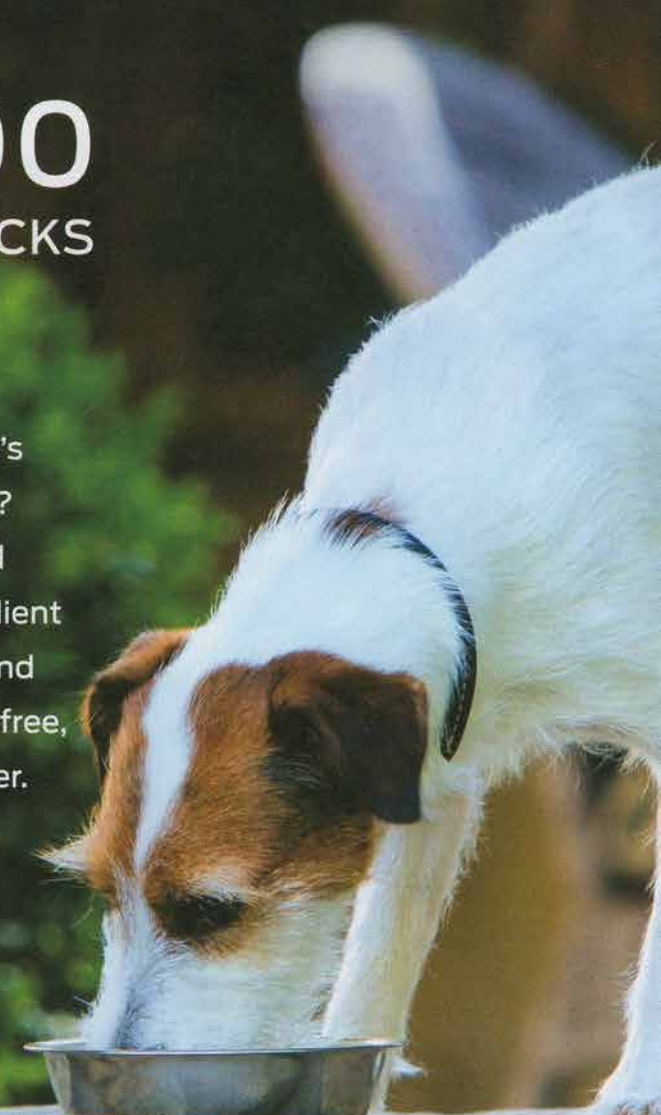
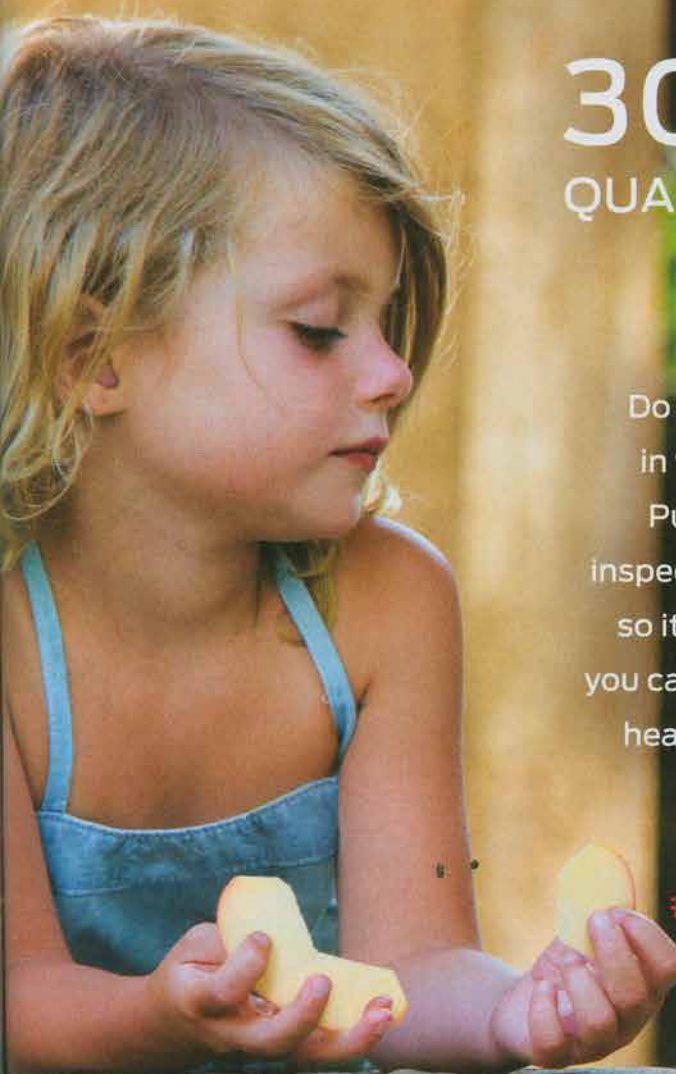
12
Sprinkle the coconut on top of the strawberry layer. Break the candy melt strands into small pieces; sprinkle on top of the coconut. Top with the maraschino cherries.

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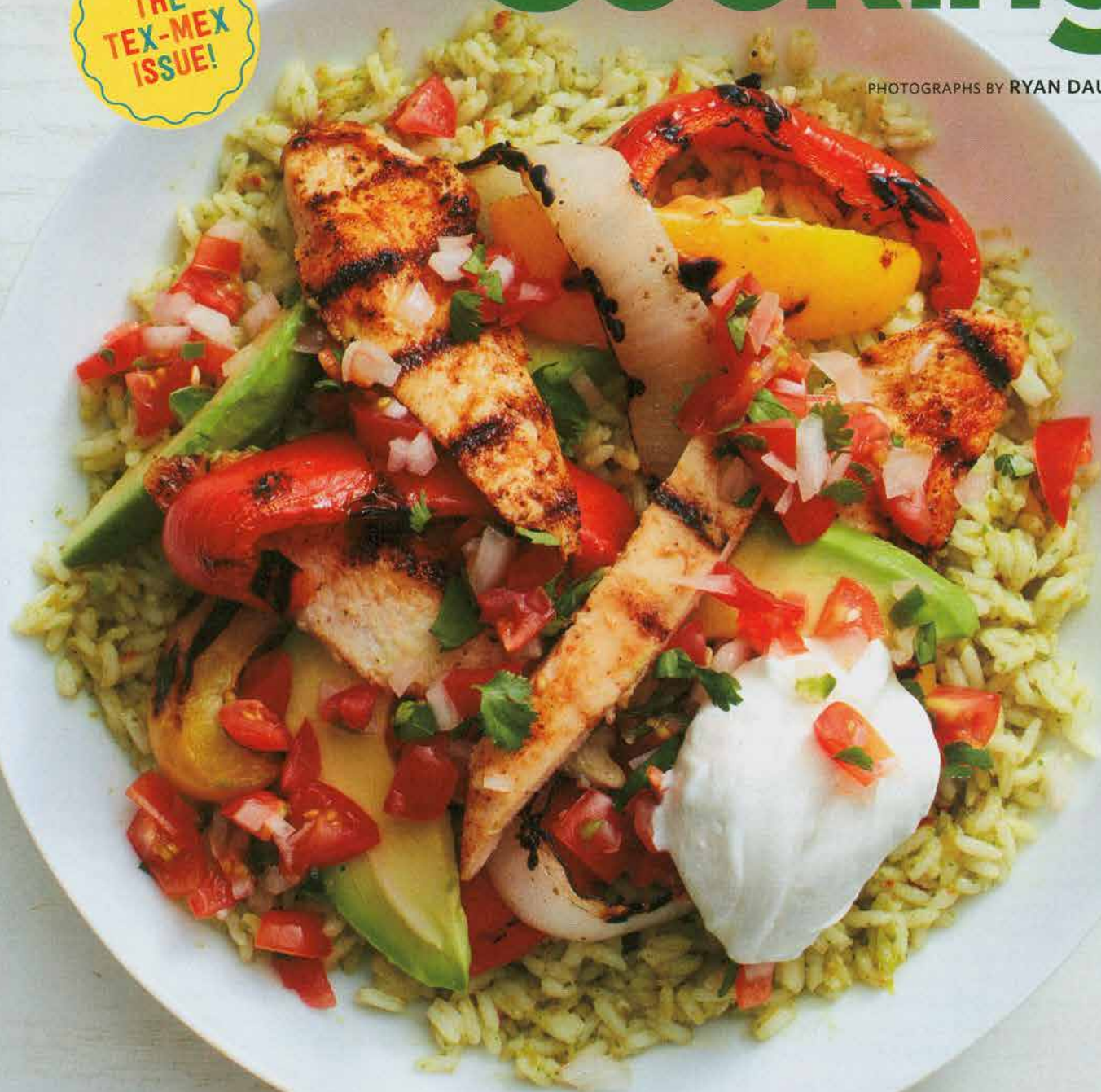
**Keep it real.
Keep it Tyson.**



Weeknight Cooking

THE
TEX-MEX
ISSUE!

PHOTOGRAPHS BY RYAN DAUSCH



Try turkey fajita
rice bowls!
See page 74.



SPICED BURGERS WITH CHILI ONION RINGS

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

- 1 large poblano chile pepper
- 1 14-ounce bag frozen onion rings
- Kosher salt and freshly ground pepper
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ cup spicy ketchup
- 1 tablespoon chopped fresh cilantro
- Grated zest and juice of 1 small lime
- 1¼ pounds lean ground beef
- 1 tablespoon vegetable oil
- 4 sesame hamburger buns, split and toasted
- 4 small romaine lettuce leaves

1. Preheat the broiler. Put the poblano on a baking sheet and broil, turning, until charred in spots, about 8 minutes. Transfer to a plate and let cool. Reduce the oven temperature and bake the onion rings as the label directs. Season with salt, pepper and ¼ teaspoon each chili powder and cumin.

2. Meanwhile, combine the ketchup, cilantro, a pinch of lime zest and half of the lime juice in a small bowl; add more lime juice and salt and pepper to taste. Refrigerate until ready to use.

3. Mix the ground beef, ½ teaspoon lime zest and the remaining 1¾ teaspoons chili powder and ¾ teaspoon cumin in a large bowl with your hands until just combined. Form into four ¾-inch-thick patties; season 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, 2 to 3 minutes per side for medium rare.

4. Peel, stem and seed the broiled poblano; cut into strips. Place the burgers on the buns with the ketchup sauce, lettuce and poblano. Serve with the onion rings and the remaining ketchup sauce.

Per serving: Calories 620; Fat 28 g (Saturated 8 g); Cholesterol 83 mg; Sodium 923 mg; Carbohydrate 57 g; Fiber 4 g; Sugars 13 g; Protein 33 g



CORN CHIP-CRUSTED CHICKEN

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

- 1 pound small red-skinned potatoes, quartered
- Kosher salt
- 1 head broccoli, florets and tender stems chopped (about 4 cups)
- 3 cups corn chips (about 6 ounces)
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- Freshly ground pepper
- ¾ cup sour cream
- ½ cup grape tomatoes, halved
- 1 tablespoon extra-virgin olive oil
- 1 scallion, thinly sliced
- 1 tablespoon finely chopped fresh cilantro
- Juice of ½ lime

You can use this recipe to make chicken fingers, too. Cut the breasts diagonally into strips before coating. Bake as directed.

1. Preheat the oven to 425°. Put the potatoes in a saucepan, cover with cold water and season with salt. Bring to a boil and cook until the potatoes are tender, 6 to 8 minutes, adding the broccoli halfway through. Drain and transfer the potatoes and broccoli to a large bowl; set aside.

2. Meanwhile, set a wire rack on a rimmed baking sheet. Pulse the corn chips in a food processor until finely ground. Transfer the crumbs to a shallow bowl. Season the chicken on both sides with salt and pepper. Spread the chicken with ¼ cup sour cream, coating both sides, then press into the corn chip crumbs to coat; transfer to the rack. Bake until crisp and cooked through, about 18 minutes.

3. Add the tomatoes and olive oil to the potatoes and broccoli; season with salt and pepper and toss. Mix the remaining ½ cup sour cream, the scallion, cilantro, lime juice, ½ teaspoon salt and 2 tablespoons water in a small bowl. Drizzle over the vegetables and serve with the chicken.

Per serving: Calories 710; Fat 31 g (Saturated 8 g); Cholesterol 147 mg; Sodium 809 mg; Carbohydrate 50 g; Fiber 6 g; Sugars 6 g; Protein 55 g

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potatoes
changed the world,
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AND MAKE
SOME *history.*



BEHOLD
The 9th
WONDER
OF THE WORLD

The role of potatoes throughout time could fill a library full of history books. Yet we're more excited about how they've filled our own library full of amazing potato dishes. Breakfast, lunch, dinner, dessert, snacks and more. Find Potato Gnocchi and browse hundreds of other recipes at PotatoGoodness.com/Gnocchi.

NESTEA

SIMPLE SOLUTIONS

Get fast and flavorful dinners to the table every night of the week. Check out these tips to spend less time cooking and more time with friends and family. Then, pop on over to the other side of this page for fresh secret ingredients to add “wow” to any weeknight meal.

PLAN AHEAD

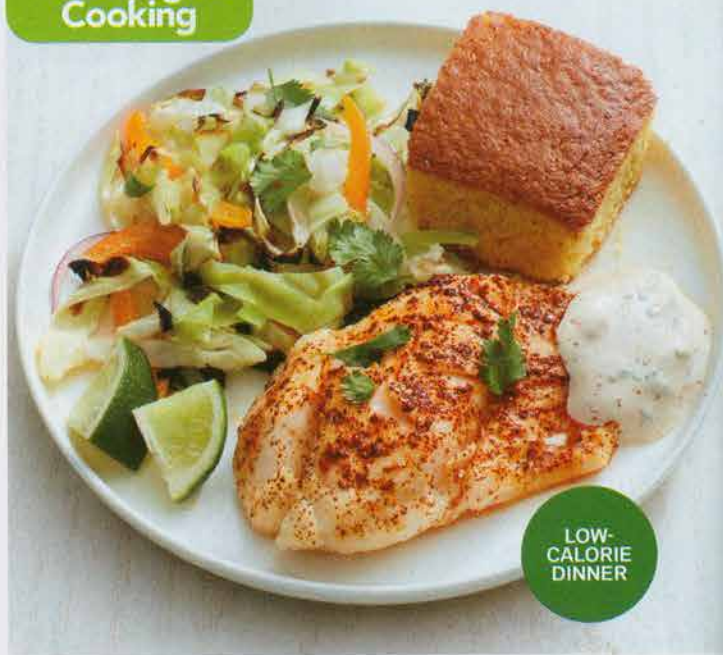
Plan weeknight meals on the weekend, when you have time to shop and restock. Then, prep smart. Look for precut mixed veggies, or chop veggies and store in tightly sealed containers in the fridge.

GO AHEAD

Farmers' market picks aren't just for weekends; make fresh fruits and vegetables a staple for weeknight meals, too. Whole foods are bursting with flavor, so just slice, season and serve.

Pair weeknight meals with the uncomplicated flavors of **NESTEA Iced Tea's** fruit flavors like **Raspberry, Peach and Lemon.**

Weeknight Cooking



LOW-CALORIE DINNER

CHILI-SPICED COD WITH ROASTED CABBAGE SLAW

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

- ½ head green cabbage, halved and thinly sliced (about 7 cups)
- 1 small red onion, thinly sliced
- 2 tablespoons vegetable oil
- Kosher salt
- 1 orange bell pepper, thinly sliced
- 2 tablespoons fresh lime juice, plus wedges for serving
- ⅓ cup mayonnaise
- 2 tablespoons chopped fresh cilantro, plus ¼ cup whole leaves
- 8 pickled jalapeño slices, finely chopped, plus 2 teaspoons brine
- 1 teaspoon ancho chile powder
- 4 6-ounce center-cut skinless Pacific cod fillets
- 4 pieces of cornbread

- 1.** Preheat the broiler and line a rimmed baking sheet with foil. Toss the cabbage, red onion, 1 tablespoon plus 1 teaspoon vegetable oil and ½ teaspoon salt on the prepared pan. Broil, turning occasionally, until the vegetables are crisp-tender and lightly charred, 6 to 8 minutes. Transfer to a large bowl and stir in the bell pepper and 1 tablespoon lime juice; season with salt. Reserve the baking sheet.
- 2.** Meanwhile, combine the mayonnaise, the remaining 1 tablespoon lime juice, the chopped cilantro, jalapeños and brine and ¼ teaspoon chile powder in a small bowl; set aside.
- 3.** Rub the fish with the remaining 2 teaspoons vegetable oil and ¼ teaspoon chile powder; season with salt and arrange on the baking sheet. Broil the fish until just cooked through, 5 to 7 minutes.
- 4.** Serve the fish with the mayonnaise sauce, slaw, cornbread and lime wedges. Top with the cilantro leaves.

Per serving: Calories 440; Fat 25 g (Saturated 3 g); Cholesterol 90 mg; Sodium 1,261 mg; Carbohydrate 30 g; Fiber 4 g; Sugars 1 g; Protein 27 g



MUSHROOM QUESADILLAS WITH SUCCOTASH

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

- 3 tablespoons unsalted butter
- 12 ounces sliced white mushrooms (5 to 6 cups)
- Kosher salt and freshly ground pepper
- 1 small red onion, thinly sliced
- 1 clove garlic, minced
- 1½ cups grated havarti cheese (about 6 ounces)
- 1 teaspoon dried oregano (preferably Mexican)
- 4 10-inch flour tortillas
- 1 red jalapeño pepper, seeded and thinly sliced
- 2 cups frozen corn
- 2 cups frozen lima beans
- 2 scallions, chopped

1. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add the mushrooms, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until browned and tender, 5 to 7 minutes. Add 1 tablespoon butter, the red onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Remove the vegetables to a plate; let cool. Wipe out the skillet.

2. Toss the cheese with the oregano in a large bowl. Sprinkle on one side of each tortilla and top with the mushroom mixture. Fold the tortillas in half to cover the filling.

3. Return the skillet to medium heat. Working in batches, cook the quesadillas, flipping once, until the cheese melts and the tortillas are browned and crisp, 5 to 7 minutes.

4. Meanwhile, melt the remaining 1 tablespoon butter in a medium saucepan over medium heat. Add the jalapeño and cook, stirring, until softened, about 2 minutes. Add the corn, lima beans, ½ cup water and a pinch of salt. Increase the heat to medium high and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until most of the liquid is evaporated, about 5 minutes. Season with salt and stir in the scallions. Cut the quesadillas into wedges and serve with the succotash.

Per serving: Calories 670; Fat 30 g (Saturated 16 g); Cholesterol 38 mg; Sodium 1,200 mg; Carbohydrate 80 g; Fiber 10 g; Sugars 5 g; Protein 27 g

What's the secret to getting simple, delicious weeknight meals on the table fast? Do less.

Start with our favorite standout ingredients, and work them into your weeknight dinners. When your focus is on fresh and flavorful, the less you do, the more they'll love everything you make.

FRESH PICKS

Add fresh raspberries to an orzo salad, slice and grill fresh peaches and serve as a side with pork, or perk up chicken or fish with fresh lemon zest.



WITH THE GRAIN

Add grains like farro and quinoa to hearty salads, or mix with veggies to make casseroles that can be reheated for weeknight meals.



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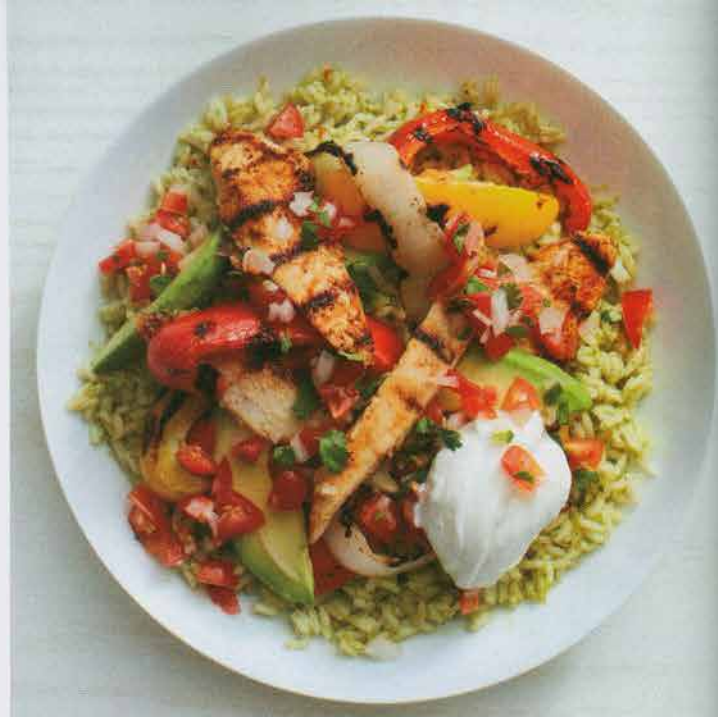
CHIPOTLE CHICKEN ENCHILADAS

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

- 9 corn tortillas
 - 1 15-ounce can crushed fire-roasted tomatoes
 - 1 cup low-sodium chicken broth
 - 2 tablespoons packed fresh cilantro
 - ½ small chipotle chile in adobo, plus 1 teaspoon sauce from the can
 - ½ teaspoon ground cumin
 - 2 tablespoons vegetable oil, plus more for the dish
 - Kosher salt and freshly ground pepper
 - 2 cups shredded rotisserie chicken (skin removed; about 8 ounces)
 - ½ cup sour cream
 - 1 cup shredded monterey jack cheese (about 4 ounces)
 - 1 cup shredded cheddar cheese (about 4 ounces)
- Diced avocado and sliced scallions, for topping

- 1.** Preheat the broiler. Tear 1 tortilla into pieces and transfer to a blender. Add the tomatoes, chicken broth, cilantro, chipotle and adobo, and cumin; puree until smooth.
- 2.** Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add the pureed sauce and simmer, stirring occasionally, until slightly thickened, 6 to 8 minutes. Remove from the heat and season with ½ teaspoon salt and a few grinds of pepper.
- 3.** Meanwhile, coat a 9-by-13-inch baking dish with vegetable oil. Mix the chicken, sour cream, ½ cup of each cheese and a pinch each of salt and pepper in a medium bowl. Warm the remaining 8 tortillas in the microwave as the label directs. Spoon about ¼ cup of the chicken mixture down the center of each tortilla and roll up to enclose. Arrange side by side in the prepared baking dish and brush with the remaining 1 tablespoon vegetable oil.
- 4.** Broil the enchiladas until lightly toasted, 3 to 5 minutes. Top with the tomato sauce and sprinkle with the remaining cheese. Broil until the sauce is bubbling and the cheese melts, 1 to 2 minutes. Top with avocado and scallions.

Per serving: Calories 620; Fat 43 g (Saturated 15 g); Cholesterol 95 mg; Sodium 1,176 mg; Carbohydrate 38 g; Fiber 6 g; Sugars 5 g; Protein 28 g



TURKEY FAJITA RICE BOWLS

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

- 1 cup basmati rice
- Kosher salt
- 2 bell peppers (1 red, 1 yellow), cut into thick strips
- 1 large white onion, sliced into thick rings
- 3 tablespoons extra-virgin olive oil
- Freshly ground pepper
- 1½ pounds turkey cutlets (about 6)
- 1 tablespoon fajita seasoning
- Juice of ½ lime
- 1 cup fresh cilantro
- 1 avocado, sliced
- ½ cup sour cream
- ½ cup pico de gallo or salsa

- 1.** Preheat a grill to high. Combine the rice, 1½ cups water and a pinch of salt in a medium saucepan. Bring to a boil, then reduce the heat to low and stir. Cover and cook until the liquid is absorbed and the rice is tender, about 18 minutes. Let stand, covered, 5 minutes.
- 2.** Meanwhile, put 1 bell pepper strip and 2 outer rings from 1 onion slice in a blender; set aside. Brush the remaining bell peppers and onion with 2 tablespoons olive oil; season with salt and pepper. Toss the turkey with the remaining 1 tablespoon olive oil and the fajita seasoning; season with salt and pepper.
- 3.** Grill the peppers and onion, turning halfway through, until tender and charred in spots, about 10 minutes. Remove the vegetables to a large bowl; add the lime juice. Season with salt and pepper and toss. Grill the turkey until marked and cooked through, 2 to 3 minutes per side. Remove to a cutting board; slice into strips.
- 4.** Puree the reserved bell pepper and onion with ¼ cup water, the cilantro and ¼ teaspoon salt. Fluff the rice with a fork and stir in the cilantro puree. Divide the rice among bowls; top with the turkey, vegetables, avocado, sour cream and pico de gallo.

Per serving: Calories 620; Fat 26 g (Saturated 6 g); Cholesterol 122 mg; Sodium 472 mg; Carbohydrate 49 g; Fiber 6 g; Sugars 5 g; Protein 46 g



TURKEY & CHEDDAR CRACKER STACKERS

12 - 1.5 OZ. BARS
 100% Juice
 10g Protein

MADE WITH REAL FRUIT!

Lunchables WITH 100% JUICE

10g Protein
 10g Fiber
 10g Sugar

CRACKER STACKERS
 100% Juice
 10g Protein

10g Protein
 10g Fiber
 10g Sugar

Every box is bursting with fun.



MAC AND QUESO WITH SAUSAGE

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

Kosher salt

- 6 ounces cavatappi or fusilli
- 3 hot turkey sausage links (about 8 ounces), casings removed
- 1 tablespoon all-purpose flour
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{3}{4}$ teaspoon ground cumin
- 1 cup whole milk
- 4 ounces processed cheese (such as Velveeta), cubed
- 2 large eggs, lightly beaten
- $\frac{1}{3}$ cup sour cream
- 1 10-ounce can diced tomatoes with chiles, drained
- 1 cup shredded Mexican cheese blend (about 4 ounces)

1. Preheat the broiler. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain, then transfer to an 8-inch square baking dish.

2. Meanwhile, cook the sausage in a medium saucepan over medium-high heat, breaking up the meat, until browned and crisp, about 10 minutes. Add the flour, chili powder, cumin and $\frac{1}{2}$ teaspoon salt and cook, stirring, until combined, about 1 minute. Slowly whisk in the milk, scraping up any browned bits. Add the processed cheese and whisk until melted and smooth, 1 to 2 minutes. Remove from the heat and whisk in the eggs. Return the saucepan to medium-low heat and cook, whisking, until thickened, 1 to 2 minutes. Whisk in the sour cream and tomatoes.

3. Pour the cheese sauce over the pasta and stir to combine. Sprinkle with the shredded cheese and broil until melted and bubbling, 2 to 3 minutes.

Per serving: Calories 560; Fat 28 g (Saturated 12 g); Cholesterol 194 mg; Sodium 1,482 mg; Carbohydrate 42 g; Fiber 2 g; Sugars 9 g; Protein 32 g



LOW-CALORIE
DINNER

GRILLED PORK TENDERLOIN AND SWEET POTATOES

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

- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 3 medium sweet potatoes

Kosher salt and freshly ground pepper

- 2 Persian cucumbers, chopped
- 1 cup chopped pineapple
- 1 scallion, sliced
- $\frac{1}{4}$ cup fresh cilantro, roughly chopped
- 1 tablespoon white wine vinegar
- 1 tablespoon packed light brown sugar
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- 2 small pork tenderloins (about 12 ounces each), trimmed

1. Preheat a grill to medium high and brush the grates with olive oil. Pierce the sweet potatoes all over with a fork and microwave until just cooked through, 5 to 7 minutes; let cool slightly, then slice into $\frac{1}{2}$ -inch-thick rounds. Transfer the sweet potatoes to a medium bowl and gently toss with 1 tablespoon olive oil, $\frac{1}{4}$ teaspoon salt and a few grinds of pepper.

2. Meanwhile, toss the cucumbers, pineapple, scallion, cilantro and vinegar in a medium bowl; season with salt and pepper. Set aside. Mix the brown sugar, chile powder, cumin, $\frac{3}{4}$ teaspoon salt and a few grinds of pepper in a separate bowl. Rub the pork all over with the remaining 1 tablespoon olive oil and the spice mixture.

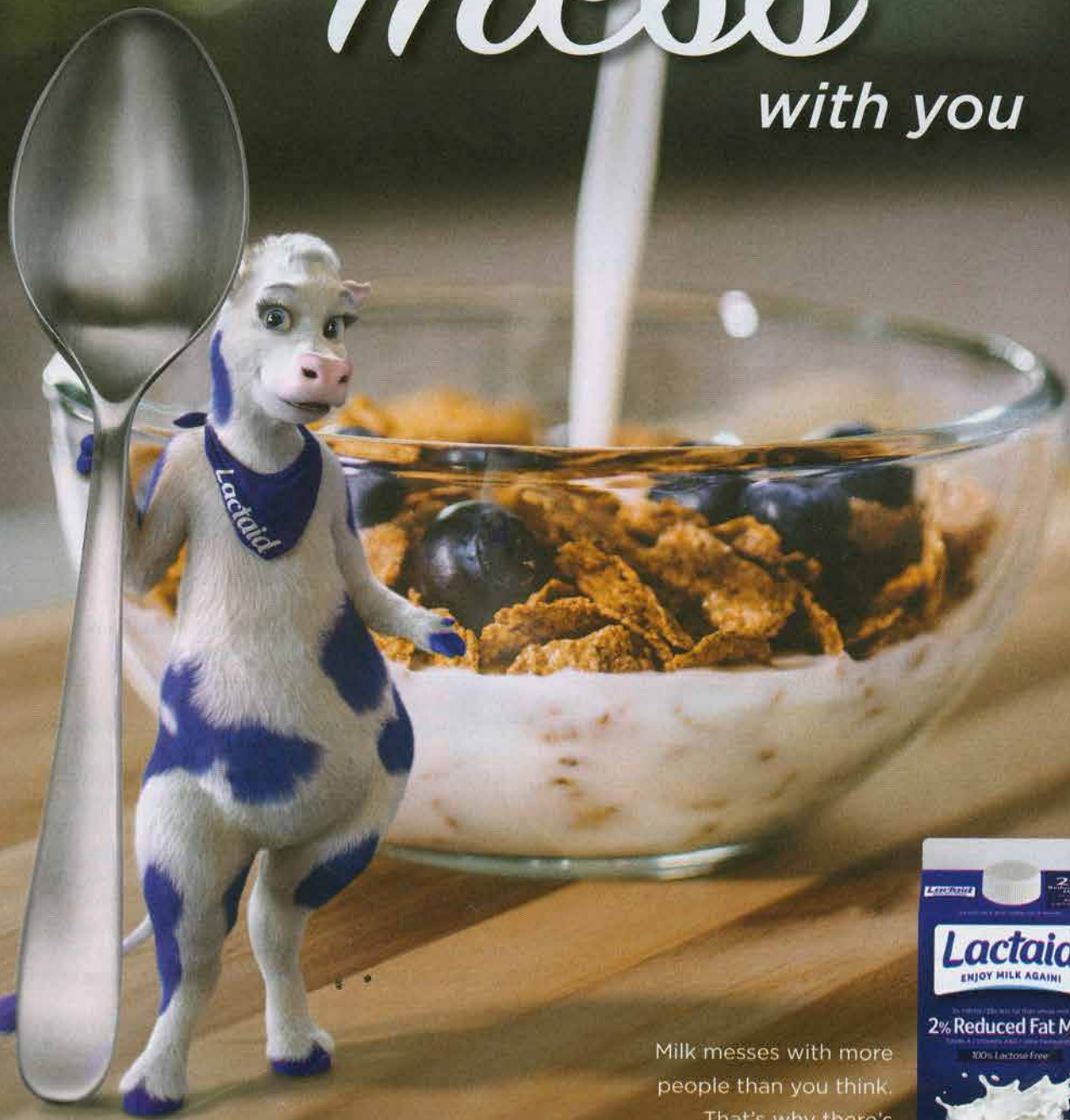
3. Grill the pork, covered, turning occasionally, until a thermometer inserted into the center registers 145°, about 15 minutes. Remove to a cutting board and let rest 5 minutes. Grill the sweet potatoes, turning once, until marked, about 3 minutes. Slice the pork and top with the cucumber-pineapple salsa. Serve with the sweet potatoes.

Per serving: Calories 390; Fat 12 g (Saturated 3 g); Cholesterol 92 mg; Sodium 652 mg; Carbohydrate 33 g; Fiber 6 g; Sugars 15 g; Protein 36 g

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with you



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BREAKFAST BURRITOS WITH CHORIZO

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

- 2 medium tomatillos (about 4 ounces), husked and rinsed
- 1 jalapeño pepper (remove seeds for less heat)
- 1 small red onion, quartered
- 2 cups roughly chopped fresh cilantro (leaves and tender stems)

Juice of 1 lime

Kosher salt and freshly ground pepper

- 4 ounces dried chorizo, thinly sliced
- 3½ cups frozen shredded or diced hash brown potatoes (about 1 pound)
- 4 large eggs, lightly beaten
- 1 16-ounce can low-sodium refried beans
- 4 10-inch flour tortillas, warmed
- 1 cup shredded mozzarella cheese (about 4 ounces)

1. Preheat the broiler. Put the tomatillos, jalapeño and red onion on a baking sheet and broil, turning once, until tender and charred in spots, about 10 minutes. Transfer the vegetables to a blender and add the cilantro, lime juice, ¼ cup water, ¾ teaspoon salt and a few grinds of pepper; puree until smooth.

2. Meanwhile, cook the chorizo in a large nonstick skillet over medium-high heat, stirring occasionally, until crisp, about 2 minutes. Remove to a large bowl with a slotted spoon. Add the potatoes to the drippings in the skillet; cover and cook, stirring halfway through, until golden brown and warmed through, 8 to 10 minutes. Add to the bowl with the chorizo and stir.

3. Add the eggs to the skillet and cook over medium heat, stirring, until scrambled, about 1 minute. Transfer to a bowl and cover. Wipe out the skillet and add the beans; warm through. Season with salt and pepper. Spread the beans in the center of each tortilla and top with the potatoes, chorizo, eggs and cheese. Fold the bottom edge of the tortilla over the filling, then fold in the sides and roll up. Serve with the tomatillo salsa.

Per serving: Calories 710; Fat 30 g (Saturated 11 g); Cholesterol 233 mg; Sodium 1,780 mg; Carbohydrate 78 g; Fiber 10 g; Sugars 6 g; Protein 34 g



CHICKEN TACO SALAD

ACTIVE: 25 min | TOTAL: 30 min | SERVES: 4

- 2 8-inch flour tortillas, quartered and sliced into strips
- 2 tablespoons vegetable oil
- 1¼ teaspoons grated lime zest, plus the juice of 2 limes
- Kosher salt and freshly ground pepper
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen fire-roasted corn, thawed
- 2 tomatoes, chopped
- 1 tablespoon chopped pickled jalapeños, plus 2 tablespoons brine
- ½ head iceberg lettuce, shredded (about 8 cups)
- 2 cups shredded rotisserie chicken (skin removed; about 10 ounces)
- 1 small avocado, chopped
- 1 cup grated sharp cheddar cheese (about 4 ounces)

1. Preheat the oven to 375°. Line a baking sheet with foil. Toss the tortilla strips with 1 tablespoon vegetable oil, ½ teaspoon lime zest, a pinch of salt and a few grinds of pepper in a medium bowl; spread in a single layer on the prepared pan. Bake, stirring halfway through, until browned and crisp, 10 to 12 minutes; let cool.

2. Meanwhile, toss the beans, corn, tomatoes, pickled jalapeños and brine, the remaining 1 tablespoon vegetable oil and ¾ teaspoon lime zest, the lime juice, ¾ teaspoon salt and a few grinds of pepper in a medium bowl. Let sit, tossing occasionally, until juicy, about 10 minutes.

3. Divide the lettuce among 4 bowls and top with the bean mixture and juices, chicken, avocado, cheese and tortilla strips.

Per serving: Calories 560; Fat 35 g (Saturated 11 g); Cholesterol 60 mg; Sodium 1,404 mg; Carbohydrate 48 g; Fiber 12 g; Sugars 8 g; Protein 28 g

SPICE UP

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Swap in **KING'S HAWAIIAN®**
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PULLED PORK & Coleslaw Sliders

TRY THIS MODERN TAKE ON TRADITIONAL HAWAIIAN PORK with a recipe that transforms a classic.

PULLED PORK

- 2 lbs. boneless pork country ribs, or boneless shoulder cut in 6 pieces
- ¼ cup packed light brown sugar
- 1 Tbsp. yellow mustard
- 2 large cloves garlic, minced
- 2 tsp. kosher salt
- ½ tsp. ground black pepper
- 2 Tbsp. canola oil
- 1 onion, thinly sliced
- 2 Tbsp. tomato paste
- ¼ cup each rice vinegar, soy sauce, water

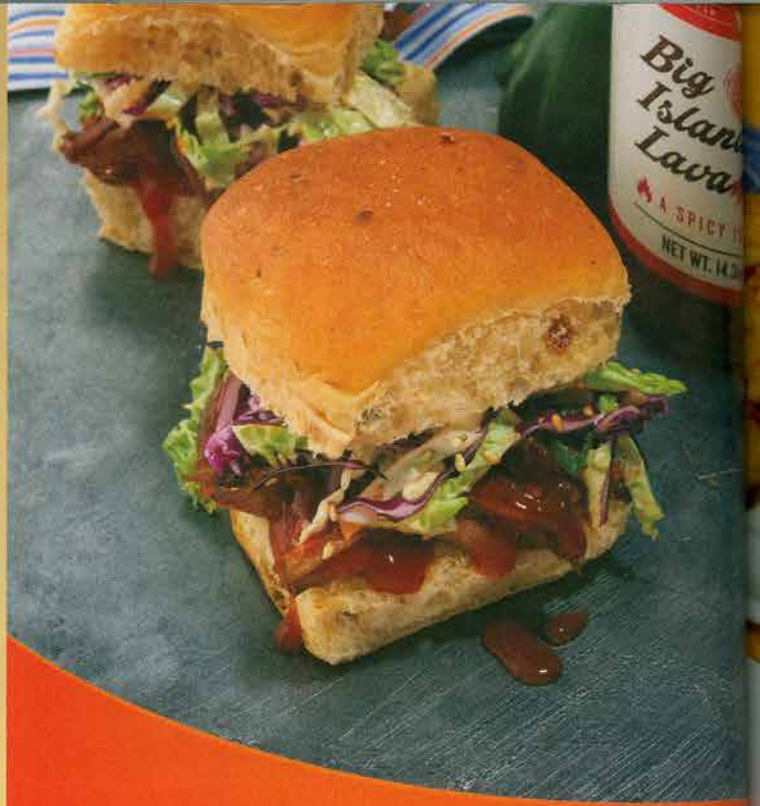
COLE SLAW

- ¼ cup mayonnaise
- 2 Tbsp. rice vinegar
- ¼ tsp. sugar
- 2 tsp. sesame seeds
- 1 green onion, sliced
- ¼ tsp. each salt and pepper
- 4 cups thinly sliced cabbage, any color
- 1 12-pack of KING'S HAWAIIAN® Original Hawaiian Sweet Rolls

PORK: Preheat oven to 325°F. Mix sugar, mustard, garlic, salt and pepper. Spread over pork. In pot, cook onion in oil 5 minutes until golden. Add tomato paste and liquids. Add pork and cover. Cook in oven 2½ hours. **SLAW:** Mix all ingredients except cabbage. Add cabbage, toss well. Refrigerate at least 30 minutes. **SLIDERS:** Remove pork from pot and simmer sauce 8 minutes. Shred pork and mix with sauce. Split rolls. Layer bottom half with pulled pork and coleslaw. Add top of roll. *Serve warm.*



Serves 6 • Active Time: 40 minutes • Total Time: 3 hours, 10 minutes



PULLED PORK & SPICY LAVA Coleslaw Sliders

ADD A ZESTY KICK TO YOUR COLESLAW WITH BIG ISLAND LAVA SAUCE and Sweet Jalapeño Rolls.

PULLED PORK

- 2 lbs. boneless pork country ribs, or shoulder cut in 6 pieces
- ¼ cup packed light brown sugar
- 1 Tbsp. yellow mustard
- 2 large cloves garlic, minced
- 2 tsp. kosher salt
- ½ tsp. ground black pepper
- 2 Tbsp. canola oil
- 1 onion, thinly sliced
- 2 Tbsp. tomato paste
- ¼ cup each rice vinegar, soy sauce, water

COLE SLAW

- ¼ cup mayonnaise
- 2 Tbsp. rice vinegar
- 1 Tbsp. KING'S HAWAIIAN® Big Island Lava Sauce
- 2 tsp. sesame seeds
- 1 green onion, sliced
- ¼ tsp. each salt and pepper
- 4 cups thinly sliced cabbage
- 1 12-pack KING'S HAWAIIAN® Hawaiian Sweet Jalapeño Rolls

PORK: Preheat oven to 325°F. Mix sugar, mustard, garlic, salt and pepper. Spread over pork. In pot, cook onion in oil 5 minutes until golden. Add tomato paste and liquids. Add pork and cover. Cook in oven 2½ hours. **SLAW:** Mix all ingredients except cabbage. Add cabbage, toss well. Refrigerate at least 30 minutes. **SLIDERS:** Remove pork from pot and simmer sauce 8 minutes. Shred pork and mix with sauce. Split rolls. Layer bottom half with pulled pork and coleslaw. Add top of roll. *Serve warm.*



Serves 6 • Active Time: 40 minutes • Total Time: 3 hours, 10 minutes



DOUBLE DECKER

Chicken Sliders

WITH ISLAND RELISH

SLIDERS TAKE A HAWAIIAN TURN with this delicious recipe featuring island fruits and classic Original Hawaiian Sweet Rolls.

RELISH

- 1½ Tbsp. canola oil
- ¼ cup finely diced red onion
- ¼ tsp. kosher salt
- 1 tsp. ground ginger
- ⅓ tsp. ground nutmeg
- 1 Tbsp. sugar
- 1 Tbsp. cider vinegar
- 1 Tbsp. juice from canned sliced pineapple
- ¾ cup finely diced mango
- 2 rings of canned sliced pineapple
- 1 Tbsp. chopped parsley or cilantro

CHICKEN

- 2 lbs. boneless, skinless chicken breasts
- Salt & pepper
- 6 slices pre-sliced swiss or muenster cheese, cut into 4 squares each
- 6 leaves green lettuce, halved
- 1 avocado, sliced thinly
- 1 12-pack of KING'S HAWAIIAN® Original Hawaiian Sweet Rolls

RELISH: Cook onion in oil 5 minutes. Add salt and spices. Add sugar, vinegar, juice. Cook 1 minute. Add mango, cook 1 minute. Add pineapple, let cool. Stir in parsley. **CHICKEN:** Place breasts on foil-lined sheet pan, freeze 15 minutes. Slice breasts crosswise on an angle, ¼ inch thick, making 24 roll-size cutlets. Oil foil and add cutlets. Season with salt and pepper. Broil on High 5–6 minutes. Immediately place 1 cheese square on top of each cutlet while hot. **SLIDERS:** Split rolls. Layer with ½ lettuce leaf, 2 chicken cutlets, avocado and relish. Add top half of roll. *Serve warm.*



Serves 6 • Active Time: 45 minutes • Total Time: 1 hour

FOR MORE RECIPES, VISIT KINGSHAWAIIAN.COM



DOUBLE DECKER

SPICY LAVA

Chicken Sliders

WITH ISLAND RELISH

MARINATE CHICKEN CUTLETS in Big Island Lava Sauce to boost flavor, then increase the heat with real jalapeños in Sweet Jalapeño Rolls.

RELISH

- 1½ Tbsp. canola oil
- ¼ cup finely diced red onion
- ¼ tsp. kosher salt
- 1 tsp. ground ginger
- ⅓ tsp. ground nutmeg
- 1 Tbsp. sugar
- 1 Tbsp. cider vinegar
- 1 Tbsp. juice from canned pineapple
- 2 tsp. KING'S HAWAIIAN® Big Island Lava Sauce
- ¾ cup finely diced mango
- 2 rings of canned sliced pineapple
- 1 Tbsp. chopped parsley or cilantro

CHICKEN

- 2 lbs. boneless, skinless chicken breasts
- Salt & pepper to taste
- ½ cup KING'S HAWAIIAN® Big Island Lava Sauce
- 6 slices pre-sliced pepper jack cheese, cut into 4 squares each
- 6 leaves curly green lettuce, halved
- 1 avocado, sliced thinly
- 1 12-pack KING'S HAWAIIAN® Hawaiian Sweet Jalapeño Rolls

RELISH: Cook onion in oil 5 minutes. Add salt and spices. Add sugar, vinegar, juice. Cook 1 minute. Add Lava Sauce and mango, cook 1 minute. Add pineapple, let cool. Stir in parsley. **CHICKEN:** Place breasts on foil-lined sheetpan, freeze 15 minutes. Slice breasts crosswise on an angle, ¼ inch thick, making 24 roll-size cutlets. Oil foil and add cutlets. Season with salt and pepper. Spread 1 teaspoon Lava Sauce over each cutlet. Broil on High 5–6 minutes. Immediately place 1 cheese square on top of each cutlet while hot. **SLIDERS:** Split rolls. Layer with ½ lettuce leaf, 2 chicken cutlets, avocado and relish. Add top half of roll.



Serves 6 • Active Time: 45 minutes • Total Time: 1 hour

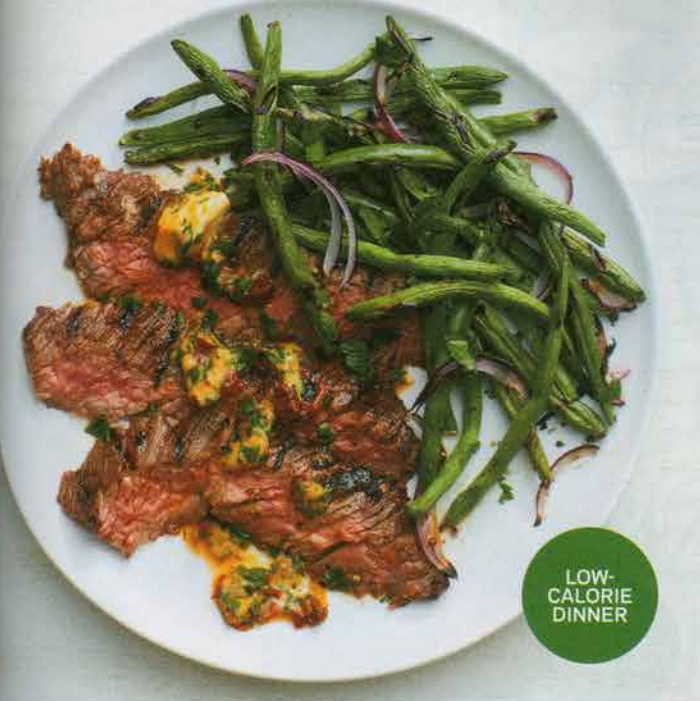
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Sweet, MEET HEAT.



**KING'S
HAWAIIAN.**

~Irresistible since 1950~

LOW-CALORIE
DINNER

CHIPOTLE SKIRT STEAK WITH GREEN BEANS

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

- ¼ teaspoon grated orange zest, plus 2 tablespoons orange juice
- 1 chipotle chile pepper in adobo, finely chopped, plus 1 tablespoon sauce from the can
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1½ pounds skirt steak, cut into 4 pieces
- 2 tablespoons unsalted butter, at room temperature
- 1 tablespoon chopped fresh parsley, plus more for topping
- Kosher salt
- 1½ pounds green beans, trimmed
- 1 small red onion, halved and sliced
- 4 teaspoons extra-virgin olive oil

1. Preheat a grill to medium high. Combine the orange juice, adobo and ½ teaspoon each cumin and coriander in a shallow dish. Add the steak and turn to coat. Set aside to marinate, 15 minutes. Meanwhile, combine the butter with the orange zest, chopped chipotle, parsley and ¼ teaspoon salt; refrigerate until ready to serve.

2. Crimp the edges of a 24-inch-long piece of foil to create a rimmed tray; set aside. Place the green beans in a large microwave-safe bowl with 1 tablespoon water; cover with plastic wrap and microwave until crisp-tender, 5 to 7 minutes. Drain and return to the bowl; add the red onion, olive oil, the remaining ½ teaspoon each cumin and coriander and ½ teaspoon salt. Spread the vegetables on the foil tray.

3. Transfer the tray to the grill and cook, tossing the vegetables occasionally, until they are tender and lightly charred, about 10 minutes. Remove the steak from the marinade and grill 3 to 5 minutes per side for medium rare; transfer to a cutting board and let rest 5 minutes, then slice against the grain.

4. Top the steak with the chipotle butter. Season the vegetables with salt and top with parsley. Serve with the steak.

Per serving: Calories 430; Fat 28 g (Saturated 10 g); Cholesterol 114 mg; Sodium 480 mg; Carbohydrate 14 g; Fiber 5 g; Sugars 6 g; Protein 34 g



SPAGHETTI WITH PEPITA PESTO AND CACTUS

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

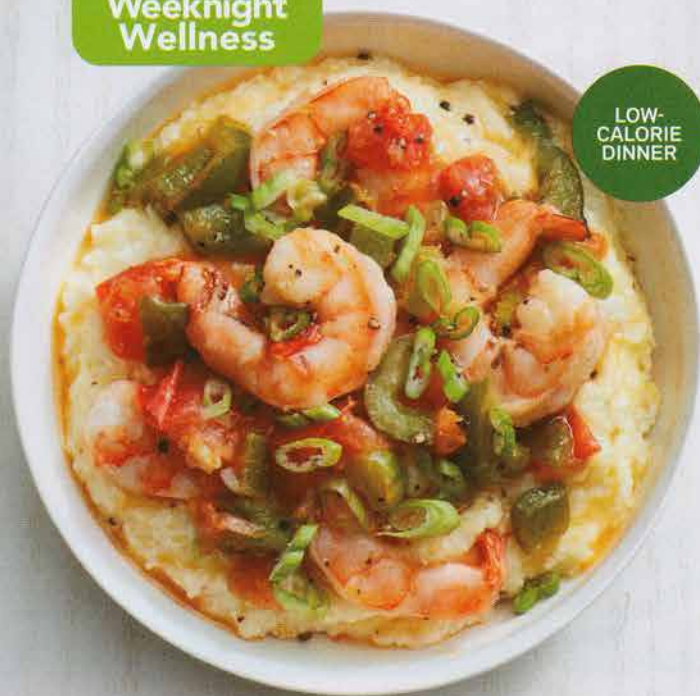
- Kosher salt
- 8 ounces spaghetti
- 1 28-ounce can or jar nopalitos (cactus), drained
- ⅓ cup pepitas (green pumpkin seeds)
- 1 bunch fresh cilantro, leaves only (about 3 cups)
- 2 cloves garlic, sliced
- ⅓ cup extra-virgin olive oil
- 1 tomato, finely chopped
- 1 Fresno chile pepper, finely chopped (remove seeds for less heat)
- ⅓ cup crumbled Cotija cheese
- Freshly ground pepper

1. Preheat the oven to 350°. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the cactus during the last 1 minute of cooking. Reserve 1 cup cooking water, then drain. Return the pasta and cactus to the pot.

2. Meanwhile, spread the pepitas on a baking sheet and toast in the oven until golden, about 8 minutes. Let cool 5 minutes, then transfer to a blender. Add the cilantro, garlic, olive oil and ½ cup of the reserved cooking water and puree until smooth.

3. Add the pepita pesto, tomato, chile and all but 2 tablespoons of the cheese to the pot with the pasta and cactus; toss to combine, slowly adding the remaining ½ cup cooking water as needed to loosen. Season with salt and pepper. Serve topped with the remaining 2 tablespoons cheese.

Per serving: Calories 520; Fat 29 g (Saturated 6 g); Cholesterol 14 mg; Sodium 668 mg; Carbohydrate 52 g; Fiber 5 g; Sugars 4 g; Protein 15 g



LOW-CALORIE
DINNER

SHRIMP AND PEPPER JACK GRITS

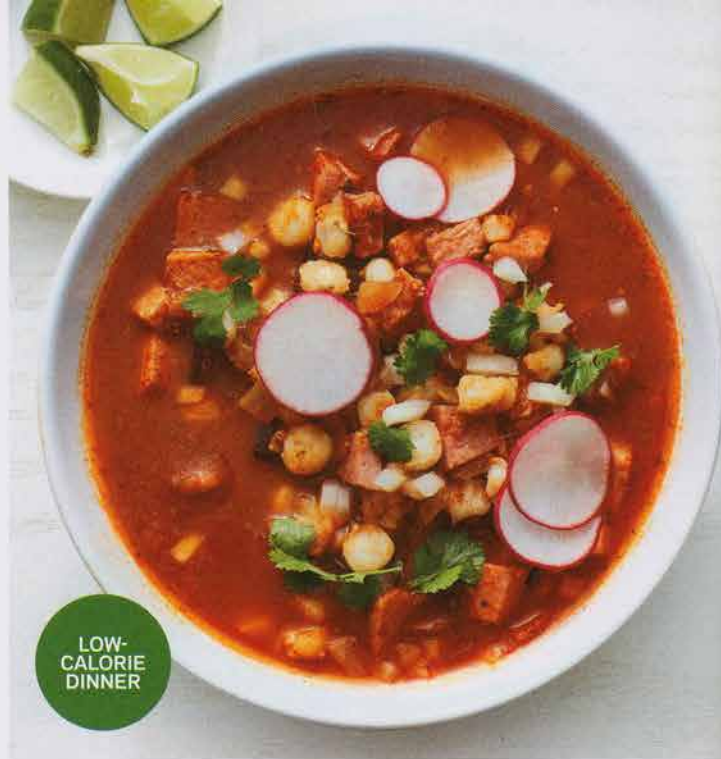
ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

Kosher salt

- 1 cup quick-cooking grits
- 4 tablespoons unsalted butter
- $\frac{3}{4}$ cup shredded pepper jack cheese (about 3 ounces)
- 1 pound large shrimp, peeled and deveined
- $\frac{1}{2}$ teaspoon cayenne pepper
- 2 stalks celery, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 4 scallions, thinly sliced (white and green parts separated)
- 1 tomato, chopped
- Juice of $\frac{1}{2}$ lemon

1. Bring 4 cups water to a boil in a medium saucepan; add $\frac{1}{2}$ teaspoon salt. Slowly whisk in the grits. Reduce the heat to a steady simmer and cook, whisking occasionally, until thickened, about 5 minutes. Whisk in 1 tablespoon butter and the cheese until melted. Season with salt. Set aside and cover to keep warm.
2. Meanwhile, season the shrimp with salt and the cayenne. Heat a large nonstick skillet over medium high heat; add 1 tablespoon butter. Add the shrimp and cook until opaque and lightly browned around the edges, about 2 minutes per side. Remove to a plate.
3. Add 1 tablespoon butter, the celery, bell pepper, garlic, scallion whites and a pinch of salt to the skillet. Cook, stirring occasionally, until the vegetables are crisp-tender, about 4 minutes. Add the tomato and cook until the pieces just start softening, about 1 minute.
4. Return the shrimp to the skillet along with the lemon juice, 2 tablespoons water and the remaining 1 tablespoon butter. Cook, tossing to coat, about 1 minute. Season with salt. Top each serving of grits with the shrimp and scallion greens.

Per serving: Calories 430; Fat 20 g (Saturated 11 g); Cholesterol 148 mg; Sodium 957 mg; Carbohydrate 40 g; Fiber 3 g; Sugars 3 g; Protein 21 g



LOW-CALORIE
DINNER

SMOKY PORK POSOLE

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

- 3 dried guajillo chile peppers, stemmed and seeded
- 4 cups low-sodium chicken broth
- 2 tablespoons vegetable oil
- 2 10-ounce bone-in smoked pork chops, diced (bones reserved)
- 1 white onion, diced, plus more for topping
- 5 cloves garlic, chopped
- 1 bay leaf
- 1 tablespoon dried oregano (preferably Mexican)
- 1 teaspoon ground cumin
- 2 15-ounce cans white hominy, drained and rinsed

Kosher salt and freshly ground pepper
Sliced radishes and fresh cilantro, for topping
Lime wedges, for serving

1. Heat a medium saucepan over high heat until very hot, about 1 minute. Add the chiles and cook, pressing them down with a spatula, until browned in spots, about 1 minute. Add 1 cup chicken broth and bring to a boil. Remove from the heat and set aside.
2. Heat the vegetable oil in a large pot or Dutch oven over high heat. Add the pork chop bones and cook, turning, until lightly browned on both sides, about 2 minutes. Add the onion, garlic and bay leaf and cook, stirring, until the onion is softened, about 2 minutes. Stir in the oregano and cumin and cook 30 seconds. Add the remaining 3 cups chicken broth and the hominy. Cover and bring to a simmer.
3. Puree the chile-broth mixture in a blender until smooth; add to the pot. Continue to simmer, uncovered, 10 minutes. Discard the pork bones and bay leaf. Add the diced pork and cook until warmed through, about 5 minutes. Season with salt and pepper. Top each serving with diced onion, sliced radishes and cilantro. Serve with lime wedges.

Per serving: Calories 470; Fat 26 g (Saturated 7 g); Cholesterol 45 mg; Sodium 1,368 mg; Carbohydrate 32 g; Fiber 5 g; Sugars 4 g; Protein 24 g

WELLNESS TIP

Cook with chiles: Researchers believe that capsaicin, the compound that gives peppers kick, has anti-inflammatory properties.



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Easy Sides



SWEET-AND-SOUR KALE

Cook 1 pound chopped **kale** in salted boiling water until tender, 3 minutes. Drain. Add 2 tablespoons **olive oil**, 1 sliced **red onion**, 3 smashed **garlic cloves** and $\frac{1}{4}$ teaspoon **kosher salt** to the pot. Cook over medium heat, stirring, until lightly browned, 10 minutes. Stir in $\frac{1}{4}$ cup **red wine vinegar** and 1 tablespoon **sugar**. Add the kale and cook, tossing, 1 minute. Season to taste.



GRILLED OKRA WITH SUN-DRIED TOMATOES

Toss 1 pound trimmed **okra** with 2 tablespoons oil from a jar of **sun-dried tomatoes**, $\frac{1}{2}$ teaspoon each **kosher salt**, **celery seeds** and **paprika**, and a pinch of **cayenne**. Thread onto double metal skewers, adding sun-dried tomatoes to both ends of each. Grill over medium-high heat, turning occasionally, until tender and charred, 8 to 10 minutes.



BEER AND BACON BEANS

Sauté 3 chopped **bacon slices**, 1 chopped **onion**, 2 chopped **garlic cloves** and $\frac{1}{2}$ teaspoon each **ground cumin**, **kosher salt** and **pepper** in **vegetable oil** in a large skillet over medium-high heat, 8 minutes. Add $\frac{1}{2}$ cup **dark Mexican beer**; simmer 1 minute. Add two 15-ounce cans **pinto beans** (drained and rinsed) and 1 cup water; simmer 5 minutes. Stir in $\frac{1}{4}$ cup chopped **cilantro** and the juice of 1 **lime**.



CHILE-CHEESE ROLLS

Melt 2 tablespoons **butter** with $\frac{1}{2}$ grated **garlic clove** and a pinch of **pepper**. Slice one 11-ounce tube refrigerated **French bread dough** into 12 pieces; arrange cut-sides down on a baking sheet. Brush with the garlic butter and top each with a **pickled jalapeño slice** and a $\frac{3}{4}$ -inch cube of **monterey jack cheese**. Bake at 375° until golden brown, 20 minutes.

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

INSIDE THE Test Kitchen

Go behind the scenes
of this issue.



SO SUCCULENT

The first time I cooked with cactus, I had to shave off all the prickly thorns myself. I don't recommend this! You can buy cactus already cleaned, cooked and canned, which is what we used for the pasta on page 83. Look for nopalitos in the Latin section of your supermarket.

WE SAY TOMATILLO

Don't mistake a tomatillo for a high-maintenance ingredient: All you have to do is pull off the papery husk, give it a quick rinse and you're left with a great tart fruit that's delicious raw or roasted. Use tomatillos to make your own salsa verde to serve with the burrito on page 78, or try them with the salmon on page 101.



AVOCADOS ALL AROUND

We used hass avocados for almost all the recipes in the booklet on page 55. They're brown and bumpy on the outside and they have more fat and tend to be richer and creamier than other varieties. If you're an avocado fan, try baby avocados sometime: They come in an egg carton and they're the perfect single-serving size.



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 another 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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CACTUS: RYAN DAUSCH; AVOCADO CARTON: SHANEY FARMS.

BOTOX[®]
—Cosmetic
onabotulinumtoxinA *injection*

RETHINK

Your crow's feet

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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 **FOR THE LOVE OF LEAVES** 



Weekend Cooking

Make mango salsa
for taco night!
See page 103.



Marcela's Sunday Supper

The Kitchen cohost makes a great California-style Mexican dinner from her new cookbook.

PHOTOGRAPHS BY CON POULOS



Marcela Valladolid never waits for a special occasion to throw a dinner party. "Even if it's just me and my fiancé, Philip, we cook from scratch and set the table with the good dinnerware," says the mom of three. On weekends she takes the festivities one step further, inviting relatives, godparents and friends for beautifully plated family-style meals. On her menus: simple but impressive dishes like roasted salmon with tomatillos, salads made with vegetables from her garden—and lots of wine. "I try to make the adults drink so they'll stay longer!" she says, laughing. Marcela took a brief break from her hosting duties after she had her baby girl, Anna, in December, but now that it's spring, she's back in entertaining mode. Here's a favorite menu from her latest cookbook, *Casa Marcela*.



“The tomatillos taste nice and tart, like a very green tomato sprinkled with lemon and lime.”



“I love how bright, crisp and fresh the ingredients in this salad are.”

RECIPES FROM CASA MARRICELA: RECIPES AND FOOD STORIES OF MY LIFE IN THE CALIFORNIAS. COPYRIGHT © 2017 BY MARCELA VALLADOLID. BY ARRANGEMENT WITH HOUGHTON MIFFLIN HARCOURT. FOOD STYLING: CHRISTINE ALBANO. PROP STYLING: CARLA GONZALEZ-HART. PORTRAIT: ISABELLA MARTINEZ-FONCKE.

“

The cinnamon
in this ice cream
reminds me
of churros.”



Find these recipes and
more in *Casa Marcela*
(\$30, Houghton Mifflin
Harcourt).

I realized my husband's Alzheimer's symptoms had progressed when he didn't recognize our grandson.

IF YOUR LOVED ONE WITH MODERATE ALZHEIMER'S IS TAKING DONEPEZIL 10 MG,

ASK IF NAMZARIC® MAY BE RIGHT FOR THEM.



Once-daily NAMZARIC® is a prescription medicine approved to treat moderate to severe Alzheimer's disease in patients who are taking donepezil HCl 10 mg, the active ingredient in Aricept®.

NAMZARIC is the **FIRST AND ONLY** once-a-day treatment that works in 2 ways in the brain to help fight the symptoms of moderate to severe Alzheimer's disease (AD).

IF YOUR LOVED ONE WITH MODERATE AD IS TAKING DONEPEZIL 10 MG, NAMZARIC MAY:

- Improve cognition, also known as mental function
- Improve overall function
- Slow down the worsening of symptoms for a while



There is no evidence that NAMZARIC prevents or slows the underlying disease process in patients with Alzheimer's disease.

IMPORTANT RISK INFORMATION

NAMZARIC should not be taken by anyone who:

- has an allergy to memantine HCl, donepezil HCl, medicines that contain piperidines, or any of the ingredients in NAMZARIC.

Before taking NAMZARIC, tell the doctor about all of the patient's medical conditions, including:

- heart problems including an irregular, slow, or fast heartbeat
- asthma or lung problems
- seizures
- stomach ulcers
- bladder, kidney, or liver problems
- any surgical, dental, or other medical procedures scheduled when anesthesia may be used

Tell the doctor about all the medicines the patient takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Please see Brief Summary of Patient Information for NAMZARIC on adjacent page.

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Learn about a 30-day trial offer at NAMZARIC.com*

*Restrictions apply.

What are the possible side effects of NAMZARIC? NAMZARIC may cause serious side effects, including:

- muscle problems in patients given anesthesia
- slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking NAMZARIC.
- more stomach acid. This raises the chance of ulcers and bleeding especially when taking NAMZARIC. The risk is higher for patients who have had ulcers, or take aspirin or other NSAIDs.
- nausea and vomiting
- difficulty passing urine
- seizures
- worsening of lung problems in people with asthma or other lung disease

The most common side effects of memantine HCl include: headache, diarrhea, and dizziness.

The most common side effects of donepezil HCl include: diarrhea, not wanting to eat (anorexia), and bruising.

These are not all the possible side effects of NAMZARIC.

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.

Ask their healthcare provider about NAMZARIC today. Visit NAMZARIC.com for more information.

Brief Summary of Important Risk Information

NAMZARIC [nam-ZAIR-ick]
(memantine hydrochloride
and donepezil hydrochloride)
extended-release capsules

Namzanic™
(memantine HCl and donepezil HCl)
extended-release capsules

7/10 mg, 14/10 mg, 21/10 mg,
28/10 mg

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

What is NAMZARIC?

NAMZARIC is a prescription medicine used to treat patients with moderate to severe Alzheimer's disease. NAMZARIC contains 2 medicines, memantine hydrochloride (HCl), an NMDA receptor antagonist, and donepezil HCl, an acetylcholinesterase inhibitor. NAMZARIC is for people who are taking donepezil HCl 10 mg.

Who should not take NAMZARIC?

Do not take NAMZARIC if you are allergic to memantine HCl, donepezil HCl, medicines that contain piperidines, or any of the ingredients in NAMZARIC.

What should I tell my doctor before taking NAMZARIC?

Before taking NAMZARIC, tell your doctor about all of your past and present medical conditions, including if you have:

- heart problems including an irregular, slow, or fast heartbeat
- asthma or lung problems
- seizures
- stomach ulcers
- liver, kidney, or bladder problems
- surgical, dental, or other medical procedures scheduled and anesthesia may be used

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

What are the possible side effects of NAMZARIC?

NAMZARIC may cause serious side effects, including:

- muscle problems if you need anesthesia
- slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking NAMZARIC
- more stomach acid. This raises the chance of ulcers and bleeding especially when taking NAMZARIC. The risk is higher for patients who had ulcers, or take aspirin or other NSAIDs
- nausea and vomiting
- difficulty passing urine
- seizures
- worsening of lung problems in people with asthma or other lung disease

The most common side effects of memantine HCl include: headache, diarrhea, and dizziness. The most common side effects of donepezil HCl include: diarrhea, not wanting to eat (anorexia), and bruising. These are not all the possible side effects of NAMZARIC.

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

How should I take NAMZARIC?

- Take NAMZARIC exactly as your doctor tells you to take it
- Do not change your dose or stop taking NAMZARIC without talking to your doctor
- Take NAMZARIC by mouth 1 time each evening before going to bed, with or without food
- NAMZARIC capsules may be opened and sprinkled on applesauce before swallowing. Sprinkle all of the medicine in the capsule on the applesauce. Do not divide the dose
- If you do not open and sprinkle NAMZARIC capsules on applesauce, the NAMZARIC capsules must be swallowed whole. Do not divide, chew, or crush NAMZARIC capsules
- If you miss a dose take NAMZARIC at your next scheduled dose. Do not take 2 doses of NAMZARIC at the same time
- Do not use any NAMZARIC capsules that are damaged or show signs of tampering

What if I take more NAMZARIC capsules than I should?

If you take too much NAMZARIC, call Poison Control at 1-800-222-1222, or go to the nearest hospital emergency room right away.

What other information should I be aware of?

- The use of NAMZARIC in children is not recommended
- You should not breast-feed during treatment with NAMZARIC
- Tell your healthcare provider if you are pregnant or planning to become pregnant

Need more information?

The risk information provided here is not complete. It summarizes the most important information about NAMZARIC. If you would like more information, talk to your doctor.

For the FDA approved product labeling or for more information go to NAMZARIC.com or call 1-800-678-1605.

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NMZ92529 09/16

IRON CHEF IS BACK



IRON CHEF
— GAUNTLET —

SUNDAYS 9/8c





CUCUMBER, KOHLRABI AND SPINACH SALAD

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

- 4 cups loosely packed spinach
- Juice of 1 lemon
- ¼ cup extra-virgin olive oil
- Sea salt and freshly ground black pepper
- 1 tablespoon cider vinegar
- 1 tablespoon roughly chopped fresh lemon thyme or regular thyme
- 1 tablespoon roughly chopped fresh mint, plus more leaves for topping
- 2 bunches red radishes, thinly sliced
- 1 hothouse cucumber, unpeeled and thinly sliced
- 1 kohlrabi, peeled and thinly sliced (halved if large)
- 1 shallot, thinly sliced

1. Place the spinach on a platter and drizzle with half of the lemon juice, 1 tablespoon of the olive oil, and salt and pepper to taste.
2. Whisk the remaining lemon juice, remaining 3 tablespoons olive oil, the cider vinegar, lemon thyme, mint, ½ teaspoon salt and a few grinds of pepper in a small bowl until combined. Taste and adjust seasoning if needed. Toss the radishes, cucumber, kohlrabi and shallot with the lemon dressing and serve over the spinach. Top with more mint.



WHITE RICE WITH BASIL AND CORN

ACTIVE: 10 min | TOTAL: 25 min | SERVES: 4

- 1 cup long-grain rice
- 1 cup corn kernels
- 2 tablespoons unsalted butter
- 2 teaspoons salt
- 1 tablespoon chopped fresh basil

1. Combine the rice, corn and 2 cups water in a medium pot and bring to a boil. Add the butter and salt and swirl in the pan to combine and melt the butter. Decrease the heat to medium low, cover and cook until the rice is almost cooked through, about 10 minutes. Turn off the heat and let sit, covered, for 5 minutes to finish cooking.
2. Fluff the rice with a fork, add the basil and stir to combine. Serve immediately.





ROASTED TOMATILLO SALMON

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

- 1½ pounds small tomatillos, husked, rinsed and sliced into ½-inch rounds
- 2 cups sliced red onion
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 1 2-pound Atlantic salmon fillet
- 1 lemon, cut into thin slices
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh cilantro

1. Preheat the oven to 375°. Line a baking sheet with parchment paper.
2. In a bowl, toss the tomatillos and red onion with the olive oil, and salt and pepper to taste. Spread on the prepared baking sheet and top with the salmon fillet. Season the salmon with salt and pepper and top with the lemon slices, chopped chives and chopped cilantro. Roast 20 to 30 minutes for rare to medium rare. Transfer the salmon to a serving platter and return the tomatillo and onion mixture to the oven. Continue to roast until tender and caramelized, about 5 minutes more.
3. Serve the tomatillos and onions alongside the salmon.



CINNAMON ICE CREAM

ACTIVE: 15 min | TOTAL: 6 hr 15 min
SERVES: 4 to 6

- 1 14-ounce can sweetened condensed milk
- 5 tablespoons ground cinnamon
- 2 cups heavy whipping cream
- Candied pecans, for topping (optional)

1. Combine the condensed milk and cinnamon in a medium bowl. Set aside.
2. Whip the heavy cream in a medium bowl until stiff peaks form. Gently fold the whipped cream into the condensed milk mixture. Transfer to a 9-by-13-inch glass baking dish and cover with plastic wrap. Freeze without stirring until firm, at least 6 hours or overnight.
3. Scoop into bowls. Top with candied pecans.



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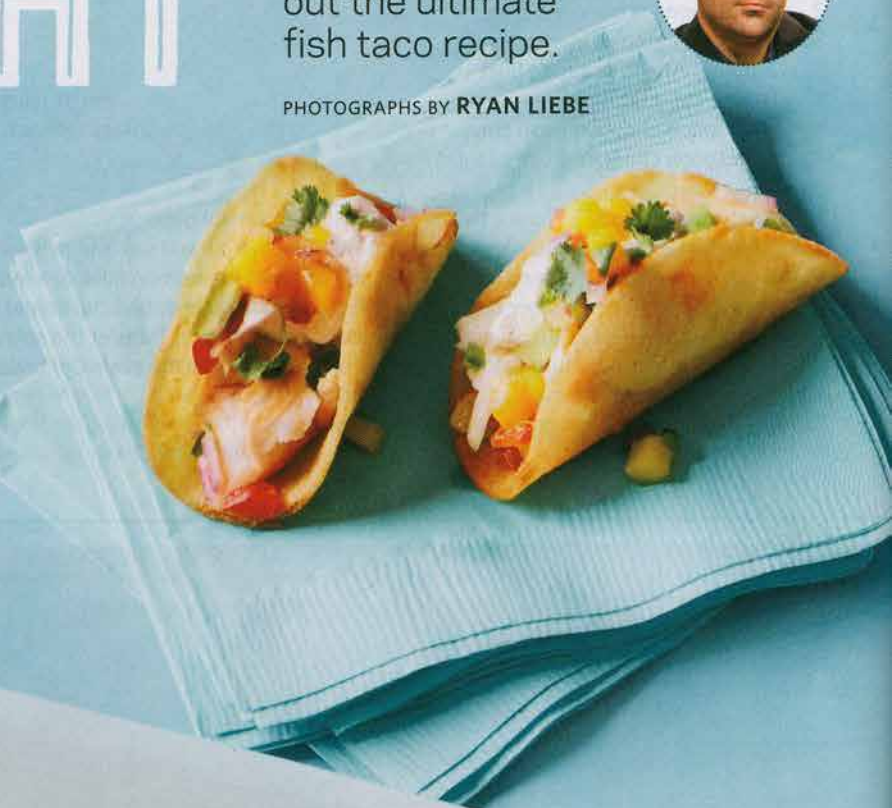
TACOS TONIGHT

Chopped judge
Chris Santos dishes
out the ultimate
fish taco recipe.



PHOTOGRAPHS BY RYAN LIEBE

Chris Santos's mom is Irish and his dad is Portuguese, but his favorite type of food to cook—and eat—is Mexican. Among his go-to dishes: chilaquiles, taquitos and, more than anything else, fish tacos. "If I could be anywhere in the world right now, I'd be on the beach in Mexico squeezing lime on a fish taco," Chris says. When he opened New York City's Stanton Social in 2005, his mini red snapper tacos were an instant crowd-pleaser. They're still as popular as ever 12 years later. Here's the recipe, from the chef's new cookbook, *Share*.



RED SNAPPER MINI TACOS WITH MANGO SALSA, CHIPOTLE CREAM AND GUACAMOLE

ACTIVE: 1 hr | TOTAL: 1 hr 25 min | MAKES: 18

- ¼ cup extra-virgin olive oil
- 2 skinless red snapper, perch or tilapia fillets (about 6 ounces each)
- 1 tablespoon sambal oelek or other Asian chili paste
- 1½ teaspoons pure ground ancho chile
- ½ teaspoon kosher salt
- ¼ cup fresh lime juice
- ¼ cup coarsely chopped fresh cilantro, plus more for topping
- 9 6-inch corn tortillas
- Vegetable oil, for frying
- Guacamole, mango salsa and chipotle cream, for serving (see right)
- Lime wedges, for serving

Special equipment:

- 3-inch round cookie cutter
- 6 small (½-inch-wide) cannoli forms

1. Heat the olive oil in a large nonstick skillet over medium-high heat until it is very hot but not smoking. Add the fish and cook, carefully turning once to avoid breaking the fillets, until lightly browned on both sides, about 3 minutes.

2. Mix the sambal oelek, ground ancho and salt together. Spread generously over the fish and continue cooking until the fish is barely opaque when flaked with the tip of a small knife, about 2 minutes more. Remove from the heat and add the lime juice and cilantro. Let the fish cool completely in the liquid. (The fish and its liquid can be transferred to a shallow dish, covered and refrigerated for 1 day.)

3. Use a 3-inch round cookie cutter to cut out 18 rounds from the tortillas. Pour enough vegetable oil to come about ¾ inch up the side of a heavy deep skillet and heat over medium-high heat until the oil is shimmering. Line a baking sheet with paper towels and place near the skillet. Have ready 6 small (½-inch-wide) cannoli forms. (If you have more forms, use them, but if you have only 6, they can be reused after they cool.)

4. Working with one tortilla round at a time, use tongs to dip a round in the oil just until it softens, about 3 seconds. Transfer to the paper towels. Place a cannoli form across the center of the round. Let the round cool slightly, then fold up the sides to make a taco-shell shape. Holding the round and cannoli form together with the tongs, transfer them to the hot oil and fry until the shell holds its shape, about 15 seconds. Let go of the shell and continue deep-frying until the shell is golden brown, about 30 seconds more. Return to the paper towels. (With practice, this will take less than a minute per shell and you can do more than one at the same time.) Let cool slightly; slide the form out of the shell. (The shells can be covered loosely with plastic wrap and stored at room temperature for up to 6 hours.)

5. Drain the fish and discard the marinade. Heat a large nonstick skillet over medium heat. Add the fish and cook, turning once, until warmed through, about 2 minutes. Do not overcook. Remove from the heat. Smear about ½ cup guacamole over the fish and set aside to warm the guacamole, about 2 minutes. Transfer to a bowl and use 2 forks to break the fish mixture into bite-sized pieces.

6. Divide the fish filling among the taco shells. To each taco, add about 1 tablespoon mango salsa and a drizzle of the chipotle cream. Transfer to a platter, add the lime wedges and sprinkle with cilantro. Serve immediately, with any remaining guacamole, salsa and chipotle cream on the side.

MANGO SALSA

Combine 1 diced mango, 1 diced red bell pepper, ½ cup chopped red onion, 2 tablespoons each fresh lime juice and finely chopped fresh cilantro, ½ teaspoon ground ancho chile and a pinch of cayenne pepper in a medium bowl; season to taste with salt. (The salsa can be covered and refrigerated for up to 4 hours.)

CHIPOTLE CREAM

Whisk ½ cup sour cream or Mexican crema, 1 minced canned chipotle in adobo, a pinch of ground ancho chile and ¼ teaspoon kosher salt in a small bowl. (The cream can be covered and refrigerated for up to 8 hours.)

GUACAMOLE

Combine 1 diced avocado, 1 diced seeded plum tomato, 2 tablespoons each minced fresh cilantro, red onion and seeded jalapeño pepper and 1 tablespoon fresh lime juice in a medium bowl; season to taste with salt. (The guacamole can be covered, with plastic wrap pressed directly on the surface, for up to 4 hours.)

You'll have tortilla scraps after cutting out the mini taco shells. Fry them, salt lightly and serve as chips with leftover guacamole and salsa.



Find this recipe and more in Chris's new book, *Share* (\$40, Grand Central Life & Style).



TIME FOR *Tres Leches*

Ina Garten makes an irresistible version of the classic make-ahead cake.

PHOTOGRAPH BY STEVE GIRALT



When I entertain, I'm always looking for dishes that I can make ahead, but desserts can be tricky: You can't always make them far in advance. The key is to choose something that stays moist over time, like Tres Leches ("three milks") Cake, a classic Latin American dessert. You bake a simple vanilla cake, then combine whole milk, evaporated milk and sweetened condensed milk and pour the entire mixture over the cake. The cake absorbs all the liquid and becomes incredibly moist as it sits. I make mine with the three traditional milks, along with heavy cream, plus almond extract and vanilla bean for extra flavor. Serve it with a dollop of whipped cream and fresh strawberries, which are just starting to appear at farm stands, and you'll wow your friends: They'll never know you made the cake days before they arrived!

XXX Ina





You can
prepare the
cake completely
and refrigerate
for up to
5 days.

TRES LECHEs CAKE WITH BERRIES

ACTIVE: 25 min | TOTAL: 1 hr 20 min (plus 6-hr chilling) | SERVES: 9 to 12

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon kosher salt
- 3 extra-large eggs, at room temperature
- 1 cup plus 5 tablespoons granulated sugar
- 2 teaspoons pure vanilla extract
- ½ cup whole milk
- 1¼ cups heavy cream
- 1 (12-ounce) can evaporated milk
- 1 (14-ounce) can sweetened condensed milk
- ½ teaspoon pure almond extract
- Seeds scraped from 1 vanilla bean
- 8 cups sliced fresh strawberries, for serving
- Sifted confectioners' sugar, for dusting
- Whipped cream, for topping

1. Preheat the oven to 350°. Butter a 9-by-13-by-2-inch baking pan.
2. Sift the flour, baking powder and salt into a small bowl and set aside. Place the eggs, 1 cup of granulated sugar and the vanilla extract in the bowl of an electric mixer fitted with the paddle attachment and beat on medium-high speed for 10 minutes (really!) until light yellow and fluffy. Reduce the speed to low and slowly add half the flour mixture, then the milk and finally the remaining flour mixture. Mix with a rubber spatula to be sure the batter is well mixed. Pour the batter into the prepared pan, smooth the top and bake for 25 minutes, until the cake springs back when touched lightly in the middle and a cake tester comes out clean. Set aside to cool in the pan for 30 minutes.
3. In a 4-cup liquid measuring cup, whisk together the heavy cream, evaporated milk, sweetened condensed milk, almond extract and vanilla seeds. Using a bamboo skewer, poke holes all over the cooled cake and slowly pour the cream mixture over the cake, allowing it to be absorbed completely before continuing to pour on more of the mixture. Cover the cake with plastic wrap and refrigerate for at least 6 hours.
4. To serve, toss the strawberries with the 5 tablespoons of granulated sugar. Dust the cake with confectioners' sugar, cut in squares and place on dessert plates. Surround the cake with the strawberries, put a dollop of whipped cream on top and serve.





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Party Time



Lucky Break!

Give everyone at your next party a personal piñata. To make these, cut an 8½-by-11-inch sheet of paper in half lengthwise, then roll each half into a 4¼-inch-long, 1½-inch-wide tube and secure with tape. Snip each tube partially across the middle (this is where the popper will break open). Wrap the tube in an unfolded paper napkin and tie one end closed with string; fill with candy, then tie the other end and fringe both ends. To break open, snap or twist the tube in the middle.

¡SALUD!

Get the party started with these fun Cinco de Mayo cocktails.

PHOTOGRAPHS BY LINDA XIAO



¡ MANGO
MEZCAL
BREEZE





HIBISCUS
GIN-AND-TONIC



SPICY
CUCUMBER
MARGARITA



GRAPEFRUIT
BEER COCKTAIL





MANGO MEZCAL BREEZE

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

- 1 cup frozen mango pulp, thawed
- ½ cup agave syrup
- Finely grated zest of 1 orange, plus ½ cup fresh orange juice (from 2 oranges)
- 6 fresh bay leaves
- 1 cup mezcal
- 2 tablespoons fresh lemon juice
- 2 tablespoons kosher salt
- ½ cup grenadine
- Seltzer, for topping

1. Combine the mango pulp, agave syrup and three-quarters of the orange zest in a small saucepan. Using tongs, lightly char each bay leaf directly over the flame of a gas burner on high heat, 3 to 4 seconds. Add 2 of the toasted bay leaves to the mango mixture and bring to a boil, then remove from the heat and let cool completely.
2. Pour the mango mixture into a small pitcher, discarding the soaked bay leaves. Stir in the mezcal and orange and lemon juices. Add ice and stir until well chilled, at least 15 seconds.
3. Combine the salt and remaining orange zest on a plate. Dip the rims of 4 glasses in water, then dip in the orange salt to coat.
4. Pour 2 tablespoons grenadine into each prepared glass. Fill the glasses with ice, then pour in the cocktail. Top with seltzer and garnish with the remaining toasted bay leaves.



HIBISCUS GIN-AND-TONIC

ACTIVE: 20 min | TOTAL: 1 hr 20 min | SERVES: 4

- ½ cup dried hibiscus flowers
- ½ cup sugar
- ¾ cup gin
- ¼ cup fresh lemon juice (from 1 to 2 lemons)
- 1½ cups tonic water

1. Bring the hibiscus flowers, sugar and ½ cup water to a boil in a small saucepan. Reduce the heat to medium and simmer, stirring, until the sugar is dissolved, about 2 minutes. Transfer to a small bowl and refrigerate until chilled, at least 1 hour or overnight.
2. Strain the hibiscus syrup into a liquid measuring cup, reserving some of the flowers for garnish. Combine the gin, lemon juice and ¼ cup of the hibiscus syrup in a small pitcher. Stir in the tonic. Add more hibiscus syrup to taste.
3. Fill 4 glasses with ice. Pour in the cocktail and garnish with the reserved hibiscus flowers.



SPICY CUCUMBER MARGARITA

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

- ¾ cup fresh lime juice (from 2 to 3 limes; reserve the squeezed limes)
- ¼ cup sugar
- ¼ cup fresh cilantro, leaves and tender stems separated
- 2 small jalapeño peppers, 1 halved and 1 thinly sliced and seeded
- 3 Persian cucumbers
- ½ cup kosher salt
- ¾ cup añejo tequila
- ¼ cup plus 2 tablespoons triple sec

1. Bring the lime juice, sugar, cilantro stems, halved jalapeño and ¼ cup water to a simmer in a small saucepan. Cook, stirring, until the sugar dissolves, about 1 minute. Transfer to a small bowl and refrigerate until chilled, at least 1 hour and up to 4 hours.
2. Meanwhile, puree the cucumbers in a blender. Strain the puree through a fine-mesh sieve into a liquid measuring cup, pressing on the solids with a rubber spatula. Refrigerate the cucumber puree until chilled.
3. Pulse the salt and cilantro leaves in a mini food processor until the salt is green; transfer to a small plate. Run the squeezed limes around the rims of 4 glasses, then dip in the cilantro salt to coat.
4. Strain the jalapeño syrup into a small pitcher. Stir in the cucumber juice, tequila and triple sec. Fill the prepared glasses with ice and add a few jalapeño slices. Pour in the cocktail.



GRAPEFRUIT BEER COCKTAIL

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

- 2 ruby red grapefruits, halved
- 2 tablespoons grated peeled fresh ginger
- 2 12-ounce bottles grapefruit beer
- 1 12-ounce can grapefruit soda
- ¾ cup bourbon

1. Slice 1 thin round of grapefruit; quarter the slice and set aside for garnish. Juice the remaining grapefruit halves into a pitcher (you should have about 1 cup juice). Wrap the ginger in a piece of cheesecloth or a kitchen towel and squeeze the juice into the pitcher. Stir in the beer, soda and bourbon.
2. Fill 4 glasses with ice. Pour in the cocktail and garnish with the reserved grapefruit slices.

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*Jicama
Salad*

PHOTOGRAPHS BY LINDA XIAO

Refried Beans

Classic Margaritas

Braised Brisket Tacos

Tomato Rice

FOOD STYLING: REBECCA HIRKOVICH
PROP STYLING: KARIN OLSEN





TOMATO RICE

Heat $\frac{3}{4}$ cup vegetable oil in a large saucepan over high heat. Add 2 cups white rice; toast 3 minutes. Puree 1 chopped cored large tomato, $\frac{1}{2}$ chopped small white onion, 1 garlic clove and 1 teaspoon kosher salt in a blender. Add to the rice and cook, stirring, until almost dry, about 5 minutes. Stir in 3 cups chicken broth and 2 tablespoons chopped cilantro; bring to a boil. Reduce the heat, cover and simmer until the liquid is absorbed, 20 minutes. Let sit, covered, 10 minutes. Fluff the rice with a fork, season with salt and pepper and top with more cilantro. Serves 8.



REFRIED BEANS

Heat $\frac{3}{4}$ cup lard or vegetable oil in a large skillet over medium heat. Add $\frac{1}{2}$ diced onion and cook, stirring, until soft, about 3 minutes. Add two 15-ounce cans black beans (drained), 1 cup chicken broth and $\frac{1}{2}$ teaspoon dried Mexican oregano. Cook, lightly mashing the beans, until the liquid is absorbed, about 5 minutes. Add 1 more cup chicken broth and cook until slightly saucy, about 7 minutes. (Stir in a splash of water if the beans are too thick.) Season with salt and pepper and top with crumbled Cotija cheese. Serves 8.

JICAMA SALAD

Peel 1 jicama ($1\frac{1}{4}$ pounds) and cut into thin matchsticks. Cut 4 radishes into matchsticks. Whisk 3 tablespoons olive oil, 2 tablespoons lemon juice, 2 teaspoons agave syrup, $\frac{1}{2}$ teaspoon kosher salt and a pinch of cayenne pepper in a large bowl. Add the jicama, radishes, 1 sliced scallion and 2 tablespoons each chopped cilantro and mint; toss. Season with salt. Serves 8.



BRAISED BRISKET TACOS

ACTIVE: 45 min | TOTAL: 3 hr 45 min | SERVES: 8

- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 2 teaspoons smoked paprika
- Kosher salt and freshly ground pepper
- 4 pounds beef brisket
- 1 tablespoon vegetable oil
- 2 poblano chile peppers, seeded and chopped
- 1 red onion, chopped
- 8 cloves garlic, smashed
- $1\frac{1}{2}$ teaspoons ground coriander
- $\frac{1}{2}$ teaspoon dried oregano (preferably Mexican)
- $1\frac{1}{2}$ cups tomato juice
- 1 cup low-sodium chicken broth
- 2 tablespoons apple cider vinegar

Corn tortillas, for serving

Shredded cabbage, sliced radishes, pickled jalapeños, pico de gallo and/or cilantro, for topping



1. Make the brisket: Preheat the oven to 325°. Mix 1 tablespoon chili powder, 2 teaspoons cumin, 1 teaspoon smoked paprika, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Score the fat on the brisket with the tip of a sharp knife (do not cut into the meat), then rub the spice mixture all over the brisket until coated. Heat the vegetable oil in a large Dutch oven over medium-high heat. Add the brisket fat-side down and cook until browned on both sides, 5 to 6 minutes. Transfer to a plate.

2. Add the poblanos, red onion, garlic, the remaining 1 tablespoon chili powder, 2 teaspoons cumin and 1 teaspoon smoked paprika, the coriander, oregano and a pinch of salt to the pot. Cook, stirring frequently, until the vegetables soften, 3 to 5 minutes. Stir in the tomato juice and chicken broth and remove from the heat. Nestle the brisket fat-side up in the liquid and cover the pot. Bake until the meat is very tender and a thin knife inserted into the center twists easily, about 3 hours.

3. Transfer the brisket to a cutting board. Spoon off and discard the excess fat from the sauce in the pot, then puree until smooth using an immersion blender (or transfer to a regular blender and puree). Stir in the vinegar and season with salt. Transfer about $\frac{3}{4}$ cup of the sauce to a small bowl for serving. Stir 2 tablespoons water into the remaining sauce in the pot. Thinly slice the meat against the grain and return to the pot. Cook over medium heat, stirring occasionally, until the meat is well coated with sauce and warmed through.

4. Heat the tortillas in a dry skillet or in the microwave. Serve the brisket on the tortillas; drizzle with the reserved sauce and top as desired.

CLASSIC MARGARITAS

Combine 1¼ cups silver tequila, 1 cup fresh lime juice, ¾ cup light agave syrup and ½ cup water in a pitcher; stir.

(You can refrigerate the drink up to 1 day ahead.)

Serve over ice in salt-rimmed glasses; garnish with lime wedges.

Serves 8.



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CHIP IN!

Turn a bag of tortilla chips into
some fun party foods.

PHOTOGRAPHS BY RYAN LIEBE

CHIPOTLE TORTILLA CHIP-CRUSTED SHRIMP

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

- ½ cup mayonnaise
- 2 tablespoons finely chopped pickled jalapeños
- 2 tablespoons canned chopped green chiles
- Juice of 1 lime, plus wedges for serving
- 2 tablespoons chopped fresh cilantro
- Kosher salt
- 1½ cups all-purpose flour
- 2 large eggs
- 1 cup finely ground tortilla chips (about 4 ounces)
- 1 pound large shrimp, peeled and deveined
- ½ to 1 teaspoon chipotle chile powder
- Vegetable oil, for frying
- Chipotle barbecue sauce, for serving

- 1.** Combine the mayonnaise, jalapeños, green chiles, lime juice, cilantro and a pinch of salt in a small bowl; refrigerate until ready to use.
- 2.** Put 1 cup flour in a small shallow bowl; whisk the eggs in a separate shallow bowl. Combine the ground tortilla chips and the remaining ½ cup flour in a third bowl.
- 3.** Season the shrimp with salt and the chile powder. Dredge the shrimp in the plain flour, dip in the egg, letting the excess drip off, then press into the tortilla chip-flour mixture until evenly coated. Transfer to a large plate.
- 4.** Heat ½ inch of vegetable oil in a large skillet over medium-high heat until shimmering. Working in two batches, add the shrimp and cook, turning, until golden and crisp, about 3 minutes. Transfer to a paper towel-lined plate to drain. Season with salt. Serve with the jalapeño mayonnaise, chipotle barbecue sauce and lime wedges.



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TORTILLA CHIP CHILAQUILES

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

- 1 dried ancho chile pepper
- 2 small cloves garlic (unpeeled)
- 1 8-ounce can tomato sauce
- 1 cup low-sodium chicken broth
- $\frac{1}{2}$ teaspoon ground cumin
- 1 tablespoon plus 2 teaspoons vegetable oil
- Kosher salt and freshly ground pepper
- 4 large eggs
- 6 cups thin restaurant-style tortilla chips (about 5 ounces)
- Sliced radishes, finely chopped red onion, fresh cilantro and/or crumbled Cotija cheese, for topping

1. Heat the chile pepper and garlic in a dry 10-inch cast-iron skillet over medium-high heat, turning occasionally, until the chile is pliable and the garlic is browned in spots, about 5 minutes. Remove from the heat and let cool slightly; remove the stem from the chile and peel the garlic. Transfer the chile and garlic to a blender (reserve the skillet). Add the tomato sauce, chicken broth and cumin; puree until almost smooth.

2. Heat 1 tablespoon vegetable oil in the reserved skillet over medium heat. Slowly add the tomato mixture (it will splatter) and cook, stirring occasionally, until slightly thickened and darkened, 8 to 10 minutes. Season with salt and pepper.

3. Meanwhile, heat the remaining 2 teaspoons vegetable oil in a medium nonstick skillet over medium heat. Crack the eggs into the skillet and season with salt and pepper. Cook, without flipping, until the whites are set but the yolks are still runny, 3 to 4 minutes.

4. Gently stir the tortilla chips into the tomato sauce in two batches until coated. Remove from the heat and top with the eggs, radishes, red onion, cilantro and/or Cotija cheese.

Chilaquiles are a traditional Mexican brunch dish of fried tortillas cooked in sauce.



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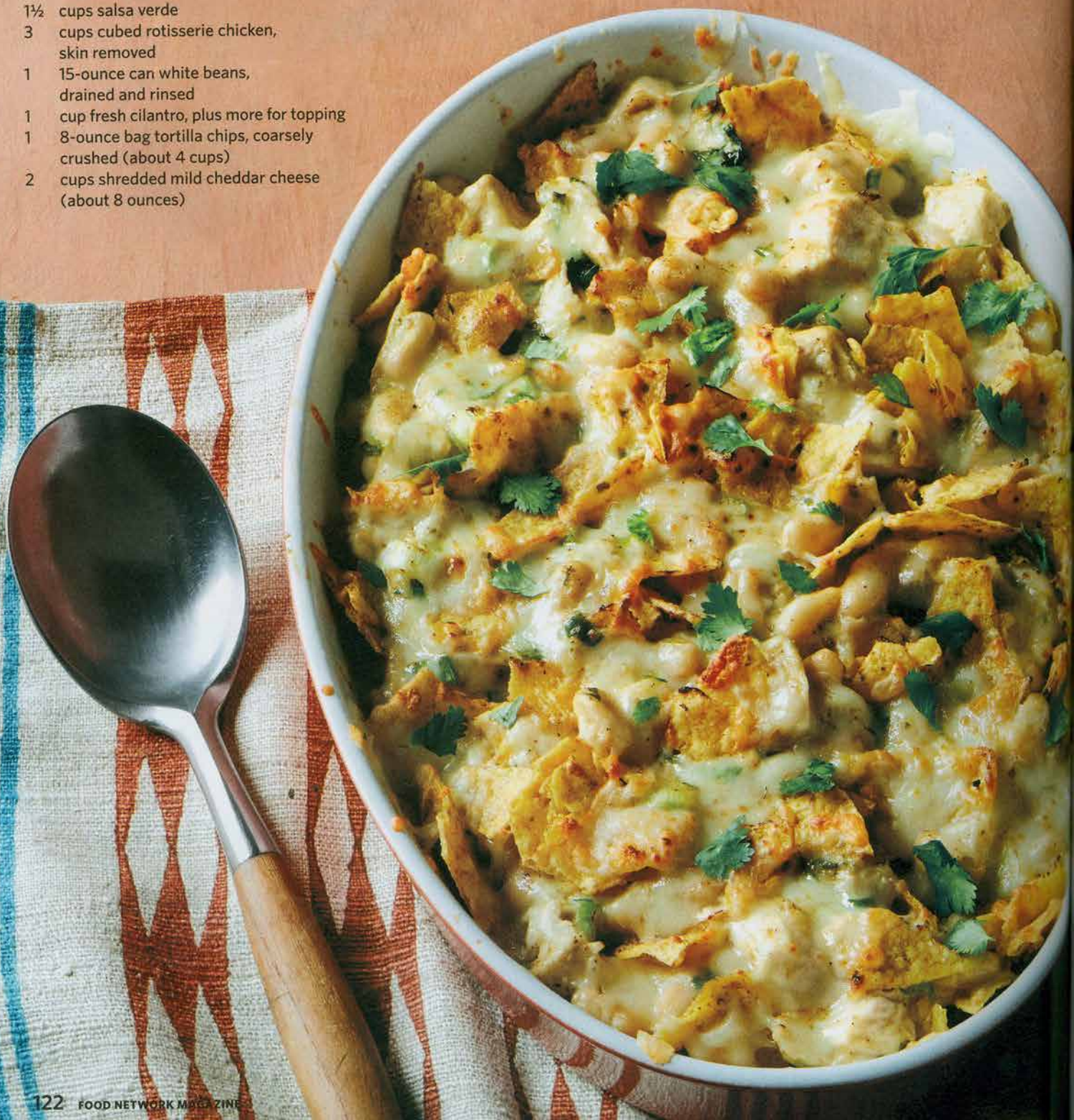
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SPICY CHICKEN-TORTILLA CHIP CASSEROLE

ACTIVE: 20 min | TOTAL: 1 hr | SERVES: 6

- 2 tablespoons unsalted butter, plus more for the dish
- 1 bunch scallions, chopped
- 2 cloves garlic, chopped
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 1½ cups low-sodium chicken broth
- 1 cup heavy cream
- 1½ cups salsa verde
- 3 cups cubed rotisserie chicken, skin removed
- 1 15-ounce can white beans, drained and rinsed
- 1 cup fresh cilantro, plus more for topping
- 1 8-ounce bag tortilla chips, coarsely crushed (about 4 cups)
- 2 cups shredded mild cheddar cheese (about 8 ounces)

1. Position a rack in the upper third of the oven; preheat to 400°. Melt the butter in a large pot over medium heat. Add the scallions and garlic and cook until softened, about 2 minutes. Sprinkle in the flour, cumin, oregano and cayenne and stir until coated. Add the chicken broth and heavy cream and bring to a simmer. Cook until slightly thickened, about 2 minutes. Stir in the salsa and remove from the heat. Stir in the chicken, white beans and 1 cup cilantro.
2. Butter a 3-quart baking dish. Spread one-third of the crushed tortilla chips in the bottom. Top with half of the chicken mixture. Spread another layer of tortilla chips on top and sprinkle with half of the cheese. Top with the remaining chicken mixture, tortilla chips and cheese. Cover with foil and bake 30 minutes. Uncover and bake until lightly browned and bubbling, about 10 minutes. Top with more cilantro.





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TORTILLA CHIP SPOONBREAD WITH CHILES

ACTIVE: 30 min | TOTAL: 55 min | SERVES: 12

Unsalted butter, for the ramekins

- $\frac{3}{4}$ cup finely ground lime-flavored tortilla chips (about 4 ounces)
- 2 cups half-and-half
- 2 ears of corn, kernels cut off (about 1 cup)
- Kosher salt
- $\frac{3}{4}$ cup shredded cheddar or monterey jack cheese (about 4 ounces)
- 4 large eggs
- 1 red jalapeño pepper, finely chopped (remove seeds for less heat)
- 2 scallions, thinly sliced
- $\frac{1}{4}$ cup quartered cherry or grape tomatoes
- Pico de gallo, for topping

1. Preheat the oven to 375°. Butter twelve 4-ounce ramekins, then coat with ground tortilla chips (about $\frac{1}{4}$ cup total). Combine the half-and-half, corn, the remaining $\frac{1}{2}$ cup ground tortilla chips and 1 teaspoon salt in a medium saucepan over medium-high heat. Bring to a simmer and cook, stirring, until thick like pudding, about 2 minutes. Remove from the heat and whisk in $\frac{1}{2}$ cup cheese.

2. Meanwhile, beat the eggs in a large bowl with a mixer on medium-high speed until thick and fluffy, 5 minutes. Whisk in half of the corn mixture until combined. Fold in the remaining corn mixture with a rubber spatula, then fold in the jalapeño, scallions and tomatoes.

3. Transfer the prepared ramekins to a baking sheet; divide the batter among the ramekins and sprinkle the tops with the remaining $\frac{1}{4}$ cup cheese. Bake until the spoonbread is puffed and set, 20 to 25 minutes. Let cool 5 minutes. Top with pico de gallo.

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SUGAR and SPICE

Give dessert a kick: These three sweets are spiked with chiles.

PHOTOGRAPHS BY CON POULOS





MANGO MERINGUE PIE WITH CANDIED CHILES

ACTIVE: 1 hr | TOTAL: 2 hr 20 min (plus 6-hr chilling) | SERVES: 8 to 10

FOR THE TOPPING AND CRUST

- 1¾ cups sugar
- Finely grated zest and juice of 1 lime
- 1 red jalapeño pepper, thinly sliced into rounds
- 1⅓ cups finely ground vanilla wafer cookies (about 40 cookies)
- 5 tablespoons unsalted butter, melted and cooled

FOR THE FILLING AND MERINGUE

- ¾ cup fresh orange juice
- 1 ¼-ounce packet unflavored gelatin powder
- 2 ripe mangoes, pitted, peeled and cut into chunks (or 2 cups thawed frozen mango chunks)
- 1 teaspoon pure vanilla extract
- 1½ teaspoons salt
- 1 cup sugar
- 1 teaspoon cornstarch
- 1 teaspoon cream of tartar
- 5 large egg whites

- 1.** Make the topping: Combine 1 cup sugar, the lime zest, lime juice and 1 cup water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Add the jalapeño slices, reduce the heat to medium and cook, stirring occasionally, until tender, about 10 minutes. Remove from the heat and let the jalapeño cool in the syrup, at least 1 hour.
- 2.** Strain the jalapeño; reserve the syrup. Spread ½ cup sugar on a small plate. One at a time, toss half of the jalapeño slices in the sugar until lightly coated. (Set the remaining jalapeño slices aside.) Let the sugared jalapeño slices dry until hardened, at least 4 hours or overnight.
- 3.** Make the crust: Preheat the oven to 350°. Pulse the remaining ¾ cup sugar and 2 unsugared jalapeño slices in a food processor until ground. Add the cookie crumbs and butter and pulse to combine. Press into the bottom and up the side of a 9-inch pie plate. Bake until golden brown, 12 to 14 minutes. Transfer to a rack to cool completely.
- 4.** Make the filling: Combine the orange juice and gelatin in a small microwave-safe bowl and set aside to soften, about 5 minutes. Puree the mangoes in a blender until smooth, about 1 minute. Add the reserved jalapeño syrup, the vanilla and 1 teaspoon salt and puree until smooth. Microwave the juice-gelatin mixture until just hot and liquefied, about 30 seconds. Stir to make sure the gelatin is dissolved, then add to the mango mixture in the blender and puree until smooth. Strain the mango mixture through a fine-mesh sieve into a bowl, then pour into the cooled crust. Press a sheet of plastic wrap onto the surface to prevent a skin from forming. Refrigerate until set, at least 6 hours or overnight.
- 5.** Make the meringue: Combine the sugar, cornstarch, cream of tartar, egg whites and the remaining ½ teaspoon salt in a large heatproof bowl. Set the bowl over a medium saucepan of simmering water (do not let the bowl touch the water) and cook, stirring constantly, until the sugar dissolves and the egg whites are hot to the touch, 3 to 4 minutes. Remove the bowl from the water and beat with a mixer on medium-high speed until the mixture is light and fluffy and stiff peaks just form, about 2 minutes.
- 6.** Finely chop the remaining unsugared jalapeño slices and combine with a large spoonful of the meringue in a small bowl. Add to the remaining meringue and whisk to combine. Transfer to a piping bag fitted with a large open star tip. Pipe the meringue on top of the pie to make a dome with spiky peaks. Lightly brown the meringue with a kitchen torch and top with the reserved sugared jalapeño slices.

ANCHO BROWNIE SUNDAE

ACTIVE: 35 min | TOTAL: 1 hr 10 min | SERVES: 8 to 10

FOR THE BROWNIES

- 1 stick unsalted butter, plus more for the pan
- 12 ounces bittersweet chocolate, chopped (or 2 cups bittersweet chocolate chips)
- 1 cup packed dark brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 4 large eggs
- 2 teaspoons pure vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon ancho chile powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon finely grated orange zest
- Pinch of ground cloves

FOR THE CHOCOLATE SAUCE

- $\frac{1}{2}$ cup heavy cream
- 2 tablespoons unsalted butter
- 2 tablespoons packed dark brown sugar
- 2 tablespoons light corn syrup
- Pinch of salt
- 4 ounces bittersweet chocolate, chopped (or about $\frac{1}{2}$ heaping cup bittersweet chocolate chips)
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon instant espresso powder
- $\frac{1}{4}$ teaspoon cayenne pepper
- Dulce de leche or vanilla ice cream, for serving

- 1.** Make the brownies: Preheat the oven to 325°. Butter a 10-inch ovenproof skillet; set aside. Combine the butter and chocolate in a medium saucepan over medium heat. Cook, stirring occasionally, until melted and smooth, 3 to 5 minutes. Whisk in the brown sugar and granulated sugar until incorporated. Set aside to cool slightly, then whisk in the eggs and vanilla. Whisk in the flour, chile powder, cinnamon, salt, orange zest and cloves until smooth. Pour the batter into the prepared skillet and bake until a toothpick inserted into the center comes out clean, 35 minutes. Let cool slightly.
- 2.** Meanwhile, make the chocolate sauce: Combine the heavy cream, butter, brown sugar, corn syrup and salt in a medium saucepan. Cook, whisking, until melted and barely simmering, 3 to 4 minutes. Whisk in the chocolate, cocoa powder, espresso powder and cayenne until smooth and slightly thickened. Let cool slightly.
- 3.** Cut the brownies into wedges. Top with ice cream and the chocolate sauce.

You can make the brownies in a 9-inch square pan instead; the baking time is the same.





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SPICY TEXAS SHEET CAKE

ACTIVE: 1 hr | TOTAL: 2½ hr | SERVES: 12

FOR THE CAKE

- 2 sticks unsalted butter, plus more for the dish
- 2 dried guajillo chile peppers, stems removed
- 2 cups all-purpose flour
- 1 cup granulated sugar
- ¾ cup packed dark brown sugar
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ cup unsweetened cocoa powder
- ½ cup buttermilk
- 2 large eggs
- 2 teaspoons pure vanilla extract
- 1 teaspoon baking soda

FOR THE FROSTING

- 1½ cups chopped pecans
- 1½ sticks (12 tablespoons) unsalted butter
- ½ teaspoon cayenne pepper
- Pinch of salt
- 2 tablespoons unsweetened cocoa powder
- 3 cups confectioners' sugar
- ¼ cup milk

- 1.** Make the cake: Preheat the oven to 350°. Line a 9-by-13-inch baking dish with foil; butter the foil. Toast the chiles in a dry medium saucepan over medium heat until darkened and pliable, about 5 minutes. Remove from the heat, add 1 cup water and let soak until the chiles soften, about 5 more minutes. Transfer the chiles and soaking liquid to a blender and puree. Strain through a fine-mesh sieve back into the saucepan. Finely chop any chile pieces left in the sieve and add to the saucepan.
- 2.** Whisk the flour, granulated sugar, brown sugar, salt and baking powder in a large bowl; set aside. Add the butter and cocoa powder to the saucepan with the chile puree; bring to a boil over medium heat, stirring, until the butter is melted. Pour into the flour mixture and stir until combined. Whisk the buttermilk, eggs, vanilla and baking soda in a liquid measuring cup; stir into the batter in two additions until combined.
- 3.** Pour the batter into the prepared pan, spreading it evenly. Bake until a toothpick inserted into the center comes out clean, about 35 minutes. Transfer to a rack and let cool slightly in the pan.
- 4.** Meanwhile, make the frosting: Combine the pecans, butter, cayenne and salt in a medium saucepan. Cook over medium heat until the butter is melted and the pecans are lightly toasted, about 5 minutes. Remove ½ cup pecans with a slotted spoon and set aside for topping. Stir the cocoa powder into the saucepan and remove from the heat. Whisk in the confectioners' sugar in two batches, alternating with the milk, mixing well after each addition.
- 5.** Immediately pour the warm frosting over the warm cake and gently spread to cover. Top with the reserved pecans and let cool completely before slicing.



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CHEF CLARA'S PULLED PORK BELLY TACOS

Prep: 10 min | Cook: 10 min | Serves: 7

- 1 package Curly's RoadTrip Eats Alabama Style
- 7 flour tortillas

Cilantro Slaw

- 3 cups green and purple cabbage, shredded
- 1 cup carrot, shredded
- 1 cup mayonnaise
- ¼ cup champagne vinegar
- 1 teaspoon celery seed
- 2 bunches of cilantro, chopped
- ¼ cup sugar
- salt and pepper

1. Heat oven to 300°. Wrap flour tortillas in aluminum foil and set inside oven to keep warm.
2. Put all slaw ingredients inside large mixing bowl and incorporate evenly, season with salt and pepper as desired.
3. Heat Curly's Alabama Style according to packaged label directions.
4. Remove flour tortillas from oven and assemble tacos, fill with pork belly and cilantro slaw.



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On the Road

PORTLAND, OR



Hot to Tot!

Oregon isn't where you'd expect to find one of the country's greatest Tex-Mex creations, but Oaks Bottom Public House in Portland claims to be the birthplace of totchos: nachos made with Tater Tots instead of tortilla chips. The dish has become a national snack sensation, and Oaks Bottom (1621 SE Bybee Blvd.) has run with the idea, offering German, Italian and other international topping combos as part of a Totchos of the World event in May and June. If you aren't in the area, host your own totchos party: All you need is a bag of Tater Tots—and a whole mess of toppings.

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Chicken Adobo

SERVES
12

INGREDIENTS:

- 4 lbs. skin-on chicken (*legs & thighs*)
- 1/2 cup soy sauce
- 1/2 cup apple cider vinegar
- 2 Tbsp. olive or canola oil
- 5 packets SweetLeaf[®] Stevia Sweetener
- 2 whole bay leaves
- 1 Tbsp. garlic, minced
- 1 Tbsp. black peppercorns
- Alternative:* Use any part of the chicken, breasts, tenders, or a whole chicken

DIRECTIONS:

Place the chicken in a large pot. Combine the rest of the ingredients (soy sauce, vinegar, oil, SweetLeaf[®], bay leaves, garlic, and peppercorns) in a bowl and whisk. Cover the chicken with the marinade in a bowl or plastic baggies and refrigerate for a few hours or overnight.

Preheat the oven to 400°F. Remove the chicken from the marinade, place in a large baking dish, and bake in the oven for 35 to 40 minutes or until cooked through.

While the chicken is baking, reduce the marinade by heating it in a pot over the stove on medium-high heat. Bring it to a boil and allow the liquid to reduce by half. Spoon or brush the reduced liquid over the chicken while baking in the oven, allowing the skin to crisp up with the sauce.



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THE STATES OF TEX-MEX

If you want to find America's best Tex-Mex, you'd be wise to pick a dish first: Texas is taco central, California owns the burrito and New Mexico is all about green chiles.

Tacos in Texas



PUFFY TACOS

San Antonio

When Henry Lopez and his brothers invented this crisp puffed taco shell in the 1950s, they called it the "crispy taco," but Henry later opened his own joint with a new name for the specialty: **Henry's Puffy Tacos**.

The pillowy shells, made by throwing a disk of fresh masa into a deep fryer for about 45 seconds, is crunchy on the outside but soft when you bite into it. Henry's taqueria now sells more than 8,000 a week at two locations. henrypuffytacos.com



ALSO TRY: Los Barrios (losbarrios1.com) and Teka Molino (tekamolino.com), both in San Antonio

BREAKFAST TACOS

Austin

Austinites and San Antonians recently got wrapped up in a food fight over which city popularized the breakfast taco. More than a year (and one Change.org petition) later, there's still no resolution. But the residents of both cities agree on one thing: You could eat them all day. At **Veracruz All Natural** in Austin, locals love the migas taco, filled with tortilla strips softened in egg and cheese and topped with avocado and pico de gallo. veracruztacos.com



ALSO TRY: Tyson's Tacos in Austin (tysonstacos.com) and Original Donut Shop in San Antonio (210-734-5661)

WALKING TACOS

Austin

You might know this Austin specialty by its other name, Frito Pie. In its most basic form, the Tex-Mex creation is just a bag of Fritos topped with chili. But this is Texas, so many fans go big and get theirs with heaps of other toppings, like cheese, onion and guacamole. At Austin's open-air **Shady Grove**, chefs add jalapeños for extra kick. Dig in while enjoying one of the restaurant's free concerts. theshadygrove.com



ALSO TRY: Stampede 66 in Dallas (stampede66restaurant.com) and Armadillo Palace in Houston (thearmadillopalace.com)



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Burritos in California



CALIFORNIA BURRITOS

San Diego

You might expect something called a California burrito to be filled with tofu and bean sprouts, but the key ingredient in this San Diego specialty is french fries. In lieu of rice, fries are rolled inside the tortilla with carne asada, cheese and pico de gallo. The delicacy is a post-surfing favorite that dates back to the '80s. At **Lucha Libre**, a wrestling-themed spot, the "Surfin'" version comes with shrimp. (If you come in wearing a lucha mask, you get a discount.) tacosmackdown.com



ALSO TRY: Nico's Mexican Food (nicosmexicanfood.menutoeat.com) and Trujillo's Taco Shop (trujillostacoshop.com), both in San Diego

ASIAN BURRITOS

Los Angeles

In 2008, when L.A.-based chef Roy Choi started serving Korean tacos and burritos from his **Kogi Truck**, he kicked off a Mexico-meets-Asia craze in the greater Los Angeles area. Fusion burritos have since become a statewide (and nationwide) phenomenon, but the Kogi Truck remains the best place to get them. Fans love the burrito of short rib mixed with scrambled eggs and Korean chili-soy vinaigrette, then topped with cabbage slaw. *Multiple locations; kogibbq.com*



ALSO TRY: Jogasaki trucks (jogasakiburrito.com) and Komodo trucks or cafés (komodofood.com) in the L.A. area

MISSION BURRITOS

San Francisco

This monster burrito—a flour tortilla bursting with meat, beans and rice—is named for San Francisco's Mission District. The handheld mega meals were created by local taqueria owners in the 1960s, and decades went by before chains like Chipotle and Qdoba adopted their assembly-line construction. Both **El Faro** and **Taqueria La Cumbre** take credit for the invention and the two are still in business. Try both and pick your favorite. 415-647-3716 (**El Faro**); taquerialacumbre.com



ALSO TRY: El Farolito in San Francisco (415-824-7877)

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¹Hazely used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids) for 26 weeks and was remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © 2017 SlimFast[®]. ²As prepared with fat free milk.



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Green Chiles in New Mexico



GREEN CHILE ENCHILADAS

Albuquerque

Traditional Mexican enchiladas like the ones you see in most US eateries are rolled like mini burritos and smothered in chile sauce. But New Mexicans have a style all their own called enchiladas montadas: They briefly fry the tortillas, stack and layer them with fillings, then cover the entire creation with green chile sauce. At the popular **El Pinto** restaurant in Albuquerque, you can opt for meat in the middle—or just a whole lot of cheddar. elpinto.com



ALSO TRY: La Nueva Casita Cafe in Las Cruces (lanuevacasitacafe.com) and Tomasita's in Santa Fe (tomasitas.com)

GREEN CHILE RELLENO

Hatch

In Mexico, poblano peppers are the go-to for making chile relleno, a stuffed roasted pepper that's sometimes battered and fried. But New Mexico is the only place on earth where Hatch chiles are grown, so those are the star of the dish here. The best place to try them is, of course, in the town of Hatch, the self-proclaimed Chile Capital of the World. **The Pepper Pot Restaurant's** rellenos are legendary: Order them straight up or rolled in a tortilla like a burrito. 575-267-3822



ALSO TRY: Monroe's Mexican Food in Albuquerque (monroeschile.com) and El Farolito in El Rito (575-581-9509)



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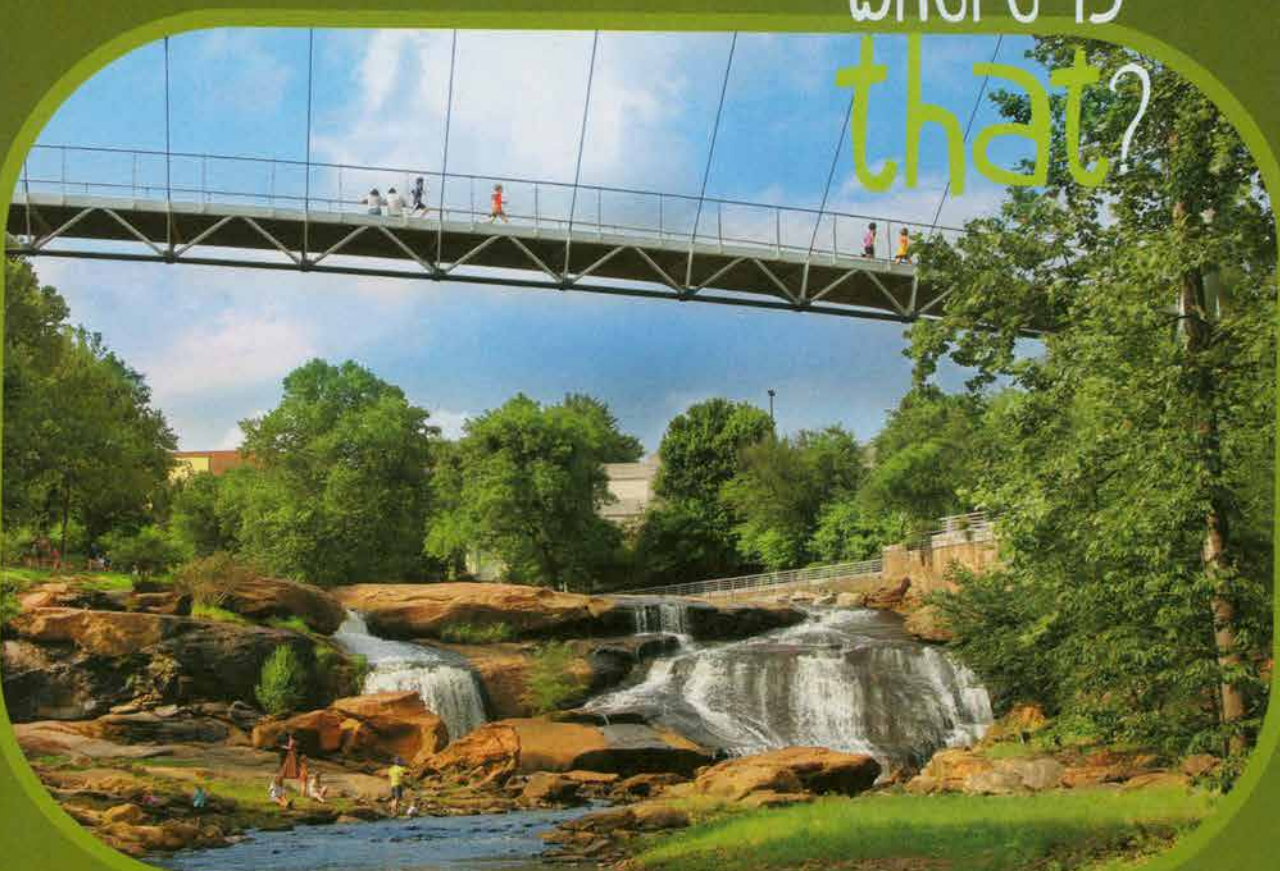
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MARCO ISLAND, FL

This little island, a quick drive from Naples, seems more like a tropical Caribbean paradise than a part of the Gulf Coast. The resort spot is known for its warm clear water and clean white sand—plus plentiful shelling, kayaking and wildlife expeditions. After a long day in the sun, you can retreat to one of many luxe coastal resorts.



Eat



Snag a seat in the brightly decorated patio outside **Café de Marco**, then order the jumbo prawns (pictured): a pound of shellfish broiled with garlic butter. cafedemarco.com

The thatched-roof bar at **Snook Inn** is Marco Island's most popular chickee hut. Cool off waterside with one of 24 frozen cocktails. snookinn.com

Dolce Mare, a Miami Beach import, is the spot for gelato—particularly crème de menthe chip and mixed berry. dolcemaresweets.com

Do



Take a **paddleboarding trip** through the island's mangrove tunnels to see—and touch!—the starfish and conchs that inhabit the calm waters. Two-seat kayaks are available if you're bringing kids along. paddlemarco.com

The Everglades are home to sea turtles, manatees (pictured) and dozens of island bird species. See them up close on a **private boat tour**. marcoisland-boattours.com

Stay



Servers will deliver an afternoon smoothie or frozen cocktail right to your deck chair at **Marco Beach Ocean Resort**. Children, meanwhile, love the Turtle Turndown service, which includes a little bedtime story about the island's loggerhead species. marcoresort.com

JW Marriott Marco Island Beach Resort (pictured) is fresh off a \$300 million expansion. You can golf or hit the spa during the day, then catch the sunset fire-dance show. jwmarco.com

Chile capital of the world. [TRUE]

505 Southwestern Huevos Rancheros

INGREDIENTS

Vegetable oil
4 6-inch corn tortillas, plus more for serving
1 16-ounce can of pinto or black beans
4 large eggs
1 cup 505 Southwestern brand Hatch Valley Green Chile sauce
1 cup 505 Southwestern brand Hatch Valley Red Chile sauce
1 avocado, diced
1 small tomato, diced
1 small onion, diced
1/2 green bell pepper, diced
Hot sauce
Salt and pepper

DIRECTIONS

1. Heat 1 tablespoon of vegetable oil in a skillet over medium-high heat. Place a tortilla in the skillet and cook until light golden but not crisp, about 30 seconds. Flip and cook for another 30 seconds. Transfer to an individual plate. Cook the remaining tortillas, adding a bit more oil to the pan if necessary.
2. Heat the beans and a pinch of salt in a small saucepan or microwavable bowl. Heat the two chile sauces in individual small saucepans or microwavable bowls.
3. Add another tablespoon of oil to the skillet. Working in batches, crack the eggs into the skillet. Cook until the bottoms are set and the edges golden, 1 to 2 minutes. Turn the heat to medium-low, cover, and cook until set, about 1 more minute.
4. Spoon the beans evenly over the four tortillas, then place an egg on each one. Spoon the warm chile sauces over and around the eggs.
5. Sprinkle with the avocado, onion, tomato, and green bell pepper. Season with hot sauce, salt, and pepper to taste.

For more authentic New Mexican recipes,
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Florida's culinary melting pot bubbles with a piquant blend of food traditions from Native American, Spanish, British, Greek, French, Minorcan, Italian, African, Latin, Asian and Caribbean settlers. Visitors seek out authentic cultural tastes in the state's ethnic enclaves and in eateries that give those traditions contemporary twists in innovative fusions.

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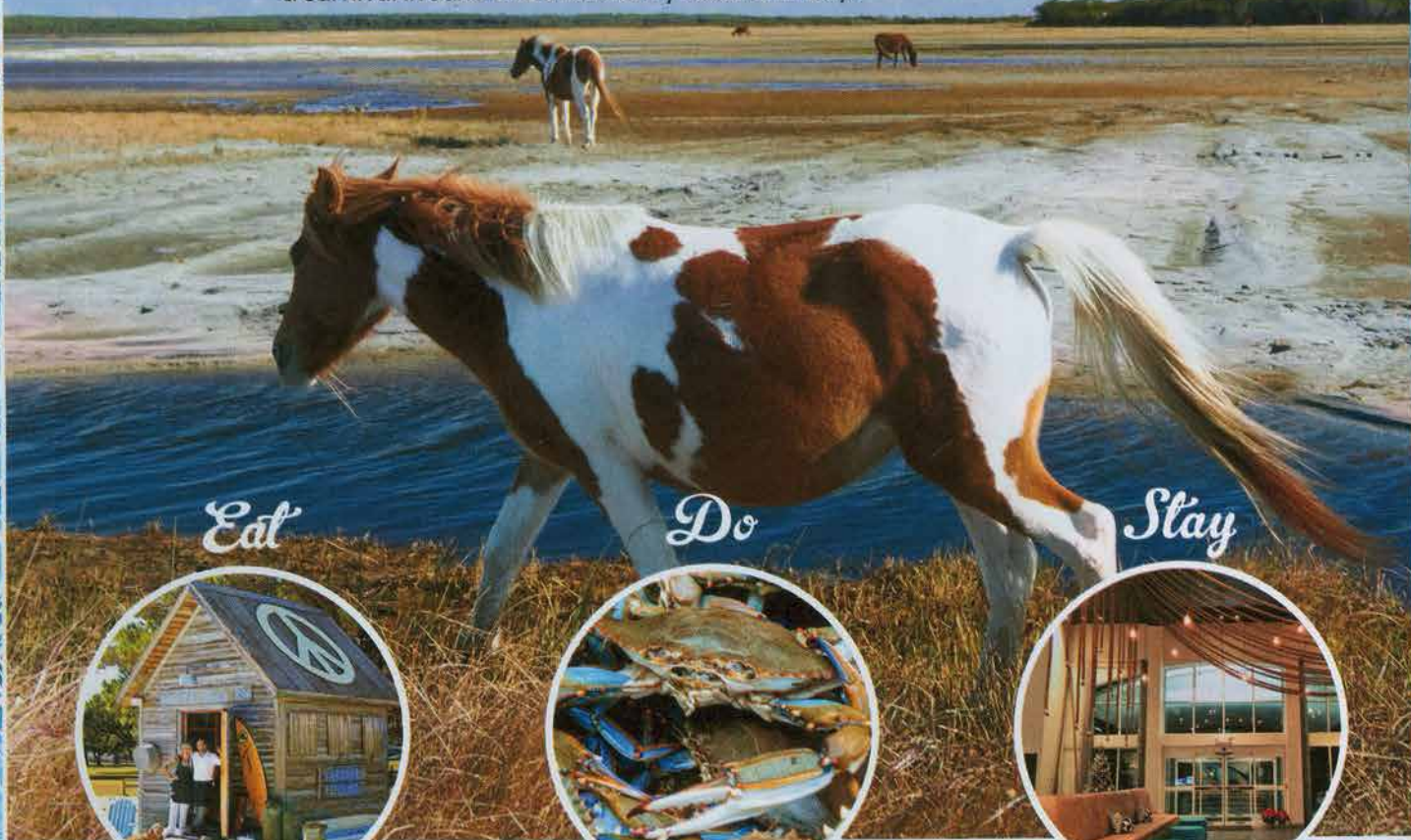
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CHINCOTEAGUE ISLAND, VA

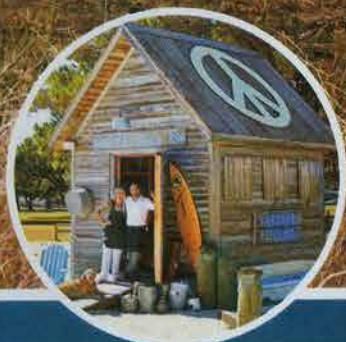
Wild ponies roam the beaches of the Chincoteague National Wildlife Refuge, and visitors can easily spot them wandering the grassy shoreline. The real spectacle will be on July 26 when Chincoteague's saltwater cowboys corral the horses on the beach for the annual Pony Swim: The ponies swim the narrow channel between Assateague and Chincoteague, then they're paraded to the fairgrounds, where the foals are auctioned off. The island also hosts a seafood festival in May, a carnival in June and a blueberry festival in July.



Eat

Do

Stay



You might smell **Woody's Beach BBQ** (pictured) before you see it: The ribs, pork and chicken are smoked out back over three types of wood. 410-430-4429

Island Creamery, a Chincoteague institution since 1975, is famous for ice cream made with dairy from nearby Lancaster County cows. Try Marsh Mud, a chocolaty riff on the island's many marshes. islandcreamery.net

The Jackspot makes for an ideal date night: You can sip drinks on Adirondack chairs on the sand, then eat oysters, clams and shrimp from the island waters. thejackspot.com

At **Chincoteague Pony Centre**, budding equestrians can hop on a tame pony for a short ride. Later, the whole family can join for a pony show in the indoor ring. chincoteague.com/ponycentre

Chincoteague is known for its abundant blue crabs (pictured). See them firsthand during a private crabbing expedition out of **Capt. Bob's Marina**. captbobsmarina.net

Walk or bike the short trail to the **Assateague Lighthouse**, then climb the stairs of the 142-foot-tall structure for a view of the island and ocean. piping-plover.org/visitor-info

The new **Marina Bay Hotel & Suites** (pictured) is built for fishermen: Boat slips are included in the room fee, and there are fish-cleaning tables, outdoor grills and freezers so you can cook or save your catch. Many rooms overlook the bay. From \$180; choicehotels.com

You can rent boats and kayaks during the day at **Snug Harbor Marina & Hotel**, then come back and watch the sunset from the palm tree-studded lawn out back. From \$189; chincoteagueaccommodations.com



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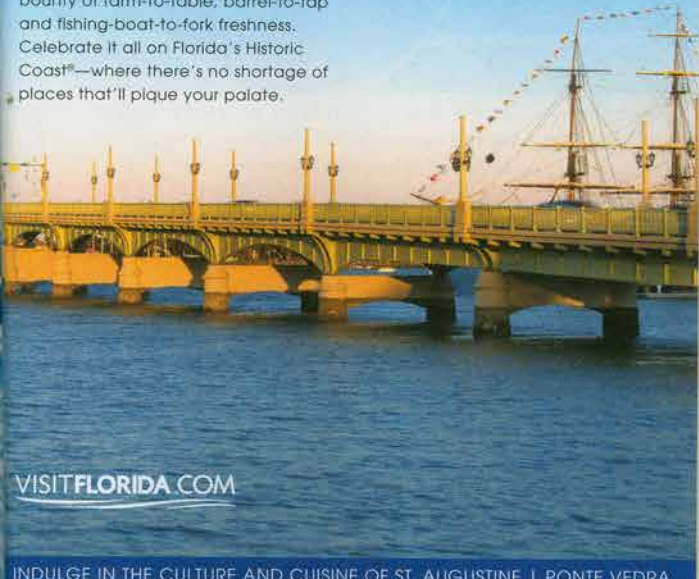
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SAN JUAN ISLAND, WA

Washington state's northern coast is lined with a string of islands, and San Juan is the one to visit. If you take the ferry from Anacortes, 80 miles north of Seattle, you'll land in bustling Friday Harbor, the perfect place to kick off a full day of sightseeing. In the summer, you'll have 16 hours of sunlight!

Eat



It's a little tricky to find **Backdoor Kitchen**—you need to pass behind a warehouse—but once you're there, you can choose from an impressive collection of international food, including corn masa cakes and Vietnamese duck. backdoorkitchen.com

The husband-and-wife team at **San Juan Island Cheese** sell more than 70 varieties. Ask them to cut some for a picnic, or design your own grilled cheese. sjcheese.com

Coho Restaurant, tucked inside a historic Craftsman house, is a favorite for special occasions. Much of the seafood, like halibut (pictured), is sourced from local fishermen. cohorestaurant.com

Do



A **nighttime kayak tour** shines light on the natural glow-in-the-dark microorganisms that live in Griffin Bay. Starting around sunset, a guide leads a flotilla of two-person kayaks for a four-hour tour of the bay. discoveryseakayak.com for dates

You can harvest your own bouquet of lavender at **Pelindaba Lavender Farm** (pictured) and sip on lavender lemonade while you're at it. Plan your visit for July and you'll catch peak season, when the fields are a sea of purple. pelindabalavender.com

Stay

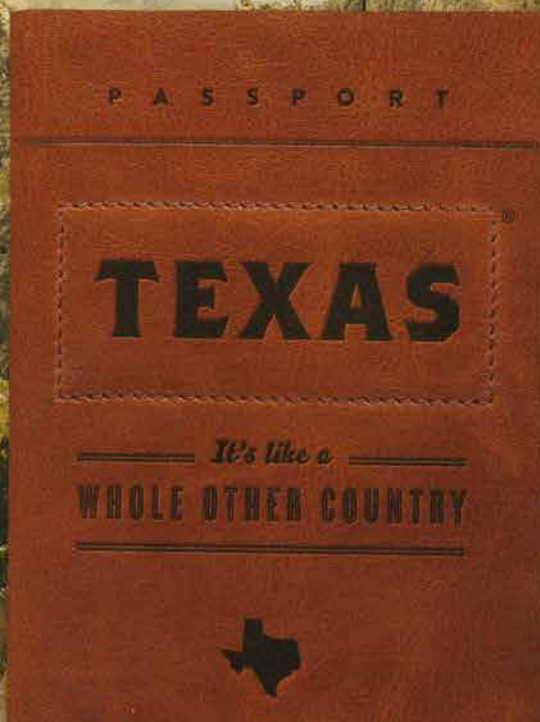


Rooms facing the marina at **Friday Harbor House** have some of the best views on the island, plus gas fireplaces for when the temperature dips at night. From \$249; fridayharborhouse.com

The 82-acre **Lakedale Resort**, 10 minutes from downtown, captures the feeling of camping (or rather, glamping) in decades past: Sleep in a canvas cabin (pictured), an Airstream trailer or a log cabin. Or opt for a straight-up hotel room if you're so inclined. From \$179; lakedale.com

Photo: iStockphoto.com

Whatever you love,
IT LIVES HERE



DISCOVER THE BEST OF TEXAS

GET INSPIRED FOR YOUR NEXT TRIP WITH #TEXASTODO POSTS FROM LOCALS AND VISITORS.

»EXPLORE«

Angelina National Forest - Jasper

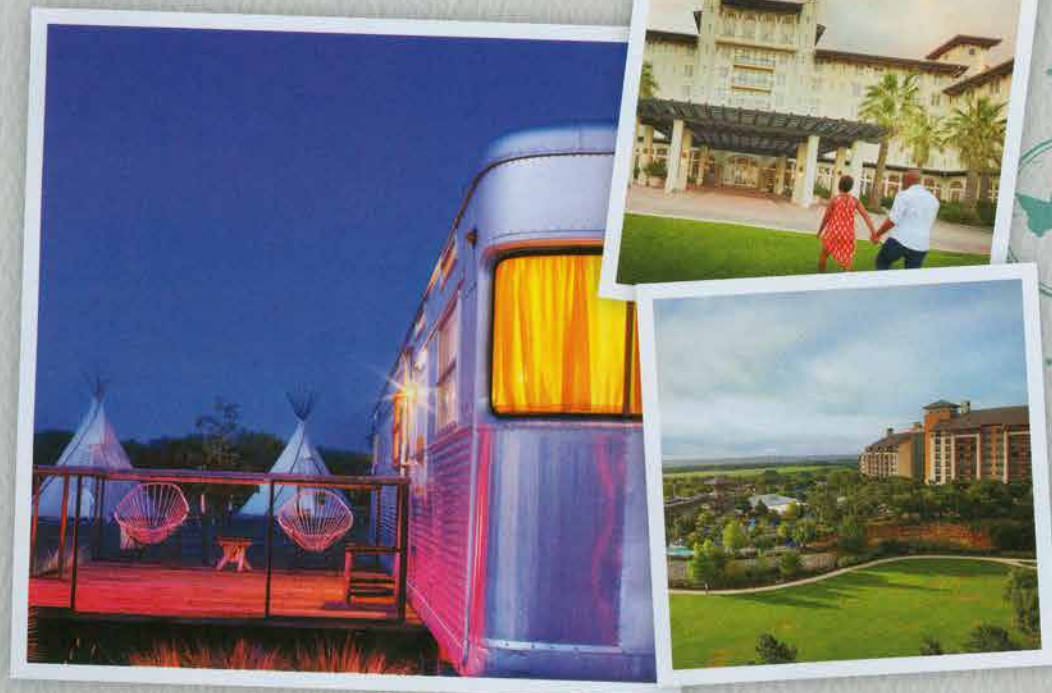
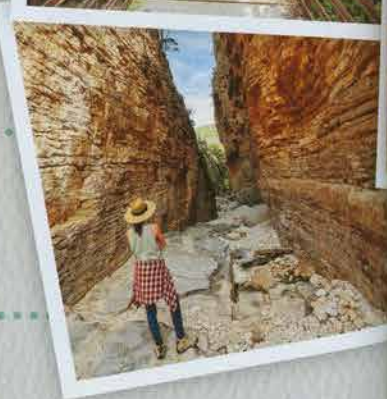
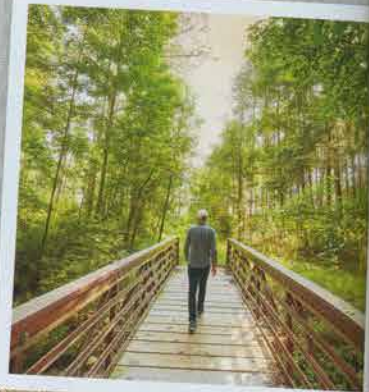
One of four national forests in Texas, Angelina National Forest offers amazing camping and hiking amongst towering pine trees.

Guadalupe Mountains National Park - Pine Springs

A trip to Guadalupe Mountains National Park includes a hike through the mystifying stepped rock passageway known as Devil's Hall.

Palo Duro Canyon State Park - Canyon

The second largest canyon in the U.S., Palo Duro Canyon State Park boasts some of the best hiking and mountain biking Texas has to offer.



» EAT & DRINK «

Smitty's Market - Lockhart

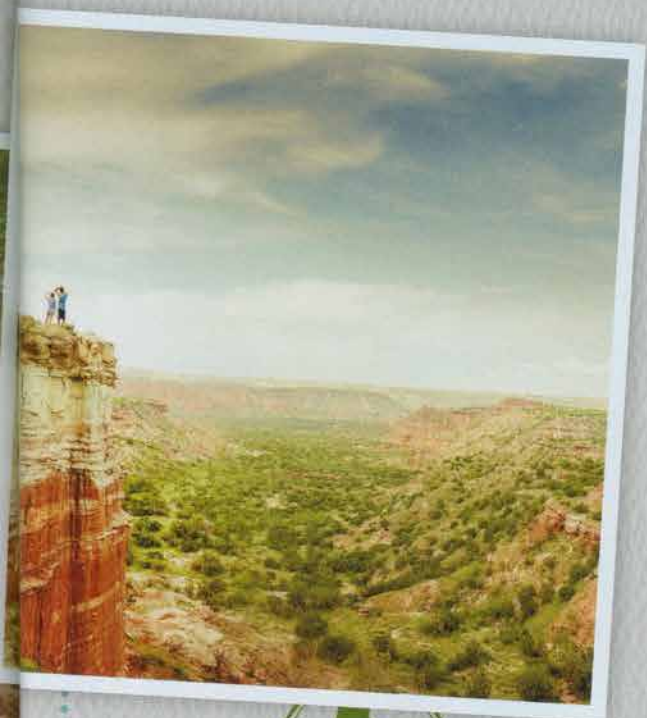
When it comes to Texas barbecue, there are few places more famous – and delicious – than Smitty's Market in Lockhart, TX.

The Foundry - Dallas

Up-and-coming Texas musicians take the stage, made from stacked shipping pallets, at this hip bar and music venue just outside downtown Dallas.

El Tiempo Cantina - Houston

For over 55 years, El Tiempo Cantina has been serving up authentic Tex-Mex cuisine, including their famous fajitas and chili con queso.



» STAY «

Hotel Galvez and Spa - Galveston

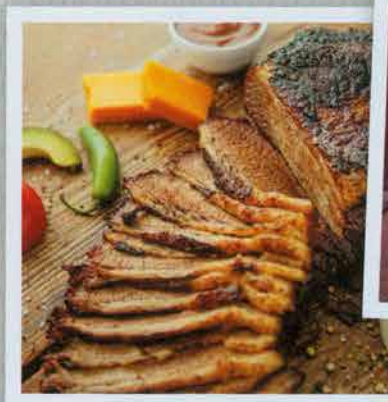
For more than a century, the historic Hotel Galvez has attracted celebrities from Hollywood stars, to famous socialites, to U.S. Presidents.

JW Marriott San Antonio Hill Country Resort and Spa - San Antonio

This luxurious resort, nestled in Texas famed Hill Country, features a TPC championship golf course, seven restaurants and its own water park.

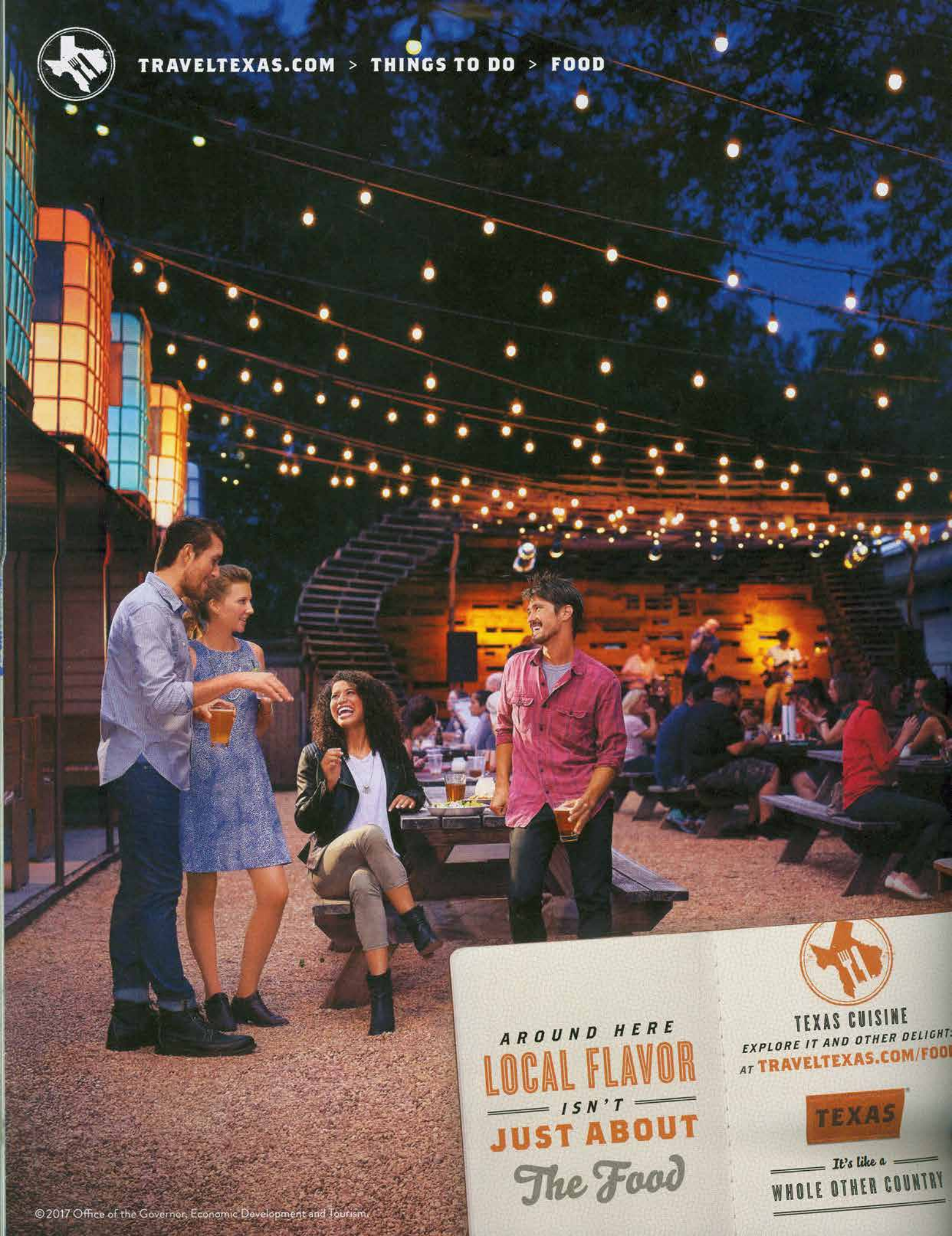
El Cosmico - Marfa

Part campground, part nostalgia, El Cosmico ditches traditional hotel accommodations for tents, teepees and vintage trailers.





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The Food

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MACKINAC ISLAND, MI

A strict no-car policy has been in place for 119 years on this Lake Huron getaway, so visitors get to tour the nearly four-square-mile island in peace—on foot or bicycles or by horse-drawn carriage. Downtown Mackinac is home to many historic restaurants and shops, and by the time you leave, you'll be a certified "Fudgie," the name given to fans of the island's chocolate specialty.

Eat



Order a big diner-style breakfast at the local hangout **Chuckwagon**—most meals cost less than \$10. chuckwagonmackinac.com

The 69-year-old **Pink Pony** lives up to its name with bubblegum-colored ceilings, chairs and patio umbrellas. Catch live music while you take in panoramic views of the lake. pinkponymackinac.com

Nearly 20 percent of island residents are of German ancestry, and **Woods** (pictured) is like a mini Bavaria. Take a carriage ride to the restaurant, then order the spaetzle and schnitzel. grandhotel.com

Do



Most of the island is protected parkland, where you can explore more than 70 miles of hiking trails: Walk along Arch Rock Road to see **Arch Rock**, a limestone formation that offers a view of Lake Huron.

In honor of the island's obsession with fudge (the first shop selling it opened in 1887), locals throw the **Mackinac Island Fudge Festival** every August; it includes a screening of *Willy Wonka & the Chocolate Factory*. mackinacisland.org

Stay



During its 130-year history, **The Grand Hotel** (pictured) has had a lot of notable visitors, including Mark Twain and Madonna. Guests like to kick back on the 660-foot lakeside porch (the longest in the world) before turning in for the night. From \$319; grandhotel.com

The Greek Revival home that's now **Haan's 1830 Inn** originally belonged to the first mayor of Mackinac. It's a mellow alternative to the island's grand resorts. The rooms are decorated with period touches, and a buffet breakfast is served daily. From \$169; 1830inn.com

FOR MODERATE TO SEVERE RA

Hands were made for getting dirty, not RA.

DISCOVER XELJANZ® AND ONCE-DAILY XELJANZ® XR.

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

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

ASK YOUR RHEUMATOLOGIST IF XELJANZ IS RIGHT FOR YOU

*Individual results may vary

What is XELJANZ/XELJANZ XR?

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

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

IMPORTANT SAFETY INFORMATION

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

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

You may be at a higher risk of developing shingles.

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

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

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

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

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

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

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

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



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

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

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

- plan to breastfeed or are breastfeeding

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

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

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

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

Taking XELJANZ XR

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

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

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

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

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

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

Please see additional Patient Information on the following page.

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XELJANZ is also available as a once-daily pill.

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

One pill. Once daily.



XELJANZ[®] (tofacitinib citrate)

CONSUMER BRIEF SUMMARY

XELJANZ (ZEL' JANS') XELJANZ XR (ZEL' JANS' EKS-AHR) (tofacitinib)

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

1. Serious infections.

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

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

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

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

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

- fever, sweating, or chills
- 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 or urinating more often than normal
- feeling very tired

- are being treated for an infection.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ/XELJANZ XR. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B or C.

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

2. Cancer and immune system problems.

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

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

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

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

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ/XELJANZ XR and while you take XELJANZ/XELJANZ XR to check for the following side effects:

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

Your healthcare provider should routinely check certain liver tests.

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

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

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

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

What is XELJANZ/XELJANZ XR?

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

XELSOURCE[™]
Answers and Support
*Certain programs and services powered by Pfizer RxPathways[™]

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

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

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

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

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

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

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

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

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

Especially tell your healthcare provider if you take:

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

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

How should I take XELJANZ/XELJANZ XR?

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

What are possible side effects of XELJANZ/XELJANZ XR?

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

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

Common side effects of XELJANZ/XELJANZ XR include:

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

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

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

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

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

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

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

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

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

Revised: February 2016.

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LAND O LAKES® BUTTER WITH CANOLA OIL

Sweet Cream, Canola Oil and Salt.

What else were you expecting?

LAND O LAKES® Butter with Canola Oil has just three simple ingredients and gives you the spreadable convenience you want, right out of the refrigerator.

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ENJOY SIMPLE MEALS WITH CALIFORNIA WALNUTS

Want to make a simple meal special? Sprinkle California walnuts on all your favorite recipes. Visit our Simple Meals Recipe Collection at walnuts.org.



TASTE LIFE WITH TORANI. ONE FLAVORFUL EXPERIENCE AT A TIME.

With 100+ flavors, it's easy to perk up your favorite food and beverages with Torani. Torani is the secret ingredient to wake up the flavor in your day. Whether you enjoy a special latte in the morning or delicious dessert in the evening, you can use Torani in a multitude of ways.



Hip Foodie Mom blogger Alice Choi partnered with Torani to create a special smoothie recipe

that's perfect for the whole family. Enjoy this recipe as a healthy breakfast or nourishing snack. Torani syrup is perfect for enhancing natural flavors.

TROPICAL COCONUT SMOOTHIE

- 2 cups frozen mango chunks
- 2 cups frozen pineapple chunks
- 3 frozen bananas, sliced
- ¼ cup **Torani® Coconut Syrup**
- ½ cup light coconut milk
- 1 cup water
- 2 cups plain yogurt
- 1½ tablespoons coconut oil

Fresh pineapple and coconut flakes for garnish, optional

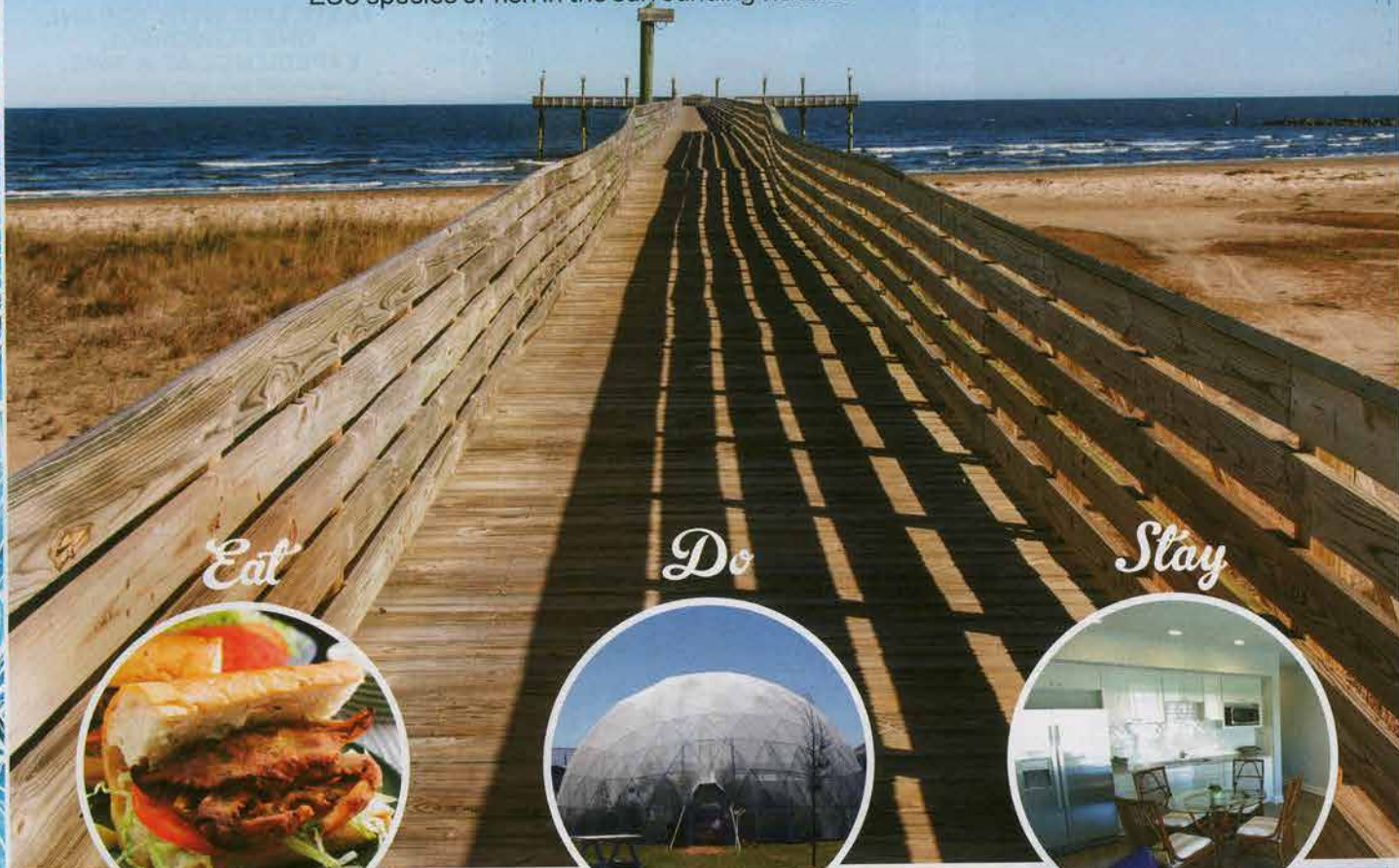
Combine all of the ingredients in blender and blend until smooth. Pour into glasses and garnish with fresh pineapple slices and coconut flakes if desired. Makes 4 smoothies.

Torani.



GRAND ISLE, LA

You'll know you've arrived in Grand Isle when Louisiana's Highway 1 comes to an end and the only view for miles is a white-sand beach. New Orleans families have been escaping to this spot since the mid-1800s, and they've made sure the po'boys and daiquiris are top-notch. The island is also a seafood lover's dream: There are 280 species of fish in the surrounding waters.



Eat

Do

Stay



Fill up at **Starfish Restaurant** before you head out on your own fishing trip: Chefs dole out po'boys stuffed with oysters, crab (pictured), shrimp, catfish and even alligator. 985-787-2711

Snowballs are Louisiana's fluffier answer to the snow cone, and **Megan's Sno-Balls** sells 90 flavor combinations. Enjoy your pick in the shade at gazebo-covered picnic tables. 985-787-2633

Jo-Bob's Gas & Grill, set inside a bright red cottage, churns out the best burgers and fried chicken in town. Early birds should try to catch the breakfast-biscuit menu. 985-787-3707

At the **Grand Isle Butterfly Dome** (pictured), you can admire as many as 30 species native to the area. 985-787-2229

Caminada Pass bridge (or the Old Fishing Bridge, as locals call it) is one of the island's most popular spots for casting a line. Expert anglers should visit in July for the International Grand Isle Tarpon Rodeo, the oldest fishing tournament in the US. tarponrodeo.org

After flying 500 miles across the Gulf of Mexico, birds like to take a break on Grand Isle. Grab your binoculars and head to the **birding trail**, where more than 150 species have been known to touch down. btneq.org

Suites at the upscale **Hurricane Hole Hotel** (pictured) include kitchenettes and large living rooms. If you have a boat in tow, you can rent a slip. From \$490; hurricanehole.net

If you're willing to rough it after a day at the beach, pitch a tent right on the sand in the mile-long stretch that makes up **Grand Isle State Park**. There are electric hookups and bathhouses nearby, as well as RV sites. crt.la.gov

Many visitors choose to **rent a house** for their stay. Whether you're traveling with a big group or looking for a cozy hideout, you'll find plenty of options. grandislerentals.com

FOOD NETWORK MAGAZINE'S TASTE for TRAVEL ✈️

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DECIDE WHERE TO TRAVEL?

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Get a taste of wild surprise in country cooking's heartland. Wild-picked ramps, cast-iron-seared venison, sweet buckwheat griddlecakes—discover real mountain flavor with our "101 unique places to dine" guide. GoToWV.com/dine

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Home to more than 600 restaurants, Greenville, South Carolina, is hailed by *Southern Living* as one of the "South's Tastiest Towns." Discover diverse cuisines ranging from traditional to downright eclectic—all you have to do is pull up a plate. VisitGreenvilleSC.com

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New Mexico is the chile capital of the world—and so much more. Experience the Southwest's most unique cuisine with an adventure that feeds the soul. Plan your visit at NewMexico.org.

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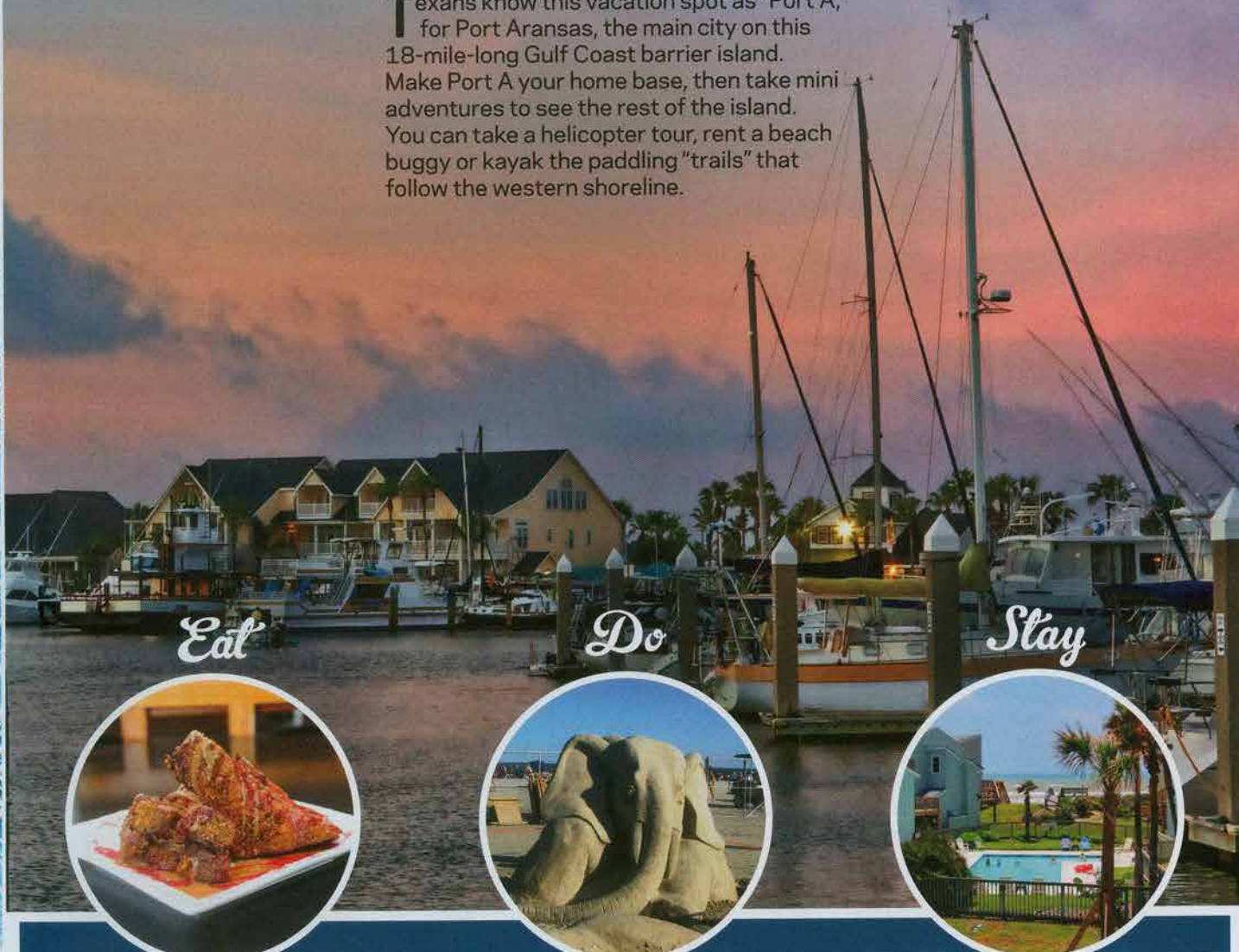
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MUSTANG ISLAND, TX

Texans know this vacation spot as "Port A," for Port Aransas, the main city on this 18-mile-long Gulf Coast barrier island. Make Port A your home base, then take mini adventures to see the rest of the island. You can take a helicopter tour, rent a beach buggy or kayak the paddling "trails" that follow the western shoreline.



Eat



Do



Stay



Start an active beach day with a hearty breakfast at **Eats Port A**, where the menu includes peanut butter and jelly-stuffed French toast crusted with Cap'n Crunch (pictured). eats-porta.com

We wouldn't blame you for hitting **Hog Island Taco Co.'s** pick-up window for breakfast, lunch and dinner: The place is famous for its pork tacos and seared tuna sandwich. hogislandtacos.com

Castaways Seafood and Grill is a Port A institution, where chefs will cook whatever you caught. If you didn't bring anything back, order the shrimp platter, with grilled, fried and coconut shrimp. castawaysporta.com

Sand sculpting (pictured) is a big to-do here—there's a competition every April. Book a family lesson with local expert Mark Landrum to learn how to carve impressive towers. sandrum.com

The Shamrock Loop, one of three kayak trails, is the shortest, easiest route and also the best for birdwatching. You can rent kayaks from Offshore Adventures—or sign up for a guided tour, like the kid-pleasing Dolphin Watch. portaransasadventures.com

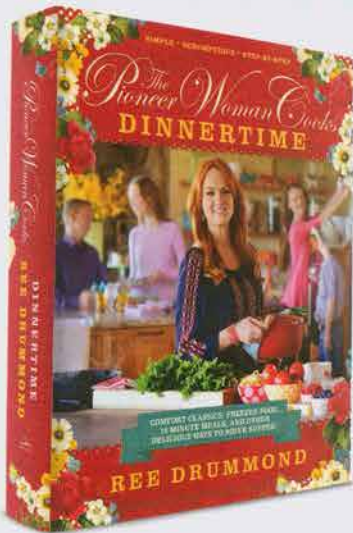
Port A has hotels like Hampton Inn and Days Inn, but tons of visitors go for an authentic Mustang Island stay and rent a private property. **Port A Escapes** manages more than 200 options that can be rented for a weekend or a week (or longer). You can choose from tiny beachfront cottages or multifamily houses that sleep more than 20. portaescapes.com



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A GREAT MOTHER'S DAY GIFT

The #1 bestselling author and Food Network personality answers that age-old question—"What's for Dinner?"—bringing together more than 125 simple and scrumptious recipes for delicious dinners the whole family will love. Filled with Ree's signature step-by-step photos, relatable humor, and irresistible charm, *The Pioneer Woman Cooks: Dinnertime* is the go-to cookbook moms can rely on every night of the week.



Ginger Steak Salad

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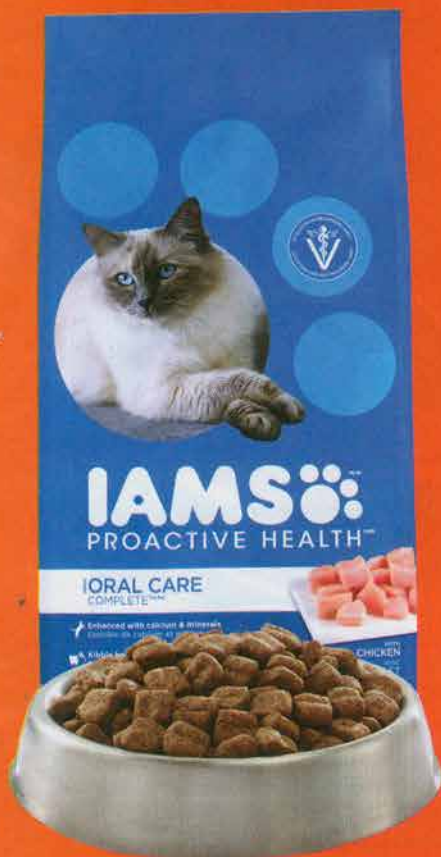
Follow Up

GREAT SHOT!

We ♥ these Instagram photos of stars **chowing down!**

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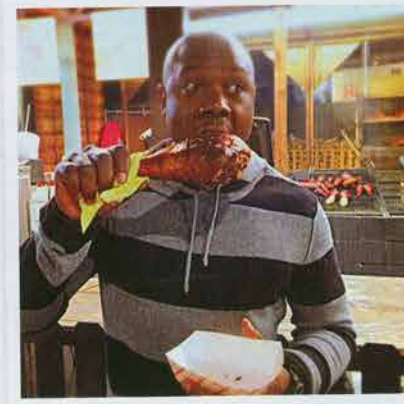
Katie Lee (@katieleekitchen) and **Geoffrey Zakarian** enjoy patty melts made by **Amanda Freitag**.



Anne Burrell (@chefanneburrell) chomps a lamb chop at Kiki's in New York City.



Ted Allen's (@thetedallen) kitty Rufus can't wait to taste the real thing.



Eddie Jackson (@fitchefeddie) tears into a turkey leg at a Houston rodeo.



Alton Brown (@altonbrown) drives his Eat Your Science tour bus under the influence of pierogi.



Marc Murphy (@chefmarcmurphy) digs into doughnuts from Grindstone Coffee and Donuts in Sag Harbor, NY.

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LOVE IT OR YOUR
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BACK!**

Name This Dish!

Dream up a clever name for this cocktail and you could win big.

????????????????

ACTIVE: 25 min | TOTAL: 25 min | MAKES: 2

WHAT DO YOU THINK?

- 2 cups tomato juice
- ½ cup mezcal
- ¾ teaspoon grated lime zest, plus the juice of 1 lime
- ¾ teaspoon grated orange zest, plus the juice of ½ orange
- 2 to 3 teaspoons adobo (from a can of chipotle chile peppers)
- ½ teaspoon dried oregano (preferably Mexican)
- 6 frozen jalapeño poppers
- ¾ cup roughly crushed tortilla chips
- ½ teaspoon chili powder

Kosher salt

- 1 tablespoon unsalted butter
- 2 6-inch flour tortillas
- 3 thin slices muenster cheese
- Pickled jalapeño slices, for garnish

1. Preheat the oven to 425°. Mix the tomato juice, mezcal, lime juice, orange juice, adobo and oregano in a small pitcher; set aside. Arrange the jalapeño poppers on a baking sheet. Bake until golden brown, turning halfway through, about 15 minutes.
2. Meanwhile, place the tortilla chips in a resealable plastic bag and finely crush with a skillet or rolling pin. Mix with the chili powder, lime zest, orange zest and ½ teaspoon salt in a small shallow bowl; set aside.
3. Melt ½ tablespoon butter in a small nonstick skillet over medium-high heat. Add 1 tortilla, then cover with the cheese and the remaining tortilla. Cook until golden on the bottom, about 2 minutes. Flip, adding the remaining ½ tablespoon butter to the skillet, and cook until the tortilla is golden and the cheese is melted, 2 to 3 more minutes. Transfer to a cutting board and cut into 6 wedges.
4. Thread the jalapeño poppers, quesadilla wedges and some pickled jalapeño slices onto the top half of two 12-inch wooden skewers. Moisten the rim of 2 pint glasses and press in the tortilla chip mixture. Fill the glasses with ice and the tomato juice mixture. Garnish with the skewers.

How to enter:

- 1 Read the recipe and come up with a creative name for this cocktail.
- 2 Go to foodnetwork.com/namethisdish and enter your best name from April 11 to May 2, 2017.

NO PURCHASE NECESSARY TO ENTER OR WIN. Name This Dish! Contest. Sponsored by Hearst Communications, Inc. Beginning April 11, 2017, at 12:01 a.m. ET through May 2, 2017, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/namethisdish on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and original recipe name for the cocktail that appears in the May 2017 issue of Food Network Magazine. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/namethisdish.



The winner will receive \$500 and three runners-up will each receive \$50.

Recent Winner IDAHOAGIE



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Morgan
Shapiro Antwork
Smithtown, NY

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Mitzi
Bricker-Manda
Millfield, OH

You Say Potato, I Say Panini
Rebecca
Richmond
Cooper City, FL

COCKTAIL PHOTO: RALPH SMITH; FOOD STYLING: BRETT KURZWEL; POTATO PANINI: JEFF HARRIS/STUDIO D.

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