

food
network

magazine



CORN-AVOCADO
SALAD



GREEN CHILE
CHEESEBURGERS



FOIL-PACKET
SAUSAGE

**SEE
INA
GARTEN
ON TOUR!**
BIG GIVEAWAY
PAGE 10



123 *Great* SUMMER RECIPES!

Easy GRILLING

- SOUTHERN BRISKET
- CHIPOTLE FLANK STEAK
- SWEET AND SPICY RIBS

BONUS BOOKLET

**50 *Berry*
DESSERTS**

CROWD-
PLEASING
SIDES

FUN WITH
Watermelon!

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Contents

JULY/AUGUST 2018

FIND 50 THINGS
TO MAKE WITH
BERRIES ON
PAGE 54.



PHOTO: RYAN DAUSCH; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: PAIGE HICKS.

- 6 Recipe Index
- 8 To Your Health
- 12 Star Spotlight
- 16 Editor's Letter
- 18 Calendars
- 22 You Asked
- 28 Happy Birthday!
- 150 Great Shot!

BONUS INSERT



← PAGE 54



100



126



58



47

Weekend Cooking

- 90 **First to Market** • Ina Garten turns summer vegetables into easy sides.
- 95 **Fresh Off the Vine** • Celebrate tomato season with some of the stars' best dishes.
- 102 **We Meat Again!** • At the South Beach Wine & Food Festival, barbecue rules.

Party Time

- 115 **Land of the Freeze** • Dress up frozen bananas for the Fourth of July.
- 116 **A New England Clambake** • Try a new take on the classic clambake: Make it on the grill.
- 120 **A Southern Barbecue** • Treat cookout guests to a regional favorite: brisket and beans.
- 124 **A Southwestern Burger Bar** • Add a little heat to your party menu with these flavorful recipes.
- 128 **A Pacific Northwest Lunch** • Give cedar plank salmon a try, and serve some great sides to match.
- 133 **Show Your Stripes!** • Learn how to make a showstopping flag cake.

On the Road

- 139 **C Is for Chef** • This Florida eatery is brought to you by the letter c.
- 140 **A World of Oysters** • Take a trip to Martha's Vineyard—and become an oyster expert.
- 145 **Katie's Best Beach Bites** • Check out Katie Lee's favorite seaside spots.

Contest

- 152 **Color This Dish!** • Enter this month's coloring contest.



130

In the Know

- 31 **Everybody's All-American** • See who's eating all the hamburgers.
- 33 **Food News** • Learn what's next in the ice cream world.
- 36 **Trend Alert: Elote** • Get a taste of Mexican street corn.
- 38 **What's Your Chopped IQ?** • Find out how well you know the high-stakes cooking show.
- 42 **Star Kitchen** • Tour chef Michael Mina's open-air California kitchen.

Fun Cooking

- 47 **Naturally Pretty** • Make a fruit plate that looks as good as it tastes.
- 49 **Watermelon Every Which Way** • Turn your watermelon into a keg—or try some other fun ideas!
- 54 **50 Berry Treats** • Find dozens of ways to serve fresh berries.
- 56 **Have Your Shortcake...** • Put a new twist on a simple summer dessert.

Weeknight Cooking

- 67 **Weeknight Dinners** • Add some new recipes to your weekly rotation.
- 84 **Inside the Test Kitchen** • Our chefs share their best tips and tricks.
- 86 **Take Ten!** • Cheese lovers, here are 10 great new ways to eat cheddar!

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Recipe Index

SNACKS AND APPETIZERS



50 Watermelon with Herb Salt



51 Watermelon Carpaccio with Ricotta Salata



52 Sweet-and-Spicy Pickled Watermelon Rind



50 Spiced Watermelon Fries with Lime Crema



52 Watermelon Jerky



53 Thai Grilled Watermelon Lettuce Cups



100 Stuffed Tomatoes



FIND THIS BONUS BOOKLET ON PAGE 54!

MEAT, POULTRY AND EGGS



106 Chipotle Flank Steak with Blue Smoke Slaw



122 Smoked Brisket



69 Soba Noodle Salad with Grilled Sirloin



126 Green Chile Cheeseburgers



76 Asian Burger with Kimchi Mayo



86 Juicy Lucy Burger



80 Grilled Stuffed Pork Tenderloin



108 Montreal Smoked Pulled Pork with Curry Pickles



104 Apple-Cherry-Jalapeño Ribs



74 Pork Chops with Warm Three-Bean Salad



69 Kielbasa-Sweet Potato Foil Packets



72 Spanish Grilled Ham and Cheese with Gazpacho



68 Grilled Thai Chicken with Nectarine Salad



70 Instant Pot Caribbean Chicken and Rice



80 Tex-Mex Chicken and Corn Soup



110 Hickory-Smoked Jerk Chicken Wings with Pickled Pineapple



76 Turkey-Snow Pea Grain Bowl



74 Turkish Poached Eggs with Garlic Yogurt

FISH AND SEAFOOD



72 Indian Spiced Grilled Salmon



130 Cedar Plank Salmon



70 Fried Scallops with Bibb and Fennel Salad



118 Grilled Clambake



68 Lemon-Poppy Seed Fettuccine



100 Tagliatelle with Corn and Cherry Tomatoes

PASTA

SIDES



36 Elote



82 Grilled Mushroom Kebabs



82 Mexican Rice Salad



82 Jerk Cantaloupe-Cucumber Salad



126 Corn-Avocado Salad



130 Quinoa and Sprouts Salad



123 Cucumber-Cabbage Slaw



82 Parmesan-Basil Corn Cakes



92 Roasted Vine Tomatoes



92 Parmesan Roasted Zucchini



100 Tomato Salad with Pancetta Crisps



130 Zucchini-Blackberry Salad



92 Confetti Corn



122 Bourbon Baked Beans



126 Grilled Sweet Potatoes



118 Grilled Garlic Bread



DRINKS AND DESSERTS



51 Watermelon Cosmo Punch



51 Watermelon Mai Tai



51 Watermelon-Jalapeño Cooler



52 Watermelon Keg



126 Prickly Pear Coolers



130 Rosemary-Citrus Beer Cocktails



50 Watermelon-Ginger Granita



53 White Chocolate Watermelon Pops



57 Cover Recipe Triple Strawberry Shortcakes



58 Pineapple-Citrus Shortcakes



60 Cherry-Almond Chocolate Shortcakes



62 Plum-Tahini Shortcakes



134 Stars-and-Stripes Cake



115 All-American Frozen Bananas



118 Black Raspberry Ice Cream Sandwiches



123 Grilled Peaches and Cream



54 Berry Cheesecake Tart



54 Shortcut Blueberry-Peach Cobbler



54 Balsamic Strawberries



54 Raspberry-Ricotta Toasts



54 Strawberry-Lime Sorbet

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.



LEMON-POPPY SEED FETTUCCINE
PAGE 68
CALORIES: 440



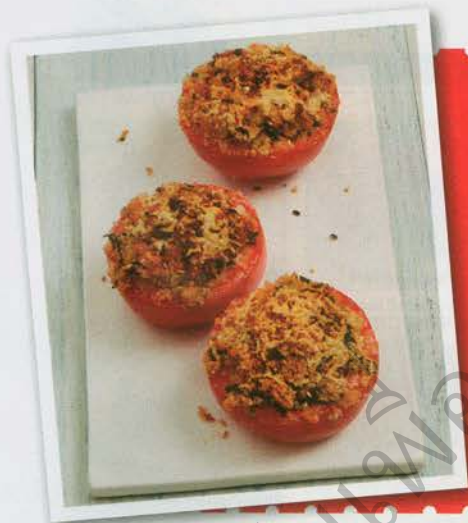
FRIED SCALLOPS WITH BIBB AND FENNEL SALAD
PAGE 70
CALORIES: 320



TEX-MEX CHICKEN AND CORN SOUP
PAGE 80
CALORIES: 470

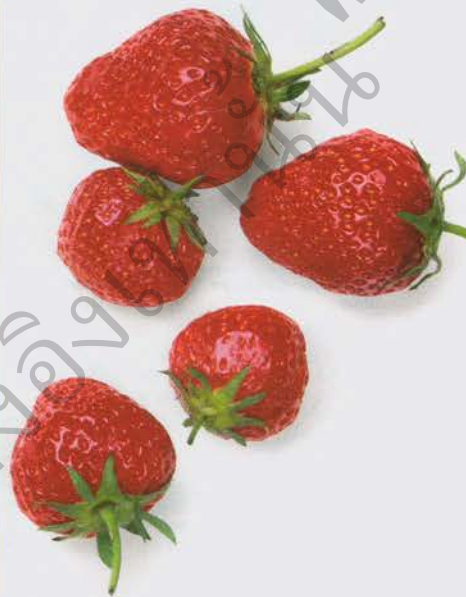


GRILLED STUFFED PORK TENDERLOIN
PAGE 80
CALORIES: 410



YOU SAY TOMATO...

Organic tomatoes might be worth the higher price tag: According to a study published in the journal *Food Chemistry*, organic tomatoes contain more antioxidant-rich polyphenols than conventional tomatoes. Polyphenols can help protect the body against cardiovascular disease and cancer, so consider going organic if you make the stuffed tomatoes on page 100.



LOOKING GOOD

One more reason to eat fresh summer strawberries: Researchers at Padjadjaran University in Indonesia found that the juices in strawberries can act as bleaching agents on coffee-stained teeth. Start your own teeth-whitening program with the strawberry treats on page 54.

GOING STRONG

The Mediterranean diet has long been praised for promoting heart health, but new research presented at the Endocrine Society shows that it may strengthen bones and muscles, too. Postmenopausal women who closely adhered to the diet had significantly higher bone density and muscle mass than those who did not. Find these three essential Mediterranean ingredients throughout this issue.



Olive Oil
Turkish Poached Eggs with Garlic Yogurt (page 74)



Fish
Cedar Plank Salmon (page 130)



Whole Grains
Quinoa and Sprouts Salad (page 130)

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Star Search

Find your favorite Food Network celebs in this issue.

We asked the stars: What kind of food truck would you own?

Catch The Great Food Truck Race Thursdays at 9 p.m. ET, starting July 26.

"I'D SELL CLASSIC NORTH CAROLINA-STYLE PULLED PORK WITH A VINEGAR-BASED SAUCE."



Ted Allen
Chopped;
The Best Thing I Ever Ate
(on Cooking Channel)
pg. 51



Sunny Anderson
The Kitchen
pgs. 22, 98



Valerie Bertinelli
Valerie's Home Cooking;
Food Network Star:
Comeback Kitchen;
Kids Baking Championship
pg. 95



Anne Burrell
Worst Cooks in America
pg. 96



Maneet Chauhan
Chopped
pg. 22



Ina Garten
Barefoot Contessa
pg. 90



Eddie Jackson
Ultimate Summer Cook-Off;
The Best Thing I Ever Ate
(on Cooking Channel)
pg. 22



Katie Lee
The Kitchen;
Beach Bites with Katie Lee
(on Cooking Channel);
Katie Lee Eats Meat, in Sweats
(on foodnetwork.com)
pg. 145



Jeff Mauro
The Kitchen
pg. 28



Michael Mina
pg. 42



Damaris Phillips
Ultimate Summer Cook-Off;
Southern at Heart;
Southern and Hungry
(on Cooking Channel)
pgs. 12, 22

"A TRUCK DEDICATED TO BISCUITS AND GRAVY. I'D HAVE ALL TYPES OF BUTTERY BISCUITS, GRAVIES AND TOPPINGS, AND I'D LAYER THEM IN CUPS."

"OH, THAT'S EASY—I'D RUN A DOUGHNUT TRUCK!"



Gesine Prado
Baked in Vermont
pg. 133



Michael Symon
Iron Chef America;
Iron Chef Gauntlet;
Burgers, Brew & 'Que
(on Cooking Channel)
pg. 22



Dale Talde
New 'Cue
(on foodnetwork.com)
pg. 110



Marcela Valladolid
Best Baker
in America
pg. 51



Geoffrey Zakarian
Chopped;
The Kitchen;
Iron Chef America
pg. 51

YOU COULD SEE INA ON TOUR!

Ina Garten is hitting the road to promote her latest book, *Cook Like a Pro*, and we're giving away VIP tickets for every stop on the tour! Starting June 26, visit foodnetwork.com/inatoursweeps to find tour information, cities and dates—and enter for a chance to win!



NO PURCHASE NECESSARY TO ENTER OR WIN. Ina Garten Cook Like a Pro Tour Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning June 26, 2018, at 12:01 a.m. ET, through July 17, 2018, at 11:59 p.m. ET, go to foodnetwork.com/inatoursweeps on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. For each of the nine stops on Ina Garten's 2018 tour, one winner will be selected and given two tickets to the event entrant selected. Approximate Retail Value: \$154. Total ARV: \$1,476. TRANSPORTATION AND ACCOMMODATIONS NOT PROVIDED. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. 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. Sweepstakes subject to complete official rules available at foodnetwork.com/inatoursweeps.

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Glow-getter

"I don't wear a ton of makeup, and when I do, I like it to look as natural as possible. I use Rituel de Fille's luminizer on my brow bones as a highlighter, on my lids as eye shadow or on my cheekbones to give my skin a dewy glow." *Rare Light luminizer, \$29; ritueldefille.com*

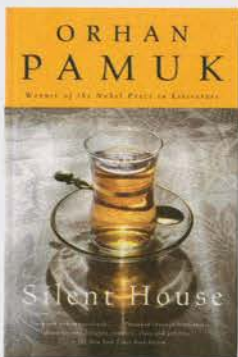
Rotating wardrobe

"I'm a recent convert to the world of clothing rental—and I'm obsessed! I have two subscriptions to Le Tote, so I always have something new to wear. I signed up for Rent the Runway, too; it's helpful when I have an event." *Classic plan, \$59 per month; letote.com*



Beloved bauble

"Maya Brenner makes beautiful state pendant necklaces, and I adore my Kentucky one." *Kentucky necklace, \$130; mayabrenner.com*



Books all around

"I always keep a book in my purse, in our den, and on my nightstand—you'll find my 'smart' books there. My current lineup includes *Silent House* by Orhan Pamuk, *Certain Relevant Passages* by Joe Manning and *Grocery* by Michael Ruhlman." *Silent House, \$16; amazon.com*

STAR SPOTLIGHT



Cooking essentials

"I can't live without my cast-iron skillet and enameled Dutch oven from Lodge. I also inherited my grandmother's avocado-green KitchenAid mixer, which I use nearly every day." *Six-quart Dutch oven, \$115; lodgemfg.com*

Damaris Phillips

The *Southern and Hungry* cohost tells us about her rented wardrobe—and the secret to her great hair.



Splurge-worthy brush

"My hair has a natural wave that I often play up with a one-inch-barrel curling iron. I let the curls cool, then I brush them out with my Mason Pearson brush. It was a gift, and at the time I was shocked at the price tag. But 10 years later I swear by it!" *Mason Pearson Handy Mixture bristle hairbrush, \$150; net-a-porter.com*



Style extender

"I've tried so many fancy dry shampoos but nothing compares to Psssst!—it's a drugstore classic. My hair tends to look flat when it's clean, but this product adds volume and allows me to go an extra day or two between washings." *Psssst! instant dry shampoo spray, \$7; ulta.com*

TOPS ON TOP

Cindy Crawford on Silestone Countertop



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Published by Hearst Communications, Inc.,
a unit of Hearst Corporation
300 West 57th Street
New York, NY 10019

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foodnetwork.com/magazine

PRINTED IN THE USA

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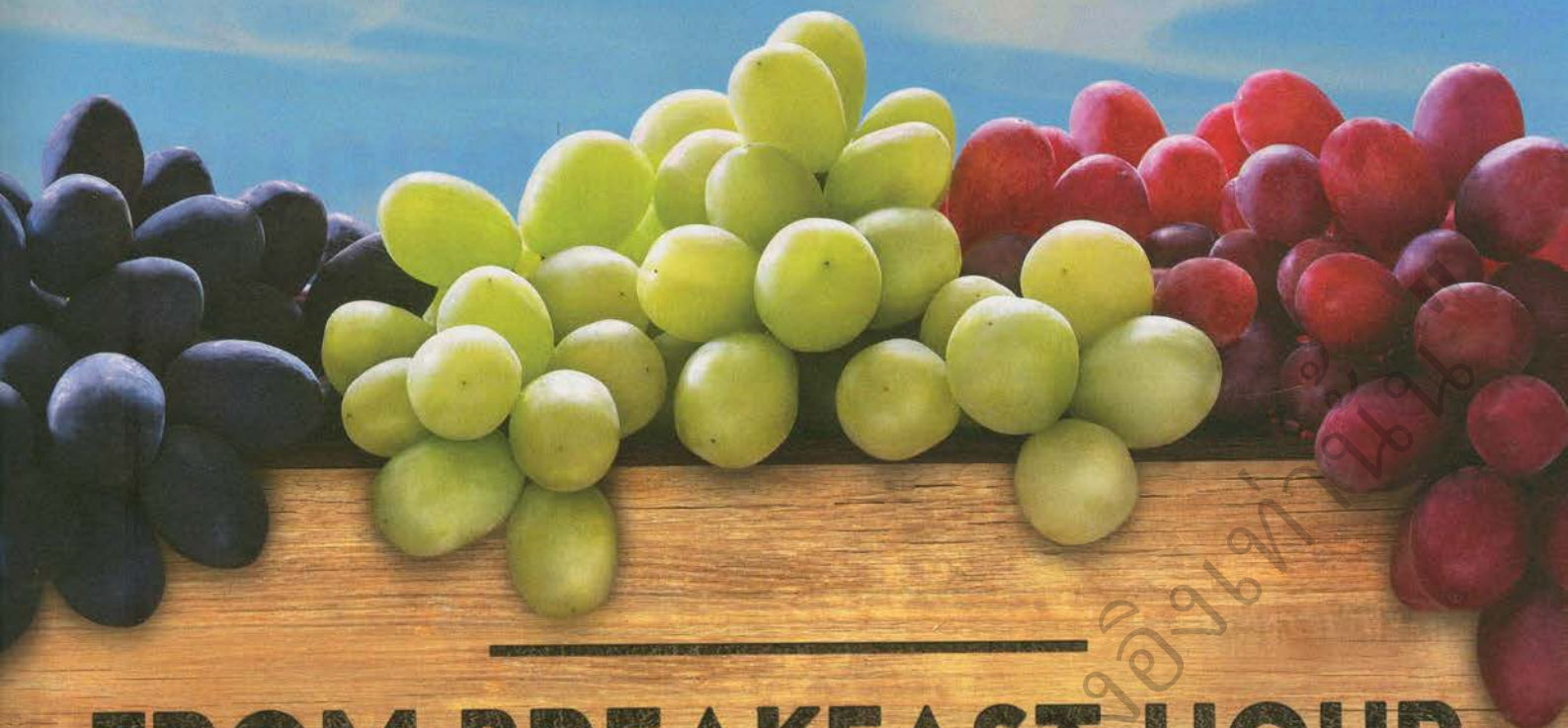
Food Network Magazine

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Or call toll-free: 866-587-4653

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OLDIE BUT GOODIE

My 8-year-old daughter came across a photo of a **watermelon fruit basket** the other day and thought it was the coolest thing she had ever seen. I wondered for a second if we'd made a big mistake in this issue: We produced a whole story about fun things to do with watermelon (page 49), and not one of them involves **carving it** into a basket and filling it with **melon balls**. I honestly thought the idea was so played out that no one would get excited about it anymore.

I should have known better: People love a **watermelon hack**, of any kind. Food Network posted a video on Facebook last year demonstrating how to turn a watermelon into a **keg**, and it has 160 million views and counting (you can see for yourself and add to that number at foodnetwork.com/watermelonkeg).

I can't imagine what the numbers would have been like for the watermelon basket if the **Internet** had been around when it was invented. I've searched everywhere for the story of its origin, in an effort to give credit to the **genius** who thought of it, but no one seems to have the answer—not even the National Watermelon Promotion Board. "This has us **stumped!**" said communications director Stephanie Barlow. She also searched the archives of her sister organization, the National Watermelon Association, and couldn't find any details about the birth of **basket carving** there, either.

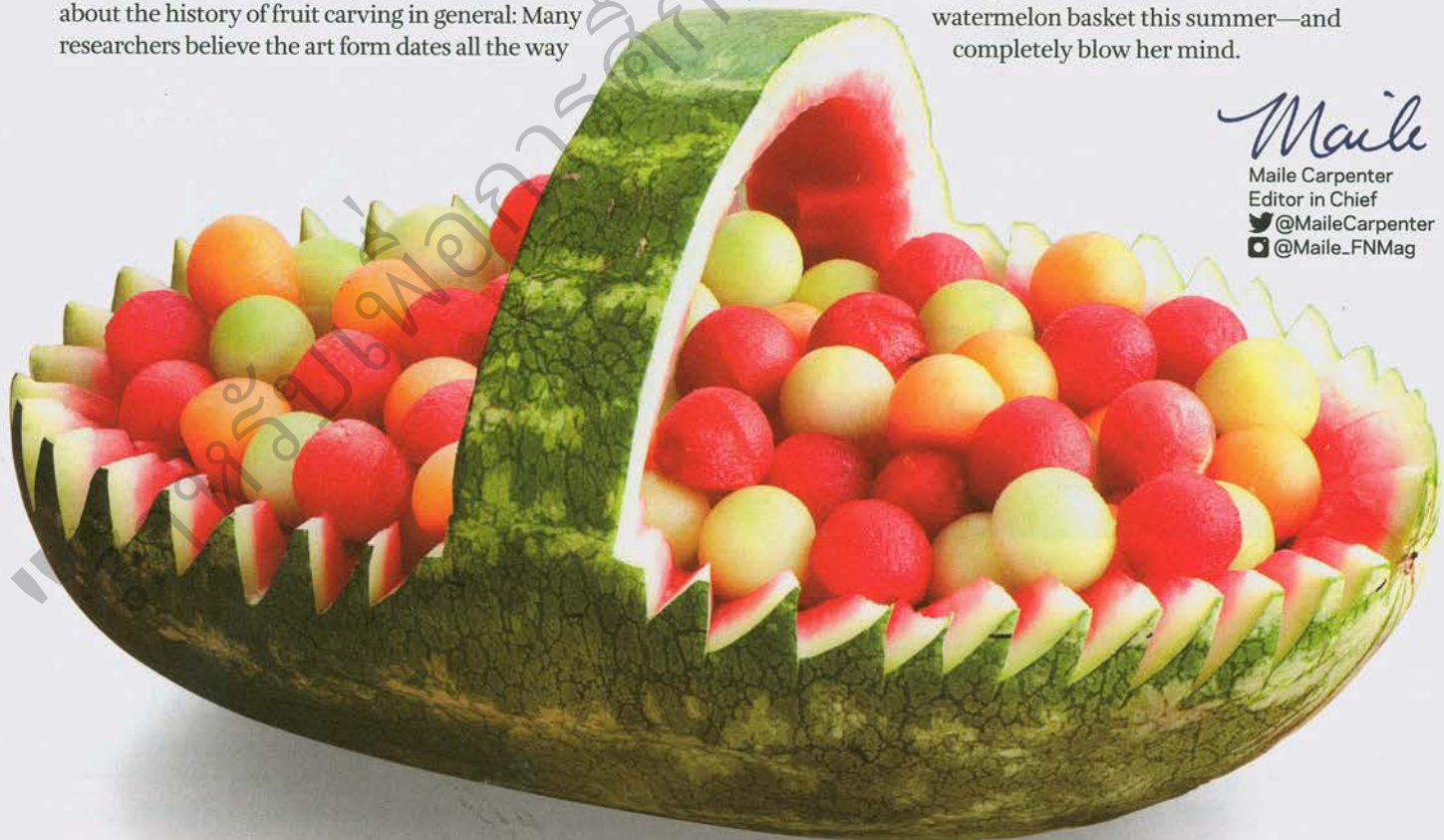
Inquiring minds can find plenty of information about the history of fruit carving in general: Many researchers believe the art form dates all the way

back to China's Tang Dynasty (AD 618); however, I don't think the basket pictured below showed up on any **emperor's table**. Best I can tell, Americans first started carving watermelon baskets in the early 1900s. Our deputy editor, Jessica Dodell-Feder, found a **1908** edition of the monthly food magazine *Table Talk* in which a Washington, DC, reader wrote in about something **incredible** she'd encountered at a party: "*The watermelon was served in a way that none of us had seen before. A large platter was brought in, and on it was a watermelon basket.... The melon had been cut with a sharp knife into a basket with a handle, the pulp taken out with a spoon and chilled on ice before serving.*"

The trend must have taken a while to catch on pre-Internet, because no one seems to remember watermelon baskets becoming a popular **party trick** until at least the **midcentury**. My mom says she got her first glimpse of one at a church potluck in Chester, PA, in the late 1960s, and like my daughter, she thought it was the most **amazing** thing she'd ever seen. (She proceeded to make them for the next 20 years.) My aunt first laid eyes on one at her bridal shower in 1967. What's most **interesting** about these two accounts is that both my mom and aunt, who are now in their 70s, remember exactly where they were when they saw a watermelon basket for the **first time**. Knowing this, I wish so much that my daughter had never found that picture so I could break out a real watermelon basket this summer—and completely blow her mind.

Maile

Maile Carpenter
 Editor in Chief
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July



SUN

MON

TUE

WED

THU

FRI

SAT

1

It's Canada Day! Whip up some "moose milk," a boozy Canadian milkshake: Whisk melted vanilla ice cream with a little milk, rum, coffee liqueur and vodka.



3



4

Celebrate the Fourth with rocket pops: Fill ice pop molds one-third of the way with red juice; freeze. Repeat with yogurt, then blue juice.

5

6

The Running of the Bulls starts today in Pamplona, Spain. Have a Spanish snack: Toast Marcona almonds in a pan with olive oil and thyme.



8



9

10

11

One of the world's largest food festivals starts today in Chicago. Make local Jeff Mauro's giant sub. Go to foodnetwork.com/partysub.

12



13

Baseball's All-Star Week kicks off today. Top a hot dog the way Bobby Flay does, with cooked onions, sauerkraut and spicy mustard.

14



Treat yourself to a French dessert in honor of Bastille Day: Top crêpes with salted caramel ice cream, hot fudge and fleur de sel.

15

Blend $\frac{3}{4}$ cup each ginger beer and vodka, $\frac{1}{4}$ cup each simple syrup and lime juice, and ice to make frozen Moscow Mules for today's World Cup final in Moscow.



16

Amazon officially sold its first book 23 years ago today. Go online and treat yourself to a new cookbook!



18



19

The rotating can opener was patented on this day in 1870. Put it to good use making the bean salad on page 74.

20

Have some bacon—it was one of the first things Neil Armstrong ate (in freeze-dried cubes!) when he landed on the moon on this day in 1969.

21



23



25

Wacky Wednesday! Make a funny side dish: spaghetti fries. Deep-fry cooked spaghetti pieces in oil. Sprinkle with parmesan.

26

Mick Jagger turns 75 today. Have a French 75! Shake 2 ounces gin with 1 ounce lemon juice, a little simple syrup and ice. Strain; top with champagne.

27



29

NASA was created 60 years ago today. Eat moon sandwiches for lunch: Use a round cookie cutter to cut them into crescent shapes.



31

Pick up grilling tips from the pros. Catch the new season of *Chopped Grill Masters* tonight at 9 p.m. ET.



HOT DOG, BACON AND FRENCH 75: LEVI BROWN; MILKSHAKE, ICE POP AND CRÊPE: GETTY IMAGES; ALMONDS: STEVE GIRALT; SUB SANDWICH: KANG KIM; COOKBOOKS: RYAN DAUSCH; FRIED SPAGHETTI: CHARLES MASTERS; MOSCOW MULE AND MOON SANDWICH PHOTOS: RYAN DAUSCH; FOOD STYLING: ADRIENNE ANDERSON



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WED

THU

FRI

SAT

1

The original Mars bar was introduced on this day in 1932. Pop one in the freezer for a cool treat!



2

3

Toast the weekend with peach sangria: Combine 1 bottle sparkling white wine with ½ cup peach liqueur in a pitcher. Add ice, mint and sliced peaches.



4

5

Catch the finale of *Food Network Star* tonight at 9 p.m. ET and see who Bobby and Giada crown as the winner!

6

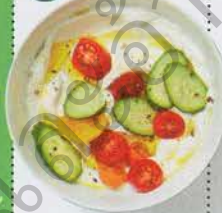


7

8

Make the most of summer produce with a lunchtime yogurt bowl: Top plain Greek yogurt with cucumber, tomatoes, olive oil, salt and pepper.

9



10

11

12



13

Meatless Monday! Toss carrots with olive oil, cumin and chili powder; grill over medium-low heat. Serve on hot dog buns with jalapeño and avocado slices.

14

One of the largest blackouts in US history happened 15 years ago today. Bake a blackout cake tonight: Go to foodnetwork.com/blackoutcake.

15



16

The Klondike Gold Rush started on this day in 1896. Make Klondike bites: Fill ice cube trays with softened ice cream; freeze. Dip in chocolate shell; refreeze.

17



18

It's 8/18/18, a lucky date in Chinese culture. Eat an orange (it's a lucky fruit): Halve, sprinkle with brown sugar and caramelize with a torch.



20

21

22

Just one more month of summer! Put out a fun platter of fruit and chocolate for a hump-day happy hour.



23

24



25

The *Wizard of Oz* debuted 79 years ago today. Serve "Somewhere over the Rainbow" sticks: Skewer rainbows of fruit; arrange in a semicircle.

26

The first televised MLB game aired on this day in 1939. Whip up a Cracker Jack milkshake: Blend vanilla ice cream with some milk and caramel corn.



28

30

31

Stash a Labor Day treat in the freezer: Fill a graham cracker crust with lemon sorbet; top with whipped cream and graham cracker crumbs. Freeze.






MARS BAR: JEFF HARRIS; STUDIO D. CHOCOLATE CAKE: RYAN DAUSCH; SANGRIA AND ORANGE: LEVI BROWN; YOGURT BOWL, CARROT DOG, KLONDIKE BITES, FRUIT SKEWER AND LEMON PIE PHOTOS: RYAN DAUSCH; FOOD STYLING: ADRIENNE ANDERSON, MILKSHAKE: RALPH SMITH; FRUIT PLATTER PHOTO: RYAN DAUSCH; FOOD STYLING: BRETT KURZWEIL



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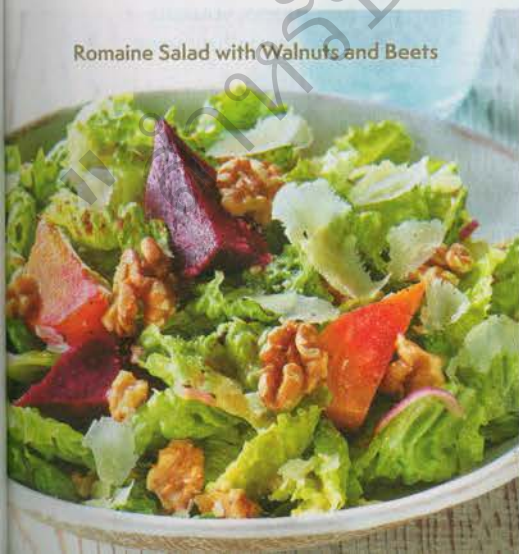
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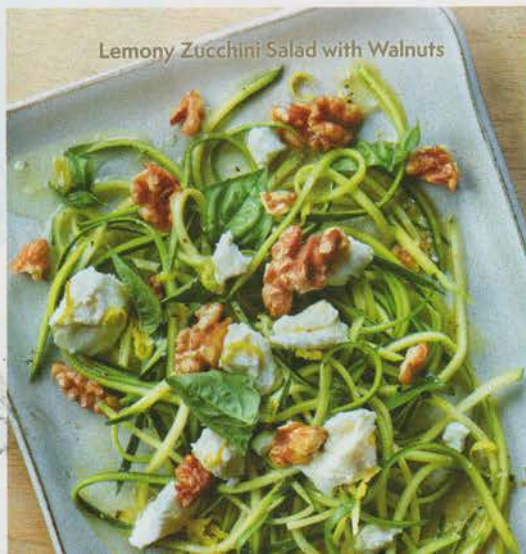
Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

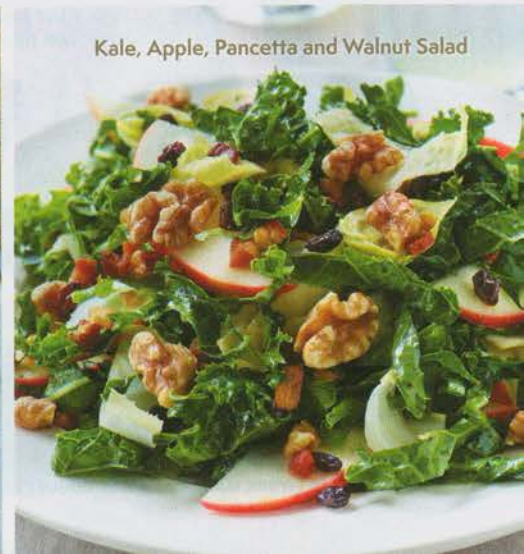
Romaine Salad with Walnuts and Beets



Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad



You Asked...

Food Network stars answer your burning questions.



Eddie, I want to make cookies for my vegan friend. What's a good egg substitute?

Allyson Marlowe
Fox Island, WA

I like using applesauce or mashed banana in place of eggs; all you need is $\frac{1}{4}$ cup for each egg in the recipe. Arrowroot powder can also work: For each egg use 2 tablespoons combined with 3 tablespoons of water. It's similar to cornstarch and can be used as a thickener.

—Eddie Jackson



Michael, I love breakfast sandwiches with bacon, but I want to elevate them a bit. How can I take the bacon to the next level?

Brian Smith
Frenchtown, NJ

A great way to do this is to make the bacon yourself! It's easier than you think, and you can control the flavor, smoke level and richness, depending on the cut of meat you use. I use pork belly in my recipe: foodnetwork.com/michaelsbacon.

—Michael Symon



Sunny, what's the proper way to cook grits?

@lisaann_abhiram
via Instagram

The only real rule in my family is to not cook grits in just water. Use regular or quick-cooking grits along with a flavorful stock, milk, cream or a mixture of water and stock or dairy. Plenty of butter never hurts either! Try my recipe for cheesy grits: foodnetwork.com/sunnysgrits.

—Sunny Anderson



Damaris, how do you keep cakes fresh when baking them in advance?

Jennifer Jones
Denver

I'm a huge fan of freezing cakes. In fact, I believe most baked goods are better after they've been in the freezer. It's so easy: Just bake the cakes as usual, make sure they cool completely, wrap the layers tightly in plastic wrap (or vacuum seal them) and throw them in the freezer. You can bake the cakes months in advance, and when they defrost they'll taste like you made them that day.

—Damaris Phillips



Maneet, do you have any advice for making dosas? They're always so good at Indian restaurants but seem intimidating to make at home.

Katherine E. Conway
via Facebook

I'm not going to lie, dosas (thin, crispy Indian pancakes) are very complicated to make. The batter requires fermentation, and making the crêpe itself takes great skill. A good way to start is to buy premade batter at an Indian grocery store and practice making the crêpes. Once you've mastered that part of the process, you can work on making your own batter.

—Maneet Chauhan



DAMARIS FREEZES CAKE LAYERS TO KEEP THEM FRESH.

Have a question for a Food Network star? Ask it at foodnetwork.com/youasked.

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Lemon Tea



Tasting Notes

A touch of citrus that is sharp yet sweet

Pairing Notes

Seafood is deliciously enhanced with a spritz of citrus. Pack home-made sandwiches featuring a fresh catch with a slice of lemon on the side.

Lemon flavored with other natural flavors.



"Family" fun and backyard barbecues

Good company, good food and the great taste of **Gold Peak Tea** make every summer gathering a hit.

Raspberry Tea



Tasting Notes

Sweet undertones with a berry-forward fragrance

Pairing Notes

Raspberry shares key aromas with tomatoes, basil, horseradish and black olives. Build dishes around these picnic-perfect ingredients to create a harmonious spread.

Raspberry flavored with other natural flavors.



Summertime staycations

You don't have to take a vacation to spend time together. With **Gold Peak Tea**, home is the perfect summer hangout.

Peach Tea



Tasting Notes

A versatile character with delicate texture

Pairing Notes

Almost every berry pairs perfectly with peach. Mix a batch of assorted fruit in the mornings for a grab-and-go snack that will keep family members fueled.

Peach flavored with other natural flavors.



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Happy Birthday

J E F F

JULY
24



JEFF MAURO
IS TURNING 40!

In honor of *Food Network Magazine's* 10th birthday this year, we're celebrating a star's big day in every issue.

Best birthday party ever

"Growing up in Chicago, we had an above-ground pool at our house. One year the weather was perfect and all of my cousins and neighborhood buddies came over to swim for my birthday. We made a very strong whirlpool using nothing but human power. It was an amazing day."



Favorite birthday cake

"Vanilla cake—usually in cupcake form—vanilla frosting, the sugary kind that makes your teeth sting, and a gallon of sprinkles."

Best gift ever

"A TurboGrafx-16 CD-ROM player when I was 11 years old. Google it. It was legendary."



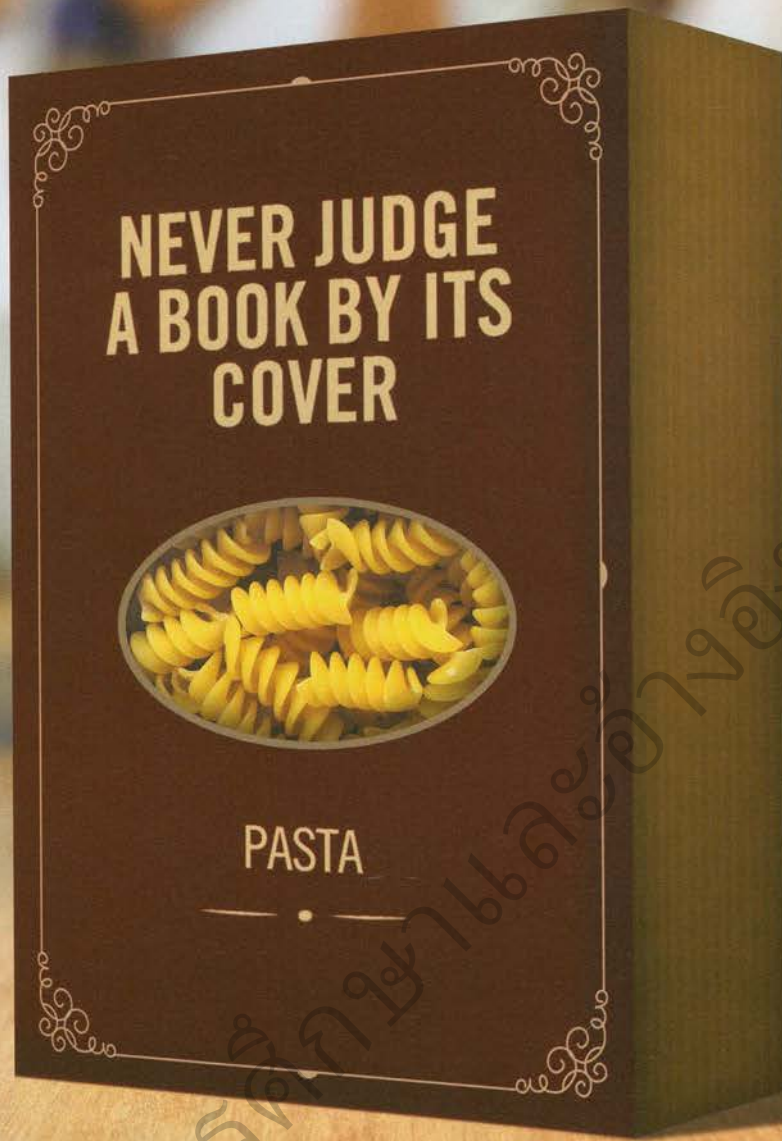
Favorite way to celebrate as an adult

"Pizza with the family. It's my night to eat my weight in deep-dish pizza from Lou Malnati's Pizzeria in Chicago—without any judgment."

Does your astrological sign mean anything to you?

"I'm a Leo, and I have read some 'literature' stating that I am a pretty typical Leo. For the most part I don't think about it too much."





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In the Know



Everybody's All-American

Take a moment to reflect on this bit of news at your Fourth of July cookout: Last year, for the first time ever, France consumed more American-style hamburgers than traditional French ham sandwiches, or jambon-beurre (ham on a buttered baguette)—1.46 billion burgers versus 1.22 billion sandwiches. In fact, according to figures from restaurant consultants Gira Conseil, there's at least one burger on the menu at 85 percent of all French restaurants! The French are still loyal to their homeland when picking side dishes, though: They eat their burgers with a pile of french fries.

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FOOD NEWS



SLOW CONES

If you ever find yourself racing to finish an ice cream cone before it drips, you'll be happy to hear that a slow-melting ice cream could be in your future: Researchers from the Universidad Pontificia Bolivariana in Colombia and the University of Guelph in Canada recently discovered that mixing the frozen treat with extracts from the banana plant slows its melting rate. Another cool bonus: The plant fibers improve the creaminess and texture of low-fat ice cream.

SOURCE: AMERICAN CHEMICAL SOCIETY



Garden Varieties

You don't have to be a seasoned gardener to grow seriously impressive produce. Chefs and breeders have collaborated on a new line of experimental seeds for amateur gardeners, so you can grow floral-tasting habanero peppers (above), flame-colored beets and miniature squash right at home. row7seeds.com



BAR ONE

Travelers might find a fun new gadget in their hotel room this summer: a machine that dispenses single servings of wine. The machine, called Plum, was originally marketed as a home appliance, but its \$2,000 price was high for many consumers. Hotels, on the other hand, have started buying Plum for rooms so guests can drink a glass or two without opening a whole bottle from the mini bar. Visit plum.wine for updates.



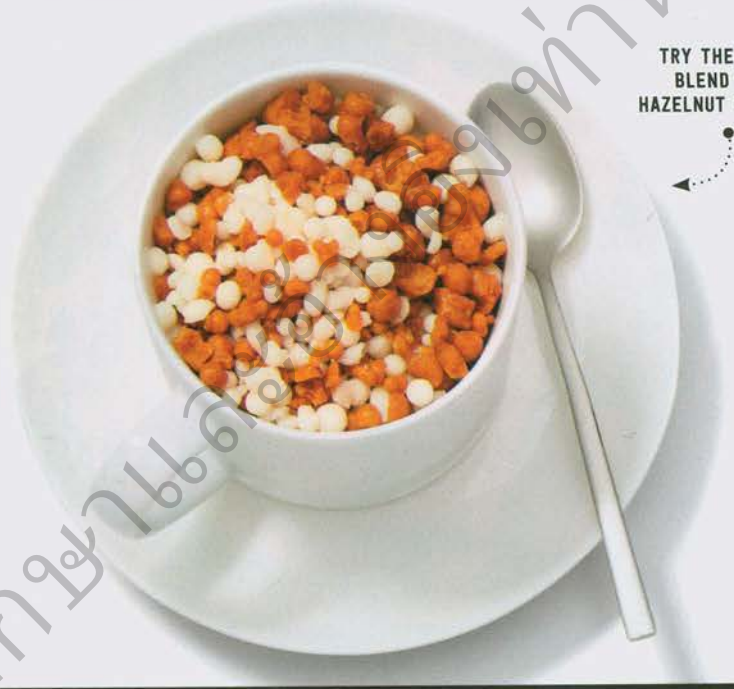
Shelf Life



Restaurants are taking a cue from homeowners and growing little pots of herbs indoors. The refrigerator-size indoor gardens, made by Farmsshelf, grow plants with 90 percent less water—and no soil! The Great Northern Food Hall in New York City, Beefsteak and Butterfly restaurants in Washington, DC, and Marcus Samuelsson's Marcus B&P in Newark, NJ, have all installed the gardens. The company hopes to expand into schools, cafeterias and even home kitchens in the future. farmsshelf.com

COLDER BREW

Get your caffeine fix in the form of frozen coffee beads. These tiny spheres, called 40° Below Joe, resemble Dippin' Dots—they were created by the same inventor—and they're made by flash-freezing coffee with liquid nitrogen. You can take yours black or order it mixed with flavored creamer beads. \$4 per cup; 40belowco.com for stores



TRY THE HOUSE BLEND WITH HAZELNUT CREAMER.

YOU DON'T SAY...

Millennials are less likely than older diners to speak up about a problem with a dish in a restaurant or to send something back to the kitchen, according to a new study.

Of course, no one said they'd keep quiet about it on social media!

SOURCE: TECHNOMIC

IMPASTAS

Remember when zoodles were the craziest things in the noodle world? Check out these newcomers.



Hearts of Palm Linguine

These canned noodles, made from hearts of palm, have just 20 calories per serving. \$6; eatpalmini.com



Plantain Linguine

It turns out that starchy plantains make a realistic alternative to traditional pasta. \$6; tasterepublicglutenfree.com for stores



Mung Bean Rotini

Explore Cuisine's mung bean-based pasta has 13 grams of protein in each two-ounce serving. \$7; amazon.com



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Trend Alert:

Elote

A classic Mexican street snack has become the hottest side of the summer.



Take an ear of grilled corn, slather it with mayonnaise or Mexican crema, then sprinkle it with cheese, lime juice and chile powder and you've got elote (pronounced eh-LOH-tay). Street vendors in Mexico have been serving this delicious snack for ages, and it's finally making its way onto menus across the United States. Over the past year, web searches for the dish have skyrocketed, and chefs have started coating corn with rainbow-tinted Cotija cheese, crushed chips and even sprinkles (anything for a good Instagram post!). If you ask us, the original version is perfect as is. Try it yourself!



ELOTE

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

4 ears corn, shucked
Vegetable oil, for brushing
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{2}$ cup crumbled Cotija cheese
Ancho chile powder, for sprinkling
Lime wedges, for serving

1. Soak 4 wooden skewers in water, 30 minutes. Preheat a grill to high.
2. Insert a skewer into each ear of corn. Brush the corn with vegetable oil. Grill, turning, until charred all over, 8 to 10 minutes.
3. Brush the grilled corn with the mayonnaise and sprinkle with the cheese. Sprinkle with chile powder and serve with lime wedges.





SHINE BRIGHTER

Blue Moon is a wheat beer brewed with Valencia orange peel for a taste that rises above the ordinary.

TASTE RESPONSIBLY

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WHAT'S YOUR CHOPPED IQ?

Are you a *Chopped* superfan? We'll be the judges!

1 Which of these Food Network chefs is a recurring *Chopped* judge?



A. Eddie Jackson B. Marcela Valladolid C. Melissa d'Arabian D. Chris Santos

2 What is one of the most common mistakes competitors make on the show?

A. Cross-contaminating B. Underseasoning
C. Burning their food D. Putting too many things on the plate

3 Which of these countries has its own version of *Chopped*?



A. Mexico B. United Kingdom C. China D. Italy

4 How many plates of food do contestants prepare for each round?

1

3

4

5

A.

B.

C.

D.

5 Which of these ingredients has never appeared in a dessert-round basket?



A. Gummy bears



B. Cheese blintzes



C. Bottled Shirley Temple drink



D. Beets

6 What does host Ted Allen say to the losing chef at the end of each round?

A. "You're on the chopping block."
B. "Chop-chop! You're out of here."
C. "Your dish has been chopped."
D. "You've been chopped."

7 How much money does a *Chopped* winner usually receive?

- A. \$10,000
- B. \$25,000
- C. \$50,000
- D. \$100,000

8 How long does each round of cooking last in a typical episode?



- A. Each round is 30 minutes.
- B. The appetizer round is 20 minutes; the entrée and dessert rounds are 30 minutes each.
- C. The appetizer and entrée rounds are 30 minutes each; the dessert round is 20 minutes.
- D. The appetizer and dessert rounds are 20 minutes each; the entrée round is 30 minutes.

9 What color are the stripes in the "hallway of disappointment," where chefs exit after being eliminated?

- A. ORANGE
- B. PURPLE
- C. GREEN
- D. BLUE

10 Which of these appliances is one of the least used in the *Chopped* kitchen?



A. Deep fryer B. Sous vide machine C. Ice cream maker D. Meat grinder

11 What color are the mystery baskets?

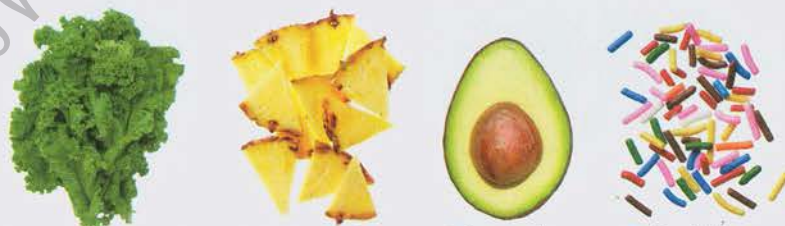


A. Navy blue B. Gray C. Dark brown D. Red

12 Which of these dishes has not been made on the show?

- A. Cream-soda tempura black sea bass
- B. Churro-cruste goat chop
- C. Wild boar tartare
- D. Candy corn jambalaya

13 Of these mystery-basket items, which has been used most frequently?



A. Mustard greens B. Pineapple C. Avocados D. Sprinkles

TRUE OR FALSE?

- 14 Ted Allen has served as the show's host since the first official episode. T F
- 15 The food in the pantry is given generic labels. T F
- 16 Contestants get to bring their own knives. T F
- 17 Ted sits down only during the final round of judging. T F
- 18 Two people are eliminated in the first round. T F
- 19 If contestants forget to use an ingredient, they're automatically chopped. T F
- 20 All the competing chefs have to share a single worktable. T F

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In the Know

SCORE SHEET

Give yourself one point for each correct answer.

1. **D**

2. **B** The judges are constantly commenting on seasoning levels, but not because they're obsessed with salt, says host Ted Allen. "The fact of the matter is that it's the most important ingredient. And when they're under pressure, people tend to under-salt."

3. **D** *Chopped Italia* is hosted by actor Gianmarco Tognazzi.

4. **C** Each of the three judges receives a plate, and a fourth is made to put under the cloche if that dish is chopped.

5. **B** Cheese blintzes have appeared as an ingredient in the appetizer round but never in the dessert round.

6. **D**

7. **A** Winners usually get \$10,000, but in season four of *Chopped All-Stars*, Food Network star Anne Burrell competed for a charity, the Juvenile Diabetes Research Foundation, and won \$75,000.

8. **B**

9. **A**

10. **B** This appliance cooks food in a temperature-regulated water bath, and while this method is precise, it often takes longer than putting food in the oven or on the stovetop—not ideal when time is of the essence.

11. **C**

12. **D**

13. **B**

14. **T** Ted has hosted since the first official episode. But before that, a pilot aired that was shot in a mansion instead of a studio with a "butler" as the host. He held a Chihuahua almost the entire episode, and when a dish was chopped, it was fed to the dog.

15. **T**

16. **T** These are the only tools chefs can bring with them.

17. **F** Ted never gets to sit down. "It's kind of like exercise," he says.

18. **F** One person is eliminated per round.

19. **F** Omitting a basket ingredient is not advisable, but it won't automatically put a competitor's dish on the chopping block.

20. **F** The four competitors share two prep tables, but each chef gets his or her own range.

HOW DID YOU DO?

0 TO 6 POINTS
**YOU'VE BEEN
 CHOPPED!**

Exit through the hallway of disappointment. If you need a pick-me-up, there's a great beer cocktail on page 130.



7 TO 13 POINTS
**YOU'RE A
 MYSTERY**

You seem like a *Chopped* fan, but you might need to watch more often. Tune in Tuesdays at 9 p.m. ET.



14 TO 20 POINTS
A CUT ABOVE!

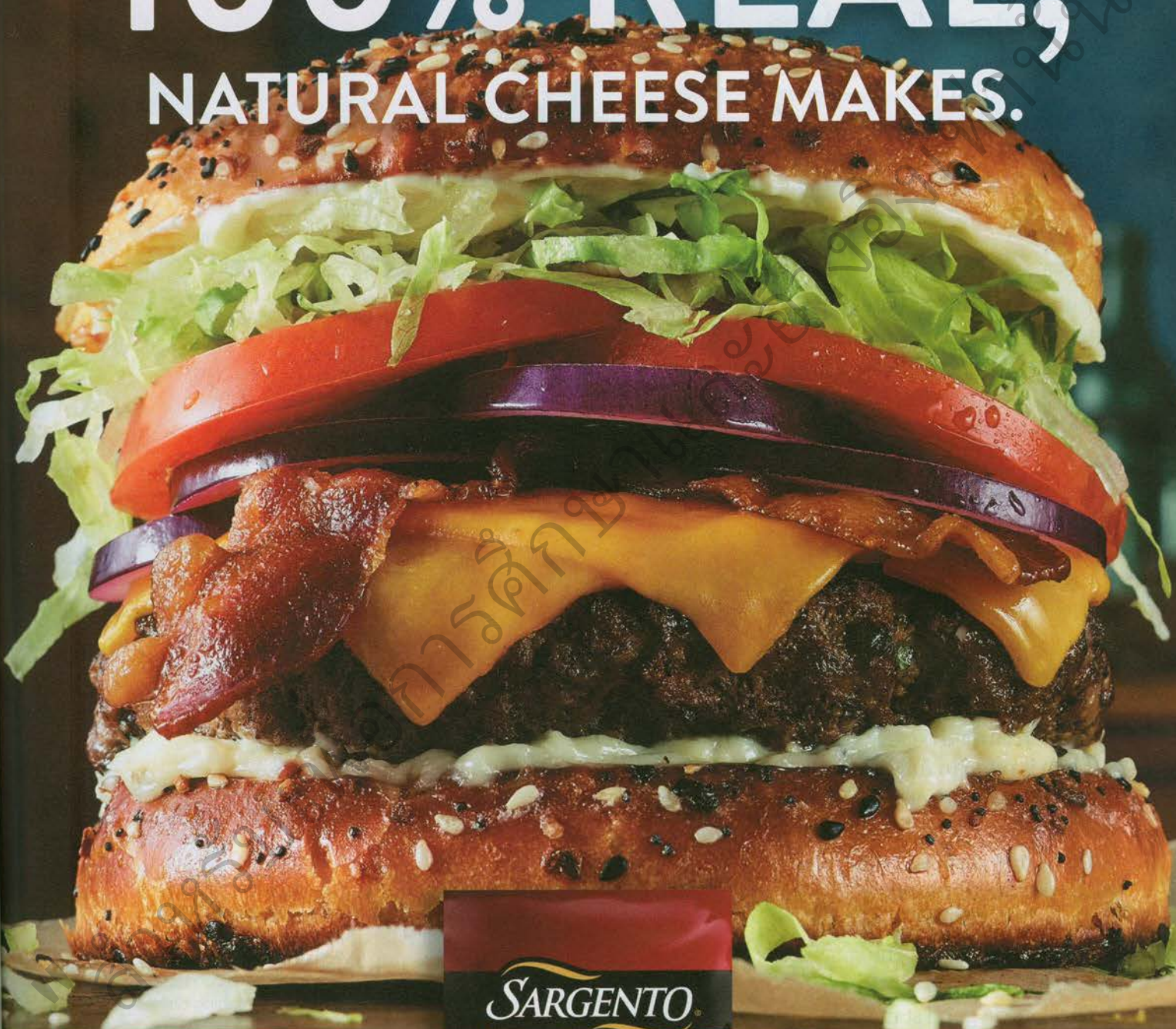
You're a *Chopped* champion! Have a treat that could be straight from a mystery basket: white chocolate-covered watermelon! See page 53.



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Star Kitchen

California chef and restaurateur Michael Mina takes us on a tour of his outdoor kitchen.

PHOTOGRAPHS BY DAVE LAURIDSEN

Michael Mina, who owns 12 restaurants in the Bay Area, is by all accounts a city guy. He never imagined living in the country, but in 2010, his wife, Diane, came across this house on three acres in Marin County (about an hour north of San Francisco), and that was it. “We dropped everything so we could live here full time,” he says. Michael built a quarter-acre garden and a custom restaurant-grade outdoor kitchen equipped with a Lynx grill, Viking burners, warming drawers and an industrial dishwasher. The kitchen is often in full swing, especially when chefs from his restaurants come out to develop and test new dishes. “Being here clears our heads,” he says. “We can have a glass of wine and relax and just talk about food.” The space has also kept his relationship with Diane in good standing. “Having my own kitchen is how we’ve been able to stay lovingly married,” he says, laughing. “Diane doesn’t allow me in the indoor one!”



Multi-use grill

Strange as this sounds, Michael doesn't use his kamado-style Big Green Egg for grilling. "I treat it like a stone oven and bake bread on it."



Homegrown ingredients

Thanks to a garden that's just a few steps away, Michael and Diane always have fresh herbs on hand—great for garnishing dishes and drinks.




▲ THE KITCHEN, WHICH SITS RIGHT OUTSIDE THE HOUSE, IS PARTIALLY ENCLOSED TO PROTECT IT FROM MARIN COUNTY'S WINDY WEATHER.



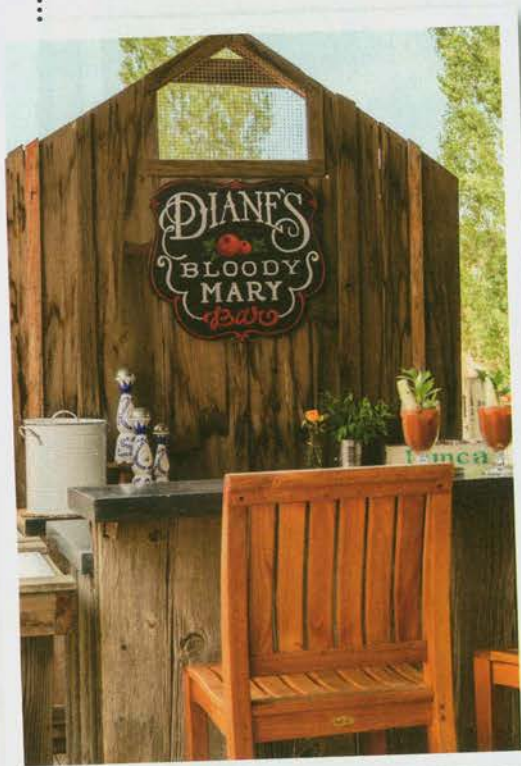
↑
Garden produce
The Minas grow 12 varieties of tomatoes. Recently, their crop was so successful that they produced 900 pounds in one year!

↑
Pizza night
The kitchen has two pizza ovens: a wood-fired brick version and a smaller infrared one so the couple can make pizzas or laffa bread quickly.

Turn the page to get Michael's look. 

Get the Look

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



Diane is a Bloody Mary aficionado: At home she has her own Bloody Mary bar, and she makes and sells **Diane's Bloody Mary Mix**. \$19; williams-sonoma.com



The Minas collect wooden serving boards like this **Large Round Pizza Board** from San Francisco-based home store Hudson Grace. \$195; hudsongracesf.com



Michael keeps his stash of fresh tomatoes in a big bowl, like this **Food Network Pasta Serving Bowl**. \$40; kohls.com



The ceramic pig by the grill is one of Diane's vintage finds. Samuel, the Minas' youngest son, was so excited when he grew taller than the pig! **Pierre the Pig** from Williams-Sonoma is a close match. \$89; williams-sonoma.com



The couple chose teak for the barstools and outdoor dining table, which seats 20. This contoured **Teak Bar Chair** is similar. \$370; goldenteak.com



Diane found their green industrial lights at an antiques store; this **Heavy Duty Outdoor Pendant** is similar. \$124; lampsplus.com

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Fun Cooking

SUMMER
Fruit
EDITION

WE USED A
BANANA LEAF
AS A TRAY
LINER!



Naturally Pretty

Give your fruit platter a makeover this summer! Start with some crowd-pleasers like berries, pineapple and kiwi, then add a few exotic choices to the mix—speckled dragon fruit, star fruit, macadamia nuts, edible flowers—and arrange everything on the plate in free-flowing sections as we did here. To cut mango in this “hedgehog” pattern, slice off the sides lengthwise (going right next to the pit), then score a crosshatch pattern into the flesh without cutting into the skin. Lightly push on the skin side so the chunks pop out. Read on for more fun fruit ideas!

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WATERMELON

every which way

Think beyond the wedge:
Turn the page for 10 fun ideas!

PHOTOGRAPHS BY RYAN DAUSCH

FOOD STYLING: BRETT KURTZWELL PROP STYLING: SARAH C. SMART



SERVE IT LIKE FRIES

SPICED WATERMELON FRIES WITH LIME CREMA

Cut a small seedless watermelon into 3-by- $\frac{1}{2}$ -inch sticks. Mix 1 teaspoon chili powder with $\frac{1}{2}$ teaspoon each ground coriander and cumin and $\frac{1}{4}$ teaspoon kosher salt. Sprinkle all over the watermelon. Stir $\frac{1}{2}$ cup sour cream with the zest and juice of 1 lime and a pinch each of ground cumin and salt. Serve with the watermelon fries.



SALT IT

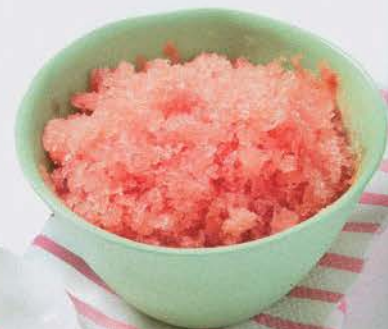
WATERMELON WITH HERB SALT

Pulse $\frac{1}{2}$ cup each kosher salt and fresh basil and 2 tablespoons chopped tarragon in a food processor until finely chopped. Sprinkle on watermelon wedges.

FREEZE IT

WATERMELON-GINGER GRANITA

Puree 6 cups cubed seedless watermelon in a blender with $\frac{1}{2}$ cup sugar, 1 tablespoon lime juice and 2 teaspoons grated peeled ginger until smooth. Pour into a 9-by-13-inch baking dish, cover with plastic wrap and freeze, scraping with a fork every hour, until fluffy, 5 to 7 hours.





PAIR IT WITH CHEESE

WATERMELON CARPACCIO WITH RICOTTA SALATA

Trim off the rind of a baby seedless watermelon, then slice as thin as possible. Arrange on a platter, overlapping slightly. Whisk 2 tablespoons each white wine vinegar and olive oil with $\frac{1}{2}$ teaspoon honey and $\frac{1}{2}$ minced red jalapeño; drizzle on the watermelon and sprinkle with flaky sea salt. Let sit 20 minutes. Top with shaved ricotta salata and fresh mint.

TURN IT INTO A COCKTAIL



GEOFFREY ZAKARIAN'S WATERMELON COSMO PUNCH

Heat 1 cup each sugar and water in a saucepan over medium heat until the sugar is dissolved; cool. Puree 6 cups chopped seedless watermelon in a blender. Pour 3 cups of the watermelon puree into a pitcher; add 3 cups vodka, 1 cup fresh lime juice (from about 10 limes) and 1 cup of the simple syrup. Serve over ice and garnish with mint. Serves 8 to 10.



TED ALLEN'S WATERMELON MAI TAI

Puree 1 cup cubed seedless watermelon in a blender with 6 tablespoons light rum, $\frac{1}{4}$ cup elderflower liqueur (such as St-Germain), the juice of 2 limes and 2 tablespoons superfine sugar. Serve over ice. Garnish each drink with a watermelon ball. Makes 2.



MARCELA VALLADOLID'S WATERMELON-JALAPEÑO COOLER

Heat $\frac{1}{2}$ cup each sugar and water in a saucepan over medium heat until the sugar is dissolved. Add $\frac{1}{2}$ stemmed jalapeño (remove seeds for less heat) and 2 sprigs thyme and let infuse, 5 minutes. Discard the jalapeño and set aside the thyme. Puree the simple syrup with 5 cups chopped seedless watermelon in a blender. Serve over ice and garnish with pieces of the reserved thyme. Serves 4 to 6.



EAT THE RIND

SWEET-AND-SPICY PICKLED WATERMELON RIND

Trim the green skin off $\frac{1}{4}$ small watermelon. Remove all but $\frac{1}{4}$ inch red fruit from the rind; cut the rind into $\frac{1}{2}$ -inch pieces. Pack into a 1-quart jar. Combine $\frac{3}{4}$ cup each apple cider vinegar and water, $\frac{1}{2}$ cup sugar, 2 tablespoons kosher salt, 2 teaspoons coriander seeds, $\frac{1}{2}$ teaspoon black peppercorns and $\frac{1}{4}$ teaspoon red pepper flakes in a saucepan and bring to a boil, stirring to dissolve the sugar. Pour over the rind; let cool. Cover and refrigerate at least 4 hours and up to 1 week.



DRY IT

WATERMELON JERKY

Slice a small seedless watermelon $\frac{1}{4}$ inch thick; trim off the rind. Cut the slices into 1-by-3-inch rectangles. Arrange on 2 wire racks set on baking sheets. Bake at 250° until almost dried but not browned, 3 hours. Reduce the oven temperature to 200° and continue baking, rotating the pans and flipping the pieces every 2 hours, until the fruit is leathery, 3 to 4 more hours.

HOLLOW IT OUT

WATERMELON KEG

Cut off the top inch of a large watermelon and scoop out the flesh. Trim the other side so the watermelon sits flat. Make a small hole near the bottom with an apple corer, then use a knife to widen the hole until it's slightly smaller than a spigot. Attach the spigot. Fill as desired.



DIP IT IN CHOCOLATE

WHITE CHOCOLATE WATERMELON POPS

Cut $\frac{3}{4}$ medium seedless watermelon into 12 small wedges (about 1 inch thick); trim off the rind. Insert a wooden stick into each and freeze until firm, about 1 hour. Melt 4 ounces chopped white chocolate with 1 tablespoon coconut oil in the microwave in 30-second intervals. Dip the watermelon in the chocolate and immediately sprinkle with shredded coconut, crushed freeze-dried strawberries and chopped pistachios. Let set.



GRILL IT

THAI GRILLED WATERMELON LETTUCE CUPS

Lightly brush four 1-inch-thick wedges of watermelon with vegetable oil on both sides. Grill over medium-high heat until well marked, 2 to 3 minutes per side. Let cool slightly, then cut into small chunks, discarding the rind. Whisk 2 tablespoons lime juice with 2 teaspoons each brown sugar and fish sauce; toss with the watermelon and let stand 20 minutes. Serve in Bibb lettuce leaves with sliced cucumbers, scallions, cilantro and chopped peanuts.

50

BERRY TREATS

We came up with dozens of sweet summer recipes. Take your pick!

**BALSAMIC
STRAWBERRIES**
No. 21





**SHORTCUT
BLUEBERRY-PEACH
COBBLER**
No. 28

**RASPBERRY-RICOTTA
TOASTS**
No. 1



**STRAWBERRY-LIME
SORBET**
No. 47

PHOTOS: EVAN DAUSCH; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: STEPHANIE VEH.

Flave Your SHORTCAKE...

Pick your fruit: strawberry, pineapple, cherry or plum!



Cover
Recipe

TRIPLE STRAWBERRY SHORTCAKES

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

FOR THE SHORTCAKES

- 2 cups all-purpose flour
- ½ cup freeze-dried strawberries
- ¼ cup granulated sugar, plus more for sprinkling
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- ¾ cup heavy cream, plus more for brushing
- 1 large egg

FOR THE FILLING

- 6 cups strawberries (about 1¾ pounds), hulled and halved or quartered
- ¼ cup granulated sugar
- Juice of ½ lemon
- ¼ cup freeze-dried strawberries
- 1 cup cold heavy cream
- ⅓ cup confectioners' sugar
- 1 teaspoon pure vanilla extract

1. Make the shortcakes: Line a rimmed baking sheet with parchment paper. Pulse the flour, freeze-dried strawberries, granulated sugar, baking powder and salt in a food processor until the strawberries are crushed. Add the butter and pulse until it is in pea-size pieces. Whisk the heavy cream and egg in a small bowl. Pulsing constantly, drizzle the cream mixture into the flour mixture; pulse until the dough comes together. Transfer to a medium bowl and knead 3 or 4 times.

2. Scoop 6 balls of dough (about ½ cup each) onto the prepared baking sheet using a large ice cream scoop or a measuring cup, spacing the dough 2 to 3 inches apart. Refrigerate until firm, about 30 minutes.

3. Preheat the oven to 400°. Lightly brush each ball of dough with heavy cream and sprinkle with granulated sugar. Bake until golden and a toothpick inserted into the centers comes out clean, 20 to 25 minutes. Let cool 10 minutes on the baking sheet, then transfer to a rack to cool completely.

4. Meanwhile, make the filling: Puree 2 cups strawberries in a blender until smooth. (You should have about 1 cup puree.) Toss the remaining 4 cups strawberries with ½ cup of the strawberry puree, the granulated sugar and lemon juice; cover and refrigerate until ready to use.

5. Crush or finely chop the freeze-dried strawberries until powdery; transfer to a large bowl and add the heavy cream and confectioners' sugar. Beat with a mixer on medium-high speed until stiff peaks form. Add the vanilla and beat until combined. Gently fold in the remaining ½ cup strawberry puree. Refrigerate until ready to use.

6. Split each shortcake and fill with the strawberries and whipped cream.

PINEAPPLE-CITRUS SHORTCAKES

ACTIVE: 1 hr 10 min | TOTAL: 2½ hr | SERVES: 6

FOR THE SHORTCAKES

- 2 cups all-purpose flour
- ¾ cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- Grated zest of 1 lemon, plus 1 tablespoon lemon juice
- Grated zest of ½ lime
- 6 tablespoons cold unsalted butter, cut into small pieces
- ¾ cup heavy cream, plus more for brushing
- 1 large egg
- Clear sanding sugar, for sprinkling

FOR THE FILLING

- ½ large pineapple, peeled and cut into ¼-inch-thick chunks
- 7 tablespoons granulated sugar
- 1 teaspoon finely grated orange zest
- Grated zest of ½ lime
- 1 cup cold heavy cream
- ¼ teaspoon ground allspice

1. Make the shortcakes: Line a rimmed baking sheet with parchment paper. Pulse the flour, granulated sugar, baking powder, salt, lemon zest and lime zest in a food processor until combined. Add the butter and pulse until it is in pea-size pieces. Whisk the heavy cream, egg and lemon juice in a small bowl. Pulsing constantly, drizzle the cream mixture into the flour mixture; pulse until the flour is moistened and clumps form. Transfer to a medium bowl and knead 3 or 4 times to bring the dough together.

2. Scoop 6 balls of dough (about ½ cup each) onto the prepared baking sheet using a large ice cream scoop or a measuring cup, spacing the dough 2 to 3 inches apart. Refrigerate until firm, about 30 minutes.

3. Preheat the oven to 400°. Lightly brush each ball of dough with heavy cream and sprinkle with sanding sugar. Bake until golden and a toothpick inserted into the centers comes out clean, 20 to 25 minutes. Let cool 10 minutes on the baking sheet, then transfer to a rack to cool completely.

4. Meanwhile, make the filling: Toss the pineapple with 5 tablespoons granulated sugar, the orange zest and lime zest; cover and refrigerate at least 1 hour or up to 6 hours.

5. Beat the heavy cream with the remaining 2 tablespoons granulated sugar and the allspice in a medium bowl with a mixer on medium-high speed until medium peaks form. Refrigerate until ready to use.

6. Split each shortcake and fill with the pineapple and whipped cream.



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by → **KIND**

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CHERRY-ALMOND CHOCOLATE SHORTCAKES

ACTIVE: 1 hr | TOTAL: 3 hr 45 min | SERVES: 6

FOR THE SHORTCAKES

- 1½ cups all-purpose flour
- ⅓ cup almond flour
- ¼ cup unsweetened Dutch-process cocoa powder
- ½ cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- 6 tablespoons cold unsalted butter, cut into small pieces, plus melted butter for brushing
- 2 ounces semisweet chocolate, finely chopped
- ¾ cup cold heavy cream
- 1 large egg
- Turbinado sugar, for sprinkling

FOR THE FILLING

- 1½ pounds fresh cherries, pitted
- ⅓ cup plus ¼ cup granulated sugar
- 1 tablespoon cornstarch
- ⅛ teaspoon pure almond extract
- ½ cup water
- 2 tablespoons amaretto liqueur (optional)
- ½ cup cold heavy cream
- 8 ounces mascarpone cheese

1. Make the shortcakes: Line a rimmed baking sheet with parchment paper. Whisk the all-purpose flour, almond flour, cocoa powder, granulated sugar, baking powder and salt in a large bowl until combined. Work in the butter with your fingers until it is in pea-size pieces, then stir in the chopped chocolate. Whisk the heavy cream and egg in a small bowl, then add to the flour mixture and stir until combined. (The dough will be slightly sticky.)

2. Scoop 6 balls of dough (about ⅓ cup each) onto the prepared baking sheet using a large ice cream scoop or a measuring cup, spacing the dough 2 to 3 inches apart. Freeze until firm, about 30 minutes.

3. Preheat the oven to 375°. Lightly brush each ball of dough with melted butter and sprinkle with turbinado sugar. Bake until the edges are firm and a toothpick inserted into the centers comes out clean, 25 to 30 minutes. Let cool 10 minutes on the baking sheet, then transfer to a rack to cool completely.

4. Meanwhile, make the filling: Toss the cherries with ⅓ cup granulated sugar, the cornstarch, almond extract and water in a medium saucepan; let sit 30 minutes. Cook over medium heat until the juices are bubbling and syrupy, 10 to 15 minutes. Transfer to a bowl and stir in the amaretto. Let cool to room temperature, at least 2 hours.

5. Beat the heavy cream and the remaining ¼ cup granulated sugar in a medium bowl with a mixer on medium-high speed until stiff peaks form. Whisk the mascarpone to loosen, then beat into the whipped cream until medium peaks form. Refrigerate until ready to use.

6. Split each shortcake and fill with the whipped cream and cherries.





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PLUM-TAHINI SHORTCAKES

ACTIVE: 1 hr | TOTAL: 3 hr 45 min | SERVES: 6

FOR THE SHORTCAKES

- 1½ cups all-purpose flour
- ¼ cup sugar
- ¼ cup toasted sesame seeds, plus more for sprinkling
- 2 tablespoons tahini
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- 6 tablespoons cold unsalted butter, cut into small pieces, plus melted butter for brushing
- ¾ cup heavy cream
- 1 large egg

FOR THE FILLING

- 1½ pounds red plums (about 4), pitted and sliced into thin wedges
- ¼ cup sugar
- ½ vanilla bean, split lengthwise
- 1 cup cold heavy cream
- 2 tablespoons honey

1. Make the shortcakes: Line a rimmed baking sheet with parchment paper. Pulse the flour, sugar, sesame seeds, tahini, baking powder and salt in a food processor until combined. Add the butter and pulse until it is in pea-size pieces. Whisk the heavy cream and egg in a small bowl. Pulsing constantly, drizzle the cream

mixture into the flour mixture; pulse until the dough comes together. Transfer to a medium bowl and knead 3 or 4 times.

2. Scoop 6 balls of dough (about ½ cup each) onto the prepared baking sheet using a large ice cream scoop or a measuring cup, spacing the dough 2 to 3 inches apart. Refrigerate until firm, about 30 minutes.

3. Preheat the oven to 400°. Lightly brush each ball of dough with melted butter and sprinkle with sesame seeds. Bake until lightly golden and a toothpick inserted into the centers comes out clean, 20 to 30 minutes. Let cool 10 minutes on the baking sheet, then transfer to a rack to cool completely.

4. Meanwhile, make the filling: Toss the plums with the sugar and vanilla bean in a medium saucepan; let sit 30 minutes. Cook over medium heat until the juices are bubbling and syrupy, 10 to 15 minutes. Discard the vanilla bean and transfer the plums to a bowl. Let cool to room temperature, at least 2 hours.

5. Beat the heavy cream and honey in a medium bowl with a mixer on medium-high speed until medium peaks form. Refrigerate until ready to use.

6. Split each shortcake and fill with the whipped cream and plums.

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 receive 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; have 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 over-the-counter medicines, vitamins, and herbal supplements. 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 injection 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 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: dry mouth; discomfort or pain at the injection site; tiredness; headache; neck pain; and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids and eyebrows, swelling of your eyelids and dry eyes.

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

To report a side effect, please call Allergan at 1-800-678-1605.

Please see Summary of Important Information about BOTOX® Cosmetic on next page.

BCT112741 03/18

YOU'RE A FACE TO BE RECKONED WITH.

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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, and 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, and/or forehead lines.

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.**

See adjacent page for additional Important Safety Information for 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, and/or forehead lines.

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 a prescription medicine for adults that is injected into muscles and used for a short period of time (temporary) to improve the look of moderate to severe:

- frown lines between the eyebrows
- crow's feet lines
- forehead lines

Who Should Not Receive BOTOX® Cosmetic?

Do not receive 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 breastfeed. 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?

Other side effects, while less common, have been reported including dry mouth; tiredness; neck pain; double vision, blurred vision, decreased eyesight, dry eyes; 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.

Based on PI72714SU10 Rev. 10/2017
BCT70101_v2 1/18

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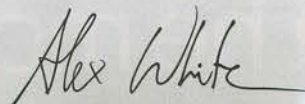


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Alex White, Pure Leaf Tea Master



Pure Leaf.

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Weeknight Cooking

PHOTOGRAPHS BY RYAN DAUSCH



Make a summery
chicken soup in
30 minutes!
See page 80.



DONE IN
25
MINUTES

LEMON-POPPY SEED FETTUCCINE

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

Kosher salt

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, lightly smashed
- 2 zucchini, halved lengthwise and sliced into half-moons

Freshly ground pepper

- 1 tablespoon poppy seeds
- 12 ounces fresh fettuccine

Finely grated zest of 2 lemons, plus juice of 1 lemon

- 4 tablespoons unsalted butter, sliced
- $\frac{1}{3}$ cup grated parmesan cheese

1. Bring a large pot of salted water to a boil. Heat the olive oil and garlic in a large nonstick skillet over medium-high heat and cook until the garlic is golden brown; discard the garlic. Add the zucchini to the garlic oil; season with salt and pepper. Cook, stirring, until the zucchini is crisp-tender, about 2 minutes. Stir in the poppy seeds and remove from the heat.

2. Add the pasta to the boiling water and cook as the label directs. Reserve 1 cup cooking water, then drain. Return the skillet to medium-high heat and add the pasta, $\frac{1}{2}$ cup of the reserved cooking water, the lemon zest, butter and parmesan; season with salt and pepper. Bring to a simmer and toss to combine. Add the remaining $\frac{1}{2}$ cup cooking water and the lemon juice and simmer until the sauce is slightly thickened, about 1 minute (the pasta will continue to absorb the sauce as it sits). Divide among bowls.

Per serving: Calories 440; Fat 20 g (Saturated 9 g); Cholesterol 82 mg; Sodium 473 mg; Carbohydrate 52 g; Fiber 5 g; Sugars 4 g; Protein 13 g



GRILLED THAI CHICKEN WITH NECTARINE SALAD

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

- 8 skin-on, bone-in chicken thighs (about 2½ pounds)
- 1 teaspoon grated peeled fresh ginger
- 2 tablespoons fish sauce
- 1 tablespoon packed light brown sugar
- 2 teaspoons finely grated lime zest, plus 1 tablespoon lime juice
- $1\frac{1}{2}$ teaspoons chili-garlic sauce
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 4 firm nectarines (about 1½ pounds), thinly sliced
- $\frac{1}{2}$ cup torn fresh mint
- $\frac{1}{4}$ cup salted roasted peanuts, chopped

1. Preheat a grill to medium high and prepare for indirect grilling: On a charcoal grill, bank the coals to one side. On a gas grill, turn off half the burners. Toss the chicken with the ginger, 1 tablespoon fish sauce and 1 teaspoon each brown sugar, lime zest, lime juice and chili-garlic sauce. Season with salt and pepper. Place the chicken skin-side up on the cooler side of the grill; cover and cook until a thermometer inserted into the thickest part registers 165°, about 20 minutes. Move to direct heat and cook, uncovered, flipping occasionally, until the skin is charred and crisp, about 5 more minutes.

2. Meanwhile, make the dressing: Whisk 2 tablespoons water and the remaining 1 tablespoon fish sauce, 2 teaspoons brown sugar, 1 teaspoon lime zest, 2 teaspoons lime juice and $\frac{1}{2}$ teaspoon chili-garlic sauce in a large bowl. Whisk in the vegetable oil.

3. Add the nectarines, mint, peanuts and $\frac{1}{4}$ teaspoon salt to the bowl with the dressing; toss. Divide the chicken and nectarine salad among plates.

Per serving: Calories 590; Fat 36 g (Saturated 8 g); Cholesterol 216 mg; Sodium 1,041 mg; Carbohydrate 24 g; Fiber 4 g; Sugars 17 g; Protein 43 g

SOBA NOODLE SALAD WITH GRILLED SIRLOIN

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

Kosher salt

- ¼ cup rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon spicy honey
- 1 teaspoon toasted sesame oil
- 2 tablespoons vegetable oil
- 8 ounces soba noodles
- 1 1-pound boneless sirloin steak (about ½ inch thick)

Freshly ground pepper

- 2 small red onions, sliced into ½-inch-thick rings
- 2 small yellow summer squash, halved lengthwise
- 4 radishes, thinly sliced
- 1 cup fresh basil and/or cilantro, chopped

1. Preheat a grill to medium high. Bring a large pot of salted water to a boil. Whisk the rice vinegar, soy sauce, honey and sesame oil in a large bowl. Whisk in the vegetable oil. Spoon 2 tablespoons of the dressing into a small bowl.

2. Add the soba noodles to the boiling water and cook as the label directs. Drain and rinse under cold water; set aside. Season the steak with salt and pepper and brush all over with the reserved 2 tablespoons dressing. Season the red onions and squash with ¼ teaspoon salt and a few grinds of pepper.

3. Grill the steak until medium rare, 3 to 5 minutes per side; let rest 10 minutes. Grill the red onions and squash, turning as needed, until charred and tender, about 6 minutes. Thinly slice the steak against the grain and season lightly with salt. Chop the onions and slice the squash.

4. Add the noodles, onions, squash, radishes and herbs to the bowl with the dressing; drizzle with any accumulated juices from the steak and toss. Divide among bowls. Top with the steak.

Per serving: Calories 510; Fat 18 g (Saturated 4 g); Cholesterol 74 mg; Sodium 1,080 mg; Carbohydrate 52 g; Fiber 5 g; Sugars 10 g; Protein 35 g



KIELBASA-SWEET POTATO FOIL PACKETS

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

- 1 pound fully cooked kielbasa, cut into 1-inch pieces
- 2 small sweet potatoes, peeled and cut into ½-inch chunks
- 1 large sweet onion, cut into 1-inch chunks
- 4 stalks celery, cut into 1½-inch pieces, plus celery leaves for topping
- ¾ cup dried apricots
- 6 sprigs thyme
- 3 tablespoons extra-virgin olive oil
- 1¼ cups fresh orange juice (from about 2 oranges)
- Kosher salt and freshly ground pepper
- ¼ cup sherry vinegar

1. Preheat a grill to medium. Toss the kielbasa, sweet potatoes, onion, celery, apricots and 4 thyme sprigs in a large bowl with 2 tablespoons olive oil. Drizzle with ¼ cup orange juice and season with ½ teaspoon salt and a few grinds of pepper.

2. Tear off four 24-inch sheets of foil and fold each in half. Pile the kielbasa mixture on one side of each foil sheet. Fold the foil over and crimp the edges to seal well. Grill the packets, rotating them occasionally so they don't burn, until the vegetables are tender, 18 to 22 minutes.

3. Meanwhile, combine the vinegar with the remaining 1 cup orange juice, 1 tablespoon olive oil and 2 thyme sprigs in a medium skillet; season with ¼ teaspoon salt. Bring to a boil and cook until syrupy and reduced to about 3 tablespoons, 5 to 7 minutes. Discard the thyme. Open the foil packets, drizzle with the sauce and sprinkle with celery leaves.

Per serving: Calories 540; Fat 31 g (Saturated 9 g); Cholesterol 79 mg; Sodium 1,787 mg; Carbohydrate 48 g; Fiber 6 g; Sugars 23 g; Protein 18 g





FRIED SCALLOPS WITH BIBB AND FENNEL SALAD

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

- 2 tablespoons vegetable oil, plus more for frying
- 1 small bulb fennel, thinly sliced, plus fronds for topping
- 1¼ pounds medium sea scallops, "foot" muscle removed
- ¾ cup buttermilk
- Kosher salt and freshly ground pepper
- ½ cup fresh parsley
- 1 tablespoon white balsamic vinegar
- ½ cup coarse cornmeal
- ½ cup self-rising flour
- 1 head Bibb lettuce
- 2 radishes, thinly sliced
- ¼ cup chopped chives

1. Heat 2 inches vegetable oil (about 3½ cups) in a 10-inch cast-iron skillet until a deep-fry thermometer registers 375°. Soak the sliced fennel in a bowl of ice water; set aside.
2. Toss the scallops with ½ cup buttermilk and a pinch of salt and pepper in a bowl; set aside. Make the dressing: Puree the remaining ¼ cup buttermilk and 2 tablespoons vegetable oil with the parsley, vinegar, ½ teaspoon salt and a few grinds of pepper in a blender until smooth; set aside. Mix the cornmeal, flour and ½ teaspoon salt in a shallow baking dish.
3. Drain the scallops from the buttermilk, dredge in the cornmeal mixture to coat and transfer to a plate. Fry the scallops in two batches until golden brown, 3 to 4 minutes. Remove with a slotted spoon and transfer to a rack set on a baking sheet; season with salt. Return the oil to 375° between batches.
4. Drain the fennel and pat dry with paper towels. Combine the fennel, lettuce, radishes and chives in a large bowl. Add the dressing and toss; season with salt and pepper. Divide the salad among bowls and top with the scallops and fennel fronds.

Per serving: Calories 320; Fat 16 g (Saturated 2 g); Cholesterol 37 mg; Sodium 864 mg; Carbohydrate 23 g; Fiber 4 g; Sugars 4 g; Protein 21 g



INSTANT POT CARIBBEAN CHICKEN AND RICE

ACTIVE: 15 min | TOTAL: 40 min | SERVES: 4

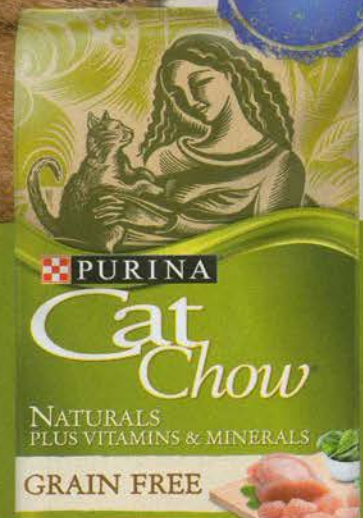
- 1 red bell pepper
- 2 cloves garlic
- 1 serrano or red jalapeño pepper
- 1 tablespoon vegetable oil
- 1 cup long-grain white rice
- 2 teaspoons jerk seasoning
- Kosher salt
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 1 15-ounce can green pigeon peas
- ½ cup fresh cilantro, plus more for topping
- 1 scallion
- 1 lime

1. Set an Instant Pot or other multi-cooker to sauté on the highest setting. Meanwhile, chop the bell pepper, slice the garlic and halve the chile pepper. When the pot is hot, add the vegetable oil, then add the bell pepper and garlic; cook, stirring, until softened, about 3 minutes. Turn off the sauté setting and stir in the rice, ½ teaspoon each jerk seasoning and salt and ½ chile pepper. Stir in 1¼ cups water until well combined.
2. Set the rack insert over the rice. Season the chicken all over with salt and the remaining 1½ teaspoons jerk seasoning; place on the rack. Put on the lid, making sure the steam valve is in the sealing position and set the cooker to high pressure for 1 minute.
3. Meanwhile, drain and rinse the pigeon peas. Roughly chop the cilantro and slice the scallion. Grate the zest of ½ lime, then cut the lime into wedges. Finely chop the remaining ½ chile pepper.
4. When the time is up on the Instant Pot, let it sit for 5 minutes, then carefully turn the steam valve to the venting position to release the pressure. Remove the chicken and the rack. Stir the peas, scallion and lime zest into the rice with a fork. Discard the chile half and stir in the chopped chile and cilantro.
5. Divide the rice and chicken among plates; top with more cilantro. Serve with the lime wedges.

Per serving: Calories 570; Fat 10 g (Saturated 2 g); Cholesterol 166 mg; Sodium 752 mg; Carbohydrate 57 g; Fiber 5 g; Sugars 2 g; Protein 59 g

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SPANISH GRILLED HAM AND CHEESE WITH GAZPACHO

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

- 1 pound tomatoes, roughly chopped
- ½ English cucumber, roughly chopped
- ½ large or 1 small red bell pepper, roughly chopped
- 1 clove garlic, smashed
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar
- Kosher salt and freshly ground pepper
- 2 cups shredded Monterey jack cheese (about 8 ounces)
- 8 slices sourdough sandwich bread
- 3 ounces thinly sliced serrano ham
- 4 tablespoons unsalted butter

1. Combine the tomatoes, cucumber, bell pepper, garlic, olive oil, vinegar, ¾ teaspoon salt and a few grinds of pepper in a blender. Puree on high speed until creamy, 1 to 2 minutes. Refrigerate until ready to serve.

2. Divide half the cheese among 4 bread slices. Evenly top with the ham and remaining cheese and bread slices. Melt 1 tablespoon butter in a large nonstick skillet over medium heat. Add 2 of the sandwiches and cook, pressing with a heavy skillet, until golden brown on the bottom, 3 to 4 minutes. Flip the sandwiches, adding another 1 tablespoon butter to the pan. Cook, pressing with the skillet, until browned on the other side and the cheese is melted, about 3 minutes. Remove to a plate and sprinkle lightly with salt. Wipe out the skillet and repeat with the remaining 2 tablespoons butter and sandwiches.

3. Season the gazpacho with salt and pepper, if necessary. Divide among small bowls. Serve with the sandwiches.

Per serving: Calories 670; Fat 42 g (Saturated 19 g); Cholesterol 92 mg; Sodium 1,616 mg; Carbohydrate 45 g; Fiber 4 g; Sugars 7 g; Protein 28 g



INDIAN SPICED GRILLED SALMON

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

- 1 tablespoon vegetable oil, plus more for the grill
- 2 tomatoes, chopped
- ½ English cucumber, chopped
- ¼ sweet onion, very thinly sliced
- 1 teaspoon grated peeled fresh ginger
- Kosher salt and freshly ground pepper
- 4 skin-on center-cut wild salmon fillets (5 to 6 ounces each)
- 1 teaspoon garam masala
- 2 pieces naan bread
- 3 lemons, halved
- 1 avocado, diced

1. Preheat a grill to medium high. Lightly brush the grates with vegetable oil. Toss the tomatoes, cucumber, onion, ginger, ½ teaspoon salt and a few grinds of pepper in a medium bowl.

2. Rub the top and sides of the salmon with the garam masala; season generously with salt and pepper. Brush both sides of the bread and the cut sides of the lemons with the vegetable oil. Grill the salmon until charred but still slightly pink in the center, 4 to 5 minutes per side. Grill the lemons until juicy and well charred, about 2 minutes per side. Grill the bread until toasted, about 1 minute per side.

3. Squeeze 2 grilled lemon halves into the tomato-cucumber salad, add the avocado and toss. Divide among plates. Add a piece of salmon and a grilled lemon half to each plate. Cut the bread into wedges and serve with the salmon.

Per serving: Calories 500; Fat 20 g (Saturated 3 g); Cholesterol 80 mg; Sodium 612 mg; Carbohydrate 40 g; Fiber 6 g; Sugars 4 g; Protein 42 g



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PORK CHOPS WITH WARM THREE-BEAN SALAD

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

Kosher salt

4 bone-in pork rib chops (8 ounces each; about ½ inch thick)

Freshly ground pepper

2 teaspoons ground fennel seeds

1 teaspoon ground coriander

¼ cup extra-virgin olive oil

8 ounces green beans, trimmed and halved

8 ounces yellow wax beans, trimmed and halved

2 slices thick-cut bacon, roughly chopped

2 shallots, sliced

1 15-ounce can butter beans, drained and rinsed

1 tablespoon chopped fresh tarragon

2 tablespoons white wine vinegar

1. Preheat the oven to 350°. Bring a large pot of salted water to a boil. Season the pork chops with salt and pepper. Combine the fennel and coriander in a small bowl and rub all over the pork.

2. Heat 2 tablespoons olive oil in a large skillet over high heat. Add the pork chops and cook until browned, about 1 minute per side. Transfer to a baking sheet and roast in the oven until cooked through, about 5 minutes. Reserve the skillet.

3. Meanwhile, add the green beans and wax beans to the boiling water and cook until just crisp-tender, about 5 minutes. Reserve ¼ cup cooking water, then drain.

4. Add the bacon to the reserved skillet along with 1 tablespoon olive oil; cook over medium heat until crisp, 2 to 3 minutes. Add the shallots and cook, stirring, until tender, about 3 minutes. Add the green and wax beans, butter beans and reserved cooking water. Bring to a simmer and cook until the butter beans are warmed through and the mixture is saucy, 1 to 2 minutes. Add the tarragon and vinegar and season with salt and pepper. Drizzle with the remaining 1 tablespoon olive oil and toss. Serve with the pork chops.

Per serving: Calories 510; Fat 31 g (Saturated 8 g); Cholesterol 80 mg; Sodium 669 mg; Carbohydrate 26 g; Fiber 8 g; Sugars 5 g; Protein 37 g



TURKISH POACHED EGGS WITH GARLIC YOGURT

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

1½ cups plain Greek yogurt

2 small cloves garlic, minced

3 tablespoons chopped fresh dill

3 tablespoons extra-virgin olive oil

Kosher salt and freshly ground pepper

2 tablespoons white wine vinegar

8 large eggs

2 large pinches red pepper flakes

2 tablespoons chopped walnuts

2 tablespoons unsalted butter

1 bunch watercress, tough stems trimmed

1 small whole-wheat baguette,
split, toasted and cut into pieces

1. Combine the yogurt, garlic, dill, 2 tablespoons olive oil, ½ teaspoon salt and a few grinds of pepper in a medium bowl; stir until smooth. Spread the yogurt on 4 plates.

2. Bring about 3 inches of water to a boil in a wide pot. Add the vinegar and reduce the heat to medium to maintain a gentle simmer. Crack 4 eggs into individual small bowls or ramekins. Carefully lower each egg into the water. Cook until the whites are set but the yolks are still runny, about 3 minutes. Remove the poached eggs with a slotted spoon and blot the bottoms dry on a kitchen towel. Divide among the plates. Let the water return to a simmer and repeat with the remaining 4 eggs; add to the plates. Season the eggs with a pinch each of salt and red pepper flakes.

3. Toast the walnuts in a small skillet over medium heat, stirring, until golden, about 4 minutes. Stir in a pinch of red pepper flakes, then stir in the butter until melted. Spoon over the eggs.

4. Toss the watercress with the remaining 1 tablespoon olive oil and a pinch of salt in a medium bowl; divide among the plates. Serve with the bread.

Per serving: Calories 540; Fat 33 g (Saturated 10 g); Cholesterol 396 mg; Sodium 1,003 mg; Carbohydrate 34 g; Fiber 3 g; Sugars 6 g; Protein 27 g

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ASIAN BURGER WITH KIMCHI MAYO

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

- ¾ cup chopped drained kimchi
- 3 tablespoons mayonnaise
- 1½ pounds ground beef
- 2 cloves garlic, finely grated
- 2 tablespoons packed light or dark brown sugar
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- Kosher salt and freshly ground pepper
- Vegetable oil, for the grill
- 4 sesame hamburger buns, split
- Half-sour pickle chips and/or sweet potato chips, for serving

1. Preheat a grill to medium high. Mix the kimchi and mayonnaise in a small bowl; set aside. Combine the ground beef, garlic, brown sugar, soy sauce, sesame oil, 1 teaspoon salt and a few grinds of pepper in a medium bowl. Form the beef into 4 patties, about 4 inches wide and ¾ inch thick.

2. Oil the grill grates. Add the patties and cook until marked on the bottom and starting to cook up the sides, about 3 minutes. Flip and cook 3 to 4 more minutes for medium rare.

3. Toast the buns on the grill. Transfer the burgers to the bun bottoms. Top with the kimchi mayonnaise, pickles and bun tops. Serve with chips.

Per serving: Calories 570; Fat 30 g (Saturated 9 g); Cholesterol 104 mg; Sodium 1,279 mg; Carbohydrate 35 g; Fiber 2 g; Sugars 11 g; Protein 32 g

TURKEY-SNOW PEA GRAIN BOWL

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

- 1 cup quinoa
- ¼ cup pine nuts
- ¼ cup extra-virgin olive oil
- 1 red onion, thinly sliced
- 1 pound ground turkey
- 3 cloves garlic, sliced
- ½ teaspoon pumpkin pie spice
- Kosher salt and freshly ground pepper
- 8 ounces snow peas, halved
- ¾ cup fresh mint, roughly chopped
- ¾ cup fresh parsley, roughly chopped
- ¼ cup pomegranate seeds

1. Cook the quinoa as the label directs; fluff with a fork. Meanwhile, toast the pine nuts in a large nonstick skillet over medium-high heat, stirring occasionally, until golden, about 4 minutes. Transfer to a small bowl.

2. Heat 1 tablespoon olive oil in the same skillet over medium-high heat. Add the red onion and cook, stirring occasionally, until softened and browned in spots, about 7 minutes. Add 1 tablespoon olive oil, the turkey, garlic, pumpkin pie spice, ½ teaspoon salt and a few grinds of pepper. Cook, breaking up the meat with a wooden spoon, until beginning to brown and no longer pink, 3 to 4 minutes. Add 1 more tablespoon olive oil and the snow peas to the skillet and cook, stirring, until bright green and crisp-tender, 1 to 2 minutes. Stir in the pine nuts and season with salt and pepper.

3. Stir the remaining 1 tablespoon olive oil into the quinoa and season with salt and pepper. Divide the quinoa and turkey mixture among bowls. Top with the mint, parsley and pomegranate seeds.

Per serving: Calories 570; Fat 32 g (Saturated 5 g); Cholesterol 84 mg; Sodium 456 mg; Carbohydrate 40 g; Fiber 7 g; Sugars 6 g; Protein 31 g



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What is LINZESS?

LINZESS[®] (linaclotide) is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children less than 18 years of age.**

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are less than 6 years of age. It may harm them.** LINZESS can cause severe diarrhea and your child could get severe dehydration (loss of a large amount of body water and salt).
- **You should not give LINZESS to children 6 years to less than 18 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor about your medical conditions, including if you are:

- Pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- Breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.

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

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). **Call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.**

These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

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

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



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**Brief Summary of
Medication Guide
LINZESS® (lin-ZESS)
Capsules**

Linzess[®]
(linaclotide) capsules
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This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medicine used in adults to treat:

- irritable bowel syndrome with constipation (IBS-C).
- a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown.

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

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

- Do not give LINZESS to children who are less than 6 years of age. It may harm them.
- You should not give LINZESS to children 6 years to less than 18 years of age. It may harm them.

Who should not take LINZESS?

- **Do not give LINZESS to children who are less than 6 years of age.** LINZESS can cause severe diarrhea and your child could get severe dehydration (loss of a large amount of body water and salt).
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor about your medical conditions, including if you:

- are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby if you take LINZESS.

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

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS 1 time each day on an empty stomach, at least 30 minutes before your first meal of the day. You should also wait 30 minutes before eating a meal if you take LINZESS with applesauce or mixed with water.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.
- LINZESS capsules should be swallowed whole. Do not crush or chew LINZESS.
 - Adults who cannot swallow LINZESS capsules whole may open the LINZESS capsule and sprinkle the LINZESS beads over applesauce or mix LINZESS with bottled water before swallowing.

It is not known if LINZESS is safe and effective when sprinkled on other foods or mixed with other liquids.

See the complete LINZESS Medication Guide for instructions on taking LINZESS in applesauce, in water, or in a nasogastric or gastrostomy feeding tube.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- See "**What is the most important information I should know about LINZESS?**"
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.**
 - Diarrhea often begins within the first 2 weeks of LINZESS treatment.
 - **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Call your doctor or go to the nearest hospital emergency room right away, if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

These are not all the possible side effects of LINZESS.

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

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the bottle of LINZESS tightly closed and in a dry place.

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

Need more information?

- The risk information provided here is not complete. It summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- For the FDA-approved product labeling or for more information, go to www.LINZESS.com or call 1-800-433-8871.



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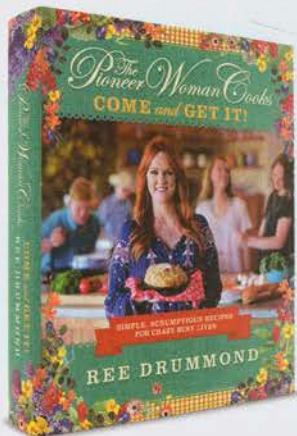
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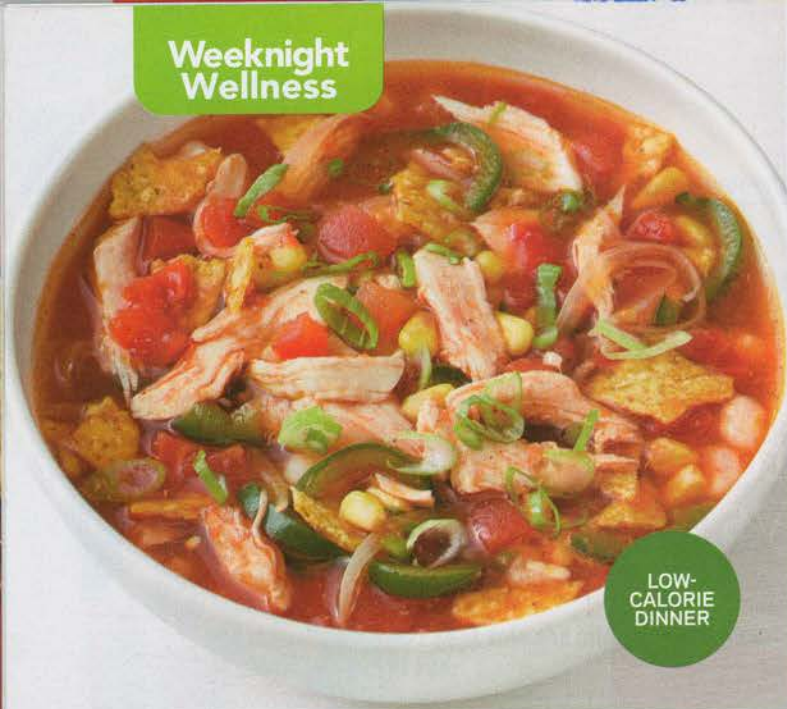
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LOW-CALORIE DINNER

TEX-MEX CHICKEN AND CORN SOUP

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

- 4 ears corn, shucked
- 2 tablespoons extra-virgin olive oil
- 1 large poblano chile pepper, stemmed and seeded, thinly sliced
- 1 onion, thinly sliced
- Kosher salt and freshly ground pepper
- 1 teaspoon chili powder
- 4 cups low-sodium chicken broth
- 1 10-ounce can diced tomatoes with green chiles
- 1 15-ounce can hominy, drained and rinsed
- 4 cups shredded rotisserie chicken (about 12 ounces)
- 1½ cups crushed tortilla chips
- 2 scallions, thinly sliced

1. Cut the corn kernels off the cobs and transfer to a small bowl. Run the back of your knife down the cobs to scrape any corn milk into the bowl (it will help thicken the soup). Set aside.

2. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the poblano, onion, ¼ teaspoon salt and a few grinds of pepper; cook, stirring, until the vegetables are browned in spots, about 6 minutes. Add the corn kernels and their milk. Stir in the chili powder and cook until toasted, about 1 minute. Stir in the chicken broth, 3 cups water, the tomatoes, hominy, chicken, ¼ teaspoon salt and a few grinds of pepper. Cover and bring to a boil, then lower the heat and simmer, uncovered, until the broth is slightly reduced and the vegetables are tender, about 5 minutes. Season with salt and pepper.

3. Ladle the soup into bowls. Top with the chips and scallions.

Per serving: Calories 470; Fat 24 g (Saturated 5 g); Cholesterol 42 mg; Sodium 1,316 mg; Carbohydrate 57 g; Fiber 7 g; Sugars 11 g; Protein 26 g



LOW-CALORIE DINNER

GRILLED STUFFED PORK TENDERLOIN

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

- 4 tablespoons extra-virgin olive oil, plus more for the grill
- 1 pork tenderloin (1¼ to 1½ pounds)
- 3 cloves garlic (1 finely grated, 2 smashed)
- Kosher salt and freshly ground pepper
- 1 cup drained jarred roasted red peppers
- 1 cup fresh basil
- 3 sticks mozzarella string cheese, halved lengthwise
- 2 bunches kale (preferably Tuscan)
- ½ cup drained jarred giardiniera

WELLNESS TIP

Add pork tenderloin to your grilling rotation: It's as lean as a skinless chicken breast!

1. Preheat a grill to medium high and lightly oil the grates. Butterfly the pork: Slice almost in half lengthwise, stopping about ½ inch from cutting through; open like a book and flatten with your hands. Cover with plastic wrap and pound to about ½ inch thick with the flat side of a meat mallet or a heavy skillet.

2. Rub the pork with the grated garlic and season with salt and pepper. Arrange the red peppers on top of the pork in a single layer, then the basil and mozzarella, leaving a 1-inch border on one long side. Roll up from the opposite long side into a tight log and tie with kitchen twine in three or four places. Rub with 1 tablespoon olive oil and season well with salt and pepper.

3. Grill the pork, covered and turning occasionally, until a thermometer inserted into the meat (not the filling) registers 145°, 12 to 14 minutes. Let rest about 5 minutes, then slice.

4. Meanwhile, strip the kale leaves from the stems and tear into pieces. Heat the remaining 3 tablespoons olive oil in a large pot or Dutch oven over medium-high heat. Add the kale, smashed garlic and a big pinch each of salt and pepper. Cook, tossing, until the kale is tender, about 5 minutes. Roughly chop the giardiniera and stir into the kale until heated through, 30 seconds to 1 minute. Divide among plates and serve with the pork.

Per serving: Calories 410; Fat 23 g (Saturated 6 g); Cholesterol 91 mg; Sodium 1,076 mg; Carbohydrate 15 g; Fiber 4 g; Sugars 1 g; Protein 38 g

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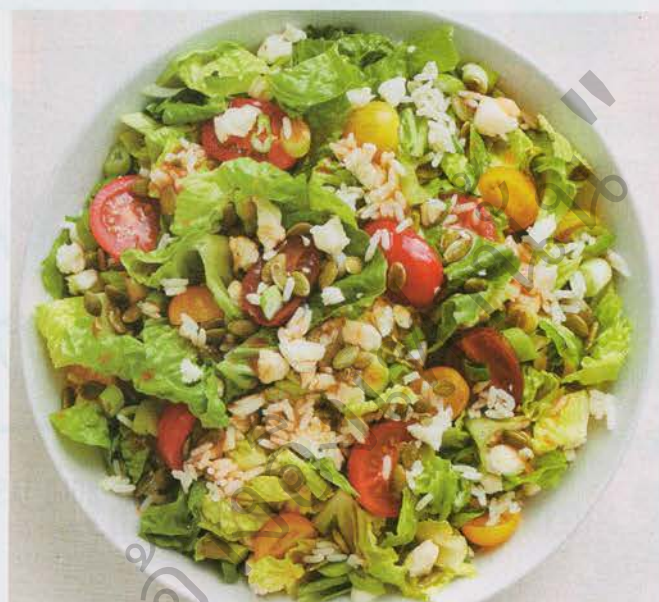
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- NO ADDED HORMONES
- NO NITRATES OR NITRITES ADDED EXCEPT THOSE NATURALLY OCCURRING IN CRACKED CELERY JUICE

Easy Sides



PARMESAN-BASIL CORN CAKES

Cut the kernels off 2 ears of **corn**. Pulse half the corn and 1 **egg** in a food processor; transfer to a bowl. Mix in the remaining corn, $\frac{1}{4}$ cup each **flour**, grated **parmesan** and chopped **basil**, 1 tablespoon **cornstarch**, $\frac{1}{2}$ teaspoon **kosher salt** and some **pepper**. Cook spoonfuls in an oiled skillet until golden, 3 to 4 minutes per side.



MEXICAN RICE SALAD

Whisk 3 tablespoons **lime juice** with 2 teaspoons each **chipotle hot sauce** and **agave** and $\frac{1}{2}$ teaspoon **kosher salt** in a large bowl. Whisk in $\frac{1}{4}$ cup **olive oil**. Add $1\frac{1}{2}$ cups cooked **white rice**, 1 chopped **romaine heart**, 3 chopped **scallions**, 1 cup halved **cherry tomatoes**, $\frac{1}{2}$ cup crumbled **queso fresco** and $\frac{1}{4}$ cup toasted **pepitas**.



GRILLED MUSHROOM KEBABS

Toss 12 ounces trimmed **mixed mushrooms** with **olive oil**, **salt** and **pepper**. Thread onto 4 skewers, alternating with **Peppadew peppers**. Grill over medium heat, turning, until tender, 10 to 12 minutes. Grill 4 **scallions**, then chop and whisk with 3 tablespoons each **olive oil** and chopped **parsley**, 2 tablespoons **red wine vinegar** and 1 tablespoon chopped Peppadews. Drizzle over the kebabs.



JERK CANTALOUPE-CUCUMBER SALAD

Stir 2 tablespoons **olive oil**, 1 tablespoon each **cider vinegar**, minced **fresh ginger** and **thyme**, 1 teaspoon minced **Scotch bonnet chile**, $\frac{1}{4}$ teaspoon **ground allspice** and 2 each finely chopped **scallions** and **garlic cloves** in a large bowl. Add 1 each peeled, seeded and chopped small **cantaloupe** and **cucumber** and 1 cup halved pitted **cherries**; toss. Season with **salt** and **pepper**.

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Weeknight
Cooking

INSIDE THE Test Kitchen

Go behind the scenes of this issue.

INSTANT POT LUCK

"We bought an Instant Pot for the test kitchen last year, and right away I wanted one at home, too. I'm constantly trying out new recipes and techniques (I even joined an Instant Pot Facebook group!). The Caribbean chicken on page 70 took some experimenting,



but we finally were able to get tender chicken and fluffy rice at the same time. I'm definitely making this dish at home."

Melissa Gaman
Recipe Developer



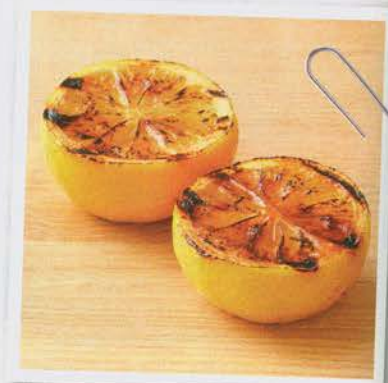
TOP THIS

When *Food Network Magazine* launched in 2008, we never would have called for kimchi in a weeknight recipe—it was too difficult for many readers to find. But now the fermented Korean condiment has shown up in large supermarkets and on chain restaurant menus across the country. If you haven't tried it, the recipe on page 76 is a great introduction: We mixed sour kimchi with creamy mayo to make an awesome (and surprising!) burger topping.



JUICY FRUIT

Next time you're cooking fish on the grill, throw some lemon halves on there, too, like we did on page 72. They'll get a nice smoky flavor, plus the heat makes them extra juicy and easier to squeeze. Just grill until charred, about 2 minutes per side, then squeeze over your fish. You can also use grilled lemons to make a smoky lemonade!



THAT CUISINE



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TAKE TEN!

Here are 10 great ways to use cheddar cheese.



1 MAKE A STUFFED BURGER

JUICY LUCY BURGER

Season 6 ounces ground beef chuck with salt. Form into 2 thin patties. Lay 2 small slices cheddar between the patties and form the meat around the cheese. Heat a cast-iron skillet over medium-high heat; sprinkle the skillet with salt. Cook the burger 4 to 5 minutes per side.

2 TRY A NEW SANDWICH

BACON-CHEDDAR WAFFLEWICH

Sandwich 1 slice cheddar, 2 slices crisp bacon and another slice of cheddar between 2 thawed frozen waffles. Cook in a buttered skillet, flipping once, until golden. Serve with maple syrup.

3 SERVE A FUN DIP

JALAPEÑO QUESO

Sauté 3 tablespoons minced onion in oil in a small cast-iron skillet. Add 1 diced jalapeño, 2 tablespoons flour, ½ cup beer, ¾ pound each grated cheddar and muenster and some chopped cilantro; cook until the cheese melts, then broil until bubbling.

4 DRESS UP YOUR CORN

CHEESY CORN WITH BACON

Pull back the husks from 4 ears of corn and remove the silk. Sprinkle with chili powder. Re-cover with the husks and grill, turning, until tender, about 20 minutes. Fold back the husks again and spread with a mixture of ½ cup mayonnaise and 1 teaspoon chili powder. Sprinkle with grated cheddar and crumbled bacon.

5 MAKE CRACKERS

CHEDDAR THINS

Pulse ½ stick cold butter, 1 cup each grated sharp cheddar and flour, ½ teaspoon each kosher salt and paprika and a pinch of cayenne in a food processor until crumbly. Pulse in 2 tablespoons water until clumpy. Form into a 9-inch log; chill until firm. Thinly slice into rounds, poke holes into each and bake at 375° until golden, about 20 minutes.



6 DOCTOR YOUR MAYO

CHILE-CHEESE MAYONNAISE

Combine ¾ cup each mayonnaise, grated cheddar, canned chopped green chiles and chopped scallions in a bowl. Serve on hot dogs.

7 UPGRADE YOUR APPS

HONEY-THYME MARINATED CHEDDAR

Mix 8 ounces cubed extra-sharp cheddar with ½ cup olive oil, 2 tablespoons honey, a few thyme sprigs, ½ teaspoon kosher salt and a big pinch of red pepper flakes in a bowl. Transfer to a jar, cover and let marinate 30 minutes at room temperature.

8 MIX UP SOME MUFFINS

CHEESY CORN MUFFINS

Add ½ cup each shredded cheddar and minced scallions to your favorite corn muffin mix. Bake as directed.

9 TRY A NEW PAIRING

PB & CHEDDAR BITES

Spread creamy peanut butter on mini cheese crackers. Top with shaved cheddar.

10 BAKE A PIE

APPLE-CHEDDAR GALETTE

Toss 3 sliced peeled baking apples with 2 tablespoons each brown sugar, apricot jam and melted butter. Lay a round of refrigerated pie dough on a baking sheet and press 2 tablespoons shredded cheddar into the dough. Add the filling to the middle; fold in the edges. Bake at 350°, 30 minutes. Sprinkle the crust with more cheddar. Bake until golden, 15 to 30 more minutes.

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body
UP &
GET IT
goin'!"

Jimmy Dean



TODAY'S YOUR
DAY TO
Shine on



Weekend Cooking

PHOTO: RYAN DAUSCH/ISTOCK/VEERAVANIL SRIKANTH

Make the most of fresh summer tomatoes! See page 95.

FIRST TO

Market

Make the most of fresh summer produce with Ina Garten's easy sides.

PHOTOGRAPHS BY RYAN DAUSCH



I usually plan my dinner party menus very carefully. I have a single oven at home, so my foolproof strategy is to include one dish that's prepared in advance, one that cooks on the stove and a third that goes into the oven. Once I know what I'm making, I'll sit down and write a shopping list broken into sections like "dairy," "produce" and "pantry," along with a game plan for preparing dinner on the day of the party. It takes a little time, but it reduces so much stress!

But then there's summer entertaining. The food is simpler—it requires less cooking and therefore less planning. Instead of writing out a menu in advance, I go to local farm stands and see what's just been picked. I might decide to grill steaks or salmon and then wing the rest. If the tomatoes on the vine are looking great, I'll drizzle them with olive oil, sprinkle them with salt and roast them. If the corn is particularly sweet, I'll cut it off the cob and sauté it with fresh bell peppers. When vegetables like these are in season, they're not only less expensive, they're also so much more delicious. And you won't need a big plan or a long grocery list to make them! Isn't that what we all want for our next dinner party?

xxx Ina




**ROASTED
VINE TOMATOES**




**PARMESAN
ROASTED
ZUCCHINI**




CONFETTI CORN



ROASTED VINE TOMATOES

ACTIVE: 10 min | TOTAL: 25 min | SERVES: 6

12 stems cherry tomatoes on the vine
(3 to 4 pounds)

Good olive oil
Kosher salt and freshly ground
black pepper
Julienned fresh basil leaves,
for garnish (optional)
Fleur de sel

1. Preheat the oven to 350°.
2. Place the tomatoes still on the vines (plus any that fall off the vines) on a sheet pan. Rub or brush gently with olive oil and sprinkle generously with kosher salt and pepper.
3. Roast for 10 to 15 minutes, until the tomatoes are tender and a few start to split. Sprinkle with basil, if using, and fleur de sel and serve on the stem hot or warm.



PARMESAN ROASTED ZUCCHINI

ACTIVE: 25 min | TOTAL: 45 min
SERVES: 6 to 8

6 medium zucchini
(2½ to 3 pounds total)
Good olive oil
Kosher salt and freshly ground
black pepper
1 tablespoon minced garlic (3 cloves)
2 tablespoons minced fresh
parsley leaves
2 tablespoons julienned fresh
basil leaves
½ cup freshly grated Italian
Parmesan cheese
¾ cup panko (Japanese bread flakes)

1. Preheat the oven to 425°.
2. Trim the stem end of the zucchini, cut them in half lengthwise and scoop out a small channel of seeds with a regular teaspoon. Place the zucchini in one layer on a sheet pan, brush generously all over with olive oil and turn the zucchini cut-side down. Sprinkle with 1 teaspoon salt and roast for 12 to 15 minutes, until just tender but still firm when tested with the tip of a small paring knife.
3. Meanwhile, make the bread crumbs. In a medium bowl, combine the garlic, parsley, basil, Parmesan, 1 teaspoon salt and ½ teaspoon pepper. Add the panko and 3½ tablespoons of oil and mix well.
4. Turn the zucchini cut-side up and spoon a heaping tablespoon of the panko mixture evenly on each zucchini. Bake for another 8 to 10 minutes, until the panko is crispy. Serve hot, warm or at room temperature.

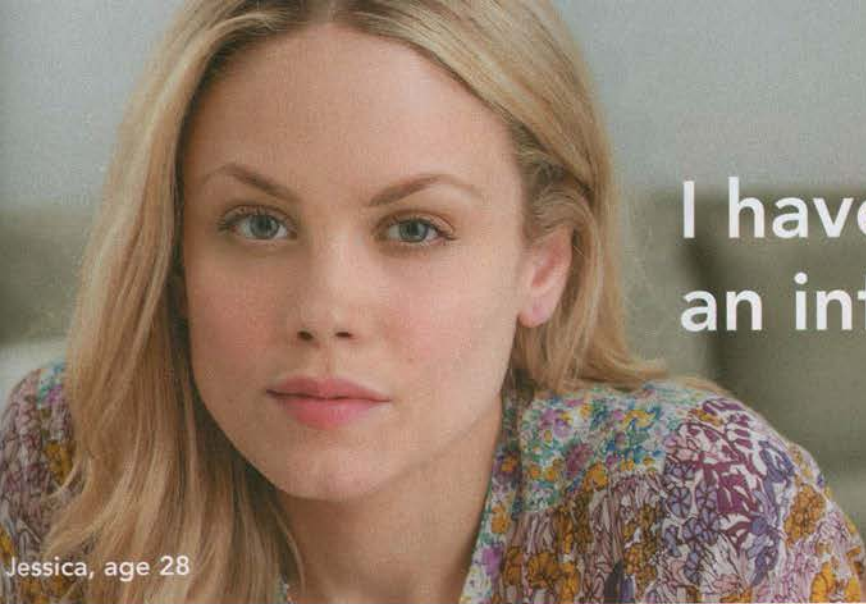


CONFETTI CORN

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

2 tablespoons good olive oil
½ cup chopped red onion
1 small orange bell pepper,
½-inch-diced
2 tablespoons unsalted butter
Kernels cut from 5 ears yellow or
white corn (4 cups)
1½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons julienned fresh basil,
minced fresh chives and/or minced
fresh parsley

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes.
2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs and serve hot.



I have cancer from an infection. HPV.

Jessica, age 28

Actor Portrayal



Age 23



Age 16

Who knew that human papillomavirus (HPV) causes virtually all cases of cervical cancer and, unlike some other cancers, cervical cancer isn't hereditary. Who knew HPV could cause certain precancers, cancers, and diseases later in life. Who knew HPV could affect both males and females. Who knew HPV was widespread. And while it clears up for most, that wasn't the case for me. Who knew my risk for HPV would increase as I got older.

Who knew there was something to help protect me when I was 11 or 12 years old, way before I would even be exposed to it. Did you know, Mom? Dad?

The CDC recommends HPV vaccination for girls and boys ages 11–12.

Talk to your child's doctor and go to HPV.com



Age 11

Did you know, Mom? Dad?

WHAT WILL YOU SAY?

Learn more at HPV.com



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FRESH

Off the Vine

Food Network chefs give summer tomatoes a starring role.

PHOTOGRAPHS BY RYAN DAUSCH

Valerie's Tomato Salad with Pancetta Crisps



"The longer this salad sits, the better it tastes—just add the pancetta at the last minute."



"Combining corn and tomatoes with pasta isn't really something they'd do in Italy, but this dish is definitely Italian in spirit."

Anne's Tagliatelle with Corn and Cherry Tomatoes

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VALERIE BERTINELLI'S TOMATO SALAD WITH PANCETTA CRISPS

ACTIVE: 30 min | TOTAL: 1 hr 15 min
SERVES: 6 to 8

- 6 thin slices pancetta (about 2 ounces)
- $\frac{1}{4}$ cup balsamic vinegar
- $\frac{1}{4}$ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 3 large tomatoes, quartered and chopped into 1-inch pieces
- 1 English cucumber, halved lengthwise and thickly sliced
- $\frac{1}{2}$ red onion, cut into 1-inch pieces

1. Preheat the oven to 350°. Place the pancetta slices on a rimmed baking sheet and bake until crispy, about 13 minutes. Remove from the oven and let cool, then crumble.
2. Whisk the vinegar, olive oil and some salt and pepper in a small bowl. Taste and adjust the seasoning as needed.
3. Combine the tomatoes, cucumber and onion in a large bowl and toss to combine. Pour the vinaigrette over; toss to coat. Season with salt and pepper.
4. Let the salad sit at room temperature for about 30 minutes, tossing occasionally. Just before serving, scatter with the crumbled pancetta.

Be sure to store tomatoes at room temperature—refrigerating them can make them mealy. They'll continue ripening as they sit on the counter.



ANNE BURRELL'S TAGLIATELLE WITH CORN AND CHERRY TOMATOES

ACTIVE: 20 min | TOTAL: 30 min
SERVES: 2 to 4

- Kosher salt
- Extra-virgin olive oil
- 3 cloves garlic, smashed
- Pinch of crushed red pepper
- 1 pint multicolored cherry tomatoes, halved
- $1\frac{1}{2}$ cups chicken or vegetable stock
- 2 ears corn, kernels cut off the cob
- $\frac{1}{2}$ pound fresh tagliatelle
- $\frac{1}{2}$ cup grated parmigiano-reggiano, plus more for topping
- 6 fresh basil leaves, chiffonade

1. Bring a large pot of well-salted water to a boil.
2. Coat a large sauté pan with olive oil and add the garlic and crushed red pepper. Bring the pan to a medium-high heat. When the garlic has turned a lovely golden brown color, remove it and discard. Add the tomatoes and half of the stock and season with salt. Simmer until the tomatoes have wilted and let off their juices, about 4 minutes. Add the corn and the remaining stock and simmer until the corn is cooked through, about 2 more minutes.
3. While the corn is cooking, add the pasta to the pot of salty boiling water. Cook the pasta until the water comes back to a rolling boil plus 1 minute. Remove the pasta from the water using tongs and add it to the sauté pan with the tomatoes and corn. Add about $\frac{1}{2}$ cup of the pasta cooking water and cook until the water has evaporated and the sauce clings to the pasta. Remove the pan from the heat. Toss in the parmigiano, basil and a big drizzle of olive oil. Stir or toss the pasta vigorously. Divide the pasta among bowls, sprinkle with a little more parmigiano and serve immediately.



SUNNY ANDERSON'S STUFFED TOMATOES

ACTIVE: 20 min | TOTAL: 1 hr 5 min
SERVES: 4

- 2 vine-ripened tomatoes
- Kosher salt
- $\frac{1}{2}$ cup breadcrumbs
- 1 clove garlic, minced
- $\frac{1}{4}$ cup finely chopped fresh basil
- $\frac{1}{2}$ cup grated parmesan cheese
- $\frac{1}{4}$ cup extra-virgin olive oil
- Freshly ground black pepper

1. Preheat the oven to 400°. Slice the tomatoes in half horizontally and scoop out the pulp and seeds. Salt the insides and let rest upside down on a rack set on a baking sheet to extract the juices, about 15 minutes.
2. Meanwhile, in a medium bowl, mix the breadcrumbs, garlic, basil, $\frac{1}{4}$ cup parmesan, the olive oil and a few grinds of pepper. Stuff the tomatoes with the filling and sprinkle with the remaining $\frac{1}{4}$ cup parmesan.
3. Transfer the tomatoes to a clean baking sheet and bake until they are tender and the tops are golden brown, 25 to 30 minutes. Tent with foil if the breadcrumbs are browning too quickly.

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WE MEAT AGAIN!

Every year, pitmasters from around the country gather at the South Beach Wine & Food Festival in Miami for the ultimate beach cookout. This time, we brought back some recipes.

PHOTOGRAPHS BY RYAN DAUSCH



GRILLED CHIPOTLE FLANK STEAK



Tickets are already on sale for the NYC Wine & Food Festival in October. Visit nycwff.org for details.





APPLE-CHERRY-JALAPEÑO RIBS



MONTREAL SMOKED PULLED PORK



HICKORY-SMOKED JERK CHICKEN WINGS



CHRIS LILLY'S APPLE-CHERRY-JALAPEÑO RIBS

ACTIVE: 1 hr 10 min | TOTAL: 4 hr 45 min | SERVES: 4 to 6

FOR THE RIBS

- 2 tablespoons packed dark brown sugar
- 2 tablespoons paprika
- 1 tablespoon garlic salt
- 1½ teaspoons onion salt
- 1½ teaspoons chili powder
- ½ teaspoon cayenne pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- Freshly ground black pepper
- 2 racks spare ribs (about 8 pounds total)
- Kosher salt

FOR THE LIQUID SEASONING AND GLAZE

- ⅔ cup pitted cherries
- ½ cup apple juice
- 1 large jalapeño pepper, thinly sliced
- ¼ cup packed dark brown sugar
- ¼ cup honey
- 1 cup tomato-based barbecue sauce

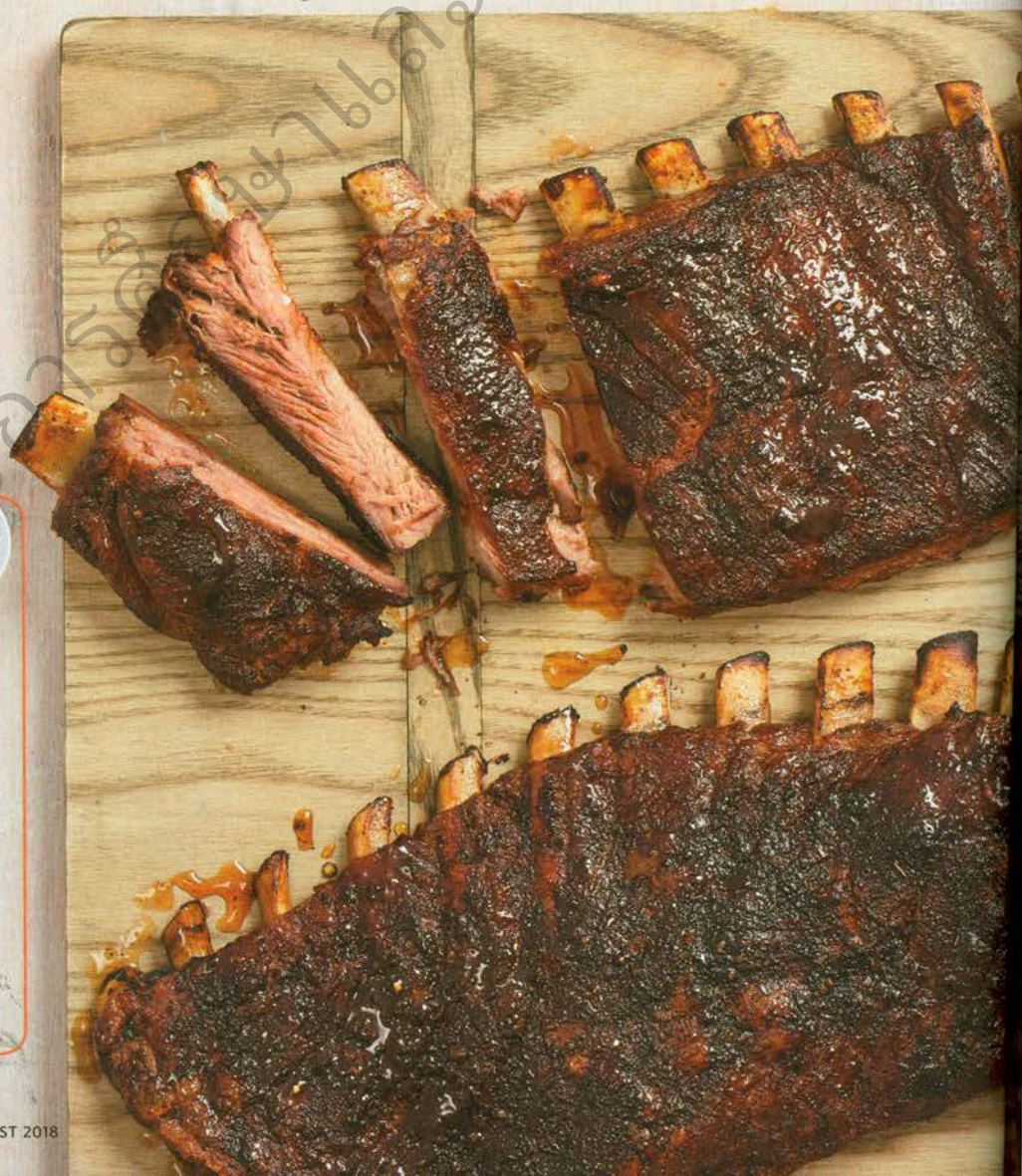
1. Heat a charcoal grill and prepare for indirect grilling: Bank the coals to one side, leaving the other side empty. Set up a drip pan on the empty side. Let the fire burn down to a low heat (250°).
2. Make the dry rub: Combine the brown sugar, paprika, garlic salt, onion salt, chili powder, cayenne, oregano, cumin and ¼ teaspoon black pepper in a small bowl. Remove 2 tablespoons of the rub and set aside for the liquid seasoning.
3. Prepare the ribs: Working with one rack at a time, slide a paring knife between the bone and the membrane, then pull off the membrane. Generously season the ribs all over with salt. Generously apply the dry rub on both sides.
4. Place the ribs bone-side down on the cooler side of the grill over the drip pan. Cover the grill and cook until the meat is well browned, about 2 hours 15 minutes, adding more charcoal as needed. Transfer each rack to a large double layer of foil.
5. Make the liquid seasoning: Combine the cherries, apple juice, jalapeño, brown sugar, honey and the reserved 2 tablespoons dry rub in a food processor and liquefy. Measure out 1 cup of the liquid seasoning and set it aside for the glaze. Brush the remaining liquid seasoning on the ribs and tightly wrap in the foil. Return to the cooler side of the grill, cover the grill and cook until the ribs are tender, about 1 more hour.
6. Make the glaze: Combine the barbecue sauce with the reserved 1 cup liquid seasoning in a small bowl. Remove the ribs from the grill and unwrap. Brush the glaze on both sides. Return to the grill over direct heat. Cover the grill and cook, turning the ribs halfway through, until caramelized, about 10 minutes. Transfer to a cutting board and let rest 10 minutes before slicing.

Chris Lilly

Big Bob Gibson Bar-B-Q
Decatur, AL



People's Choice Award winner and Barbecue Hall of Famer Chris Lilly has figured out how to dominate barbecue competitions: Show up early and get cooking before the other contestants. "It's all about low and slow with barbecue," Chris says. "I'm always the first person there in the morning." Chris's apple-cherry-jalapeño ribs were so popular with guests that he ended up cooking more than 170 racks! He had a sense he was winning before the night ended: "We actually had to request an extra container to hold voting tokens!" he says.



NEW

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Johnsonville
- SINCE 1945 -

Tom Jackson
All Things Barbecue
Wichita, KS



Tom Jackson was one of the few non-restaurant chefs invited to the event, but his success on YouTube more than qualified him for the gig. The in-house chef at All Things Barbecue, a store in Kansas, shares his love of 'cue with more than 100,000 subscribers through weekly videos. His idea to serve coffee-and-spice-rubbed flank steak with smoked cabbage was inspired by a slaw recipe from his friend Eric Gephart. "Flank steak is so flavorful and tender if done right," Tom says. "And having the smoked slaw meant we didn't need to smoke the meat, too."



**TOM JACKSON'S GRILLED CHIPOTLE
FLANK STEAK WITH BLUE SMOKE SLAW**

ACTIVE: 1 hr 15 min | TOTAL: 4 hr | SERVES: 4 to 6

FOR THE SOUTH BEACH SAUCE

- ½ cup fruit-based barbecue sauce
- ¾ cup mayonnaise
- 1 small clove garlic, minced
- Kosher salt and freshly ground pepper

FOR THE BLUE SMOKE SLAW

- 1 head green cabbage
- 3 tablespoons vegetable oil
- 4 large cloves garlic, minced
- 1 tablespoon sweet-and-spicy barbecue rub (preferably paprika-based)
- 1 cup mayonnaise
- ½ red onion, diced
- 4 scallions, thinly sliced
- 2 tablespoons apple cider vinegar
- 2 tablespoons whole-grain mustard
- 4 teaspoons granulated sugar

FOR THE STEAK

- 4 teaspoons turbinado sugar
- 2 teaspoons ground coffee
- 1 teaspoon chipotle chile powder
- Kosher salt
- 1 1½-pound flank steak

YOU'LL ALSO NEED

- 1 cup apple or cherry wood chips

- 1.** Make the South Beach Sauce: Whisk the barbecue sauce, mayonnaise and garlic in a medium bowl. Taste and season with salt and pepper. Refrigerate until ready to use.
- 2.** Soak the wood chips in water at least 30 minutes; drain. Heat a charcoal grill and prepare for indirect grilling: Bank the coals to one side, leaving the other side empty. Set up a drip pan on the empty side. Let the fire burn off to a low heat (250°).
- 3.** Meanwhile, prepare the Blue Smoke Slaw: Using a small sharp knife, carefully remove the core of the cabbage, creating a cavity for stuffing. (Make the cavity deeper than it is wide to keep the leaves attached.) Combine the vegetable oil, garlic and barbecue rub in a small bowl; mix well. Stuff some of the mixture into the cavity in the cabbage; let soak in for a minute, then add a little bit more.
- 4.** Scatter a handful of the drained wood chips over the hot coals. Transfer the cabbage to the cooler side of the grill, over the drip pan, cored-side up. Cover the grill and cook until the cabbage is slightly softened and taking on color from the smoke, 2 to 3 hours, adding more wood chips halfway through and more charcoal as needed.
- 5.** Cut the cabbage in half and let cool for a few minutes, then thinly slice. Transfer the sliced cabbage and garlic mixture from the cavity to a large bowl.
- 6.** Combine the mayonnaise, red onion, scallions, vinegar, mustard and granulated sugar in a small bowl and whisk to combine. Pour the dressing over the cabbage mixture and toss to coat. Refrigerate until ready to serve.
- 7.** Make the steak: Spread out the coals and bring the grill temperature up to high (500°), adding more charcoal as needed. Mix the turbinado sugar, ground coffee, chile powder and 2 teaspoons salt in a small bowl. Blot the steak dry with paper towels, then season with the coffee rub. Grill the steak over direct heat until a thermometer inserted into the center registers 125°, 6 to 8 minutes per side for medium rare. Let rest 10 minutes, then thinly slice against the grain. Serve with the slaw and the South Beach Sauce.

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MELANIE AND JASON SCHOENDORFER'S MONTREAL SMOKED PULLED PORK WITH CURRY PICKLES

ACTIVE: 2 hr | TOTAL: 11 hr | SERVES: 14 to 16

FOR THE PORK

- 1 cup packed light brown sugar
- ½ cup kosher salt
- 1½ tablespoons freshly ground pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground allspice
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon mustard powder
- 1 teaspoon dried dill
- 1 teaspoon celery seeds
- 1 teaspoon red pepper flakes
- 1 bone-in pork butt (8 to 10 pounds)
- 3 tablespoons yellow mustard

FOR THE BARBECUE SAUCE

- 4 cups apple cider vinegar
- ¼ cup packed light brown sugar
- 2 tablespoons ketchup
- 2 tablespoons mild hot sauce
- 2 teaspoons red pepper flakes
- Kosher salt and freshly ground pepper
- Curry Pickles, for serving (see below)
- Sliced potato bread, for serving

YOU'LL ALSO NEED

- 4 cups mixed apple, cherry and pecan wood chips

1. Make the pork: Mix the brown sugar, salt, pepper, coriander, allspice, paprika, garlic powder, onion powder, mustard powder, dill, celery seeds and red pepper flakes. Rub the pork all over with the mustard, then the spice rub. (You may not need all of the rub.)
2. Soak the wood chips in water at least 30 minutes; drain. Heat a charcoal grill and prepare for indirect grilling: Bank the coals to one side, leaving the other side empty. Set up a drip pan on the empty side. Let the fire burn down to a low heat (225° to 250°).
3. Scatter some of the wood chips over the hot coals. Put the pork on the cooler side of the grill, over the drip pan, fat side facing the heat. Cover and cook until a thermometer inserted into the center of the pork registers 160°, 5 to 6 hours, adding a handful of wood chips every 1 to 1½ hours and more charcoal as needed.
4. Meanwhile, make the barbecue sauce: Combine the vinegar, brown sugar, ketchup, hot sauce, red pepper flakes and 2 teaspoons each salt and pepper in a nonreactive pot. Cook over medium-high heat until the sugar is dissolved, about 5 minutes. Refrigerate until ready to use.
5. Remove the pork from the grill, wrap in foil and return to the cooler side of the grill. Cover the grill and cook until a thermometer inserted into the center of the pork registers 195° to 200°, 3 to 5 more hours, adding more charcoal as needed.
6. Remove the pork from the grill and let rest 30 minutes. Carefully unwrap and pour off any juices. Pull the meat into chunks, discarding the excess fat and bone. Toss with half of the barbecue sauce; season with salt and pepper. Serve with curry pickles, bread and the remaining barbecue sauce.



Melanie and Jason Schoendorfer

Babe's Meat & Counter, Miami

This husband-and-wife team's entry was truly a joint effort: Their pulled pork rub included traditional Montreal spices (she's from Canada), and they slathered the meat in Carolina-style barbecue sauce (he lived in Charlotte). As in all good marriages, they tried to keep things interesting, serving curry pickles on the side. "Lots of people were telling us that they didn't like pickles," Jason Schoendorfer says. "But we converted them!"

CURRY PICKLES

Toss 3 thinly sliced English cucumbers with 2 tablespoons kosher salt in a large bowl. Refrigerate 1 to 2 hours, then rinse and transfer to a large glass bowl or jars; add 1 thinly sliced large onion. Combine 1½ cups each granulated sugar and white vinegar, ¾ cup apple cider vinegar, ¼ cup light brown sugar, 2¼ teaspoons mustard seeds and ¾ teaspoon each celery seeds, curry powder and red pepper flakes in a nonreactive pot. Cook over medium-high heat until the sugar is dissolved. Pour over the cucumbers and onions. Refrigerate at least 1 day and up to 2 weeks.



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NON-GMO

DALE TALDE'S HICKORY-SMOKED JERK CHICKEN WINGS WITH PICKLED PINEAPPLE

ACTIVE: 1½ hr | TOTAL: 4 hr (plus overnight marinating) | SERVES: 4 to 6

FOR THE WINGS

- 1½ cups chopped fresh cilantro
- ½ cup fresh thyme
- 1 small Vidalia onion, finely diced
- 5 cloves garlic, roughly chopped
- 2 habanero chile peppers, roughly chopped
- ¾ cup fresh lime juice (from about 4 limes)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ¾ teaspoon ground allspice
- ¾ teaspoon ground cumin
- Kosher salt
- 4 pounds chicken wings, split at the joint, tips removed

FOR THE PICKLED PINEAPPLE

- 1 cup rice wine vinegar
- ½ cup sugar
- 1½ cups fresh lime juice (from about 12 limes)
- 1½ cups fresh orange juice (from about 6 oranges)
- ½ cup fresh yuzu juice (or use another citrus juice)
- ½ pineapple, peeled, cored and julienned
- ½ Vidalia onion, thinly sliced
- 3 roasted red peppers, julienned
- Kosher salt
- 2 cups packed fresh cilantro

YOU'LL ALSO NEED

- 2 cups hickory wood chips

- 1.** Make the marinade for the wings: Puree the cilantro, thyme, onion, garlic, chiles, lime juice, cinnamon, nutmeg, allspice, cumin and 2 teaspoons salt in a blender until smooth. Put the chicken wings in a large bowl and pour in the marinade. Cover and refrigerate overnight.
- 2.** Make the pickled pineapple: Combine the vinegar and sugar in a large saucepan over high heat and bring to a boil. Cook until the sugar is dissolved, about 2 minutes. Remove from the heat and stir in the lime, orange and yuzu juices. Add the pineapple, onion, roasted red peppers and 2 tablespoons salt. Let sit at room temperature until the pineapple is completely cool and tender, at least 3 hours. Add the cilantro.
- 3.** Make the wings: Soak the wood chips in water at least 30 minutes; drain. Heat a charcoal grill and prepare for indirect grilling: Bank the coals to one side, leaving the other side empty. Set up a drip pan on the empty side. Let the fire burn down to a very low heat (165° to 175°). Scatter some of the wood chips over the hot coals. Remove the wings from the marinade (no need to wipe them off) and arrange on the cooler side of the grill, over the drip pan. Cover the grill and adjust the vents to maintain a low heat. Cook 2 hours, adding more wood chips halfway through and more charcoal as needed.
- 4.** Remove the wings from the grill. Spread out the coals and bring the grill temperature up to medium high (325° to 350°). Grill the wings over direct heat, covered and turning often, until the meat easily pulls away from the bone, 20 to 25 minutes. Serve with the pickled pineapple.



Dale Talde

Talde

Brooklyn and Jersey City

Dale Talde doesn't specialize in barbecue, but he does love Miami, so participating in this event was a no-brainer. "There are dudes who take this stuff way seriously," Dale says. "I wasn't trying to win." Instead, he set out to create a dish that spoke to the climate in Miami: smoked jerk chicken wings, seared on the grill at the last minute, and a side of pickled pineapple. "I wanted to foil the jerk spice with something refreshing," he says. "You don't need the pineapple, but it's awesome!"



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Chives & Lemongrass

Baked Whole
Peaches with
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Cherries &
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Tri-Color Cauliflower
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Shrimp in Coconut Milk with Corn, Chives & Lemongrass

ACTIVE: 25 MINUTES • TOTAL: 40 MINUTES • SERVES 6

- 1 large shallot, finely chopped
- 2 tablespoons minced lemongrass, tender portion only (2 stalks)
- 2 cloves garlic, minced
- 3 tablespoons fish sauce
- 1 tablespoon sugar
- 1 3/4 pounds extra-large shrimp (26–30 ct), peeled and deveined
- 1 1/2 cups freshly shaved corn kernels (from 2 cobs)
- 1 cup coconut milk
- 3 tablespoons fresh lime juice
- 1/4 cup chopped chives

Preheat a grill to high, or an oven to 425°, placing a baking sheet on the center rack of oven. Combine first five ingredients. Stir in shrimp. Let sit for 10 minutes. Make 3 foil packets from **Reynolds Wrap® Heavy-Duty Aluminum Foil**, using an 18" x 14" sheet per packet. Each packet will hold 2 servings. Fold sheets in half, shiny side out. Tightly fold and seal the 2 short edges of each packet, leaving the 3rd edge open. Divide shrimp and corn equally among the packets. Into remaining liquid in shrimp bowl, stir coconut milk and lime juice. Divide equally among the packets. Fold the open edges tightly to seal well. Place packets directly onto grill grates, or onto the hot baking sheet in the oven. Cook 12–15 minutes, shaking packets gently halfway through. Open packets carefully and transfer contents to 6 serving bowls. Sprinkle with chives.



Spiced Salt-Crusted Pork Loin

ACTIVE: 20 MINUTES • TOTAL: 1 HOUR, 30 MINUTES • SERVES 6

- 3 tablespoons coriander seeds, crushed
- 3 tablespoons yellow mustard seeds, crushed
- 1/2 cup each pink and green peppercorns, crushed
- 3 pounds boneless pork loin
- 8 cups kosher salt
- 6 egg whites
- Water as needed

Preheat grill to medium-high, or oven to 400°. Stir together seeds and peppercorns. Rub 2 tablespoons mixture evenly over the loin. Add remaining mixture to salt. Stir in egg whites and 1/4 cup water. Mix well. Add more water as needed to resemble wet sand. Line a small baking sheet with an 18" x 20" sheet of **Reynolds Wrap® Heavy-Duty Aluminum Foil**, sides overhanging. Transfer 1/2 of salt mixture to foil and shape into a rectangle the size of the loin. Place loin on top. Pack remaining salt around the loin until completely covered. Use the long sides of foil to help press into place. Fold foil to come halfway up the sides of the loin. Fold up short ends and pinch to form corners. Place baking sheet with pork onto grill grates and close lid, or place into oven. Cook 50 minutes to 1 hour for medium-well. Unfold foil and lay flat. Tap the sharp point of a knife into the crust to loosen. Lift crust off in large pieces and discard. Let loin rest 10–15 minutes. Slice crosswise into 1/2-inch-thick slices.



Tri-Color Cauliflower Steaks with Za'atar & Tahini Dressing

ACTIVE: 15 MINUTES • TOTAL: 55 MINUTES • SERVES 6

- 3 medium heads cauliflower of different colors, stems removed
- 6 tablespoons extra virgin olive oil
- 6 teaspoons za'atar spice blend
- Water for cauliflower and dressing
- 1 clove garlic, halved
- 1/2 cup tahini
- 2 tablespoons soy sauce
- 2 tablespoons freshly squeezed lemon juice
- 1/2 bunch flat-leaf parsley, leaves only

Preheat grill to medium-high or oven to 375°. For each head of cauliflower, position two 12" x 36" sheets **Reynolds Wrap® Aluminum Foil** in a crisscross pattern, non-shiny side up. Place a cauliflower in the center of each. Drizzle each head with 2 tablespoons oil and 2 teaspoons za'atar. Add 2 tablespoons water. Bring ends of foil loosely over each cauliflower and fold together to seal all openings. Place packets directly onto grill grates and close lid, or onto a baking sheet and into oven. Cook 35–40 minutes. Remove and let sit 10 minutes. For dressing, rub garlic clove halves over the inside of a glass bowl. Discard garlic. In bowl, whisk tahini, soy sauce, lemon juice, and 1/4 cup water. Dressing will be thick. Open foil packets and use the accumulated juices to thin the dressing until smooth and pourable. Slice cauliflower into 1/2-inch-thick slabs. Place onto serving platter and drizzle generously with dressing. Sprinkle with parsley.



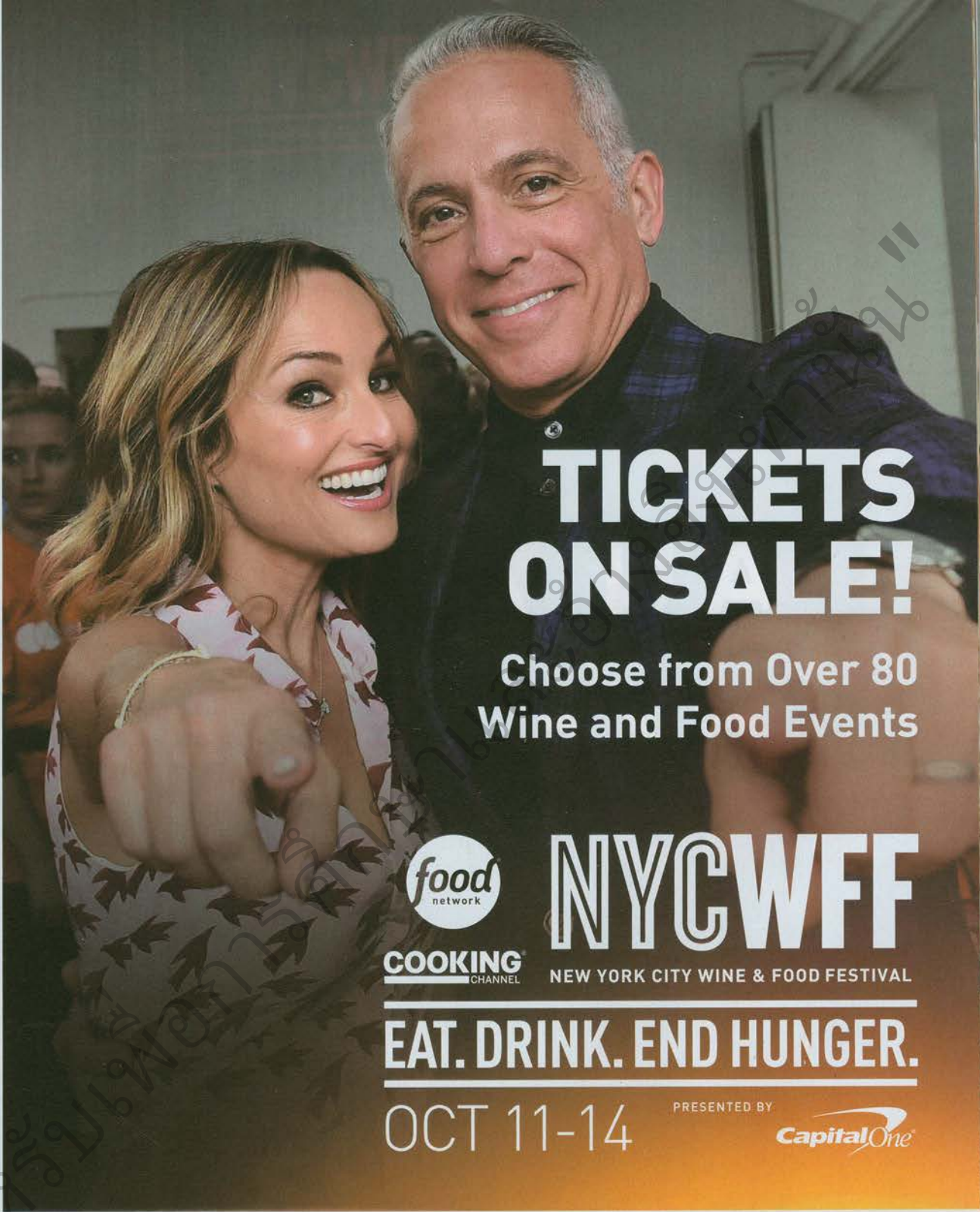
Baked Whole Peaches with Pistachio, Cherries & Lemon Thyme

ACTIVE: 20 MINUTES • TOTAL: 1 HOUR • SERVES 6

- 6 freestone peaches, washed
- 1/2 cup pistachio paste
- 1/4 cup chopped dried cherries
- 1/4 teaspoon ground ginger
- 3 tablespoons honey
- 1 teaspoon fresh lemon-thyme leaves, plus sprigs for garnish
- Pinch of kosher salt
- 1/4 cup chopped pistachio nuts

Preheat a grill to medium, or an oven to 350°. Position peaches stem-side down. Cut out and remove a 1 1/4-inch plug from the top of each peach and remove pits. Chop peach plugs and set aside. Place each peach onto a 12" x 14" sheet of **Reynolds Wrap® Non-Stick Aluminum Foil**. Combine pistachio paste, cherries, ginger, and chopped peach. Stuff peach cavities with equal amounts of pistachio mixture. Mix honey, thyme, and salt. Drizzle 1 teaspoon over each peach. Bring ends of foil up loosely around peach and fold edges to seal. Place packets directly onto grill grate and close lid, or place onto baking sheet and into oven. Cook 35–40 minutes. Open packets carefully. Transfer peaches and their juices to serving bowls. Sprinkle with pistachios and garnish with sprigs of lemon-thyme.





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A New England CLAMBAKE

Celebrate the Fourth with a new kind of summer clambake: Make it on the grill!


GRILLED CLAMBAKE





GRILLED
GARLIC BREAD

BLACK
RASPBERRY
ICE CREAM
SANDWICHES



GRILLED CLAMBAKE

ACTIVE: 1 hr | TOTAL: 3 hr | SERVES: 8



- 1/3 cup chopped fresh basil
- 1/3 cup chopped fresh dill
- 1/4 cup chopped fresh chives
- 1 cup mayonnaise
- 1 serrano chile pepper, finely chopped (seeded for less heat)
- 1 teaspoon finely grated lemon zest, plus 1 tablespoon juice, plus lemon wedges for serving
- 6 cloves garlic (2 finely grated, 4 thinly sliced)
- Kosher salt
- 24 jumbo shrimp, shells on (about 2 1/4 pounds)

1. Toss the basil, dill and chives in a small bowl. Whisk the mayonnaise with half the serrano, the lemon zest, lemon juice, 1 grated garlic clove, 1/2 teaspoon salt and 2 tablespoons water in a medium bowl. Stir in 1/3 cup of the herbs (set aside the rest for topping). Cover and refrigerate.

2. Using kitchen shears, cut along the outer curve of the shrimp shells from the head end to 1/4 inch from the tail. Remove the top vein and rinse the shrimp under cold water (leave the shrimp in their shells). Transfer to a large bowl and add 6 cups cold water, 3 tablespoons salt and the sugar; stir. Cover and refrigerate 1 hour. Put the clams in a separate bowl, add enough cold water to cover and stir in 1/4 cup salt; cover and refrigerate 1 hour.

3. Preheat a grill to medium high. Toss the potatoes with 1/4 cup olive oil, 1 tablespoon salt and 1 teaspoon pepper in a medium bowl. Place the potatoes in a single layer in the center of a large sheet of heavy-duty foil. Wrap and seal into a packet, then wrap in another piece of foil to cover the seam side. Grill, flipping, until the potatoes are charred and tender, about 20 minutes per side. Keep wrapped.

4. Meanwhile, set aside a 4-inch piece of sausage for the clams. Grill the remaining

- 1 tablespoon sugar
- 24 littleneck clams, scrubbed
- 3 pounds fingerling potatoes
- 1/2 cup extra-virgin olive oil
- Freshly ground pepper
- 2 pounds linguica sausage or kielbasa
- 4 ears corn, shucked
- 1 stick unsalted butter, melted
- 1/2 small fennel bulb, cored and thinly sliced
- 2 large shallots, thinly sliced
- 1 tablespoon tomato paste
- 1 cup dry white wine

sausage until charred, 4 to 6 minutes per side. Let cool, then cut into 3-inch pieces; cover to keep warm. Grill the corn, turning, until charred, 8 to 10 minutes. Let cool, then cut each ear in half crosswise. Drain the shrimp and grill in batches until lightly charred, 1 to 1 1/2 minutes per side. Toss the corn and shrimp with the melted butter and the remaining grated garlic clove. Cover and set aside.

5. Drain and rinse the clams. Slice the reserved sausage 1/4 inch thick. Heat the remaining 1/4 cup olive oil in a 12-inch cast-iron skillet on the grill. Add the sliced sausage and cook, tossing, until just starting to brown, about 5 minutes. Add the fennel, shallots and the remaining serrano and cook, stirring, until soft, about 5 minutes. Add the 4 sliced garlic cloves and the tomato paste and cook until the tomato paste turns brick red, about 1 minute. Add the wine and cook until reduced by half, about 5 minutes. Add the clams, cover and cook until all the clams have opened, 5 to 10 minutes. (Discard any unopened clams.)

6. Combine the corn, shrimp, grilled sausage and potatoes on a large platter. Leave the clams in the skillet. Serve with lemon wedges, the reserved herbs and the herbed mayonnaise.

GRILLED GARLIC BREAD



Mash 4 tablespoons softened butter with 1 minced garlic clove, 2 tablespoons minced parsley and 1/4 teaspoon salt; season with pepper. Spread on 1 sliced baguette (1/2 inch thick). Grill over medium-high heat, flipping, until marked, 2 to 4 minutes (move to a cooler spot on the grill if necessary). Serves 8.

BLACK RASPBERRY ICE CREAM SANDWICHES

ACTIVE: 30 min | TOTAL: 5 hr | SERVES: 8

- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 stick unsalted butter, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 1 large egg
- 1 tablespoon grated lemon zest, plus 1 tablespoon lemon juice
- 1 teaspoon pure vanilla extract
- 1/3 cup sour cream
- Sanding sugar, for sprinkling
- 2 pints black raspberry chip ice cream



1. Preheat the oven to 375°. Line 2 baking sheets with parchment paper. Whisk the flour, baking soda and salt in a medium bowl. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until light and fluffy, 3 minutes. Beat in the egg, lemon zest, lemon juice and vanilla. Reduce the speed to low; beat in the flour mixture in two batches, alternating with the sour cream.

2. Roll the dough into 16 balls. Arrange on the baking sheets; sprinkle with sanding sugar. Bake until the edges are set, 12 to 15 minutes. Let cool 5 minutes on the pans, then transfer to racks to cool completely.

3. Sandwich the ice cream between the cookies. Freeze until firm, 3 hours.

The Goods



Signature Skillet
\$200; lecreuset.com



Rope Melamine Serving Platter
\$30; potterybarn.com



Artesia Small Honey Bread Basket
\$15; crateandbarrel.com



Fishnet Woven Runner
\$29; westelm.com



Nautical Icon Melamine Salad Plate in Red Rope Stripe
\$34 for four; potterybarn.com

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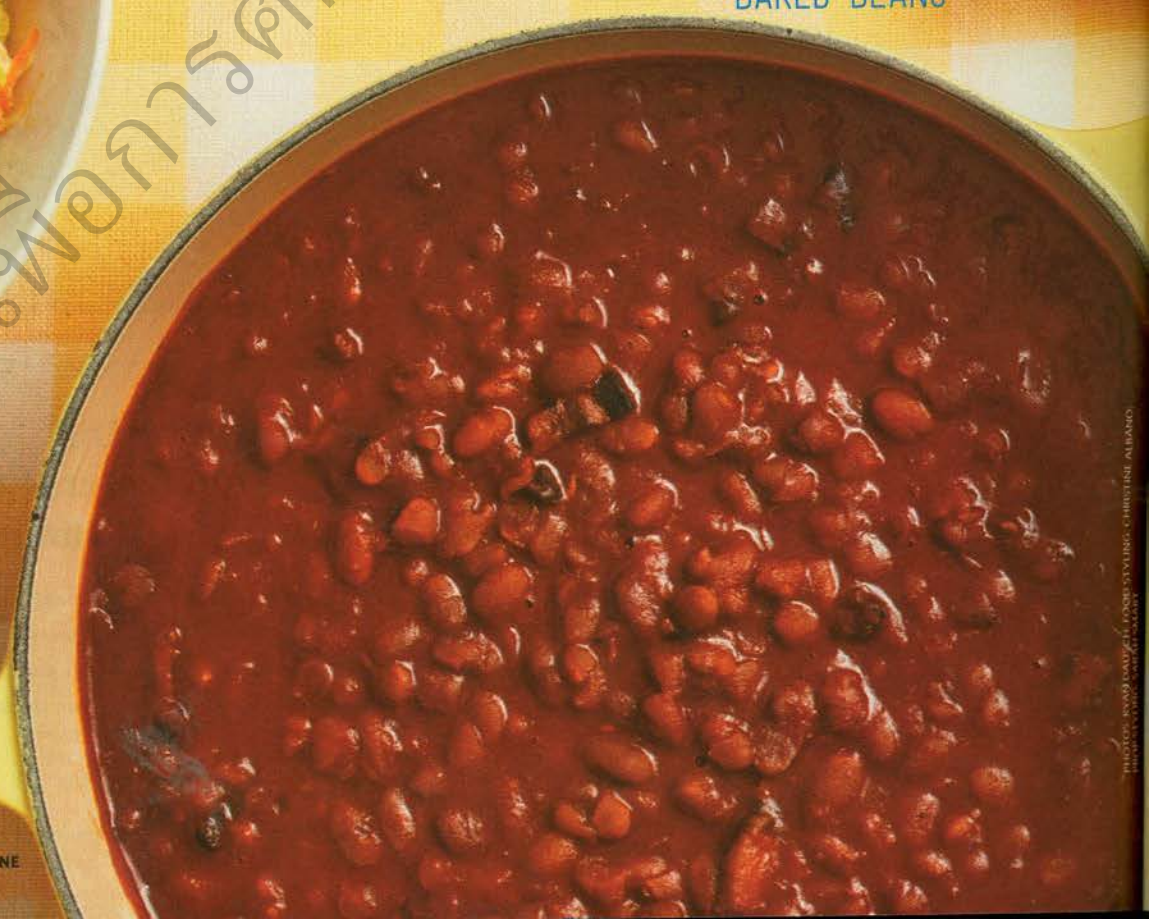
A Southern BARBECUE

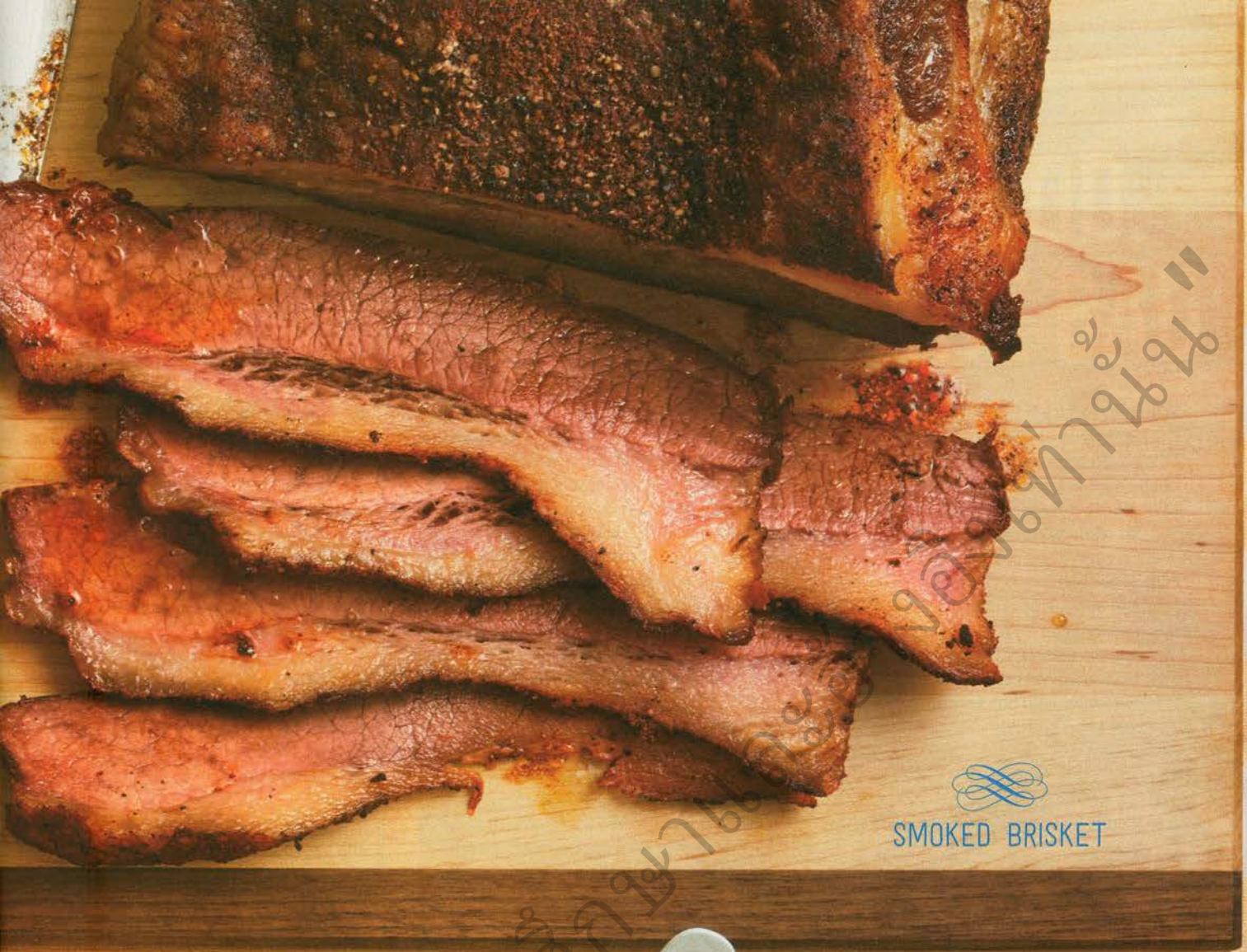
Impress your friends with a foolproof take on brisket and baked beans.



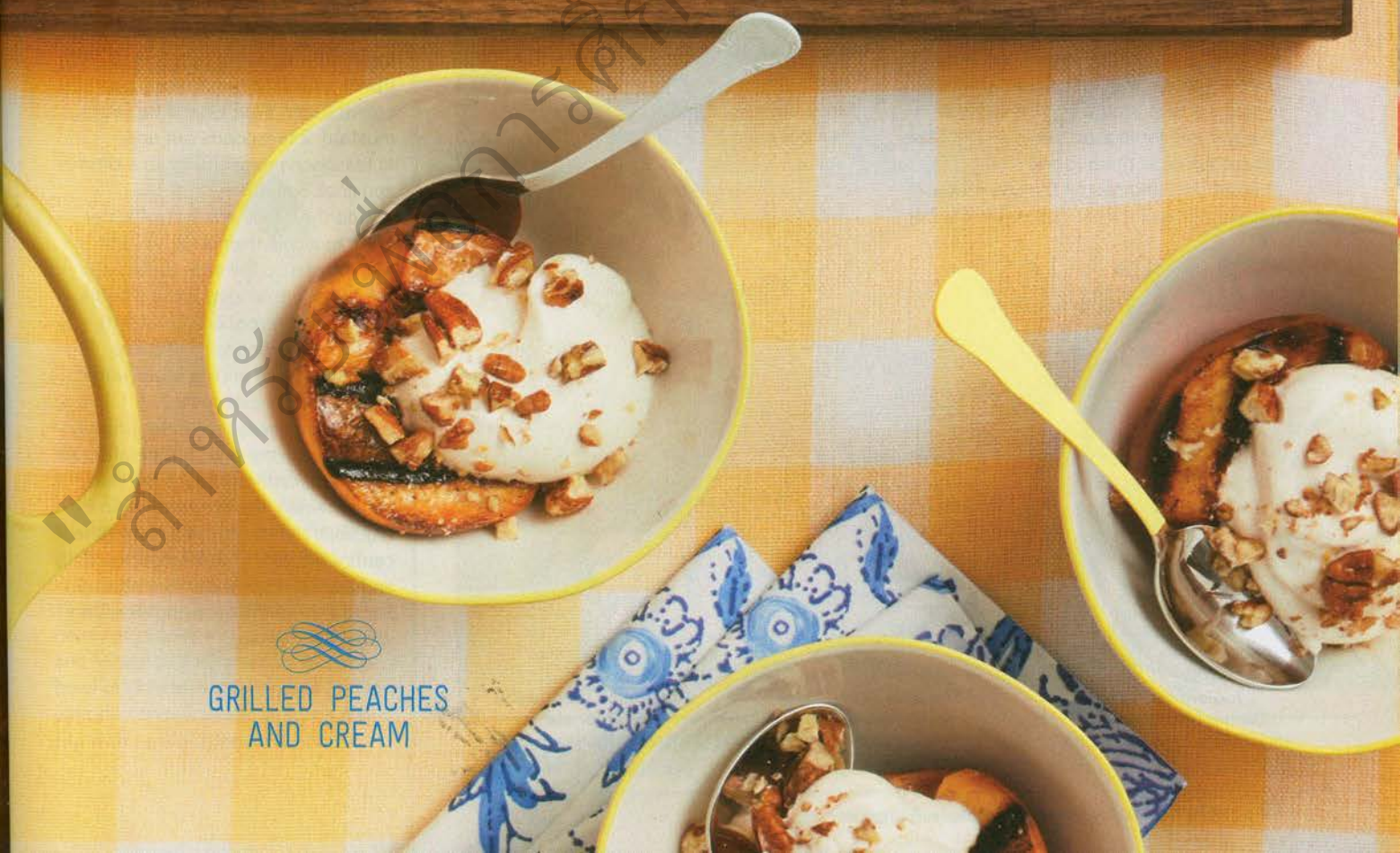

CUCUMBER-CABBAGE
SLAW


BOURBON
BAKED BEANS

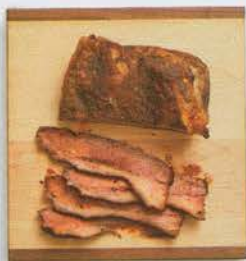




SMOKED BRISKET



GRILLED PEACHES
AND CREAM



SMOKED BRISKET

ACTIVE: 40 min | TOTAL: 11 hr 40 min (plus overnight chilling) | SERVES: 8

FOR THE BRISKET

- 1 tablespoon paprika
- 1 tablespoon packed dark brown sugar
- Kosher salt and freshly ground pepper
- 1 4½- to 5-pound brisket, fat trimmed to ¼ inch

FOR THE SAUCE

- 1 cup apple cider vinegar
- ¾ cup ketchup
- ¾ cup packed dark brown sugar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon mild hot sauce
- 1 teaspoon paprika
- Kosher salt

YOU'LL ALSO NEED

6 to 8 cups hickory or mesquite wood chips

1. Make the brisket: Mix the paprika, brown sugar and 2 tablespoons each salt and pepper in a small bowl. Rub and pat all over the brisket in a thick even coating. Cover with plastic wrap and refrigerate overnight.
2. When ready to grill, soak the wood chips in cold water in a large bowl. Prepare a charcoal grill for indirect cooking: Light the coals, then bank them to one side of the grill. Set up a drip pan on the other side of the grill and replace the grates. Let the fire

burn until the temperature is between 200° and 250° (you should be able to hold your hand about 5 inches away from the coals for 6 seconds). Drain the wood chips and scatter a handful of them over the coals. (If using a gas grill, cook over low indirect heat and use a smoker box for the wood chips.)

3. Place the brisket fat-side up on the grates above the drip pan. Cover the grill; adjust the vents to maintain a temperature between 200° and 250°. Cook until a thermometer inserted into the thickest part of the brisket registers 185° to 200°, 7½ to 10 hours. Rotate the brisket every few hours and add more charcoal and wood chips every 45 minutes to keep the temperature steady (use dry wood chips if you need more).

4. Remove the brisket from the grill, wrap in foil and let rest 45 minutes to 1 hour. Pour the drippings from the drip pan into a bowl; let them settle, then skim off the fat.

5. Meanwhile make the sauce: Combine the vinegar, ketchup, brown sugar, Worcestershire sauce, hot sauce, paprika and 1 teaspoon salt in a saucepan over medium heat. Cook, whisking, until hot but not boiling, about 3 minutes. Let cool; season with salt.

6. Slice the brisket against the grain. Serve with the pan juices and sauce.



BOURBON BAKED BEANS

ACTIVE: 1 hr | TOTAL: 5 hr | SERVES: 8

- 8 ounces thick-cut bacon, cut into ½-inch strips
- 1 onion, diced
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 8-ounce can tomato sauce
- ⅓ cup molasses
- ¼ cup bourbon
- 2 tablespoons packed light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons yellow mustard
- Kosher salt and freshly ground pepper
- 1 pound dried navy beans, picked through

1. Preheat the oven to 300°. Cook the bacon in a large Dutch oven over medium-high heat until browned and crisp, about 8 minutes. Add the onion and garlic and cook until softened, 4 to 5 minutes. Add the paprika and toast, stirring, about 30 seconds. Add the tomato sauce, molasses, bourbon, brown sugar, Worcestershire sauce, mustard, 2 teaspoons salt and ½ teaspoon pepper. Bring to a simmer and cook 5 minutes.

2. Add the beans and 8 cups water. Bring to a boil, then cover the pot and transfer to the oven. Bake until the beans are tender, about 3 hours. (If the beans are still slightly firm, continue cooking, stirring every 45 minutes and adding more water if necessary to just cover.)

3. Once the beans are tender, uncover and increase the oven temperature to 325°. Bake until the beans are thick and browned, about 1 more hour. (Again, if the beans need more time, continue cooking, stirring occasionally and adding more water if necessary.) Remove from the oven and thin with water if necessary.

The Goods



Round Dutch Oven
\$310; lecreuset.com



Large Maple and Walnut Carving Board
\$110; jkadams.com



Lintex Buffalo Check Yellow Cotton Tablecloth
\$25; homedepot.com



Indiennes Paper Dinner Napkins \$7.50 for 20; casparionline.com



Abbesses Small Bowl with Yellow Rim
\$38 for four; canvashomestore.com



Multicolor Teaspoons
\$28 for six; store.moma.org



CUCUMBER-CABBAGE SLAW

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

- ¼ cup mayonnaise
- ¼ cup sour cream
- 3 tablespoons white wine vinegar
- 2 teaspoons sugar
- 1 teaspoon celery seeds
- ½ teaspoon hot sauce
- Kosher salt and freshly ground pepper
- ½ head green cabbage, shredded (about 8 cups)
- 2 English cucumbers, sliced into half-moons
- 2 carrots, grated
- 2 scallions, sliced

1. Whisk the mayonnaise, sour cream, vinegar, sugar, celery seeds, hot sauce, 1 teaspoon salt and a few grinds of pepper in a large bowl.

2. Add the cabbage, cucumbers, carrots and scallions; toss. Season with salt and pepper.

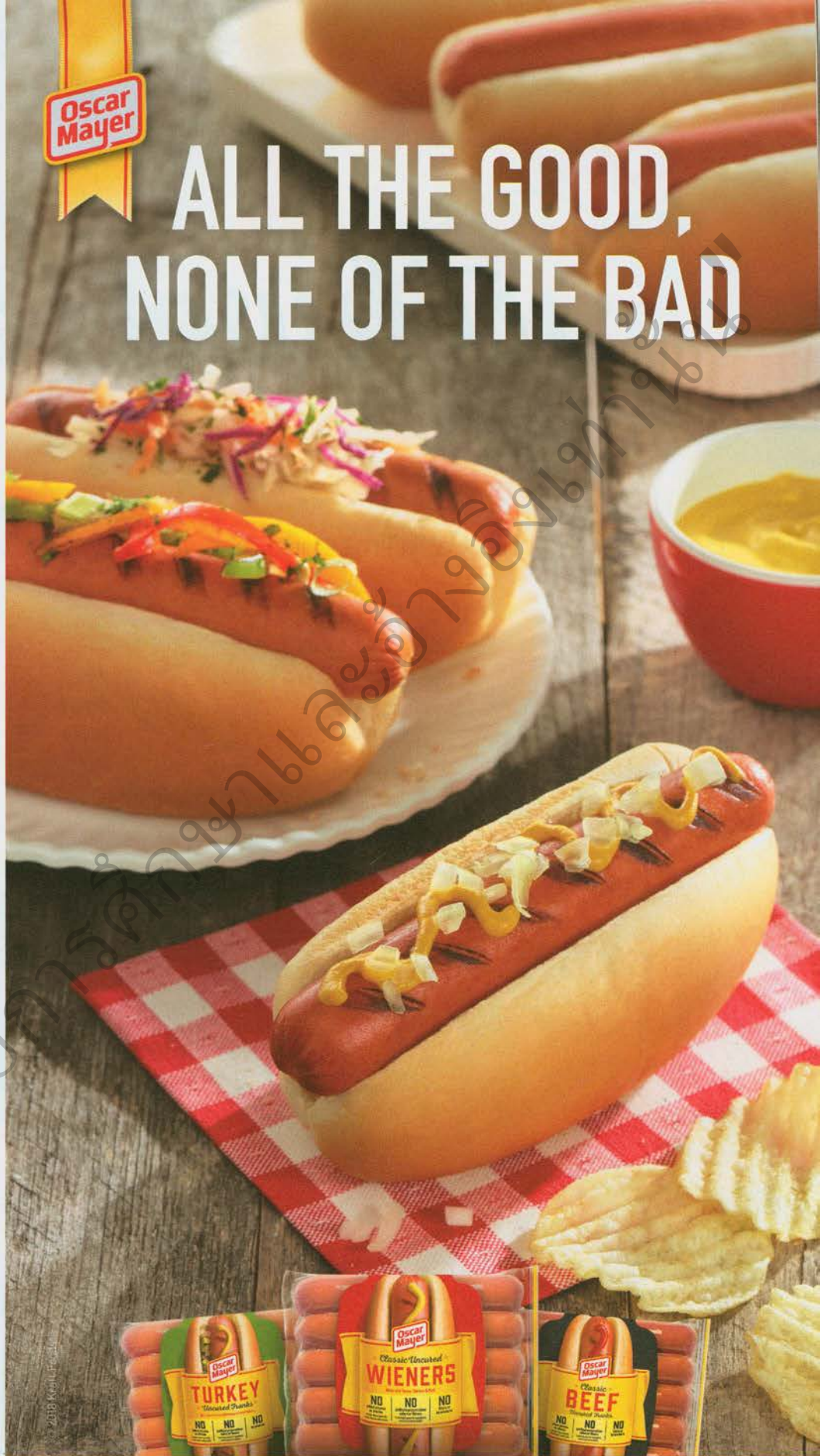


GRILLED PEACHES AND CREAM

Halve and pit 8 peaches and toss with 2 tablespoons each light brown sugar and melted butter. Grill over medium-high heat until marked, 2 to 3 minutes per side. Whisk ¾ cup each sour cream and cold heavy cream with ½ cup brown sugar and ¼ teaspoon cinnamon in a large bowl until light and fluffy. Dollop the whipped cream on the peaches and top with candied pecans. Serves 8.

Oscar Mayer

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A Southwestern BURGER BAR

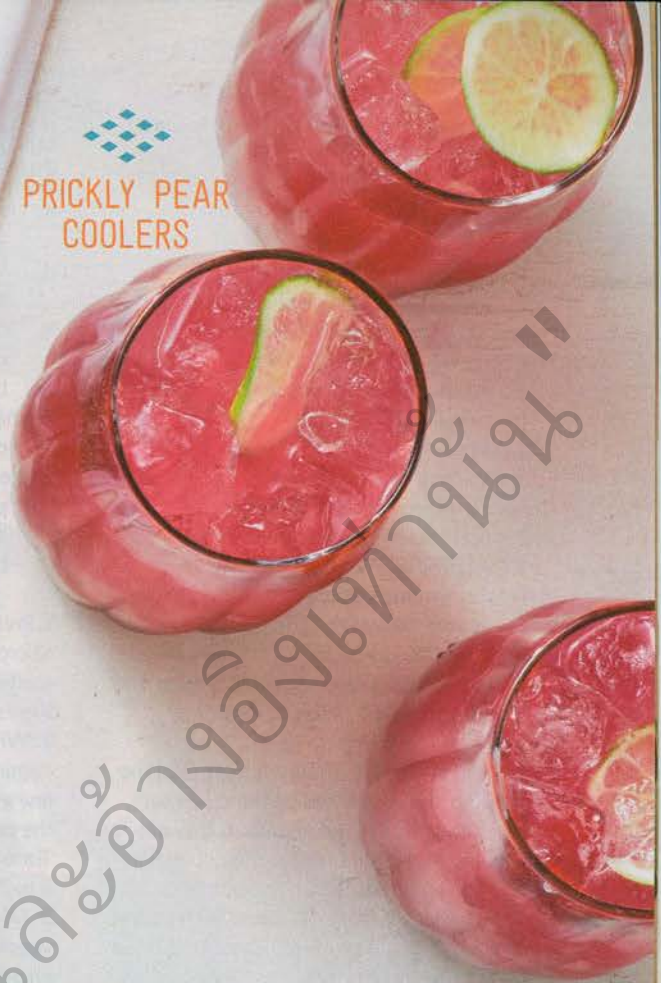
Break out the chiles and limes and give your next cookout a twist.


GREEN CHILE
CHEESEBURGERS



CORN-AVOCADO SALAD

PRICKLY PEAR COOLERS



GRILLED SWEET POTATOES



GREEN CHILE CHEESEBURGERS

ACTIVE: 1 hr | TOTAL: 1 hr | SERVES: 8



- 1 serrano chile pepper
- 2 large cubanelle peppers
- 2 large poblano chile peppers
- 1 tablespoon vegetable oil, plus more for the grill
- 1 small onion, diced
- Kosher salt
- 3 cloves garlic, minced
- ½ teaspoon ground cumin
- 2 tablespoons white vinegar
- 3 pounds ground beef chuck
- Freshly ground pepper
- 8 slices colby-jack cheese
- 8 hamburger buns
- Mayonnaise, barbecue sauce, lettuce and sliced sweet onion, for topping

1. Preheat a grill to medium high. Grill the serrano, cubanelle and poblano peppers, turning, until charred all over, 6 minutes for the serrano, 8 minutes for the cubanelle, and 10 to 12 minutes for the poblano. Transfer to a large bowl, cover with plastic wrap and let steam 10 minutes. Peel, seed and chop all the peppers.

2. Heat the vegetable oil in a medium saucepan over medium-high heat. Add the onion, season with salt and cook, stirring, until browned, 5 to 6 minutes. Add the garlic and cumin and cook, stirring, until the cumin is toasted, about 1 minute. Add 1 cup water, the grilled peppers and ½ teaspoon salt. Simmer over medium heat until most of the liquid has cooked off, 8 to 10 minutes. Stir in the vinegar and season with salt.

3. Form the ground beef into 8 patties, about 4 inches wide and ½ inch thick; season with salt and pepper. Oil the grill grates. Grill the burgers over medium-high heat, 3 to 3½ minutes per side for medium rare; top each with a slice of cheese after flipping and cover to melt. Toast the buns cut-side down, about 30 seconds.

4. Spread some mayonnaise and barbecue sauce on the buns. Serve the patties on the buns with lettuce, sliced onion and the grilled chile salsa.

GRILLED SWEET POTATOES

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 8



- 4 large sweet potatoes, pierced with a fork
- ¾ cup plus 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Kosher salt and freshly ground pepper
- ½ cup chopped fresh cilantro
- Grated zest and juice of ½ lime, plus more lime juice as needed
- 1 canned chipotle chile in adobo sauce, finely chopped

1. Preheat a grill to medium high. Microwave the sweet potatoes until just starting to soften, 8 to 10 minutes. Let cool, then slice into ½-inch-thick rounds.

2. Whisk 2 tablespoons vegetable oil, the cumin, chili powder, 1 teaspoon salt and a few grinds of pepper in a large bowl. Add the potato slices and gently toss to coat. Transfer to the grill and cook until charred, 2 to 3 minutes per side. Transfer to a platter.

3. Mix the cilantro, remaining ¼ cup vegetable oil, lime zest and juice and chipotle in a bowl; season with salt. Thin with more lime juice if needed. Spoon the dressing over the sweet potatoes.



CORN-AVOCADO SALAD

Whisk 3 tablespoons white wine vinegar, 1 tablespoon water, 1 teaspoon honey and ½ teaspoon kosher salt in a large bowl. Add ½ thinly sliced red onion and toss; let sit, stirring occasionally, 20 minutes. Brush 4 ears corn with vegetable oil and grill over medium-high heat until charred, 8 minutes. Let cool, then cut off the kernels. Add to the onion along with 2 chopped tomatoes, 1 diced avocado and 2 tablespoons chopped parsley; toss. Season with salt and pepper. Serves 8.

PRICKLY PEAR COOLERS

Halve 2 pounds prickly pears (about 8) lengthwise, scoop out the flesh and chop. Mix with ½ cup sugar in a saucepan; let sit until juicy, 5 minutes. Bring to a boil, then remove from the heat. Mash the fruit and let sit 10 minutes. Strain through a fine-mesh sieve and refrigerate the syrup until cool, 1 hour. Combine the cooled syrup, 1½ cups tequila, 1 cup orange juice and ½ cup lime juice in a pitcher. Add 3 cups cold seltzer. Serve over ice. Serves 8.



The Goods



Terra Cotta Cazuela
\$18; tienda.com



Large Oval Platter
\$30; fiestafactorydirect.com



Food Network Samba Cooler Glass Set
\$25 for eight; kohls.com



Embroidered Cactus Kitchen Towel
\$10; worldmarket.com



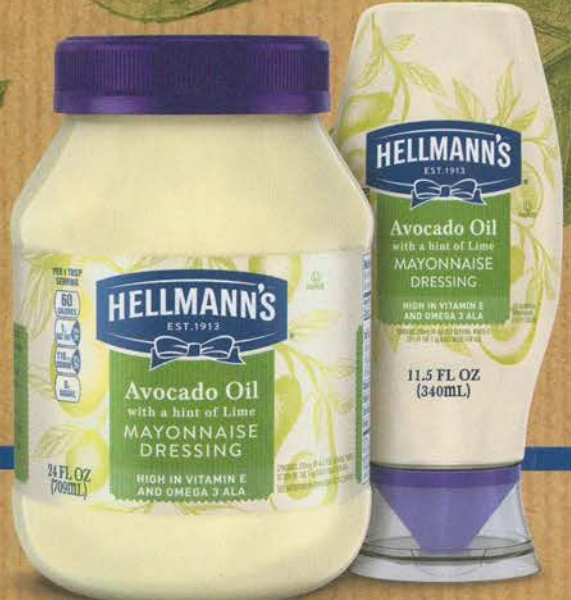
MUD Australia Platter
\$98; shophorne.com for similar

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ZUCCHINI-
BLACKBERRY
SALAD






CEDAR PLANK
SALMON


QUINOA AND
SPROUTS SALAD




ROSEMARY-CITRUS
BEER COCKTAILS



PHOTOS: IRVAN DRAUSCHT; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: SARANI SWARTI



CEDAR PLANK SALMON

ACTIVE: 15 min | TOTAL: 3 hr | SERVES: 8

- 2 cups pinot noir (optional)
- 1 tablespoon packed light brown sugar
- 2 teaspoons grated lemon zest
- 2 teaspoons finely chopped fresh rosemary

Kosher salt and coarsely ground pepper

- 1 large side of salmon (3 to 3½ pounds), skin on

Chopped fresh parsley, for topping

1. Depending on the size of your salmon, put 1 or 2 cedar grilling planks (about 15 inches each) in a large dish or roasting pan (it's OK if they overlap). Pour in the wine, then add enough water to cover (if not using wine, just use all water). Weight the plank down with a heavy pot so it is submerged. Let soak at least 2 hours, flipping it over halfway.

2. About 30 minutes before cooking, preheat a grill to medium (if your grill has a thermometer, it should register about 375°). Combine the brown sugar, lemon zest, rosemary, 4 teaspoons salt and 2 teaspoons pepper in a small bowl. Remove any pin bones or belly fat from the salmon. Rub the salt mixture all over the flesh side of the fish. Transfer to a baking sheet, loosely cover and refrigerate 30 minutes.

3. Drain the cedar plank and arrange on the grill. Place the salmon skin-side down on the plank (if your salmon is large, you'll need to put 2 planks side by side); cover and grill until just cooked through, 12 to 18 minutes, depending on the thickness. Transfer the plank to a board and top the salmon with parsley.



QUINOA AND SPROUTS SALAD

Cook 1 cup quinoa as the label directs; fluff with a fork and let cool. Whisk 2 tablespoons whole-grain mustard, ¼ cup lemon juice and a big pinch each of salt and pepper in a large bowl; whisk in ¼ cup olive oil. Add the cooled quinoa, 4 ounces radish sprouts, 2 ounces trimmed broccoli sprouts, ¾ cup chopped radishes, ½ cup sliced celery, ¼ cup salted sunflower seeds and 2 tablespoons each chopped parsley and chives; toss. Season with salt and pepper. Serves 8.



ZUCCHINI-BLACKBERRY SALAD

Shave 5 zucchini into ribbons with a vegetable peeler, discarding the core. Toss with ½ teaspoon kosher salt in a colander and let drain, 30 minutes. Smash 6 ounces blackberries in a large bowl. Stir in ¼ cup olive oil, 4 teaspoons each honey and lemon juice and 1 red Fresno chile (½ finely chopped, ½ sliced); season with salt. Squeeze the liquid from the zucchini; add the zucchini to the berry mixture and toss. Season with salt and pepper. Transfer to a platter; top with chopped chives. Serves 8.

The Goods



Extra Large Cedar Plank
\$14; williams-sonoma.com



Boxed Beer Glass
\$30 for eight; crateandbarrel.com



Carson Cheese Board
\$70; crateandbarrel.com



Pacific Teak Wood
Appetizer Bowl
\$15; cb2.com



Fern Silhouette Platter
\$78; shopterrain.com

ROSEMARY-CITRUS BEER COCKTAILS

Bring 2 cups water, ⅓ cup sugar and 6 rosemary sprigs to a boil in a saucepan, stirring to dissolve the sugar. Remove from the heat and let sit 20 minutes, then strain. Refrigerate the syrup until cool. For each drink, combine 12 ounces cold wheat beer, 2 ounces of the rosemary syrup and 1 ounce each grapefruit juice and lemon juice. Garnish with grapefruit wedges and rosemary. Makes 8.



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ABOUT ME

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MY STORY

slimfast.com/deborah



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★ Show Your ★ STRIPES!

Pastry chef Gesine Prado of *Baked in Vermont* puts a surprising new spin on the flag cake.

PHOTOGRAPHS BY RYAN DAUSCH



Catch
Gesine on
Baked in Vermont,
Saturdays at
10:30 a.m. ET.



GESINE PRADO'S STARS-AND-STRIPES CAKE

ACTIVE: 1 hr | TOTAL: 2½ hr | SERVES: 10 to 12

FOR THE CAKE

Cooking spray
 1¼ cups cake flour
 1 tablespoon Dutch-process unsweetened cocoa powder
 ½ teaspoon baking powder
 8 large eggs, separated
 ½ teaspoon cream of tartar
 ½ teaspoon salt
 1 cup granulated sugar
 1 teaspoon pure vanilla extract
 ½ cup water
 ⅓ cup canola oil
 1 tablespoon red gel food coloring
 Confectioners' sugar, for dusting

FOR THE FROSTING

3 8-ounce packages cream cheese, at room temperature
 1½ cups confectioners' sugar
 1 teaspoon pure vanilla extract
 3 cups cold heavy cream
 Blue sanding sugar, for decorating



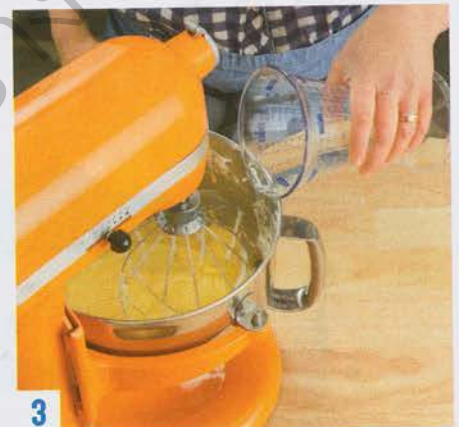
1

Make the cake: Preheat the oven to 350°. Coat a 13-by-18-inch rimmed baking sheet with cooking spray; line with parchment, then spray the parchment. In a medium bowl, whisk the flour with the cocoa powder and baking powder. Set aside.



2

Beat the egg whites with a mixer on high speed until foamy. Beat in the cream of tartar and salt, then slowly beat in ½ cup granulated sugar. Increase the speed to high; beat until stiff shiny peaks form, 2 to 3 minutes. Transfer the meringue to a separate bowl.



3

In the same mixer bowl (leave it dirty!), combine the egg yolks, vanilla and the remaining ½ cup granulated sugar. Beat on high speed until light and doubled in volume, about 2 minutes. Beat in the water and canola oil.



4

Sift the flour mixture into the egg yolk mixture, then stir with a rubber spatula until just combined.



5

Add the food coloring to the batter and beat on high speed until smooth and bright red, about 1 minute.



6

Stir a dollop of the meringue into the batter using a rubber spatula. Add the remaining meringue and gently fold into the batter until no white streaks remain.



7 Transfer the batter to the prepared baking sheet; spread evenly with an offset spatula. Tap the bottom of the pan firmly against the counter to remove any air bubbles.



8 Bake until a toothpick inserted into the center of the cake comes out clean, 15 to 20 minutes. Immediately loosen the edges with a paring knife.



9 Dust the cake with confectioners' sugar, working quickly while the cake is still warm.

It's important to turn out and roll up the cake while it's still warm and pliable.



10 Lay a clean kitchen towel (not terry cloth) over the cake. Place another baking sheet on top of the towel.



11 Invert the cake onto the towel. Remove the pan and peel off the parchment.



12 Starting at a short end, roll up the cake and towel together into a log. Keep the cake rolled up until it has cooled completely.



13 Make the frosting: In a clean mixer bowl, beat the cream cheese and confectioners' sugar on medium-high speed until smooth, about 2 minutes. With the mixer on low speed, add the vanilla and heavy cream. Slowly increase the speed to high and beat until smooth.



14 Unroll the cake (it's OK if the end is still curled up). Cut the cake into 3 long strips, each about 4 inches wide. Use a ruler to make sure they're even.



15 Spread an even layer of frosting on each strip of cake (use a little less than one-third of the frosting). Make sure to get frosting under the curled end.



16

Roll up one of the strips into a tight spiral.



17

Move the spiral over to the next strip so that the ends meet and roll up into a fatter spiral. Continue with the third strip to make a large spiral.



18

Turn the cake flat-side down and place on a cardboard round or platter. Gently squeeze the spiral together to make sure it's compact.



19

Cover the cake completely with a thin layer of frosting, using the frosting to cover the seam of the spiral. Refrigerate 30 minutes.



20

Return the cake (without the cardboard round) to your workspace and cover completely with the remaining frosting using an offset spatula.



21

Place a star-shaped cookie cutter on top of the cake. Sprinkle some blue sanding sugar inside the cutter (use a small brush to help distribute the sugar), then carefully lift the cutter. Repeat to make more stars in different sizes. Refrigerate until ready to serve.



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On the Road

C Is for Chef

It's not easy for a new restaurant to stand out, but one Florida restaurant owner has figured out a way: She serves only food that starts with the letter c. Danna Haydar's Tampa eatery, called The C House, focuses on the big three of champagne, charcuterie and cheesecake, but the full menu includes many other options that begin with c: caprese, crab cakes, calamari, cheesy mac, chili, Caesar and Cobb salads and cheeseburgers, for example. If you're wondering how such a menu could possibly exist without beer, not to worry: It's craft beer.

thechouse.com



On the Road

A WORLD OF Oysters

Plan a trip to try some of the
East Coast's best oysters,
right at the source.



MARTHA'S
VINEYARD, MA



For an oyster lover, nothing could be better than an unlimited supply—particularly when the bivalves are pulled right from the water and served in the middle of Vineyard Sound while the sun is setting. This is often how an evening plays out at Cottage City Oyster Farm, where brothers Dan and Greg Martino give Martha’s Vineyard visitors an up-close look at the raising and harvesting of oysters. Their tours take you by boat 300 feet offshore to a solar-powered work raft where in exchange for helping shuck oysters, you can eat as many as humanly possible. You can also drink whatever you happen to take along (rosé is never a bad idea).

Whether you visit the farm on the official work-boat tour or on a somewhat fancier schooner (run by the adventure company Farm Field Sea), you’ll get to witness the process firsthand: You’ll visit the lagoon to see the hatchery, then the brothers will take you farther out to the peaceful waters of the farm, where tiny buoys mark the locations of 100 cages sitting on the ocean floor. After they pull up some of the cages, they’ll explain how the oysters are culled and properly shucked. Then, true to their promise, the brothers will let everyone start eating. The farm produces hundreds of thousands of oysters every year, so even a champion eater would barely make a dent in the supply. “If you can get to us,” they say, “you can have as many as you want.” And they’ll likely join you.

Cottage City Oyster Farm Tour

Tours last 1½ hours and leave from the public launch in the lagoon at Vineyard Haven. \$125; cottagecityoysters.com

Farm Field Sea Oyster Farm and Aquaculture Tour

Tours last 2½ hours and leave from Vineyard Haven; call ahead to reserve a spot. \$50 per child, \$140 per adult; farmfieldsea.com

Greg wears a heavy-duty work glove to protect his hand while he’s shucking.



Each cage weighs 400 pounds and holds 1,200 oysters!

The brothers recommend eating the oysters as is, but a splash of mignonette is great, too.



ROUND OUT YOUR TRIP

Here's a quick guide to the area.

Where to Eat

19 RAW

If you haven't had your fill of oysters, head over to this buzzy joint in Edgartown, which opened last summer and serves 15 different types of oysters from all over New England. 19rawoysterbar.com

BACK DOOR DONUTS

Line up at the "back door" of M.V. Gourmet Cafe & Bakery from 7 p.m. to 12:58 a.m. for the best doughnuts and apple fritters on Martha's Vineyard. mvbakery.com

RED CAT KITCHEN

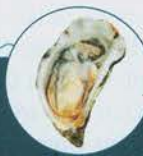
The menu here changes daily, depending on what ingredients the chef sources from local purveyors, but you can almost always order his famous "big-ass scallops" and crispy Brussels sprouts. redcatkitchen.com

OFFSHORE ALE CO.

Peanut shells cover the floor of this downtown Oak Bluffs brewery, known for its craft brews, pub grub and live music. offshoreale.com



19 Raw



The "R" Rule

You may have heard that you should eat oysters only during months that end with the letter r—a safety precaution from the days before refrigeration. Experts, including Dan and Greg Martino, insist that this is a dated concept. These days, oysters are very highly regulated: They must be put on ice and remain refrigerated, so there's little risk of getting sick, no matter the month.



The Campground

What to Do

THE CAMPGROUND

This area in Oak Bluffs is home to the colorful Gingerbread Cottages, a collection of Methodist camp meeting houses that date back to the 1800s. mvcma.org

FLYING HORSES CAROUSEL

Ride the oldest working platform carousel in the country, built in 1876. If you catch the lucky brass ring, your second ride is free. mvpreservation.org

ISLAND ALPACA COMPANY

Visit the alpacas roaming this farm and two-century-old barn and be sure to stop by the gift shop—it's filled with items made with the animals' soft fleece. islandalpaca.com

Where to Stay

NOBNOCKET BOUTIQUE INN

This charming seven-room bed-and-breakfast is just a short walk from the ferry. Explore the island on the inn's complimentary bikes—just keep an eye out for the wild turkeys that roam the streets! From \$350 per night; nobnocket.com

THE SUMMERCAMP

This super-stylish 95-room hotel in Oak Bluffs features a game room, rope swings and brightly colored beachy furniture, plus tons of porches for lounging. From \$279 per night; summercamphotel.com



Nobnocket Boutique Inn

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Katie's Best BEACH BITES



Katie Lee takes us to her favorite seaside restaurants—
and tells us what to order.

Given the chance,

Katie Lee would spend the entire day with her toes in the sand, listening to the waves. She has been obsessed with the beach ever since she was a kid, when her family vacationed on the South Carolina coast. As they drove down I-95, her grandfather would say, "I smell the ocean!" and she would nearly burst with excitement. Now Katie travels the country and beyond in search of the best seaside eats for her Cooking Channel show, *Beach Bites*. We asked her to point us to some of her favorite spots.



Tricycle Pizza

Monterey, CA

Katie is passionate about pizza, and she says this casual spot cranks out the best in California. Founder Danica Alvarado makes the personal-size pies with local and organic ingredients, then gets them crisp and bubbling hot in a wood-fired oven. You can ask for your pizza to go and eat it on the beach, or grab a seat on the backyard patio. tricyclepizza.com

The Greenhouse on Porter

Ocean Springs, MS

This tiny greenhouse café is truly multifunctional: You can order a pour-over coffee and a flavored biscuit (banana-walnut, say, or peanut butter-Fluff) in the morning or sip on a craft beer in the afternoon, and the space doubles as a community center for art shows, artisan markets, live music and other events. When Katie was in town, she joined some locals for a backyard yoga session. biscuitsprings.com



Mala Ocean Tavern

Lahaina, HI

Katie raves about the wok-fried whole fish at this bistro, which sits on the water's edge in Lahaina, a historic town on the western end of Maui.

She insists that you snag a dinner reservation in time to catch the sunset. malaoceantavern.com



Sweetie Pie

Tybee Island, GA

You could easily miss this gelato stand, even though it's a turquoise trailer with a bright yellow-striped awning: It's parked among equally colorful shops along US 80. Katie's a fan of the ice cream sandwiches, made with homemade gelato and chocolate chip cookies. seasidesisterstybee.com/sweetie-pie



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*Larsen's
Fish Market*
Chilmark, MA

The lobster roll at this family-owned seafood shop is Katie's favorite of all time. "The meat is drenched in butter and the bun is so soft. My mouth waters just thinking about it!" she says. Your best bet: Order from the take-out window, then chow down at one of the picnic tables by the water.
larsensfishmarket.com



*Sea Captain's
House*

Myrtle Beach, SC

When Katie was little, every Myrtle Beach vacation included a trip to Sea Captain's House, her grandfather's favorite restaurant (he adored the fried oysters). She hadn't been in years, so when she stopped by for an episode of *Beach Bites*, she was emotional. "The oysters were as good as I remembered, and I felt like my grandpa was with me. He would've loved that I was filming there."
seacaptains.com

*The
Dock House*
Sag Harbor, NY

Visit this local institution from June through August and there's a good chance you'll catch Katie sitting along the harbor with a cup of the New England clam chowder. She calls The Dock House her staple spot in the summer, and she's crazy about its fried seafood. If you go, don't miss the live lobsters, which swim around in an old claw-foot bathtub.
dockhouse.ny.com



La Estación

Fajardo, Puerto Rico

When the *Beach Bites* crew stopped at this gas station turned barbecue joint on the eastern tip of Puerto Rico, they went to town on the pork ribs and salty-sweet cornbread. Katie made sure to pick up the recipe for the restaurant's famous guava barbecue sauce.
laestacionpr.com



Cecconi's
Miami Beach

The decor at this Italian restaurant, inside the Soho Beach House hotel, is almost as impressive as the handmade pasta: The space is outfitted with antique floor tiles, tufted sofas and trees wrapped in twinkling lights. If you're staying at the hotel and chilling at the beach, the restaurant will deliver a pizza to you.
cecconismiamibeach.com



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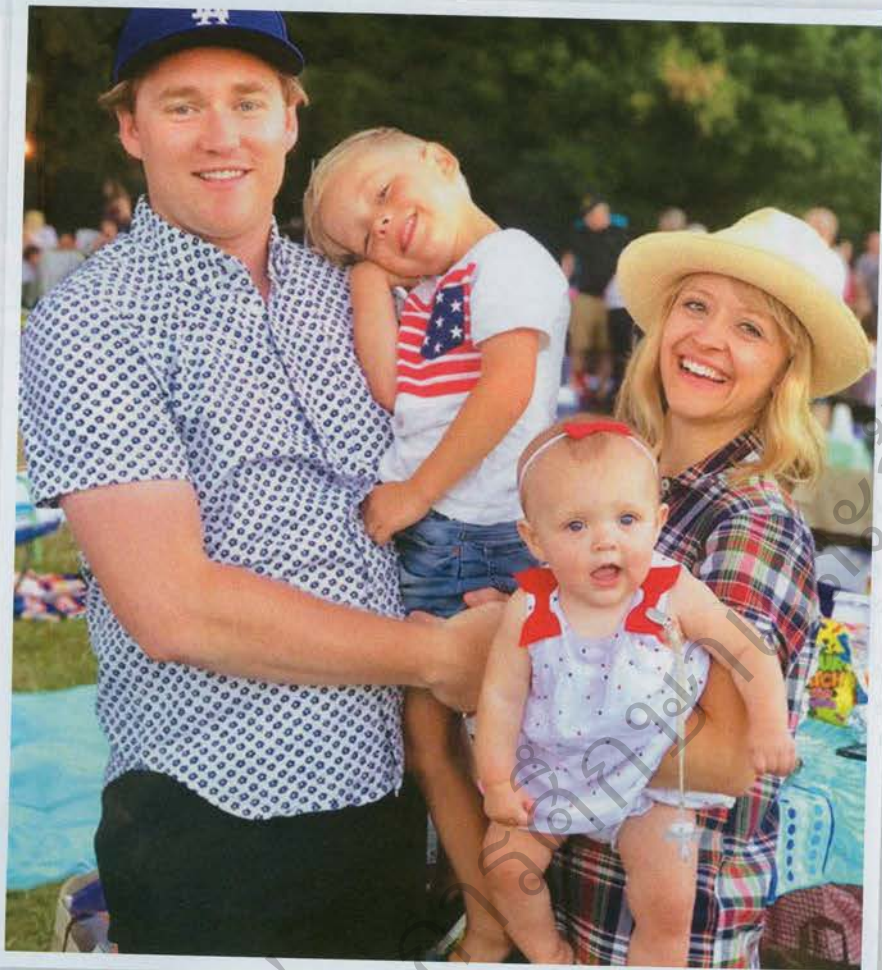
Sonequa Martin-Green, SU2C Ambassador

Photo Credit: Matt Sayles
Stand Up To Cancer is a division of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.



GREAT SHOT!

We ♥ the stars' red, white and blue Instagram pics.



Kelsey Nixon goes for an all-American look at a family picnic. @kelseynixon



Betsy Ross look-alike **Damaris Phillips** celebrates with Uncle Sam (her husband, Darrick). @chefdphillips



Katie Lee and her pup, Gus, snuggle up by the pool. @katieleekitchen



Grill master **Geoffrey Zakarian** knows how to host a cookout: with a spatula in one hand and a glass of wine in the other! @gzchef



Giada De Laurentiis and her daughter, Jade, cheer for the USA in a California parade. @giadadelarentiis



Sunny Anderson cooks up an Independence Day spread on the *Today* show set. @sunnyanderson

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